

# 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. a top favourite with family gamesters. The weniles can give grown-ups stiff competition, and

the excitment of trading properties with "millions" is a popular way to relax from war worries.

a big boon on in games of all kinds... and the service men themselves are

still the first favourites. War Games

facturer from Kalamazoo (a city also



nature thought to the foods you want to produce and the quantities required for your famile's number and mates. Reflect on any most of them were caused by last-minute Wise, car y planning will pay you worth while dividends, not only in more and better produce, out also in the feeling of selfsatisfied in a really successful garden gives. Send f r your Caralog today. (Those who ordered from us in 1944 will r cuire Cara-

Sand today for your Copy of our 1945 Seed and Nursery Catalog. DOMINION SEED HOUSE, Georgetown, Out.

of game kits for our service men-o.1 mazoo"), this exciting game took the request-ind with more staying at wind 'out of the "bellowing" sails of home aid playing the game on the those who thought card-playing was civilian font, new recreational habits a tool of the devil. The fact that the are being formed that will affect the cards had numbers instead of hearts pastimes of this entire war generation and clubs and spades made them seem even into the peace-time home even- less wicked. The cards in "Flinch" ofings of the future. Right now there is fer a variety of chance taking games,

oddly enough the old favourites are accredited with its smart revival. The ancient and honourable games of chess, checkers and back-gammon The pvelties are military, you can be played with real skill, and might kniw. You can play at being an there are those who take them as American Commando raiding the hard as bridge. Invitably there is gin French clast, go through the steps of rummy. The "gin" game is not particlearning to fly, hang the tyrants, en- vlar modern; in fact it was played at gage in a "dog fight," indulge your the Whist Club of New York back at talents for aviation strategy all in t e turn of the century. Other Gay good clean fun done up in a bright Nineties favorites being revived inbox. But the real soldiers and sailors clude "Pit" (big time grain dealings don't go for that kind of games ... they seem fun in rationed days) ... croquet still prefer checkers, chess, playing in a miniature parlor versior quiz physical than mental exertion. Darts cards and - er, yes, dice, your honour, and anagram games ... "Rook." Then have left the English pub and entered ?... Games for the home are versatile you'll find current versions of jack- the American game room, and there Cadets and Movers

Wishful Thinking

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 almostbroke engineer, this high-finance game gives everyone at least a momentary feeling of being fifthy rich. A cousin to Monoply 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

knows why Elizabeth of York, wife of puring eating. Henry VII, should have lingered so A short walk outdoors and five minwhy the king should still be the much- ack to call for food. marrying Henry VIII. These have painlessly the outline and contours of N. Y. all the sky fighters.

"Table sports" usually involve more Copyright Act) enough to satisfy every kind of fam- straws, tiddledy winks and parcheesi, are many variations, including one Tie Four All in don type mentioned above, there are you play with marbles, "Pig Dice" Parlor badminton is misnamed per- T the fine old stand-bys whose "escape" matches up head and tail of a pig. haps because only a good sized play- Last Night's Game qualities can't be beaten. Take "Flin- Chinese checkers remain popular and room would hold this vigorous game. ch" for instance, played with 150 may suggest to many a survivor of the Tom Thumb bowling and turn table Two Referees Rule Proves numbered cards, popular 55 years ago Flaming Youth era that the beautiful bowling game are good parlor games and enjoying a miraculous come-back, mah jong set be dusted off and too. Indoor skeet shooting equipment, Invented by a smart stationery manu- brought back into the family circle. 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.

Most games, involving family fun, friction and fact, will help to raise drooping war spirits, if in the playing left, of them, we hark to words of Sophccles, whose advice is curiously time-

"A wise gamester ought to take the

Even as they fall, and pay down Rather than grumble at his luck."

