



# PLEASANT HOMES

by Elizabeth MacRea Boykin

## WEDDING GIFTS FOR WAR YEAR

They're Symbols of Faith in the Future—American Glass, Antiques, Sculpture and Paintings are Most Available Gifts.

(By Elizabeth MacRea Boykin)  
A whole new crop of wedding lore and traditions will spring up in the wake of this war, with so many American girls in uniform and so many American men in strange places bringing home a few foreign brides and lots of foreign ideas. Certainly the young people getting married this June will have little but the dear intangibles like hope and belief and tradition to go on, so uncertain are all the old realities in the familiar world.

**More Important**  
But then hope, belief and tradition have probably always been more important than anything else about marriage. The gifts, the home furnishings—all the specific "things" in connection with a wedding—are mere symbols of other more enduring qualities.

In every land, in good years or bad, endearing lore and legend have clung to wedding customs—long ago, 'twas said that a sprig of rosemary in the wedding wine brought happiness to the bride. While in old England the honeysuckle was the flower of lovers, and in France this fragrant vine is still called *cher feu*—dear flame. In the time of Henry VIII a dream of marigolds meant health, wealth and success in a happy marriage.

Then there was the old law in 17th century France when a bridegroom had to plant nine walnut trees before the wedding bars were called—this was to guarantee the continuity of the walnut crop which contributed the lovely wood for France's most beautiful furniture in this and later centuries.

**For the Dowry Chest**  
And linen, probably most symbolic of all wedding gifts, had its own repertoire of anecdotes. In early America brides had to weave the sheets that went into their trousseaux or dowry chests. In certain rural localities, it was the custom for the father of the bride-to-be to allow his daughter as much linen for her "setting out" as she could spin and weave between the time her bans were called in church till her wedding day—which was one good argument for long engagements!

"Twelve dozen of everything" was the standard for the trousseaux. Those were the days when a woman during forty or fifty years of housekeeping might never have to buy a single piece of household linen and might even have certain pieces at her death that had never been used.

As for gifts for today's brides, that is a perplexing problem. In the first place, not many of these brides are settling down or setting up housekeeping. In the second, there are so few things to give them anyway—linen and silver are all but unavailable—fine china is scarce—so are furniture and rugs. Yet the brides themselves love getting wedding gifts—it is as if the gifts were a gesture of faith that there will be a future for them.

**Future Heirlooms**  
So instead of holding back and worrying about all the things you can't get for brides in this war year—it's more hopeful and encouraging think of the things you can buy. Glass for instance—there's beautiful American glass available that is indeed worthy to be heirlooms.

Then there are antiques—a fascinating wealth of treasures from the past that will bring individuality, charm, distinction to that home in the future—whether it turns out to be east or west, big or little, plain or fine. You'll find such things in unexpected places—in the best stores, in the shabbiest shops.

Don't forget the fine arts too—beautiful paintings, interesting pieces of sculpture. These things too lift a new little home out of the ordinary. And in buying or receiving gifts of the work of modern artists, there is extra speculative lure. For their future place in art history may be surprising. Maybe that modest little figurine or that simple landscape, by unknown artists, may turn out to be a masterpiece, priceless and rare, by the time the golden anniversary rolls around.

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## Increase in Use of Spices Under the Rationing Methods

Spices Adds to Attractiveness of Cheap Cuts of Meat.

(By Agnes Adams)

America at war eats more spice than it did in peacetime, according to a recent survey made by the American Spice Trade Association. One reason given for this is that spices help to make cheap cuts of meat, as well as other economical foods more attractive.

Housewives were asked for a list of their favorite spices. In the order of preference, these are: cinnamon, nutmeg, paprika, cloves, allspice and ginger. Although pepper and mustard were omitted from this list, the United States Department of Commerce reports that in point of consumption, these are the two favored spices. Two factors, however, have probably kept them off the housewives' lists: they



Sculpture is a distinguished gift idea for June brides... especially modern sculpture that combines beauty of interpretation with a contemporary outlook. The decorative use of sculpture in the contemporary home is interestingly illustrated here with Sally Ryan's fine piece "The Martinière" silhouetted against an eggshell wall, set on a desk of Chinese modern sectional pieces in a pickled finish. This head of the West Indian woman proves once again the excellent effect which can be achieved with one good piece of "art" in a room. Modern sculpture has a quality that goes equally well in contemporary or traditional backgrounds. Sally Ryan is an American sculptor, and a grand-daughter of the late Thomas Fortune Ryan. She recently held her second American one-man exhibit at the Wildenstein galleries where so many famous artists have "shown."

