

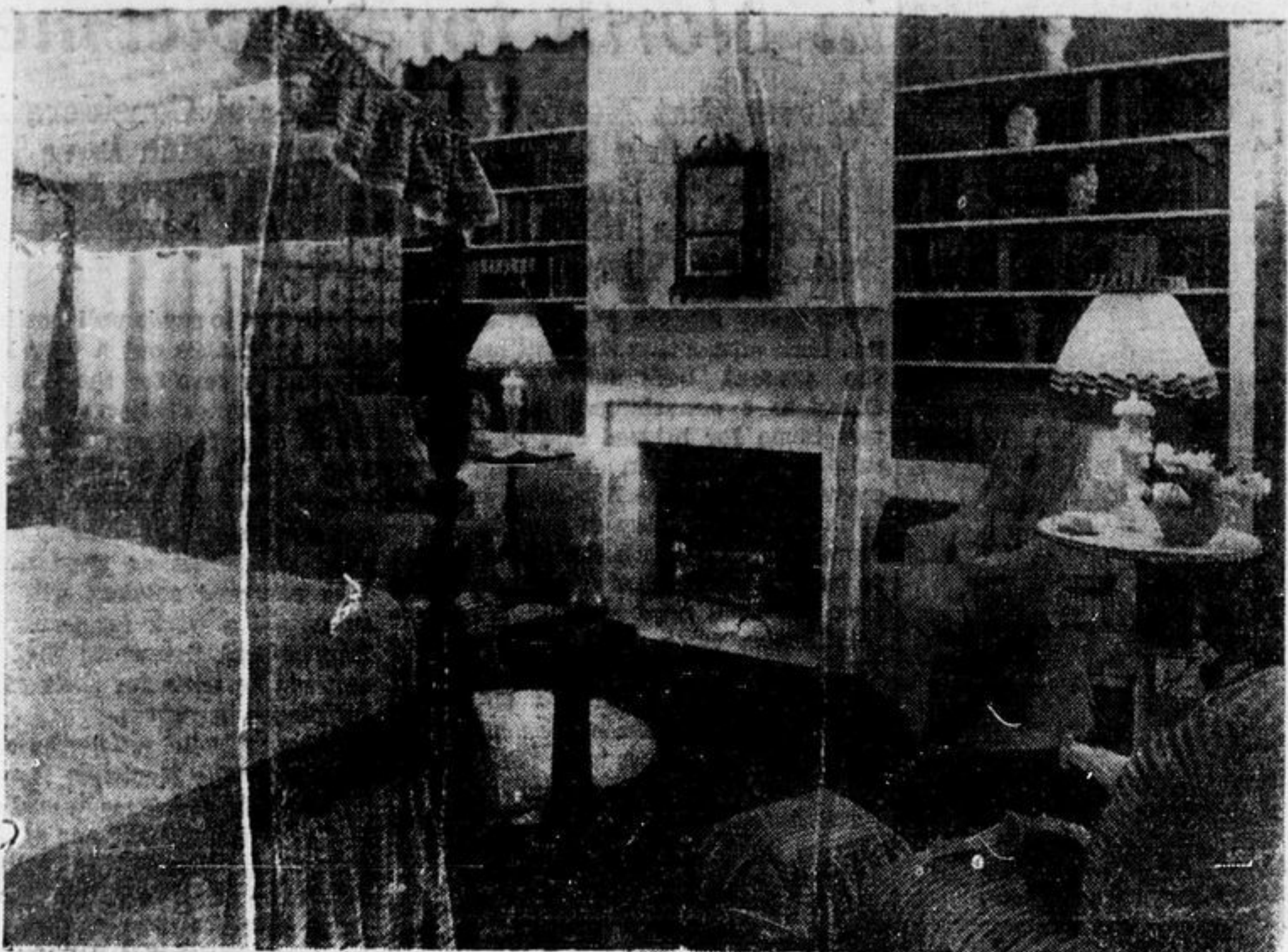


PLEASANT HOMES

by Elizabeth MacRea Boykin

MAYBE MOTHER WANTS A BOOK?

And She's Certain to Want Ideas for Decorative Book-keeping R.A.F. IN THE AZORES LESSEN U-BOAT DANGER



Books play an even more important part than normally in decorative plans, what with more people depending upon them for entertainment in days of rationed transportation, curtailed amusements outside. This pleasant bedroom suggests wonderful hours of reading with good chairs, good light, plenty of book shelf space. Three of the walls are

papered in a lovely leaf and flower design in green and pink on white, while the fireplace wall is paneled in white with the rug is green, the bed flounces are green and white striped taffeta with crocheted bedspread. Light green coverings for the fireside chairs finish off this charming ensemble.

