

THE CALEDONIAN SOCIETY OF TIMMINS

Open to native-born Scots and Scotswomen and those of Scottish descent.
Meetings the second and fourth Fridays of the month, in the I.O.O.F. Hall, Timmins, starting at 8 p.m. sharp.
Membership fee, \$2.00 per year for ordinary members and 50c. per year for associate members.

D. MACKIE, A. J. DOWNIE,
President. Secretary.
Box 1338



SALE of LAND
IN
THE PORCUPINE GOLD AREA
ONTARIO.

NOTICE is hereby given that under and by virtue of an Order-in-Council dated the 11th day of December, 1923, that part of the bed of Porcupine Lake in the townships of Whitney and Tisdale, in the Porcupine Mining Division, remaining the property of the Crown and containing 539 acres more or less, together with the mines, minerals and mining rights therein and thereunder, is offered for sale by public tender on the following conditions:—

Tenders to be received not later than 12 o'clock noon on Thursday the 15th day of May, 1924.

Tenders to name a lump sum for the said land, payable in full within fifteen days of the acceptance of the tender.

A certified cheque for ten per cent. of the price offered to accompany each tender, forfeitable upon non-payment of the balance of the purchase money within the prescribed time.

The sale is subject to the provisions of the Mining Tax Act and any amendments thereto, and to an additional charge in favour of the Crown of two per cent. on the net profits calculated on the basis contained in the said Act.

The boundaries of the parcel to be surveyed and delimited on the ground by the Department of Mines before the day of sale.

The highest or any tender not necessarily accepted.

Tenders to be enclosed in sealed envelopes, marked on the outside in plain letters "Tender for Porcupine Lake" and forwarded by registered mail to the Minister of Mines, Parliament Buildings, Toronto, Canada.

CHARLES McCREA,
Minister of Mines,
Toronto, 17th December, 1923.
N.B.—No unauthorized insertion of this advertisement will be paid for.
3-20.



SALE of LAND
IN
THE PORCUPINE GOLD AREA
ONTARIO.

NOTICE is hereby given that under and by virtue of an Order-in-Council dated the 11th day of December, 1923, that part of the bed of Simpson Lake in lot 5 in the first concession of the township of Tisdale, in the Porcupine Gold area, remaining the property of the Crown and being the eastern portion of the said lake, containing 20 acres more or less, together with the mining rights therein and thereunder, is offered for sale by public tender on the following conditions:—

Tenders to be received not later than 12 o'clock noon on Thursday the 15th day of May, 1924.

Tenders to name a lump sum for the said land, payable in full within fifteen days of the acceptance of the tender.

A certified cheque for ten per cent. of the price offered to accompany each tender, forfeitable upon non-payment of the balance of the purchase money.

The sale is subject to the provisions of the Mining Tax Act and any amendments thereto, and to an additional charge in favour of the Crown of two per cent. on the net profits calculated on the basis contained in the said Act.

The boundaries of the parcel to be surveyed and delimited on the ground by the Department of Mines before the day of sale.

The highest or any tender not necessarily accepted.

Tenders to be enclosed in sealed envelopes, marked on the outside in plain letters "Tenders for East Part Simpson Lake," and forwarded by registered mail to the Minister of Mines, Parliament Buildings, Toronto, Canada.

CHARLES McCREA,
Minister of Mines,
Toronto, 17th December, 1923.
N.B.—No unauthorized insertion of this advertisement will be paid for.
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Fourteen years ago, Mr. James S. Delgaty, of Gilbert Plains, Man., was a nervous wreck. His system was shattered by Nervous Prostration, and he was reduced in weight from 170 to 115 pounds.

He wrote on May 15th, 1917, "Every medicine I tried proved useless until a friend induced me to take 'Fruit-a-tives.' I began to mend at once. After using this fruit medicine for three months, I was back to normal. I have never had such good health as I have enjoyed the past six years. We are never without a box of 'Fruit-a-tives' in the house."

Writing again on September 27th, 1923, Mr. Delgaty says, "I stand by my letter to you in 1917—I still recommend 'Fruit-a-tives.'"

"Fruit-a-tives" is a complete fruit treatment—being made of the juices of fresh ripe fruits and tonics.

