

GAINED 65 POUNDS!

"Five years ago when I was first married I had wonderful energy. I could be on the go all day long without feeling the least bit fatigued. I had a great appetite and could eat anything. I weighed 147 pounds. I used to be busy every minute of the day and, when the day was over, I could go to bed and never waken once during the night. Thirteen months ago my first baby was born. After that my energy seemed to leave me. I was tired all the time. I had to force myself to do my household duties. Instead of being a pleasure as formerly, these duties became a real task. I lost all desire for food and nothing would tempt me. I had to make myself eat. I would go to bed at night and toss from side to side for hours at a time. After a while I would doze off only to find that I had been sleeping for ten or fifteen minutes. Naturally when morning came, not having slept, I started the day completely tired out. I was shaky and nervous. The least noise would startle me and make my heart race along. I could see that my husband was worried. I was losing weight every week and had already lost 54 pounds. I tried all kinds of tonics, but they didn't help me. One night, a night I shall never forget because it started me on the way to health and happiness again, my husband brought in a bottle of Carnol. A friend told him that Carnol had saved his wife's life, so he insisted upon my trying it. Six weeks after I began taking Carnol, my weight increased from 93 pounds to 158, an increase of 65 pounds. And, am I well these days? Every morning I fairly jump out of bed ready to tackle anything and every minute of the day is a joy to me now."

Carnol is sold by your druggist, and if you can conscientiously say, after you have tried it, that it hasn't done you any good, return the empty bottle to him and he will refund your money. 8-622

Sold by
THE TODD DRUG CO., LIMITED
Schumacher Timmins
South Porcupine
and by all Druggists in Northern Ont.

WEDNESDAY
Bulletin

Among the latest enrollments at the Timmins Business College, Timmins, Ont., are Miss E. Vaillant, Stenographic Dept.; Miss L. Lemieux, Stenographic Dept.; Mr. John Duhe, Commercial Dept.

The Night Class attendance at this Golden School is increasing every week it offering such an advantage for people to attend.

Mr. L. Laporte, a graduate of the Timmins Business College, who is at present Stenographer in the Hollinger Mines Offices, has taken first position in the March Typewriting Test prescribed, by the Underwood Typewriter Co., Toronto, Ont. Mr. Laporte wrote 45 net words per minute for 15 minutes. Miss Selina Moses, a present attending student at the College, and an ex-student of the Timmins Continuation Classes has taken second position with 38 net words per minute. The Timmins Business College hopes to take the typewriting record of the Province this year.

Mr. Harry Groode, who has been absent from the College for some months, has returned to resume his studies in the Commercial Dept.

The Class Pins for the Students and Graduates have arrived; we take this method of asking all Students who have graduated since the establishment of the College to call at the College Office for their pin. This Pin will serve as an advancing medium for the Graduate.

We had two more calls for Stenographers through our Employment Dept. last week. Those considering a Business Course may enroll any time, but we recommend doing so immediately, as we secure positions for our Graduates and expect to have greater demand than we can supply.

Telephone, write or call and see us, Timmins Business College, "A Golden School in a Golden Centre." E. M. Terry, Principal, Timmins, Ontario. Phone 314. Box 223.

THE STINGIEST MAN

The stingiest man we ever heard of bought his bride a nickel's worth of peppermint lozenges and took her on a trolley ride honeymoon. When they got off the car he said, "Honey, suppose we save the rest of this candy for the children."

NO TIME LOST

Little Willie let no grass grow under his feet when uncle came for a visit, before rushing up to him with this:

"Uncle, make a noise like a frog."
"Why?" asked the old man.
"Cause when I ask daddy for anything he says, 'Wait 'till your uncle croaks.'"

**IMPROVEMENTS BEING
MADE IN POST OFFICE**

(Continued from page 1)

vide roads and walks for the outlying sections of the town, particularly those paying taxes for years and heretofore receiving no improvements. He thought storm sewers would be absolutely necessary if paved streets were put in, and the cost of the storm sewers would be nearly as much as for the roadways.