In this day of frivolous fashions and glamorous grandmothers, maybe it would be a relief for Mother's Day gifts this year to run a little toward relaxation and a little less toward the wearying challenge of keeping up with the Powers models. In other words maybe she'll like a book for a change! If she has a hobby, then a book on her favorite subject will be thoughtful. Or just a book for bedtime reading with no ulterior motives of uplift or self-improvement. Unless she's a mother who really enjoys uplift and self-improvement!

But whether you're on the giving or the receiving end of gift-books, book-keeping is probably a problem—and we don't mean arithmetic.

Literary Pleasure
Books can add character or clutter to the decorative design of a room, depending on what you do about them. Not in a literary way so much as on the purely material count of putting them away. Though we have a notion that well arranged books are even more of a literary pleasure than books that are piled around or shoved here and there and away. For every romantic description of a learned man whose study is stacked high with books and papers about to topple over, there are many more records of productive scholars who keep their books, notes and manuscripts in a workable convenient arrangement.

As for just everyday homes such as most of us have, there's no alternative but order if the family is to enjoy their books and the house is to be kept tidy in the easiest most direct way.

Life and Warmth
Books are like musical instruments in that they bring to the furnishings of a room a sense of life and warmth. That is why decorators make such a point of bookshelves, why they will even use fake books or books bought by the pound in second hand stores rather than furnish a room with no books at all. But we hope that none of our readers are so destitute of books as to have to resort to any such substitute.

Whether you have a great many books or only a few, consider then in planning your colour scheme. If you have many books they will pretty much govern the colors and the patterns you use. They will eliminate a pale delicate color scheme, for instance, and over-power a dainty pattern. It would be much better to use mellow deep-toned colors that can hold their own with the glowing medley of book bindings. Or else let them be the accent for a staunch neutral, like deep beige or grey.

Pretty Jackets
If you haven't so many books, you can be more free in selecting background colors. Though it doesn't take many bright bindings to kill a pastel effect. If you must have pale colors and books together, why not make jackets for your books out of chintz, scraps of lovely brocade, wall paper or hand-blocked prints. There's nothing sacrilegious about that and it's one way to keep books in tune with their background.

Built-in bookshelves can be either separate tiers of shelves painted to match the walls or else they can be inset into the walls in graceful panels with circular tops—these later become really distinguished architectural features of a room. Another popular way of arranging shelves that are built right into the house is for them to face the insides of an alcove. Or a long single shelf inset into a wall gives an interesting design to a long wall. Or small tiers of shelves set into odd wall spaces make pleasant patterns and convenient places for books.

For Odd Spaces
In planning separate shelves that can be shifted from one place to another, it's a good idea to make them in sec-

tion so that they can be combined in various ways to fit different spaces. Or else get unit shelves that make the most of odd awkward wall spaces and can be moved and re-arranged to fit other places.

Sometimes it is effective to paint the insides of the shelves a contrasting color to the outside. And if you don't have enough books to fill up your shelves, don't worry—ornaments are often charming arranged among the books.

Indirect lighting of bookshelves is not only decoratively dramatic but makes your books easier to find. Come lighting and fluorescent lighting present many new and provocative possibilities. When the war is over we can count on lots of new lighting effects.

In arranging a room with books, it is sometimes interesting to focus the furniture upon them, make them the centre of interest. Especially is this a genial idea when the room has no architectural focal point such as a fireplace or a picture window. Don't forget that easy chairs with a good light nearby and a table in reach will be the pleasure of book-owning.

(Released by The Consolidated News Features, Inc.)



That Body of Yours

By James W. Barton, M.D.

Overweight and Heart and Brain Strokes

When an overweight reads the list of ailments that may attack him because of his overweight, he may think that his physician and insurance companies are exaggerating the dangers of overweight. When he learns that Dr. E. P. Joslin, Harvard University, the great authority on diabetes, states that overweight is a forerunner of diabetes and what there diabetes runs in a family, if the members of that family will avoid overweight they will also avoid diabetes, he may be more concerned about his overweight.

Further, as heart strokes and brain strokes are now our commonest causes of death, both of which are caused by high blood pressure, and overweight is one cause of high blood pressure, the overweight may be even more concerned about his excess fat, as well he should be.

While overeating, nervousness and emotional disturbances help to raise the blood pressure, sometimes the type of food eaten is even more important, than the amount of food eaten. The type of food which is a big factor in hardening the arteries and thus raising the blood pressure is fat food itself.