## Beauty and You

by PATRICIA LINDSAY

### LEG TAN NOW APPLIED WITH MITT

Pale legs are sun-tanned with the aid of this ingenious cosmetic mitt which contains leg coloring. Quick even strokes do the job.

—Photo Courtesy Deletrez

(By Patricia Lindsay)

When warmer days arrive we can again begin to paint on our hose with a choice of several becoming shades. And this year a new cosmetic invention will make the job easier.

To begin a job of leg make-up you naturally must have the legs free of superfluous hair which is accomplished with the aid of a cream depilatory or safety razor after soaping the legs well. If the leg skin is very dry it might be necessary to lubricate it with a bit of cream cologne or hand lotion. Wipe off all excess grease, though, before you attempt to put on the make up.

Now on your cosmetic counter is a leg make-up mitt which holds sun-tan powder. A little strap fits over the hand. The mitt must be moistened under cold running water before it is applied to the leg in quick, sweeping strokes. It leaves in its wake a smooth coating of make-believe hose, as sheer looking as your once favored nylons?

Wet the mitt as often as is necessary to obtain a complete and smooth covering then lay it aside on a waxed paper so it may dry. It may be used in the same manner over and over again until all the coloring is gone.

Such hose are run-proof, thank heaven, and the coloring is supposed to be



water-resistant. Cut flannel insoles for your shoes or wear those little half-foot hose, to prevent your feet from perspiring and ruining the inside of your precious shoes. Some girls who are not much troubled with foot perspiration can get by with using a water-repellent powder (such as is used on babies) inside of their shoes. But I think the other precautions are better. And remember, if you wear open toe shoes, your toenails must be kept impeccably manicured as your fingernails!

## New Books Added to Public Library at South Porcupine

The following new books have been added to the public library at South Porcupine.

- Fiction Books in May 1944**  
Avalanche—K. Boyle  
Spanish Lady—M. Walsh  
Touched by the Thorn—M. Laverty  
Liberty Street—Morris  
Dragonwyck—A. Seton  
The Pied Piper of Dipper Creek—F. Randall  
The Sign Post—K. Robertson  
And We Shall Build—Morton  
One Fair Daughter—E. Frank  
My Love Must Wait—E. Hill  
He Married a Doctor—F. Baldwin  
The Saint Steps In—L. Charteris  
This is My Brother—L. Paul  
Courage Stout—Raine  
You Can't Escape—F. Baldwin  
**Non-Fiction**  
Maxim Litvinoff—A. Pope  
The Curtain Rises—Q. Reynolds  
New Zealand—Nash  
The War for Man's Soul—Jack  
Lest We Forget—D. Reed  
Behave Yourself—Allen and Briggs  
**New Fiction—April, 1944**  
The Turning Leaves—Proctor  
Cornish Tales—Lee  
The Two Mrs. Abbotts—Stevenson  
The Promise—P. Buck  
The Making of a Saint—Maughan  
The Man Who Had Everything—Bromfield  
The Man Four-Square—Raine  
The Cloudless May—Jameson

## Schumacher Red Cross Asks for More Volunteer Workers

Shipped 697 Articles to Headquarters in Past Six Weeks.

The following is the shipment from the Schumacher Red Cross to headquarters in the past six weeks:

- Sewing—Hospital Supplies**  
15 pairs pyjamas  
9 surgeon's gowns  
100 khaki handkerchiefs  
100 white handkerchiefs  
108 gauze handkerchiefs  
10 bedjackets  
28 flannellette bandages 4"  
Total 370 articles

- British Civilian**  
21 pairs pyjamas, 18 years  
75 men's shirts  
6 girl's coats, 8 years  
13 women's nightgowns  
5 pinafore dresses, 3 years  
5 blouses, 8 years  
1 dress, 8 years  
3 dresses, 4 years,  
1 dress, 3 years  
Total—130 articles.