25c. and 50c. a box—6 for \$2.50—at druggists or sent postpaid by Fruit-a-tives Limited, Ottawa.

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Lancashire Club - Timmins

Meets every first and second Saturday in Each Month.

All Lancastrians welcome and their Friends are invited.

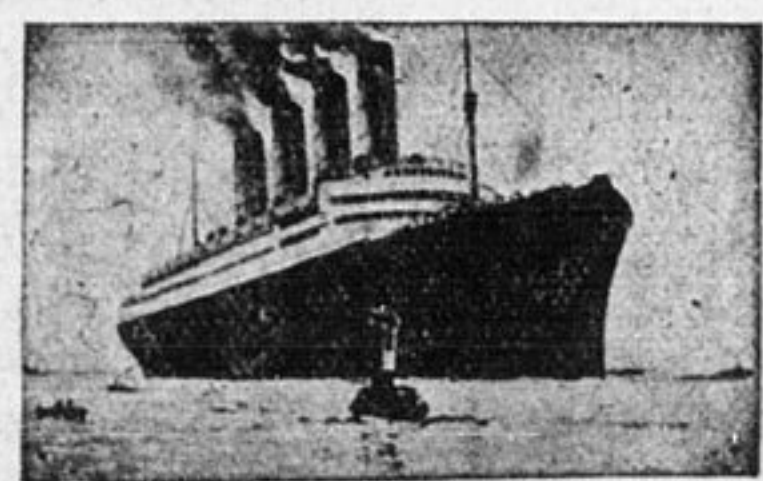
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GOLF FROM MANY ANGLES
By **W. J. THOMPSON**
CANADIAN AMATEUR CHAMPION

No. 5—THE SECRET OF LONG HITTING

What is the secret of long driving? The answer usually given is: correct timing rather than hard hitting. Unless one is very careful this explanation often conveys a wrong impression, for all long drivers hit hard, but some are able to conceal the effort more than others. Hard hitting and pressing are two very different things. Pressing means misspent energy. Usually when the unskilled player attempts a longer shot than ordinary it rarely comes off, and the reason is that he has not learned how to control his strength.

Pressing is always apparent for it results from the muscles not working together. There is always an effort present, and a misguided effort it is. In the golf swing certain muscles are inhibited at one point and others speeded up at another point. It is the proper co-ordination of these muscles which gives the long ball. I do not think it can be gainsaid, however, that in order to drive a long ball it must be hit very hard. There is no substitute for speed when distance is desired. Moreover, it cannot be denied that oftentimes when a player attempts a long ball his efforts meet with anything but success.

The Golfer's Greatest Evil

In attempting the long ball one must be careful about several points. As a rule when one tries to hit hard he hits quickly, and the temptation to hurry the swing is perhaps the golfer's greatest evil. Distance and speed seem to be so inextricably associated in our minds that when the idea of distance suggests itself the motor accompaniment, speed, follows in quick sequence. If the player is not extremely careful the speed is apt to exhibit itself in the back swing, and instead of a longer shot resulting the very reverse is more than likely to follow. It is this very temptation that has given rise to the time-honored maxim of "slow back" of which there is none more valuable in golf, not excepting its famous twin of "keep the eye on the ball."

In the short shot, excepting perhaps the three-foot putt, there does not seem to be the same inclination to hurry the shot. But in driving, especially where a little extra distance is required, this weakness is always latent in the swing. Abe Mitchell is a very good example of the slow back swing. I think it is largely because of his slow back swing that his down swing appears to be so very fast. The contrast is much sharper in Mitchell's back and down swings. There are other equally long drivers who do not seem to speed up the club so quickly as Mitchell, and yet, in fact, they must do so, for they drive the ball as far.

The Back Swing

The slow back swing must be carried out approximately, as all golf principles. There is no absolute slowness with which to measure each swing. Duncan, for example, could not swing as slowly in the back swing at Mitchell, for it is not in his make-up to do anything slowly. "Slow back" in the maxim, I do not think, is restricted to speed, but it has a wider application, including its quality also, if such a term may be applied to a swing. If the back swing is fast it is usually jerky. If it is fast and smooth then I doubt if this is a defect.