The matter of chief interest at the meeting, perhaps, was the question of post office service. There were many complaints regarding the post office service, one speaker saying that conditions were very far from a credit in a town as large as this. The increase in the box rents at the post office was also condemned and other questions of complaint touched upon. Postmaster King had been invited to the meeting and when he arrived and addressed the gathering he was able to change the feeling of the meeting altogether. Many expressed their thanks that the matter had been so well explained and they were now agreed in recognizing the difficulties and the efforts being made to provide good service. Chief Borland who had strongly opposed the box rent increase said he was satisfied, and would certainly withdraw his opposition when he learned the small revenue received in other lines for the maintenance of the office. The question of having this a "Government" Post Office, instead of a commission one was also discussed. In his address Postmaster King outlined the conditions that had to be met when he took the position. The great growth of the town and the uncertainty of the appointment of a postmaster for a considerable time had worked together to leave conditions in such shape that the best public service could not be given. As soon as the appointment was made, however, he had started to make improvements and to provide for better service. An improved system of handling parcels had been inaugurated. There had been 150 new boxes installed and 150 more had been ordered, but had not yet been received. A night man had been put on permanently so as to facilitate the handling of the mails. It was the intention to put in a third general delivery wicket so as to relieve the congestion at certain hours. Also by a general re-arrangement of the wickets and equipment much better service could be given. The new arrangement would include the moving of the parcel wicket and permit the use of both the outside doors of the post office which would be a great benefit to the public. The post office, ever since Mr. King's appointment, has been kept open for box-holders on Sundays during the most convenient part of the day. In explaining the improvements that had been made and that would soon be made, Mr. King mentioned that the public could also help in improving the service. For instance, business firms depositing large bunches of mail at one time could, with practically no inconvenience to themselves, facilitate handling by keeping the letters for the one post office together and with the stamps showing all one way. Some inconvenience had also been caused by loiterers in the evening in the post office. Those with boxes were always welcome to stay around the office waiting for the mail to be distributed. But he referred chiefly he said to groups of young fellows who talked loudly and smoked and spit on the floor. Things like these prevented the office from being kept as clean as it might be. President King suggested to Postmaster King at this point that he was sure the police would co-operate to prevent unnecessary and objectionable loitering in the post office at nights. Postmaster King in referring to the improvements made, said that there were now seven clerks. On an average day from 2500 to 3000 letters would be handled.

President King thanked the Postmaster for his detailed review of the matter and thought it would do much to satisfy the public that every effort was being made to give the best service possible.

President King brought up the question of the North Land Highway and in view of recent and past experiences thought that Timmins, South Porcupine, Iroquois Falls, Cochrane and Matheson Boards of Trade might do well to work together for matters of common interest affecting this district. This would not in any way affect the connection with the Associated Boards of Trade, but would be supplementary as it were. This idea was embodied in a motion urging the Government to complete the road between Timmins and Porcupine Junction this summer, Cochrane, the Falls and the other boards concerned being asked to co-operate in urging this matter on the Government.

Insurance companies claim that married men live longer than single ones. Maybe it just seems longer.

**COUNCIL TO PROCEED WITH
PURCHASE OF FIRE TRUCK**

At the Council meeting on March 26th, by unanimous vote the Town Council decided on the purchase of an American-LaFrance combination pumping, chemical and hose motor truck equipment. At the Council meeting last Monday, the Mayor in replying to Mr. D. Ostrosser, who had addressed the Council on behalf of the Timmins Board of Trade, explained that while the Council had duly passed the purchase, the actual signing of the order by the Mayor and Clerk had not been done. He made the suggestion that the delay had been allowed so as to permit of the expression of opinion by the ratepayers in the matter. After a thorough investigation, the Council had decided upon the La France equipment. A by-law will likely be submitted to the ratepayers in the matter.

Mrs. J. Perrault, of New Liskeard, has been the guest of friends in town.

Mr. Stewart Bigham, of Detroit, was a visitor to the Camp last week.

Here and There

Canada's export trade grew \$174,000,000 in the first eleven months of the fiscal year ending March 31st.

A recent and popular Canadian Pacific appointment is that of Mr. Walter Maughan to Steamship Passenger Manager. The appointment includes management of the company's passenger business on both the Atlantic and Pacific oceans.

Fire insurance companies found 1922 the most disastrous year for more than 20. The ratio of losses to premiums was 68.64 per cent, British companies suffered most severely, their losses to premiums being 71.43 per cent, mainly due to the Northern Ontario fire.

A gold rush is in full swing and it is expected to bring about the development of more mining camps in the counties of Temiskaming and Abitibi. Gold was discovered in these two counties early in 1922, and a rush of prospectors began in March of that year. In October, 250 claims were staked, comprising 50,000 acres of land, and to date about 90,000 acres have been staked.

In the last fiscal year, Canada imported 1,363,000 pounds of butter from the United States, 297,000 pounds from Australia and 2,254,000 pounds from New Zealand. The total exports of Canadian butter were 8,430,000 pounds.

It is announced that the running schedule of the Trans-Canada Limited, which will operate between Montreal, Toronto and Vancouver, commencing May 20th, has been cut down one hour. Considering the all steel equipment and luxurious appointments and its regular daily on time performance, this is the finest long distance train in the world.

Bungalow camps, such as are operated in the Canadian Rockies, are to be built in the French River, Nipigon Bay and Lake of the Woods districts of Ontario by the Canadian Pacific Railway. Low cost of construction and maintenance will enable the company to offer lower rates than standard hotels. The first three will be ready for occupation by July 1st.