- Knitting—Army and Air Force**  
6 turtle-neck sweaters  
7 turtle-neck tuck-ins  
17 pairs socks  
3 ribbed helmets  
16 toques  
23 pairs gloves  
1 round neck sweater  
1 aéro cap  
1 steel helmet cap  
Total—75 articles

- Navy**  
50 pairs leather faced mitts  
8 pairs mitts  
6 pairs 27" seamen's stockings  
16 pairs 18" seamen's ribbed socks  
3 turtle-neck sweaters  
Total 77 articles.

- Women's Auxiliary**  
6 sleeveless sweaters  
5 pairs gloves  
2 pairs sockles  
25 toques  
Total—38 articles

- British Civilian**  
1 man's sleeveless sweater (donation)  
4 pairs boys' knee socks, 8 years  
2 children's scarves.  
Total—7 articles  
The total shipment is 500 sewn articles and 197 knitted articles making a grand total of 697.

There is an ever increasing need for Red Cross supplies of all kinds, so will you come and do Red Cross work in answer to our appeal; either Knitting or Sewing.



By James W. Barton, M.D.

## That Body of Yours

### Hints About Digestion for Underweights and the Undernourished

One of the words commonly used a few years ago about food and eating was to Fletcherize your food. The word comes from the book written by a Dr. Fletcher in which he advised people to chew 32 times on every bite of food. He had many followers who realized that by chewing the food many times, not only would the food get well broken up, but it would get thoroughly mixed with the alkaline digestive juice of the mouth (saliva) and would thus cause the acid digestive juice of the stomach (gastric juice) to pour out in larger quantities to overcome the extra alkaline saliva caused by chewing so many times.

Fletcherizing food never came generally into use because, to say the least, it was a "solemn" sight to see a grown man or woman munching 32 times, actually counting the number of chews, with each bite of food. However, just a few extra chews, whether counted or not, is of great help to digestion for the reason pointed out above—smaller pieces of food and food more completely surrounded in the mouth with alkaline saliva. In her book "Foods in Health and Disease", Lulu G. Graves, Honorary President American Dietetic Association, says:

"Eating slowly is conducive to thorough chewing. The food being more finely divided, can be more effectively acted upon by the saliva and other juices and it is digested and absorbed into the blood in a shorter time." For those who are undernourished or underweight, this slow chewing of food means that all the "good" of the food is made available for absorption into the blood. It has been found that the average thin or underweight individual has a shorter small intestine than one of average weight, sometimes being not less than 5 to 10 feet shorter. This means, then, with less surface for digested food to be absorbed into the blood, the fact that more chewing will put the food into a better condition to be absorbed is most important because of this shortness of small intestine.

"Extremes of temperature, too hot soups, coffee and other foods, or ice drinks and frozen foods are not good for delicate lining of throat and stomach. Ice cold foods should be held in the mouth until they are less cold before swallowing; very hot foods should not even be put into the mouth." Robust individuals of normal weight or overweight do not need to be so careful of the lining of their stomach.

What about drinking water with meals? In my school days and even in medical school we were taught that

- The Weeping Wood—Baum  
Non-Fiction  
The Man Born to be King—Sayers

drinking water with meals would dilute the stomach digestive juice and it would be that much weaker, and therefore would not digest the food as well. This was found to be a mistaken idea and to-day drinking water in moderation just before eating and during the meal is not harmful "provided the food is not swallowed with the liquid before being properly chewed."

Another point that means much to the underweight individual particularly one with a poor appetite, is what is called the "brain appetite". It is called the brain appetite because special parts of the brain—eyesight, smell, taste and memory—are stirred into activity and so cause an immediate flow of digestive juices before the food is put into the mouth. "Wholesome" food, well cooked, and attractively served, appeals to the appetite and is eaten with relish. Secretion of the digestive juices is stimulated by appetizing taste and odors and hindered if taste and odors are lacking. "When tired in mind or body, when in mental distress, or if one has so lost his self control as to become angry, it is wiser to eat very little or nothing until normal balance is restored."