In the Rocky Mountain Medical Journal, Dr. R. D. Cunningham states that experimental evidence shows that arteriosclerosis (hardening of the arteries) is due to the presence of excess cholesterol esters (found in egg yolk, liver, kidney, brain, cream, butter, and meat fat) which first appear in the lining or inner coat of the arteries following the eating of too much of these foods. The cells containing the excess fat lodge in the arteries where there is an increase in blood pressure and calcification (lime-like substance) takes the place of these fat cells resulting in hardening of the arteries. The expression "his arteries were as hard as pipe (clay) stems" describes an advanced case of high blood pressure. Therefore the treatment of be-

ginning high blood pressure so common in overweights owing to eating too much fat food is to cut down on fat foods, and on fat forming foods.

Dr. Cunningham reports a case of an overweight man 45 years of age weighing 220 pounds who suffered with sudden attacks of aphasia (loss of speech) and paralysis of his whole right side. He was placed on a low fat and low cholesterol diet. At the end of 6 weeks he had changed from a greasy, fat, dull individual, to a clear skinned, pleasant and much lighter (30 pounds) man. He had no further attacks of aphasia and says that he feels better than in the previous 25 years.

Another case mentioned in Dr. Cunningham's article was "an overfed, puffing, older patient who was put on the low fat, low cholesterol diet because her systolic blood pressure was 200, and her heart was failing and feet swelling. In three months she lost 50 pounds, had no swelling of feet, and her blood pressure was maintained at 160".

These are certainly two striking examples of what can be done for the comfort and safety of overweight with high blood pressure. It should be very much worth while to follow this simple diet which not only gets rid of excess weight but makes life more comfortable.

The foods to avoid, then, are fat meats, egg yolk, cream, butter, and kidney, liver and brain. Also, pastry pies, hot bread, hot biscuits, spiced and pickled fruits, and alcoholic and malt drinks.

The foods that can be safely eaten by those with high blood pressure are lean fresh meat without sauces and gravies, fresh vegetables (except corn, onions, cucumbers, peppers, dried beans bread, toast, clear soups, vegetables soups.

Eating Your Way to Health

Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this

Gus McManus Writes Resolution Passed

Apparently Misunderstood Purpose of Resolution.

South Porcupine, May 8th, 1944
To the Editor of The Advance, Timmins.

Dear Sir:—With reference to your editorial of May 4th, "An Explanation Needed." I am going to attempt to clear this matter up a little bit.

I don't know whether The Advance had a representative at the Prospectors and Developers meeting held in Timmins last February, but if so, he or she doesn't seem to have gotten the facts.

There were several resolutions submitted at that meeting, but the one and only resolution that seems to be at stake in your editorial, is the one dealing with the Securities Commission and the Securities Act.

With all due respect to the sponsor of this resolution, who I know is an old-time prospector, and a faithful one at that, but in this case was an appointee and acting on behalf of a Mining Organization called the Timmins Municipal Council. What experience they have got in the mining game

useful booklet by Dr. Barton entitled "Eating Your Way to Health". It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York, N. Y. enclosing Ten Cents and a 3-cent stamp to cover cost of service and mention the name of this newspaper.

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Helpful Hints on Flowers and Gardens

SUGGESTED LAYOUT FOR A VICTORY GARDEN

- Runner or pole beans. Plant four inches apart in the row - 24 inches space
- Peas—two rows—15 ins. apart. Sow two inches apart in the row - 24 inches space
- Tomatoes, staked. 24 ins. apart in the row - 24 inches space
- Broccoli: One dozen plants, 24 inches apart - 24 inches space
- Cabbages, Fifteen inches apart - 24 inches space
- Purple Top Milan or Snowball Turnips - 24 inches space
- Swiss Chard - 24 inches space
- Spinach - 24 inches space
- Lettuce, One row - 24 inches space
- Beans, three rows 20 inches apart - 24 inches space
- Beets, three rows 15 inches apart - 24 inches space
- Onions, four rows 12 inches apart - 24 inches space
- Carrots, three rows, 15 inches apart - 24 inches space
- Cucumbers. Hills five feet apart, 4 plants to the hill - 24 inches space
- Potatoes; 18 inches apart in the row. Rows 30 inches apart

The above plan is suitable for a garden 30 ft. x 40 ft. and could be modified or extended to satisfy individual tastes or requirements. For example—cauliflower could be substituted for potatoes. The layout of one of the prize-winning Victory Gardens in the 1943 contest was almost identical with this plan. The main idea is to keep approximately to the measurements outlined so that every type of vegetable shall have full opportunity to develop with sufficient room left for proper cultivation.

