



THE POLICE FORCE OF THE BODY

DAY and night—without ceasing—a struggle is going on in your body between the germs of disease and the white blood corpuscles—the police force of the human body.

If this police force weakens, disease germs gain a foothold—sickness follows.

Constipation is the most common and dangerous way of corrupting the human police force. Food waste remains too long in the intestines—decays—poisons the blood—and opens the way for attack by the germs that cause tuberculosis, diphtheria, pneumonia and a multitude of other ills.

The culpable habit of using salts, pills, mineral waters, castor oil, etc., to force the bowels to move, makes this condition even worse, as constipation returns almost immediately.

Nujol is entirely different from drugs as it does not force or irritate the bowels.

Nujol prevents stagnation by softening the food waste and encouraging the intestinal muscles to act naturally, thus removing the cause of constipation and self-poisoning. It is absolutely harmless and pleasant. Nujol helps Nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world.

Get a bottle of Nujol from your druggist today and keep your police force on the job.

Warning: Nujol is sold in sealed bottles bearing the Nujol Trade Mark. All druggists insist on Nujol. You may suffer from substitutes.

Nujol
REG. U.S. PAT. OFF.
For Constipation



The Aerodrome ENTERTAINMENT PARK
Ice Cream Parlors, Nurseries, and Bath Rooms
South Porcupine, Ont.

Open every day, Sunday included. Everything up-to-date. Highest quality Floral Decorations. Bouquets, etc. made to order.

Fish Worms For Sale. Phone 10, Box 306
H. E. BURTWELL, PROP.

SCHEDULE OF NORTHERN ONTARIO BASEBALL LEAGUE

List of Games Between Timmins, South Porcupine and Iroquois Falls

The teams for the district baseball league this year will be Timmins, South Porcupine and Iroquois Falls. The district league will be known as the Northern Ontario Baseball League and an interesting and closely-contested season is expected. The three teams will have a line-up of the best players of the three towns. Schumacher is going in with South Porcupine in this District League. For this League Mr. Hamilton B. Wills is giving a handsome, large silver cup to be won by the team capturing head place in the District League this year.

The following is the official list of District League games for the season:—

- June 27th—Timmins at South Porcupine.
- July 9th—Iroquois Falls at South Porcupine.
- July 18th—South Porcupine at Timmins.
- July 23rd—Timmins at Iroquois Falls.
- Aug. 6th—South Porcupine at Iroquois Falls.
- Aug. 20th—Iroquois Falls at Timmins.

It will be noted that the first District League game of the season in baseball will be played at South Porcupine on Friday evening of this week when Timmins and South Porcupine baseball teams will try conclusions. There should be a good representation of rooters from here going over to South End for the occasion to give the season a good start-off in the District Baseball League. The first District Baseball League game on Timmins grounds will be July 18th, when South Porcupine will play here. As will be seen from the above schedule the games are on the "home-and-home" plan, each team playing two games on its own grounds and two games away.

COMPLAINED OF THEFTS, BUT PROVED TO BE THIEF

Last week a young man giving the name of Harry Blackman went to Chief Wilson with the complaint that the door between his room and that of another roomer, had been broken down and some of his clothes stolen. "Find the thief, oh, please," said Harry. The police did, and as a consequence Harry himself was sent to jail for six months by Magistrate Atkinson last week. It was found that the man who complained to the police about the thefts had broken the door himself and taken a quantity of good clothes from another man's room, selling them at a second-hand store for \$16 or \$17. At the same court there were five residents of the town brought before the Magistrate by Sanitary Inspector P. Collins for neglecting to comply with the law regarding health matters. Four of them were fined \$5 and cost cent,

while the other, Frank De Peco, neglected to obey the request to attend the first session of the Court and when at last he did appear his attitude was such that Magistrate Atkinson simply doubled the fine in his case, making it \$10 and cost. Five of the draymen of the town were before the Magistrate for breach of the Town cartage by-law. Their solicitor asked for a week's remand to study the by-law and this was granted. Three of the five have a second charge against them of failing to comply with the by-law regarding livery licenses.

