

Could not Eat or Sleep after Husband's Death

Her husband's death left her very run down in health, unable to eat or sleep much. Now she is brighter in spirits and eats and sleeps well. What caused the difference? Let her answer in her own words:

"I think Kruschen Salts are a splendid tonic. After my husband's death in December last I became very run down in health. Had terrible fits of depression and was unable to eat or sleep much. I was also troubled with rheumatism. I decided to take Kruschen Salts and have now taken the little daily dose for nearly two months, during which time my health has greatly improved. The rheumatism has completely left me. I am much brighter in spirits and both eat and sleep well."

When life begins to "get you down," when you begin to feel the results of modern artificial conditions—errors of diet, worry, overwork, lack of exercise—then you should turn to Kruschen Salts. They possess a wonderful power of giving new life and vitality to the countless millions of cells of which the human body is composed. The way to keep smiling is to take Kruschen Salts every morning—just a pinch in your first morning cup of coffee or tea.

URGING APPOINTMENT OF SENATOR FOR THE NORTH

General Agreement That North Should Have Representative in the Upper House, and That Dr. McInnis, of Timmins, Should be the Choice

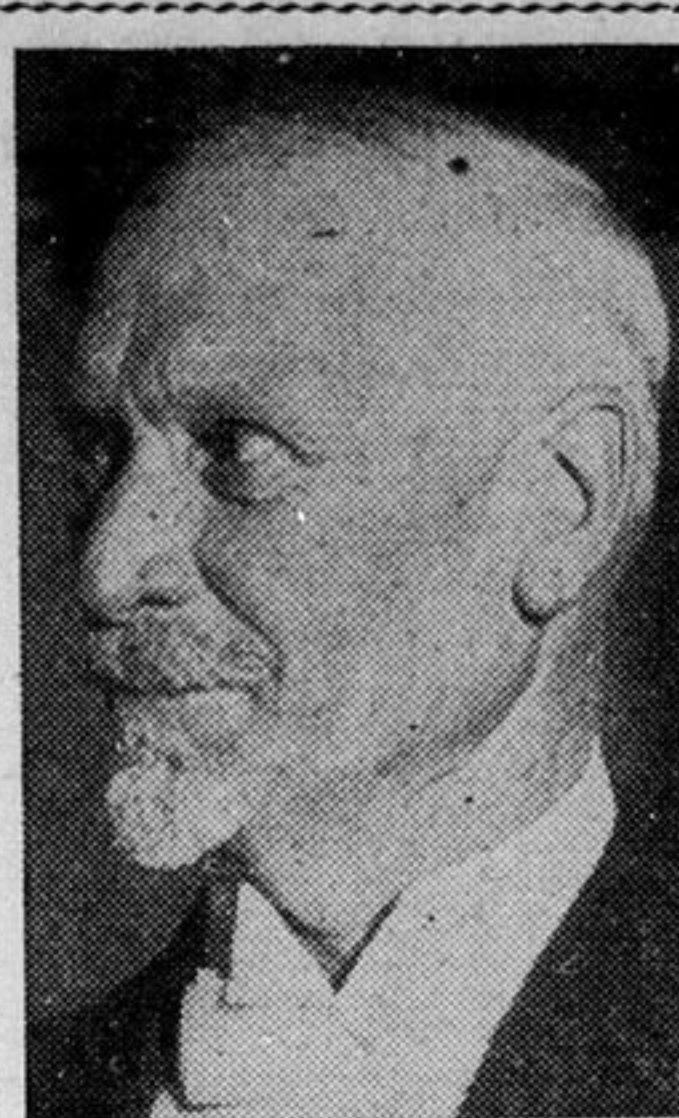
On several occasions in the past The Advance has urged the appointment of a North Land representative to the Senate. The argument has been that the North Land is an important section of Canada and so should have some representation in this important chamber of the government of the Dominion. In the past care has been taken to see that the proportion of representatives from each province was kept up, and also that a fair balance was preserved in the matter of religious tenets of the Senators. With these distinctions, however, the North Land has been completely ignored. When some time ago there was a Senate vacancy of a seat formerly occupied by an Ontario man of the Catholic faith, The Advance urged the appointment of the late L.