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That

Dours



By James W Barton, M.D.

dual was hearty eater, he was told erssi, DeMarco, Hefferman, that it was the weight of the food he carried about that kept him thin. It is The cellarmen, Iroquois Falls Ju- he was still interested in baseball and exercise or work off the extra food to seven. The Canadians couldn't pull and the wastes from the unused fool themselves together and their goal in the system poison or tirethe blood, tender put in a poorer game than us-The individual is as tired or exhaust- ual. ed 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 Penalty: Curik. 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-

ake of food was 2060 calories which | Six Lives Lost in Fire compares with the average daily intake of about 2700 calories by men of medium weight engaged in light or sedentary occupations-mostly sitting

In overweights it has been found that even when they are at rest, their bodies manufacture more heat than those of normal weight, the difference being in proportion to the difference in body surface or body weight. On the other hand, in thin individuals th resting heat is low as compared with those of normal weight, the difference again being in proportion to the difference in body surface or body weight "In other words, lean individuals are bound to be small eaters because they are underweight."

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 satis actory rate on a reducing diet actually increases his appitite 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 ali, 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 emabling 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 week 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 (By lizabeth MacRae Boykin) | enjoying a musical come-back with Mississippi Bubble. Early Italion cards easily affected by emotional disturb-With the U.S.O. providing thousand the hit song "I've Got a Girl in Kala- were illustrated with devil, Eve in the ances. For this reason he should be Garden and many symbolic designs, well rested mentally and physically The standardized deck, familiar in before eating, and insofar as posible America, is fairly modern, and no one there should be peace and quietness

long as the gueen on playing cards, utes rest lying on the right side before holding her white rose of York. Not eating, should cause the empty stom-

The Common Cola held their places, through many a One of the most dangerous ailments handsomer pair of royalty has decor- is the so-called common cold because ated cards in the past French second it may develop into bronchitis and empire cards were very elegant with pneumonia and may be the forerunner ladies in Eugenie gowns and gentle- of tuberculosis. Send for Dr. Barton's men in Prince Alberts and sllk hats. helpful booklet 'The Common Cold' Modern decks have pictures of war (No. 104), enclosing Ten Cents and planes, and experts claim that the mention this newspaper. Address reuse of these cards through four or quested to The Bell Library, Post five rubbers of bridge will teach you Office Box 75, Station O, New York,

(Registered in accordance with the

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

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

First Period

1. Cadets-Martin (St. Pierre).

2. Cadets-Mineault.

3. Movers-Laaks (Niemi, Thrasher Penalties: Fauero, Morandin, Hodgins, Prince (too many Cadets on ice).

Second Period Cadets—Mineault. 5. Movers-Thrasher.

Penalties: Gariepy, Gustavasen 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, Gariepy, Gustavasen; centre, St. Pistello, Defilice.

Iroquois Falls 10, Canadians 7. though he eats so much, he does not tyre Arena last night by a score of ten back to Timmins for the holidays.

> First Period 1. Falls-Mongrem.

2. Falls-Lereux.

Second Period 3. Canadians—R. Donovan (Barilko)

4. Falls-Kenny (Bain) Canadians—Lucciantonio. 6. Canadians - Curik (Alken, Lucclantonio).

7. Falls-Mongrem. Penalty: L. Donovan. Third Period

8. Falls-Wolfe. 9. Canadians-Lucciantonio. 10. Canadians-Aiken (Curik) in the Rouyn District

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 burn-

## List of Awards at South Porcupine High School

Last week The Advance published a report of the High School Commencement exercises at South Porcupine, but the exigencies of space, time and labour made it necessary to omit the full list of awards sent in by the South Porcupine reporter. As a matter of record the full list of diplomas and other awards is given herewith:-

Proficiency Prize Winners

Grade XII-Donald Briden. Grade XI-Laura Rotondo. Grade X-Dolores Fisher. Grade IXB-Wilfred Toppari. Grade IXA-Marilyn Cliff. Secondary School Graduation Secondary School Honor Graduation Diplomas-Mary Conne'ly, Robert Dye

Douglas Farren, Leonard Harper, Ainc

Grade XIII-Mary Connelly.

Heikkila, Eila Korhonen, Raymon, Laforest, Roy Mawhinev. Secondary School Graduation D!plomas-George Aro, Edith Blakeman, Donald Briden, Kevin Cahill, Jean Carruthers, Gloria Cosco, Helen Han sen, Eric Hansen, Leo Huhta, Elsie Keddie, James Legary, Patricia Mahon Eileen Ralston, John Raymer, Mary Reshetarski, Annie Sarkotich, William

Veritaky, George Yorke.

