



# PLEASANT HOMES

by Elizabeth MacRea Boykin

PLAY THE GAME ON STAY-AT-HOME EVENINGS

Old Favourites and New Novelties in Games Entertain on Both War and Home Front



Monopoly, the classic real estate trading game, is a top favourite with family gamblers. The excitement of trading properties with "millions" is a popular way to relax from war worries.

(By Elizabeth MacRea Boykin) With the U.S.O. providing thousands of game kits for our service men—request—and with more staying at home and playing the game on the civilian front, new recreational habits are being formed that will affect the pastimes of this entire war generation even into the peace-time home evenings of the future. Right now there is a big boom on in games of all kinds—odds are the old favourites are still the first favourites.

**War Games**  
The novelties are military, you might say. You can play at being an American Commando raiding the French coast, go through the steps of learning to fly, hang the tyrants, engage in a "dog fight," indulge your talents for aviation strategy all in good clean fun done up in a bright box. But the real soldiers and sailors don't go for that kind of games, they still prefer checkers, chess, playing cards and—er, yes, dice, your honour.

enjoying a musical "come-back" with the hit song "I've Got a Girl in Kalamazoo," this exciting game took the wind "out of the 'bellowing' sails of those who thought card-playing was a tool of the devil. The fact that the cards had numbers instead of hearts and clubs and spades made them seem less wicked. The cards in "Flinch" offer a variety of chance-taking games, and the service men themselves are accredited with its smart revival.

The ancient and honourable game of chess, checkers and back-gummon can be played with real skill, and there are those who take them as hard as bridge. Invitably there is gin rummy. The "gin" game is not particularly modern; in fact it was played at the turn of the century. Other Gin Nineties favorites being revived include "Pit" (big time grain dealings seem fun in rationed days), croquet in a miniature parlor version, quiz and anagram games. "Rook." Then you'll find current versions of jackstraws, tiddly winks and parcheesi, along with a doodling tit tat tow that you play with marbles. "Pig Dice" matches up head and tail of a pig. Chinese checkers remain popular and may suggest to many a survivor of the Flaming Youth era that the beautiful mah jong set be dusted off and brought back into the family circle.

Mississippi Bubble. Early Italian cards were illustrated with devil, Eve in the Garden and many symbolic designs. The standardized deck, familiar in America, is fairly modern, and no one knows why Elizabeth of York, wife of Henry VII, should have lingered so long as the queen on playing cards, holding her white rose of York. Nor why the king should still be the much-marrying Henry VIII. These have held their places, through many a handsomer pair of royalty has decorated cards in the past French second empire cards were very elegant with ladies in Eugenic gowns and gentlemen in Prince Alberts and silk hats. Modern decks have pictures of war planes, and experts claim that the use of these cards through four or five rubbers of bridge will teach you painlessly the outline and contours of all the sky fighters.

"Table sports" usually involve more physical than mental exertion. Darts have left the English pub and entered the American game room, and there are many variations, including one with bowling pins on the dart board. Parlor badminton is misnamed perhaps because only a good sized playroom would hold this vigorous game. Tom Thumb bowling and turn table bowling game are good parlor games too. Indoor skeet shooting equipment, table tennis, ring toss, shuffle board (both floor and table versions), horse racing games are also fun. Bagatelle and marble-shooting games which are frowned on by the police when they're in public places as pin-ball machines, are lots of innocent fun at home.

Another interesting point about appetite and weight is the effect of depressing emotions on the appetite. The individual of normal weight usually responds to unhappiness, or anxiety, with loss of appetite and loss of weight caused by his subconscious mind lessening his desire for food. Overweights, under depressing emotions, often maintain their appetite and weight, the depressing emotions not being strong enough to overcome the desire for food, or the calls of hunger from the body. Physicians have found that an overweight who has been losing weight at a satisfactory rate on a reducing diet actually increases his appetite and weight under the effects of a depressing emotion. The depressing emotion in one of normal or under weight interferes with their desire or need for food which, after all, is a matter which does not require will power. This same depressing emotion in the overweight seems to take away his strength of will, which strength of will is enabling him to cut down on his food intake, and fight his healthy appetite for food.

There is no question but the lean individual, usually high strung, with a weak appetite naturally, is known to be abnormally sensitive to all forms of emotional disturbances and no strength of will can cause him to want his food. The lesson here is that the lean individual has not the hearty appetite of the overweight and his appetite is easily affected by emotional disturbances. For this reason he should be well rested mentally and physically before eating, and insofar as possible there should be peace and quietness during eating.

A short walk outdoors and five minutes rest lying on the right side before eating, should cause the empty stomach to call for food.

**The Common Cold**  
One of the most dangerous ailments is the so-called common cold because it may develop into bronchitis and pneumonia and may be the forerunner of tuberculosis. Send for Dr. Barton's helpful booklet "The Common Cold" (No. 104), enclosing Ten Cents and mention this newspaper. Address requested to The Bell Library, Post Office Box 75, Station O, New York, N. Y.