V. O'Connor, a man who knew the North, believed in the North and worked for the advance of the North. Although practically all newspapers in the North and the leading public men of this area endorsed this proposal, the Government made an appointment from Ontario. Later, there was an Ontario vacancy in the Senate, with precedent to suggest the appointment of a Protestant, and The Advance urged that this should be filled by the appointment of a North Land man, suggesting the name of Dr. J. A. McInnis. Since then there have been other vacancies, but up to date the North Land has been consistently ignored. There is yet time and opportunity for the Government to right the matter. At present there seems to be a general agreement that the North Land should be represented in the Senate, and there is also a wide-spread feeling that Dr. J. A. McInnis, of Timmins, would make an ideal man for the place. To note newspapers politically opposed to Dr. McInnis advocating his elevation to the Senate may appear odd to some outsiders. It is, however, only an expression of the North Land idea. Here political matters are not altogether party issues. While politics may be taken seriously in some ways, there are other ways in which party lines are not allowed to figure. Dr. J. A. McInnis is an old-time resident of the North. He is public-spirited, and knows the needs of the North, and would work for the North. Accordingly, there is a general tendency to feel that he would make a very desirable representative for the North in the Canadian Senate.

In commenting on the matter of a northern Senator, The Kapuskasing Northern Tribune last week said:—"Premier King can fill a vacancy in the Senate fast enough when it suits his political necessity to do so, as in the case of the translation of Hon. Robt. Forke to open the Brandon constituency for the new Minister of Railways and Canals. Then, why is there so much delay in making the other appointments, longer vacant? Let us have our new Northern Senator without further shillyshallying, so that he can take his seat when Parliament convenes in February. Our Senator should be a man in the prime of physical and mental vigor, able and willing to make at least one trip yearly up to the Hudson Bay region and keep a close eye on its important interests as they expand. The Yukon has had a Senator for many years, and the Yukon isn't a patch on what this new North will be. After the 1931 census we should have another member in the House of Commons, representing roughly the new population along and North of the Transcontinental from Kapuskasing to the readjusted boundaries of Kenora constituency, and also taking in the James and Hudson Bay territory. So, a little speed, please, Mr. King"

Other newspapers interested in the North have given similar endorsement of the idea that the North should have Senate representation. While The Northern Tribune in the above reference does not mention Dr. McInnis, it does describe some of his qualifications, and in previous issues it also named him and specifically urged his appointment.

Another newspaper mentioning the popular appeal that the appointment of Dr. McInnis would have is The Ottawa Journal, a paper that probably carries more weight in this North Land than any other outside daily. While the Toronto newspaper described by the premier of the province as the paper with the large circulation and the least influence may have more readers in the North than The Ottawa Journal, the latter assuredly has double the influence and respect of the people here. The Ottawa Journal has a comparatively large circulation in the North, and its influence is proportionately large. The Journal last week carried a despatch from Timmins which read as follows:—"The question of having at least one representative in the Dominion Senate is agitating Northern Ontario at present to a great extent, and it is quite apparent that if some favorable action is not taken by the Premier to remedy the neglect to which the North has been subjected in this matter there may be a different complexion on the results of the northern ridings in the next Federal election. For some time now Northern Ontario has been entitled to at least two representatives in the Senate, in comparison to the representation of the South, and



SMUTS BOOSTS EMPIRE

General Smuts, former Premier of South Africa, and present Leader of the Opposition, who spoke very warmly of the British Commonwealth of Nations at a banquet given in his honour at Ottawa. Premier Mackenzie King gave the address of welcome and Sir Robert Borden, friend of the South African statesman, also spoke.

The Golden North is still waiting to have one. Of the several Liberals whose names have been mentioned recently in this connection, Dr. John A. McInnis mayor of Timmins for several years, seems to be the most favored for the position. The doctor did some good work for the Liberal cause in the recent Provincial election, and having been a resident of the north for close on 20 years he possesses the knowledge of the needs and condition of the North in a remarkable way. Not only is Dr. McInnis an outstanding figure in Northern Ontario Liberal circles, but it is safe to say that in the matter of senatorial appointment he is supported by all parties without exception. It is said Conservatives, Progressives and Laborites alike unite with the Liberals in putting the stamp of their approval on Dr. McInnis as the right man for the North.