Middle School Certificats - Jean Adamson, Joyce Allen, John Anderson, Stanley Barabas, Anne Barilko, Richard Barnes, Berna Brereton, Phyllis Cahill, Aldo Campagnola, Louis Campagnola, Leslie Costello, Mary Countryman, Dorothy Courschene, Marjorie Fera, Douglas Fleming, Mary John Jay, Katie Kalinosky, Elvon Kavanagh, Lorene Knutson, Shirley Knutson, Mirelle Landreville, Greta Lang, James McDonnell, John Mc-Lellan, Margaret McLellan, Eila O'lila, Canadian Legion at Kirkland Lake. Geraldine Rogers, Laura Rotonda, Hilkka Salonen, Eila Sentaharju, Joan Somerville, Victor Tuita, Eila Tuut- Falls, visited friends and relatives in tila, John Ursulak, Priscilla White, Timmins during the holidays. Minnie Zabiak.

Connelly, June Courschene. Tony the holiday season. Fasan, Dolores Fisher, Isobel Flood, Thomas Flood, Oliver Heikkila, Doris Mr. and Mrs. John Foster and fam-Allan Laine, Noreen Ledingham, eybury during the holiday seison. Patricia Mawhiney, Paul Pearce, Olga Welsh, Norine White.

Grade XI-Senior Medals; Mary rane. Harper and John Anderson, Junior Medals: June Courschene and Paul

Kiwanis Oratorical Cups Senior-Grade XII-Mary Rehetarski, holiday season. Junior-Grade X-June Courschene. Verse Reading Medals

Junior-Grade IXA-Joyce Rogers. Cadet Awards

Strathcona Medal-Frank Hawes. nola, Rolly Dzuiba, Kevin Cahill, son, Leonard Harper.

Intramural Athletic Trophies

Knutson, Intermediate-Martha Rivett. South. Junior-Lorena Blood. Todd Trophy-Boys' Track and Field,

Senior-George Yorke. Intermediate-Gordon Paul. Junior-Edward Kulik. Fairhurst Trophy-Boys' Backetball -Leo Huhta (Captain), Leonard Harper, Paul Pearce, Jack Anderson, Gerald Rosebrugh, Albert Fisher, Jasper Woodward, Dona'd Briden. Special Honour Awards

Boys'-George Aro. Girls'-Mary Connelly.

### Sorry He Could Not Get Back here for Christmas

last a local resident tuned in on very clear. There were a number of interesting items on the programme, and then the local man had double aterre; wings, Martin, Casonato; alter- tention secured for he heard the speaknates, Fox. Bednis, McNamara, Per- er in London start to speak about Timreault, Savard, Mineault, Prince, Co. mins. It was Jack Marks, who was for some time sports editor of a small United Movers; goal, Bozzer; de- Northern daily newspaper (to follow the fense, Guarda, Belec; centre, Niemi; style of phraseology of some others). Poor Appetite And The Underweight wings, Laakso, Thrasher; alternates, Jack wished greetings to reach all his Some years ago when a thin indivi- Favero, Dyer, Elmer, Forrester, Fow- friends in Timmins and district, so The Advance is giving him his chance by mentioning the fact here. He said possible that eating too much food venile hockey team, defeated the hockey, but his chief regret at this would tire a thin person because, al- fourth place Canadians at the McIn- time was that he was not able to get

11. Falls-Bain.

12. Falls-Bain. 13. Falls-Zeidel.

14. Falls-Lereux (Mongrem) 15. Canadians-Lucciantonio

16. Canadians-Curik. 17. Falls-Mongrem. Timmins Canadians: goal Romaine;

defence, Lamarche, Barilko; centre, Aiken; wings, Lucciantonio, Curik; alternates, Therriault, Dion, Webber, Cook, L. Donovan, R. Donovan, Keefe,

Iroquois Falls: goal, L. Porter; defense, Zeidel, J. Porter; centre, Kenney; wings, Wolfe, Bain; alternates. Mongrem, Lereux, Carboneau, Mc-Donaugh, Leavoy, Beaton, Flagelle,

Volanfaire, Nozov, Turner,

Quality You'll Enjoy



Miss Gertrude Doherty spent the holidays at her home in Englehart.