NOVELTY MASQUERADE HELD AT THE A.S.D. CLUB

The Novelty Masquerade held last Wednesday evening at the A.S.D. Club meeting in the I.O.O.F. Hall here, was a very successful affair. The attendance was not large, but the good time enjoyed by those present testified to the popularity of the Novelty Masquerade.

Among the feature dances for the evening were a Lucky Number Fox Trot and Old Time Square Dance, a Broom Dance One Step, with the usual Paul Jones. The winners of the Lucky Number Dance were Miss Bergeron and Dr. M. Honey. Prizes were also given to the best dressed lady and gentleman. Miss Nellie Studor in a becoming costume of the Victorian period won first for the ladies, and Mr. A. W. Pickering, as a Turk, ferocious mustaches and all, won the first for gentlemen. Mr. Harry Austin as a habitant lawyer made a special hit with the gathering. Refreshments were served by the lady members of the Club. The meeting this evening will be the usual dance. This will be the last month of the Club dances this summer, all members are requested to attend.

The smooth back swing is the important factor. In the effort to drive a long ball the player generally grips the club more tightly, which usually means that he stiffens his muscles. Now this is fatal to long hitting for the muscles cannot do their effective work when tensed. There is a time when the muscles contract but it is not in the back swing. The club should be taken back slowly and smoothly, not with a loose nor rigid grip but with a firm one, and especially with the left hand. The back swing should be allowed to finish and start to reverse before the speed is consciously increased. It should then be speeded up as fast as possible. This is apparently the method of the long drivers, judging from both personal observation and pictures. It is surprising how one's drive lengthens out if the point of speeding up on the down swing only is concentrated on.

Position of the Arms

Sarazen emphasizes the straight left arm. There is no doubt but that this is important, but very few players could keep their left arms as straight as his and feel at all comfortable. This must be approximated, and it must not be forgotten that there are long drivers, more so than Sarazen, who do not keep the left arm anywhere as straight as his.

The straight left arm seems to facilitate the leverage process, which takes place when the ball is hit. It is important to have the left arm approximately straight at impact.

Another item often insisted on as an aid to long driving, is to keep the right elbow close to the body.

That Leverage Process

The leverage process in golf has often been described as a scissor movement. The left hand is spoken of as working in the opposite direction to the right, as the blades of a scissor. This is not literally true, for both hands are moving in the same direction. There does seem to be two movements; the long swing of the arms and club initiated by the reversing of the body, and the smaller or super-added movement of the club induced by the reversing of the right wrist in the last foot or so of the swing before impact. There are not opposing forces. The firmer the left arm and left leg are the more vigorous the movement of the right hand becomes and, of course, the more leverage there is. If the left elbow is broken the leverage is thereby weakened.

A practical working of the leverage process may be got from the simple experiment of fastening the end of a ruler while the other end is drawn back and then released. The movement is quite vigorous. But if the fastened end is released while the other is drawn back and then released, the motion is quite weak. The placing of the left hand well over and the right somewhat under the shaft, seems to help many golfers in getting greater leverage. All these points must be carried out approximately, but on analysis the swings of the long drivers do reveal these factors. Remember, however, there is no substitute for hard hitting if distance is required.

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Next: Looking Through the Camera at the Swing.

PARTY OF STUDENTS FROM OHIO UNIVERSITY HERE

Last week a party of some twenty students from the Ohio State University visited Timmins on a brief tour of the North Land. They had visited Sudbury, Cobalt, New Liskeard and other North Land Centres. They were in charge of Prof. W. A. Muller of the Metallurgy Department of the Ohio State University, and travelled in a C.N.R. special car. The purpose of the visit is to see the country and to study mining conditions here.

OLDEST MAN IN CANADA LIVES ON CALUMET ISLAND

The New Liskeard Speaker last week says:—"Joseph Beland, now in his 106th year, is believed to be the oldest man in Canada. He resides on Calumet Island, Quebec, and has spent 80 years of his life in active physical work. He has lived under six British sovereigns, and will be 107 on Sunday next. Our townsman, Mr. Soucie, is a nephew of Mr. Beland."

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