DEATH OF INFANT DAUGHTER OF MR. AND MRS. U. BAZINET

The death occurred on Monday, Jan. 13th, 1930, of Mary Rhea Bazinet infant daughter of Mr. and Mrs. Ubal Bazinet, 17 Elm Street, south, Timmins. The child was eight months old at the time of death, and is survived by three sisters and three brothers as well as by the bereaved parents. The funeral was held on Tuesday afternoon at 2:30 to St. Anthony's church and thence to the Timmins cemetery. The sympathy of all is extended to Mr. and Mrs. Bazinet and family in their loss.

SETTLERS IN THE NORTH NEED 160-ACRE HOMESTEADS

In an editorial note last week The Northern Tribune reproduces the following paragraph from The Advance—"In its issue last week The Northern Tribune urges the Government to revert to the provision allowing 160-acre farms in this part of the North Land. It may be said that at some time or another in the past few years every newspaper in this North Land has advocated the change from the present 80-acre land grants for settlers to the more reasonable one of the 160-acre allowance. How would it be for all the newspapers in the North to advocate the change all together all the time until the change is made? Probably, if all the newspapers of the North would unanimously and persistently demand this right for the settlers, even Hon. Mr. Finlayson might be convinced that the change is necessary and desirable. In any event it would be interesting to note whether the Hon. Mr. Finlayson would be more impressed by the voice of all the newspapers of the North than by the suggestion of some member of the civil service all arrayed in red tape."

To this paragraph The Northern Tribune adds the following comment of its own:—"The suggestion of the Advance is a good one, which we trust will commend itself to other Northern editors. There need be nothing cabalistic about the campaign; there is just the great need that every Northern editor should use his utmost influence, unceasingly to get a better deal for the settlers."

Officers Installed at Daughters of England

On Wednesday evening, Jan. 15, at the regular meeting of the Daughters of England Benefit Society, Timmins Branch the officers for the coming year were duly installed. The installing officer was Mrs. E. Wheeler, P.P. The officers for the ensuing year are as follows:—

President—Mrs. S. Goode.
Past President—Mrs. E. Wheeler.
Vice-President—Mrs. A. Jennings.
Secretary—Mrs. A. Pye.
Treasurer—Mrs. H. Backhouse.
Chaplain—Mrs. A. Parks.
First Guide—Mrs. W. Halliwell.
Second Guide—Mrs. J. Hallam.
Third Guide—Mrs. M. Jones.
Fourth Guide—Mrs. J. Lawry.
Inner Guide—Mrs. G. Gibson.

After the installation ceremony a delightful lunch was served and a pleasant hour was spent in conversation and in formulating plans for the future progress of the lodge which promises to go ahead with rapid strides under the newly-installed officers.

DUBUISSON MAP ISSUED FOR USE OF PROSPECTORS

The Dubuisson sheet (Map 224A) recently published by the Geological Survey will be of interest to prospectors in western Quebec. This geological map is one of a series of eight sheets, on a scale of 1 mile to 1 inch of the area immediately south of the Canadian National Transcontinental line and stretching from the Ontario-Quebec boundary to beyond Harricane river. The Dubuisson map-area was reported on briefly by W. F. James and J. B. Mawdsley in the Summary Report, 1926, Part C. It is underlain in part by Keewatin volcanics and intrusive granodiorite and includes Siscoe island on Lake Da Montigny on which the Siscoe mine is located. Considerable prospecting has already been done in this area, but in view of the evidence of mineralization, more extensive prospecting may be warranted. Copies of this map may be obtained upon application to The Director, Geological Survey, Ottawa, Ontario.

Drumheller Mail:—Take, for instance, the movies. In Alberta the film censors in their wisdom cut out every "Damn" before allowing any talkie to be released in the province, while in Ontario "lousy" and "broad" are on the black list, but apparently there is nothing to stop a film star from thinking what he likes as for instance those notable examples in recent releases where, by clever lip manipulation, the old sergeant majors refer to the dubious ancestry of certain black sheep in the rook line.



Weak After Operation

"I was very weak after an operation. My nerves were so bad I would sit down and cry and my husband would not go out and leave me alone. Now my nerves are much better, thanks to a booklet that was left under the door. Lydia E. Pinkham's Vegetable Compound surely put me on my feet. I have taken eight bottles. My friends tell me I look fine. My sister has taken this medicine too."—Mrs. Annie Walton, 67 Stanley St., Kingston, Ontario.