According to a recent rearrangement of ports of call, the Orient, the Canadian Pacific Steamships Limited, by omitting Manila as a port of call between Shanghai and Hong Kong, will bring the latter port four days nearer to Canada, the United States and Europe. This makes possible a through service from London, England, via Canadian Pacific Atlantic Expresses to Quebec and rail to Vancouver and via Canadian Pacific Expresses to Hong Kong under 28 days.

During the year 1922 the Canadian Pacific Railway handled a total of 8,435,825 pieces of baggage as compared with 8,732,074 for the previous year. Of this amount 5,175,203 pieces were passengers' baggage which compared with 5,486,455 for the previous twelve months. 9,697 bicycles were handled, 19,336 dogs travelled as baggage and 23,985 baby carriages were moved. There was also a considerable increase in the movement of milk. In 1922, the Company moved 1,623,707 cans as against 1,614,791 in 1921; and it is remarkable that most of this increase was in the three provinces, Manitoba, Saskatchewan and Alberta, which is an apparent indication of the further development of mixed farming in those provinces.

One of the best examples of a town "growing up over night" is that of Climax, the end of steel on the Consul-Assiniboia branch of the Canadian Pacific Railway. All that there was on the quarter section of February 19th, the day on which the site of the new town was finally settled, was a homesteader's shack and a small barn. When the steel was laid in Climax on March 15th there was a restaurant, one rooming house, over a score of dwellings, two blacksmith's shops, a drug store, gents' furnishing store, a big general store, pool room and barber shop. The new town is situated in four large flat warehouses in which nearly 100,000 bushels of grain were stored, and a butcher shop. The new town is situated in Lone Tree R.M. number 18, about 30 miles south of Shaunavon.

**POPULAR YOUNG COUPLE
WEDDED ON SATURDAY**

A quiet wedding took place on Saturday evening in the R. C. Church, Timmins, when Mr. Harry Herman and Miss Febronia Beaudoin were united in the bonds of matrimony. Both bride and groom are well known, highly esteemed and very popular in town, and they will receive the sincerest good wishes of all. Mr. and Mrs. Herman have taken up residence in town.

**FAREWELL DINNER AND
PRESENTATION TO MR. BIRT**

This week a Farewell Dinner was given in the McIntyre Hall, Schumacher, to Mr. D. P. Birt, who is leaving the Camp to settle at Windsor. Mr. Birt came to the Camp in 1915 and since that time has been a valued and popular member of the McIntyre Mine staff and a useful and highly esteemed citizen of the community. He was one of the first members of the McIntyre Orchestra and gave that organization very faithful services and loyal support from its inception.

The dinner was served at 8 p.m., the members of the McIntyre Orchestra and their wives and lady friends being present to the number of about forty. In recognition of Mr. Birt's services to the Orchestra, Mr. R. McPhie, President, presented him with a gold ring and a handsome silver cigarette case on behalf of the members. Mr. McPhie spoke fittingly of the high esteem in which Mr. Birt was held by himself and the others in the organization. Mr. Birt replied with a brief but very interesting and witty speech. After one or two other short speeches by other members, touching on the high regard entertained for Mr. Birt, the regret at his departure and the sincere good wishes that would follow him, the party enjoyed an impromptu musical programme which was followed by some dances. Altogether a very pleasant evening was passed, concluding with "Auld Lang Syne," and "For He's a Jolly Good Fellow," being sung in honour of Mr. Birt.

**BYRNES PRESBYTERIAN
CHURCH**

Fourth Avenue and Cedar Streets.
Public Worship, 11 a.m. and 7 p.m.
Sunday School, 2:30 p.m.
A cordial invitation is extended to all to attend these services.
Rev. J. D. Parks, B.D., Minister.

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50 cents in advance will
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Insert One Next Week

ST. MATTHEW'S CHURCH
(Anglican)
Tamarack Street and Fifth Avenue.

Sunday Services, 11.00 a.m., and 7.00 p.m.
Sunday School, 3.00 p.m.
Rev. R. S. Cushing, B.A., L.Th., Rector.
Residence, No. 1 Hemlock Street.
Holy Communion: 1st. Sunday of month, 11.00 a.m.; 3rd. Sunday of month, 7.30 p.m.; Festivals, 3.30 a.m.

There was an unusually large attendance at the Hot Supper served on Thursday evening last in the basement of the Presbyterian church by the Ladies' Aid. The Ladies' Aid always makes a pleasing success of such events, and according to the consensus of opinion the supper Thursday evening last was another big success added to their growing list. The food, the service, everything, was of the very best, and all attending were delighted with the event.

Something Never Sold Before
in Timmins

**Laura Secord
CANDIES**

Same price as in Toronto and Montreal
60c a Pound

Orders taken now for the first shipment arriving April 20. Call to-day and assure yourself of a box of the High Grade Candy

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