Miss Myrtle Ellis, Reg. N., was a studies at Queen's University. visitor to Englehart during the holidays

Mr. and Mrs. W. Lockett and family were recent visitors to Cochrane.

at his home in Cochrane.

her parents on Maple St. South.

Montreal after spending Christmas and

New Years with her parents on Elm

Cpl. Tom Maxwell and Mrs. Max- tives and friends. well spent the New Year with the for-

mer's parents on Spruce Street North. Miss Joan Bowie returned to Western University, London, after visiting her mother at their home on Sixth

Mr. Joseph Kelly has been visiting friends and renewing acquaintances in town during the past week.

Mr. Robert Scott visited relatives Harper, Hilda Harry, Frank Hawes, and friends in Smooth Rock Falls during the holiday season. For the fifth consecutive year Wil-

Miss Hazel McGee, of Smooth Rock

liam Johnston is the president of the

Intermediate Certificates - Laila Mrs. V. P. Ray visited her parents Antila, Clara Campagnola, Margaret Mr. and Mrs. Maher, Cobalt, during

Johnson, Laila Kaitola, Sylvia Koski, ily visited Mr. Foster's parents in Hail-

Miss Bertha LaSalle visited her gulations.

holiday season. D.C.R.A. Special Award-Leo Huhta. Miss Dorothy Cadman returned to St. of objection in writing with the De-D.C.R.A Second Class Medals-John Catherines after visiting her parents puty Registrar at least three days be-

Porcupine Hardware Trophy, Girls' for, Toronto today, after spending a of December, A.D. 1944. Track and Field, Senior - Shirley leave with his wife at 59, Balsam St.

> 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 Monteith, spent a leave in Emmins 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 ar-Listening over the radio on Friday rived safely in spite of the storms,

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.

Lois Southam left on the Northland yesturday for Kingston to resume

David Rowe returned to Toronto on Tuesday where he is attending Un-

Miss Delores Hodgins, who is a stu-Mr. Donald Mackey spent Christmas dent at St. Joseph's College, North Bay, is spending a holiday at her Miss Pauline Mullen is visiting with home, 56, Mountjoy Street, South.

Deputy Police Chief J. Downey re-Miss Sophie Donyl has returned to turned 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 rela-

> 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 misletce on our honeymoon," -North Bay Nugget.



### The Liquor Authority Control Board of Untario

TAKE NOTICE that the annual meeting of the Liquer Authority Control Board of Ontario for Authority Reshetarski, Frederick Rogers, Edway Mr. and Mrs. Sid Hughes and young District No. 14, will be held at the son, Danny, were holiday visitors with Township Hall, in Kirkland Lake, in Pearce & Cross Debating Cup ..... Mr. and Mrs. H. T. Warren, of Coch- the District of Temiskaming, on Thursday, January 18th, 1945, 3.30 in the afternoon and on Friday, January 19th, Miss Dorothy McKinnon was the 1945 at 10.00 in the ferenoon, at which guest of her parents, Mr. and Mrs. time the Board will hear and determine Wm. McKinnon, Cobalt, during the all applications for the renewal of authorities in accordance with the Liquor Authority Control Act and Re-

Senior-Grade XI-Douglas Fleming, brother-in-law and sister, Mr. and Mrs. AND FURTHER TAKE NOTICE Jean Roberge, Noranda, during the that any person resident in the said Authority District objecting to any such application shall file his grounds Raymer, Frank Hawes, Aldo Campag- on Sixth Ave. during the holiday sea- fore the date of the said annual meet-

DATED at Kirkland Lake, in the Pte. Gordon (Dick) Strong is leaving District of Temiskaming, this 29th day

BRUCE WILLIAMS, K.C. Deputy Registrar, Stalmack Building, 62 Government Road West, Kirkland Lake, Ontario.



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