Lydia E. Pinkham's Vegetable Compound
Lydia E. Pinkham Med. Co., Lynn, Mass., U.S.A.
and Coboys, Ontario, Canada

710,000 more

Our increase in sales in 1929 over 1928 shows that there were over seven hundred and ten thousand additional SALADA users last year.

"SALADA" TEA

'Fresh from the gardens'

Mining Industry Vital to Present-Day World

So many people in the past few months lost money in the stock market that there is a general tendency to make rash statements about being "through with the mining game." The Advance has repeatedly pointed out that the stock market and the mining industry have little bearing upon one another in vital way, except that during stock depressions it is difficult to get money for new mining ventures. The stock market is a thing of itself. It does not reflect the mining industry. Anyone who has carefully followed the stock market knows that stocks often go far down when a particular mine may be at its best and flare up when the physical condition at the mine is certainly not at its best. There was the standard case some years ago when one stock went down just when the mine had declared a dividend, and another stock for a mine in the same camp went shooting up though this latter mine was cutting its dividend on account of the earnings. To the man who says, "I'm through with mining because of the market," The Advance has pointed out that the market and the stocks themselves do not by any means keep in any sort of perfect tune. To a similar sort of statement from the disgruntled Northern Miner last week had another and even more impressive answer. A man wrote to say he was "through with the mining industry." The chances are that The Northern Miner could have told this man that in a material way he had never really been connected with mining. The Northern Miner might have suggested that now that he was tired of stock speculation he might try mining investment, but this is the answer The Northern Miner did give its reader. The Northern Miner said:—

"A man who has lost money gambling in the market writes us to say that he is through with the mining industry. "We tell our friend that it is impossible for him to remain alive and be through with the mining industry. He has, in every action, contact with the mining industry. Every time he looks at his watch, picks up his knife, passes out his money, steps in his car, travels on a train, he shakes hands with mine managers and miners who toil in the depths of the earth. "Close down the mines and mankind dies out in a month, for present-day man is not equipped by instinct or nature to return promptly to the stone age. "Without mines there can be no light, no fuel, no food. Metals and minerals—the mining industry—are the foundations of man's existence. "We repeat to our friend, he cannot be through with the mining industry. He probably is through with gambling on margin. But we cannot believe, if he retains a spark of ambition, that he is forever through with investing in the tremendous bodies of metals demonstrated to exist in the North of Canada, or that he is through speculating on the success of endeavours made by prospectors and by mining engineers. We say this because we believe that the public of Canada is more conscious than ever before of the wealth contained in its mining industry and in the potentialities of the future. And at the same time the public is becoming thoroughly convinced of the evils of marginal gambling, a type of trading which has aroused all the suspicion which is at present directed toward the financial side of mining, and which contributes very little to the upbuilding of the industry. We are passing through a phase which should rid the mining industry of much that hampers its progress toward complete public appreciation. Then our good friend, and many others like him, will see that speculating, if on the mining industry, and not on margin, is legitimate and worth while."

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MUST KEEP CULTIVATING THE BUSINESS FIELD, TOO

(From The Simcoe Reformer)
Advertising is like a farmer's work. Cultivate a field, harrow and drag it as you will for a year—for ten years. Then quit for a single season and the weeds and brush will spring up and claim it.

So with advertising. Let a concern advertise for a number of years until it has created a big volume of business. Then cease advertising for a short time and its business suffers.

Competition is so keen that to survive in the business world, the merchant must tell the public what he has to sell—not once, only—but constantly.

BURIED FOR TWO HOURS IN ROCK AND MUCK AT MINE

Last week one day Jack Williams, a young man of 27 years of age, employed at the Lake Shore Mine, was buried for three hours in a slide of "muck" that occurred at stope 1409 in the mine. He was caught by the sliding ore and practically buried in the material. He did not lose consciousness at any time and was talking to his fellow-workmen as they sweated in their labour to release him. There was about 18 inches of the broken ore over him. When he was finally released he was found to have sustained a cut on the head and a severely crushed right leg. He was taken to the hospital and The Northern News says that it is reported that he is doing well.

Kapuskasing Northern Tribune:—There is big money in Wall Street for anyone who knows how to play the market, and Beethoven's sonatas are on any piano if you happen to hit the right notes.