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**Cadets and Movers Tie Four All in Last Night's Game**  
Two Referees Rule Proves Very Effective  
The league-leading Sea Cadets were tied by the United Movers last night at the McIntyre Arena by a score of four all. The game was two minutes late, and the first period lasted 18 minutes.

The Movers tied up the score in a thrilling third period, the last goal being scored with less than two minutes left.

**First Period**  
1. Cadets—Martin (St. Pierre).  
2. Cadets—Mineault.  
3. Movers—Laakso (Niemi, Thrasher). Penalties: Fauero, Morandin, Hodgins, Prince (too many Cadets on ice).  
**Second Period**  
4. Cadets—Mineault.  
5. Movers—Thrasher. Penalties: Garipey, Gustavasen 2, St. Pierre, Belec.  
**Third Period**  
6. Cadets—Prince.  
7. Movers—Elmer.  
8. Movers—Laakso. Penalties: St. Pierre, Belec, Cornell, Martin.

Sea Cadets: goal, Sicoli; defence, Garipey, Gustavasen; centre, St. Pierre; wings, Martin, Casonato; alternates, Fox, Bednis, McNamara, Perreault, Savard, Mineault, Prince, Costello, Defilice.  
United Movers: goal, Bozzer; defence, Guarda, Belec; centre, Niemi; wings, Laakso, Thrasher; alternates, Favero, Dyer, Elmer, Forrester, Fowers, DeMarco, Heffernan.  
Iroquois Falls 10, Canadians 7.  
The cellarmen, Iroquois Falls Juvenile hockey team, defeated the fourth place Canadians at the McIntyre Arena last night by a score of ten to seven. The Canadians couldn't pull themselves together and their goal tender put in a poorer game than usual.

**FREE 1945 CATALOG**  
PLAN YOUR 1945 GARDEN NOW!  
ORDER YOUR SEEDS EARLY  
WHILE SELECTION IS COMPLETE

EARLY planning is the secret of gardening success... and it's fun too! Start now... plan your garden... order your seeds early... while selection is complete.

Then there's Monopoly which is a fine escape from rising prices and over-bearing taxes. Born in the Great Depression, through the wishful thinking of an unemployed almost-broke engineer, this high-finance game gives everyone at least a momentary feeling of being filthy rich. A cousin to Monopoly is called "Going Hollywood."

The centuries-old game of infinite variety is known simply as "cards." The deck has changed its face and figure through thousands of years (for cards were played in ancient Egypt, and in China and India for unknown centuries). The backs of the cards mean nothing to the collectors of old cards; it is the design if the face that interests the connoisseur and by which the history of cards is traced. Many early types of cards are round or oval in shape. In place of the familiar king, queen and jack face cards with the number cards as we know them, cards of other days had political caricatures or newsy designs; others laid side by side made a panoramic scene such as a 17th century English deck with Hogarth engravings depicting "The Horrible Popish Plot" and a Dutch deck illustrating satirically the

take of food was 2000 calories which compares with the average daily intake of about 2700 calories by men of medium weight engaged in light or sedentary occupations—mostly sitting down.

**That Body of Yours**  
By James W. Barton, M.D.

**Poor Appetite And The Underweight**  
Some years ago when a thin individual was hearty eater, he was told that it was the weight of the food he carried about that kept him thin. It is possible that eating too much food would tire a thin person because, although he eats so much, he does not exercise or work off the extra food and the wastes from the unused food in the system poison or tire the blood. The individual is as tired or exhausted and he would be had he exercised or worked hard physically. Wastes from exercise or work tire the body.

However, the thin individual who is a hearty eater is the exception, unless he has an overactive thyroid gland. While overweight are hearty eaters, thin individuals are not.

Some years ago, Drs. Strang and Cox, in Annals of Internal Medicine, reported their experiment of measuring the amount of food eaten by 2 healthy lean men who were instructed to eat as much as they wished; they were allowed to move freely in the hospital. Their average daily in-

take of food was 2000 calories which compares with the average daily intake of about 2700 calories by men of medium weight engaged in light or sedentary occupations—mostly sitting down.

Word this morning from Rouyn says that a mother and five children lost their lives in a fire at their home in the Rouyn district. The husband managed to save the lives of three other children, but was himself badly burned and is in hospital.