These simple suggestions—chewing the food well, eating slowly, having food attractively served, not eating when tired or upset—should be remembered by those who are underweight and undernourished.

### Overweight and Underweight

This handy booklet by Dr. Barton contains many helpful suggestions for those who are too thin and those who are fat, including diet suggestions, exercise, various types of overweight and underweight. To obtain it just send your name and address and Ten Cents to cover cost of handling and mailing to the Bell Library, Post Office Box 75, Sta. O. New York, N.Y., and ask for booklet No. 105—Overweight and Underweight, mentioning the name of this paper.

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## Ernie Pyle Meets the Scots in Auld Scotland

Ernie Pyle is one of the famous Correspondents of some U. S. newspapers in the Old Country at present. He has been to Scotland and has met the Scots and so he wants to tell the world about it. Accordingly he has written a book. The book is entitled, "Ernie Pyle in England" and it has quite a bit to say about the Scots and Scotland. Here is an extract from the book:

"I like the Scottish people. Somehow I had them all wrong. For one thing I thought I wouldn't be able to understand anything they said, but they are easy to understand. Also I thought were dour. On the contrary, they are fundamentally witty. It is hard for a Scotsman to go five minutes without giving something a funny twist. All in all, I have found the Scots much more like Americans than the English men are. I feel perfectly at home with them."

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# "SALADA" TEA

"And incidentally, just a couple of tips, just in case you ever come over here. (1) Don't refer to Scotland as if it were a part of England, as I did, for it isn't. England is England, and Scotland is Scotland. (2) Don't say "Scotch" unless you are referring to the whisky. People are Scots and they are Scottish, but not Scotch."

"All the world makes a byword of the Scotsman's thriftiness but in Scotland itself they blame it on the people from Aberdeen. Here is a little item about the old tradition that Scotsmen are so tight Well, back in November, 1940, the government sent out a frantic call for all citizens to turn in binoculars, as they were needed in the armed forces. You could either donate, lend or sell them to the government. And up to date the proportion of binoculars donated outright to the government is three times as great in Scotland as in England.

"Scotland became a new home for the Poles who got away after the German occupation of their country. There are many thousands of Poles in Scotland and most of them are in the army. They got along well with the Scots."

### A GOOD POINT

Making a forced landing, the young pilot hit a treetop; the machine turned over and landed upside down. The pilot crawled out and surveyed the wreckage. Then he lit a cigarette and remarked: "Well, that sort of landing saves the tires."—Empire Digest.

## Afternoon Tea Held at Dome Mines Guest House

An afternoon tea of special interest was held at the Dome Mines Guest House, Wednesday afternoon, May 31st, from three to six o'clock, the hostesses being the Dome and Dome Extension Groups of the Women's Association of the United Church of South Porcupine. Mrs. Clara Melville received the guests and extended a friendly welcome to all.

The tea tables were beautifully decorated with fragrant lily-of-the-valley, pansies, violas and forget-me-nots. The delicate china also added much to the enjoyment of the tea. The arranging of the tables was under the supervision of Mrs. P. J. Andrew and Mrs. E. Lightbody. Mrs. J. A. Reid was in charge of serving tea and was ably assisted by Mrs. N. Woon, Mrs. R. S. McWilliams, Jr., Mrs. Crawford Smythe and Mrs. J. J. Davis. In the kitchen, Mrs. A. Marjerrison, the Social Convenor, was assisted by Mrs. F. J. Mason, Mrs. H. R. Burton, Mrs. J. P. Douglas and Mrs. J. Baxter. In charge of the sewing table were Mrs. Val Ray and Mrs. W. F. Moyle. Mrs. W. E. Honer, Mrs. S. A. McGinn and Mrs. G. G. Countryman were busy at the home baking table.

The hostesses, and Mrs. F. H. Hall, President of the Women's Association, desire to express their sincere thanks to all those who helped to make this event a grand success by their donations, work and attendance.

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