Westinghouse
TUBES AT ALL DEALERS

Have your tubes tested regularly

HUM INDICATES A WORN TUBE

Westinghouse
RADIOTRONS LAST LONGER

Distributors
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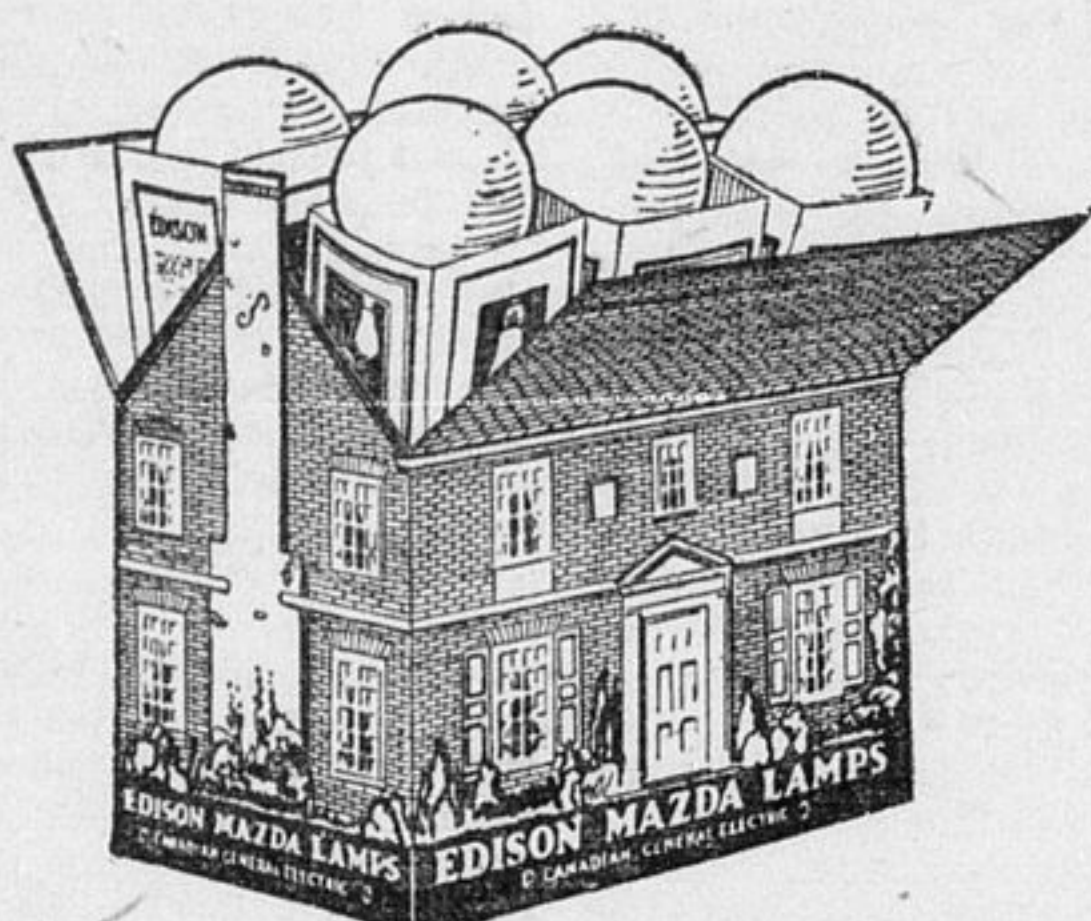
FOR A PLEASANT HOLIDAY

Take a winter vacation along the palm shaded coast of Florida. Famous golf courses, yachting, fishing, polo, lawn bowling—and other sports and recreations make each day better than the last.

Numerous hotels, known the world over for their Continental atmosphere and cuisine, will cater to your every wish.

For full particulars apply nearest T. & N. O. Rly. agent, or Mr. F. P. Nelson, D.P.A., Canadian National Rlys., North Bay, Ont.

Canadian National
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Put in a stock of lamps this easy economical way. End the inconvenience of empty lamp sockets. Lamps range from 15 to 60 watts to suit all needs. And the House itself is a treat . . . a toy the kiddies will play with by the hour.

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Controlling and Operating

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NORTHERN QUEBEC POWER COMPANY LIMITED
GREAT NORTHERN POWER CORPORATION LIMITED

MACDONALD'S



BRIER
For the pipe smoker.

Fine Cut
If you "roll your own".

COLLECT THE CARD PICTURES



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