The term "hill" is used by gardeners to denote clumps of four or five plants. It does not necessarily mean that the ground should be raised above the garden level to make a hill in the usual sense of the word. Unless drainage is poor it is better to leave the hill slightly depressed to collect moisture. Beans are frequently sown in hills although many gardeners favor the drill (straight line planting). There is quite a wide range of opinion as to the distance apart that potatoes should be planted; from twenty four inches between rows to three feet; from twelve to eighteen inches apart in the row. Twenty-four inches between rows is a little close for hilling up the plants; thirty-six inches is wide enough to plant, cultivate and harvest by machinery. Eighteen by thirty inches has been selected by this column as expressing a happy medium and it works very well in practice.

With so many varieties of garden peas to choose from a beginner can hardly fail to find exactly what he needs. They should be sown as soon as the ground is ready to work, and without delay. Dwarf peas are better for the home garden where space is scarce. Tall varieties are hard to hold in a strong wind however well they are staked, and in soils rich in nitrogen a five foot pea, as rated in the catalogue, will sometimes reach as high as six or seven feet, especially if the rainfall for the season is above the average.

— J. H. Knell

requires some revision, but I am sure in favour of retaining the Securities Commission. They are the only barrier between the Prospector and the Hi-Binder, which is at the disposal of the prospector without charge. I would ask the Prospectors to go into the matter deeply before voting to abolish the Securities Commission.

For several years Mr. Editor there has been a great agitation at meetings held by the Prospectors and Developers, in the City of Toronto, to have the Securities Commission abolished, but if you will take the bother to look up the records, you will find that a lot of the agitators are now or have been in jail. Any person that does their mining business square and above board does not need to be afraid of the Commission. They are just like a revolver in a policeman's pocket. They are not used very often but it is a great thing to have them there.

I wish to state that I am not writing for the Prospectors and Developers Association. I am just writing this article as a Prospector and Developer in my own right.

Yours very truly,
GUS McMANUS.

In reply to the above it is not unfair to state that instead of clearing the matter, Mr. McManus adds to any confusion there may have been. Mr. McManus appears to be under several unfounded misapprehensions. Mr. Wallingford did not represent the Town of Timmins any more than Mr. McManus represented the Town of Hearst. Indeed, there would be more reason in connecting Mr. McManus with Hearst than there would be in associating Mr. Wallingford with Timmins council, for Mr. McManus has been on the Hearst council several years after Mr. Wallingford ceased to be associated with Timmins council. In no way did Mr. Wallingford suggest that he represented the Town of Timmins. Furthermore, it should be very distinctly understood that the "Town of Timmins", is not a "mining organization" in any meaning of the words. It might be added as a matter of fact and justice that the mines never interfere in any way with municipal affairs, except that they always appear ready to help the town in friendly way when there is need.

Mr. McManus is equally astray in regard to the resolution duly passed by the meeting of the Prospectors and Developers Association. Mr. McManus in his letter keeps referring to the abolishing of the Securities Commission. The resolution did not suggest anything of the sort. Most prospectors have no objection to the Securities Commission. What they desire changed is the regulations that have unfairly handicapped the prospector and practically driven him out of the business. The resolution did not even mention the Securities Commission. It did ask for the repeal or amendment of the Securities Act so as to give the prospector a fair deal. The reason repeal was mentioned was because there was a general suggestion that the Act could not be amended, but must be completely changed. The Ontario Government's attitude in the matter supports this idea. Indeed, what the Government plans to do seems to be just what the prospectors have been requesting these several years. Explana-

tion is still needed as to why the change of mind by the Prospectors and Developers Association. It is doubtful if the prospectors have altered their opinion in the matter.

The explanation by Mr. McManus as to what happened to the resolution does not appear to be very plausible. There were no resolutions passed at other centres submitted for vote here. Why should there be exception in this particular case? Also, why should prospectors in Vancouver or Montreal dominate opinion on an Ontario question? The fact still remains that an explanation is needed as to why the resolution passed at Timmins was not treated as other resolutions, and why the change in attitude of the Prospectors and Developers Association.

A SOLDIER'S FIRST DUTY

A non-commissioned officer wrote this in an essay:

"It is commonly supposed that the first duty of a soldier is to die for his country. This is a mistake. The first duty of a soldier is to make his enemies die for theirs." —Tuam Herald

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