Miss Gertrude Doherty spent the holidays at her home in Englehart.  
Miss Myrtle Ellis, Reg. N., was a visitor to Englehart during the holidays.  
Mr. and Mrs. W. Lockett and family were recent visitors to Cochrane.  
Mr. Donald Mackey spent Christmas at his home in Cochrane.  
Miss Pauline Mullen is visiting with her parents on Maple St. South.  
Miss Sophie Donyl has returned to Montreal after spending Christmas and New Years with her parents on Elm Street North.  
Cpl. Tom Maxwell and Mrs. Maxwell spent the New Year with the former's parents on Spruce Street North.  
Miss Joan Bowie returned to Western University, London, after visiting her mother at their home on Sixth Avenue.  
Mr. Joseph Kelly has been visiting friends and renewing acquaintances in town during the past week.  
Mr. Robert Scott visited relatives and friends in Smooth Rock Falls during the holiday season.  
For the fifth consecutive year William Johnston is the president of the Canadian Legion at Kirkland Lake.  
Miss Hazel McGee, of Smooth Rock Falls, visited friends and relatives in Timmins during the holidays.  
Mrs. V. P. Ray visited her parents Mr. and Mrs. Maher, Cobalt, during the holiday season.  
Mr. and Mrs. John Foster and family visited Mr. Foster's parents in Hallsby during the holiday season.  
Mr. and Mrs. Sid Hughes and young son, Danny, were holiday visitors with Mr. and Mrs. H. T. Warren, of Cochrane.  
Miss Dorothy McKinnon was the guest of her parents, Mr. and Mrs. Wm. McKinnon, Cobalt, during the holiday season.  
Miss Bertha LaSalle visited her brother-in-law and sister, Mr. and Mrs. Jean Reberge, Noranda, during the holiday season.  
Miss Dorothy Cadman returned to St. Catharines after visiting her parents on Sixth Ave. during the holiday season.  
Pte. Gordon (Dick) Strong is leaving for Toronto today, after spending a leave with his wife at 59, Balsam St. South.  
Mrs. John A. Platt, who has been spending the past few months out west, has returned to Timmins for an indefinite time.  
Pte. H. G. Allen, of the Veteran Guards of Canada, at present stationed at Monteth, spent a leave in Timmins this week.  
Messrs Dan Keeley, "Bill" Southam, Jim Clatworthy, Bob O'Grady and George Bielek left by car to return to Queen's University, Kingston. News has just been received that they arrived safely in spite of the storms.

**LOCALS**  
Pte. Arthur Hodgins spent a leave at his home 56, Mountjoy Street S.  
Mr. Sam Spencer returned this week to Timmins after a year spent in Glasgow, Scotland, his native land.  
Lola Southam left on the Northland yesterday for Kingston to resume studies at Queen's University.  
David Rowe returned to Toronto on Tuesday where he is attending University.  
Miss Delores Hodgins, who is a student at St. Joseph's College, North Bay, is spending a holiday at her home, 56, Mountjoy Street, South.  
Deputy Police Chief J. Downey returned last week from Ottawa, where he and Mrs. Downey and the family spent the Christmas holidays. Mrs. Downey and family are remaining at Ottawa for a further visit with relatives and friends.  
Pte. Chas. McQueen, M.M. and Bar, who is in military hospital at London, Ont., recovering from injuries received in his services overseas, visiting friends in Timmins and Schumacher this week. He won the M.M. and Bar for gallant service in Italy.

**BASHFUL**  
"Paul is the most bashful man I ever married."  
"What makes you say such a thing?"  
"He took along mistletoe on our honeymoon." —North Bay Nugget.

**WATCHES**  
**C. REMUS**  
Third Ave. at Cedar Street  
TIMMINS  
JEWELLER OPTOMETRIST

**Save Sugar**  
bake a Delicious Cake  
**MAGIC Chocolate Gold Cake**  
3 tbs. butter  
1/2 cup sugar  
1 tsp. flavoring extract  
1 tsp. Magic Baking Powder  
Yolks of 3 eggs  
1 1/2 cups of flour  
1/2 cup of milk  
Cream butter; add sugar slowly; add egg yolks which have been beaten until thick; add flavoring. Sift together flour and baking powder; add alternately with milk to first mixture. Bake in two 7" greased layer-cake pans at 375°F. for 20-25 minutes.  
**SUGARLESS ICING**  
CHOCOLATE FROSTING: 1 egg white; 1/2 cup Maple Syrup; 1/2 tsp. salt; 1/2 cup Cocoa; 1/2 tsp. vanilla.  
Put egg white, maple syrup and salt in top of double boiler over boiling water and beat with rotary beater for 9 minutes. Remove from heat and fold in cocoa gradually, blending well. Add vanilla and spread over cake.  
MADE IN CANADA

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Children that drink Timmins Dairy Milk thrive on it. They never get tired of its delicious flavour and it is so good for them—so give the children plenty of Timmins Dairy Milk each day.  
**Timmins Dairy**  
Telephone 935

**Sorry He Could Not Get Back here for Christmas**  
Listening over the radio on Friday last a local resident tuned in on London, England, the reception being very clear. There were a number of interesting items on the programme, and then the local man had double attention secured for he heard the speaker in London start to speak about Timmins. It was Jack Marks, who was for some time sports editor of a small Northern daily newspaper (to follow the style of phraseology of some others), Jack wished greetings to reach all his friends in Timmins and district, so The Advance is giving him his chance by mentioning the fact here. He said he was still interested in baseball and hockey, but his chief regret at this time was that he was not able to get back to Timmins for the holidays.