

Elaine 'And Her Ideas From Paris

A beige straw and ribbon hat de Molyneux frames her slim face

The way of an in-crustation ends in a soft flare, so well expressed by Jane Regny in this tweed jersey

Crystal elegance for navy for smartness, her Tolman bag.

Twisted leather to grace half other half a plain color leather

They threaded a needle with red to sew her white shoes

Just the thing to be caught in with

Elaine

Some hot weather hats for the kiddies

This is the best

White satin in Maggy Rauff elegance, with white fox and a flower or two on the coat

Elaine 6-26

THE RHYMING OPTIMIST

By Miss Michaelis

Old Friends

Old friends are here; I greet them day by day, as they come back to smile at me again; their fragrance breathes thro' every garden way, their colors riot down each field each lane. The rose, the hyacinth, the daffodil, the marigold, the poppy and the rue have all come back, their loveliness to spill across a land that throbs and thrills anew.

Old friends, more dear with each recurrent spring, they come renewing beauty, youth and bliss, and in their squandered wealth of blossoming they bring a promise that men elsewhere miss. A glimpse of life abundant is revealed by all this joyous company of flowers, and shall man's soul be lesser than the field? Shall soil of earth be more renewed than ours?

The farmer's girl must stay at home, And, though gaily her lips may sing, Her heart sometimes sighs in restless mood As she waits what the years may bring.

But the gypsy girl goes roving far, And free as the wind is she To follow wherever her fancy calls Be it mountain crest or sea.

The farmer's girl longs for the gypsy trail With its glamorous wandering, And the gypsy dreams of a low, white house Where life is a safe sweet thing.

But neither can break the bonds of birth, Which, stronger than human will Hold the farmer's lass to her daily toil, Send the gypsy roving still.

In truth it is best that the path of each Should be brightened by fancy's gleam, And the life that stays and the life that goes Heightened sometimes by a dream.

POWER CORPORATION OF CANADA LIMITED

Common Dividend No. 3

NOTICE is hereby given that a dividend of One Dollar (\$1.00) per share has been declared on the No Par Value COMMON STOCK of Power Corporation of Canada, Limited, payable July 25th, 1930, to shareholders of record at the close of business on July 5th, 1930.

By Order of the Board,
L. C. HASKELL, Secretary.

Montreal, June 27th, 1930.

Temiskaming & Northern Ontario Railway TRAIN SERVICE

The CONTINENTAL LIMITED, Trains Nos. 1 and 2, between Montreal and Vancouver, daily, operating through Sleeper between Cochrane and Toronto. These trains use Canadian National Railways station at North Bay.

TRAINS Nos. 46 and 47—Through service daily, between Toronto and Timmins, also to Rouyn and Noranda, Que., operating Parlor Cafe Car Service between North Bay and Timmins. Through Sleepers operated between Toronto and Timmins, also between Toronto, Rouyn and Noranda, Que. These Trains use Canadian National Railways station at North Bay.

TRAINS Nos. 17 and 18—Daily except Sunday service between North Bay and Cochrane, operating through Sleeper between Timmins and Montreal. These trains use Canadian Pacific Railway station at North Bay.

LOCAL SERVICE between Cobalt, Fountain Falls and Silver Centre, Monday, Wednesday and Saturday.

Connections at Earlton Jct. for ELK LAKE daily except Sunday.

Connections at Englehart for CHARLTON daily except Sunday.

Connections at Swastika daily with Nipissing Central Railway for KIRKLAND LAKE, LARDER LAKE, CHEMINIS, ROUYN, and NORANDA, Quebec, and Intermediate Points.

Connections at Porquis Jct. for IROQUOIS FALLS, daily.

Improved service on the Porcupine Branch, making close connections at Porquis Jct. with Trains Nos. 1, 2, 17 and 18 for points east, west, north and south. This service will be in addition to Trains Nos. 46 and 47 and will provide three trains each way on Sundays. The establishment of this service will enable those desiring, to conveniently make round trip from Timmins to Cochrane on Sundays.

TRI-WEEKLY SERVICE between Cochrane, Island Falls Jct., and Coral Rapids, leaving Cochrane 8.30 a.m., Monday, Wednesday and Friday, arriving Coral Rapids 2.55 p.m. same day, returning leaving Coral Rapids 8.30 a.m. Tuesday, Thursday and Saturday, arriving Cochrane 2.30 p.m. same day.

See current Time Table or apply to any T & N. O. Ry. Agent for full particulars.

A. J. PARR,
Gen. Frt. and Pass. Agt.,
North Bay, Ont.

Health Service of the Canadian Medical Association

WHY BOTHER?

During the ages, the superstitions that were associated with the healing art have gradually disappeared. In the earliest centuries, treatment was carried out with ceremonial, incantations, mysterious potions and dances, and offerings were made to the spirits. Today, medicine is a science based upon investigation, experiment and analysis.