THE GREAT BIG WORLD IS A SMALL WORLD AFTER ALL

It is an odd coincidence that the very day one man in Timmins said that people up here had no interest in the trouble in far-off Mexico, evidence should be forthcoming to show the far-reaching effect of the disorders in the southern country. It is a fact that in a greater or less degree the trouble that makes Mexico such an uncertain and uncomfortable country has an indirect benefit for the North Land in general and the Porcupine in particular. The recent disorders in Mexico have had the effect of making mining men hesitate to invest money there, though Mexico under better conditions would attract considerable capital by its wealth of mineral resources. The money that might go to Mexico, however, is frightened away by the conditions that have prevailed there for years, and the North Land may reap much of the benefit from the diverted capital. Several southern capitalists have recently been "looking over" the Porcupine and other mining camps and money once earmarked "for Mexico" may come here to develop the resources of this more settled land. After all this great big world is a small enough old world these days.

OF SPECIAL INTEREST TO TIMMINS AT THIS TIME

In view of the fact that the Town of Timmins is about to instal a sewerage system here the following item from the last issue of the Sudbury Star will be of especial interest. The Star says:—"The Sudbury Town Council will take up with the Federal authorities the present high cost of sewer pipe. In its negotiations for the purchase of pipe for this season's needs it was revealed some time ago that the three or four manufacturers of sewer pipe in eastern Canada had pooled their selling organization, and that all were selling their product at the same price and at a considerable advance over last year. In other words, competition had been entirely eliminated. It has also been discovered that notwithstanding a 42 1/2 per cent duty sewer pipe can be had down in Sudbury from United States manufacturers at practically the same price as that asked by Canadian firms. The methods used were characterized by the Council as a hold-up and an attempt is to be made to have the government investigate."

SOUTH END FIRE DEPT. ANNUAL DANCE TO-NIGHT

The South Porcupine Fire Department Annual Dance will be held at South End this (Wednesday) evening and should be a big success. This dance was postponed a couple of weeks ago so that it would not conflict with other local events, so there should be special consideration for the event, and it should have more than the usual support. The Committee in charge have perfected arrangements for a comfortable and successful event and all may be assured of a very pleasant evening. Colombo's 7-piece orchestra will furnish the music for the occasion. Remember the place, Oddfellows' Hall, South Porcupine, to-night.

Among the returned men to visit the Camp last week was Pte. Chenette who was overseas with the 75th Battalion and who returned recently to his home at Barber's Bay.

TIMMINS - FOOTBALL - ASSOCIATION

DOMINION DAY SPORTS

Football, Baseball, Lacrosse, also Games of Different Nations, Athletic Events, Novelties

TIMMINS JULY 1, 1919

Programme

Band will meet the morning train and march to the Athletic Grounds.	2.45—LACROSSE EXHIBITION (\$50.00 prize.)
10.30—Swedish Drill.	3.00—Hop, Skip and Jump, open
10.50—Pole Vault, open.	3.15—Sack Race, open.
Throwing the Disc, open.	3.25—Egg and Spoon Race, (ladies), open.
11.00—BASEBALL GAME, (7 innings.)	3.30—Mucking Contest, open. (Prizes \$30, \$15 and \$10, donated by Miners' Union.)
1.30 p.m.—FOOTBALL, Porcupine-Dome vs. McIntyre. (12 Silver Medals)	3.40—100 yards, for members of Timmins Football Club.
1.40—100 yds. Boys' Race for boys under 12, open.	4.10—100 yards, open.
1.50—100 yds, for boys under 16, open.	4.30—140 yards, open.
2.00—100 yds, Girls' Race, open.	4.40—Obstacle Race, open.
2.10—100 yds, Ladies' Race, open	4.45—Thread the Needle Race, open
2.20—Three-Legged Race, open.	4.50—Tug-of-War.
	5.00—BASEBALL GAME (\$50 and \$25 prizes)

For all the events where no money prize is mentioned above LIBERAL PRIZES are being given.

except in the case of the events for children and ladies. The entry fee in each event (other than those for ladies and children where no entry charge is made) will be 25c, except in the Mucking Contest where the entry fee will be 50c.

All entries must be given to the Secretary of the Committee, Mr. H. C. Garner, Government Employment Bureau Office, opposite the Goldfields, before 5 p.m. on Saturday, June 28th

A special prize will be given to the lady selling the most Admission Tags.

A big day all day

WILSON'S "The National Smoke"
BACHELOR
The Bachelor demonstrates the truth of the theory that Canadian smokers recognize a product of better value. It has the largest sale.
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