In the course of this development, great progress has been made, not only in the treatment of disease but also in its prevention. In one sense, progress has been rapid, but in another, it appears to be slow because there is still much to be learned about the mechanism of the human body, and there are still diseased conditions which baffle us and which seem to be beyond our control.

One thing that has been clearly shown is that many serious and chronic diseases have their beginnings in what are apparently trivial conditions. Every advanced cancer was at one time a local disease which could have been cured. Chronic heart and kidney diseases do not begin as serious conditions; they pass through an early stage. Tuberculosis usually first shows itself as a mild localized disease.

It is for these reasons that we should bother about what we might consider to be trivial diseases or even what seems to be merely a lack of physical fitness. Proper treatment during the early stages is necessary to arrest the progress of many diseases.

The chief objection to self-medication is that it delays proper treatment, which, when it is

secured in time, offers the only possible chance of nipping in the bud a condition which may lead to serious or chronic disease.

The practitioner of medicine is not a magician. The good he can do is limited by the knowledge he possesses. He does not promise cures, but he does offer the benefits of medical science, and if we are unfortunate enough to suffer, it may be because we have not availed ourselves of his skill. We still delay in securing his services, and it is such delay which leads to serious trouble.

Why bother about minor conditions of ill-health? The answer is that the best time to consider disease is when the most can be done with it, and that is before it becomes firmly rooted in the body. Proper early treatment has much to offer in the prevention of serious chronic diseases against which, in their advanced stages, we have not any specific remedy. Early treatment is then the answer to Why Bother?

Questions concerning Health, addressed to the Canadian Medical Association, 184 College

Street, Toronto, will be answered personally by letter.

HAILEYBURY LODGE No. 364 I. O. O. F.

Meets 2nd and 4th Mondays of each month in the I. O. O. F. TEMPLE at 8 p.m.
N.G.—F. L. Fleming
Rec. Sec.—W. J. McCagherty

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Soup Aylmer, Ass't., Except Chicken and Chicken With Rice	3 Tins	27c
Apricots Lusciously Sweet and Tender	1 lb.	33c
Catsup Made From Selected Sun-Ripened Tomatoes and the Finest Spice		17c

SALMON Finest Quality Deep-Red Sockeye The Pick of the Catch	1-lb. Tin	45c
PEACHES Sliced or Halves	2 Tins	45c
LOBSTER From the Far-Famed Grounds of Nova Scotia—Tender and Flavoury	1/2-lb. Tin	29c

RICHMELLO COFFEE Aromatic and Flavoury	1-lb. Sealed Tin	45c
Cheese With a Flavor That is Distinctly Different	lb.	39c
Crackers A, D Size Pkgs. 12c B Size Pkg. 21c	lb.	19c
Soap A Delightfully Perfumed Toilet Accessory	3 Cakes	17c

CANDY SPECIALS		
Crawford Rum and Butter Smacks	1/2-lb. Box	23c
Imported Allsorts Licorice	lb.	25c
Cocanut Bon-Bons	lb.	29c
Todhunter Chocolate Nibs	lb.	39c
TASTY CAKES MADE BY OUR OWN BAKERY		
Jelly Rolls	Each	15c
Cookies	Doz.	15c
Florence—Wrapped	Each	25c
Madeira	Each	15c
Vinegar—Bulk, Blended Cider or Spirit	Gal.	30c
Grapefruit—No. 2 Tin		25c
Veal Loaf—Clark's	Tin	21c
Asparagus Tips—No. 1 Tin		25c
Beans—Heinz Baked—Medium Tin		15c
Chocolate—Baker's Unsweetened	1-4-lb. Cake	13c
Welch's Grape Juice	Bot.	32c
Victory Olives—12-oz.—Stuffed		27c

Preserving Time Is Here

CROWN JARS		
Small	Doz.	\$1.05
Medium	Doz.	\$1.19
Large	Doz.	\$1.55
Certo—Sure-Jell	Bottle	30c
RINGS		
Rubber	3 Pkgs.	25c
Zinc	Doz.	15c

A MUSICAL DRAMA

A distinct novelty is supplied in "She Couldn't Say No," the Warner Bros. and Vitaphone production which comes to the Empire Theatre, New Liskeard, on Friday and Saturday, co-starring Winnie Lightner and Chester Morris.

The interpolation of numerous songs in a screen production usually signifies a quality of comedy or lightness, but this unusual all-talking picture tells a highly dramatic love story, beginning in a cheap cafe and ending in a hospital room. But during the ac-

tion of the story Miss Lightner, famous songstress of vaudeville and musical comedy, is heard in many of her entertaining vocal efforts.

The supporting cast of "She Couldn't Say No," includes Sally Eilers, Johnny Arthur and Tully Marshall. Lloyd Bacon directed.

INFANT WELFARE CLINIC

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