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We all like to be told how well we look. And the nice thing about it is that you can easily feel and look so well that your friends will be sure to notice it.

TRU-BLOOD, the highly-recommended blood tonic and purifier, has remarkable efficacy in any run-down condition that displays itself in fatigue, sluggishness, lassitude and in all conditions that cause skin blemishes, blotches, blackheads, pimples and disfiguring rashes. And you'll find **TRU-BLOOD** easy to take. Its taste is pleasant.

TRU-BLOOD acts directly on the blood, cleanses it thoroughly, revitalizes it, then clears and tones the skin, giving it a velvety smoothness and the colorful glow of health. Buckley's CINTMENT, applied externally, has a magical effect on the skin and skin blemishes. Its use in conjunction with **TRU-BLOOD** is strongly recommended.

TRU-BLOOD is \$1 a bottle. Buckley's Ointment 50¢ a tin. Most drug stores have them.

Tones the Blood
TRU-BLOOD
Clears the Skin

NORTHERN REGATTA TO BE HELD AT NORTH BAY.

North Bay will be the scene of the Northern Ontario elimination regatta to determine who will represent the North Country at the Canadian championship meet to be held at Lachine early in August. The regatta will take place at North Bay on Saturday, July 28th, one week before the Canadian championship event. Representatives from Sudbury, Sault Ste. Marie and North Bay are sure to take part, while there may also be representation from other North Land towns.

Last week North Bay organized a canoe and aquatic club, and it was at this meeting that the announcement of the regatta was made.

Pembroke Standard-Observer:—The hard part of training children is to make them understand that you are the instructor, not an example.

Kincardine Review:—This year may be known in history as the Reign of Rain.

Vancouver Province:—A prairie editor describes a garden as a small plot of ground followed by lumbago.

PORCUPINE GUN CLUB OPENS WITH RECORD SCORES

Capt. D. Jones Sets Record for Trap Shooting in the North Country Last Week

The Porcupine Rod and Gun Club held its first weekly shoot on Thursday evening last and made a very auspicious start for the season. At the shoot, Capt. Doug. Jones set a record for trap shooting in the North Land. His scoring will be a mark for the members of the club to aim at for the season. He broke 38 straight birds without a miss, thereby winning the trophy offered by the Gun Club for the first man having a perfect string of twenty-five or more.

J. Staunton made a close second when he made 24 out of 25, missing his 23rd bird. The following are the other scores:

Fred Sexton	21 out of 25
J. D. Brady	21 out of 25
F. McGraw	20 out of 25
A. Stanlake	15 out of 25
Geo. Jones	18 out of 25
Frank Bedeski	15 out of 25
P. C. Young	17 out of 25
E. Laeroix	14 out of 25
Thos. Blackman	12 out of 25
Mr. Richards	13 out of 25

The weekly shoot of the Porcupine Rod and Gun Club will be held each Thursday evening at 6:15.

BALANCE OF MATCHES IN THE DISTRICT FOOTBALL

The following are the remaining matches on the P.D.F.L. schedule to the end of June:

Saturday, June 16th—Holly Recs. vs. Dome.

Tuesday, June 26th, Lancashires vs. Cornish.

Saturday, June 30th, Lancashires vs. Mcintyre.

All matches start at 6:15 p.m. sharp. In each case the first-named team is the home team.

ITEMS FROM LAST ISSUE OF THE C.N.P.C. REVIEW

In the June issue of The C.N.P.C. Review, the journal issued in the interests of the employees of the Canada Northern Power Co., there are many items of special interest to Timmins.

In the notes from head office there are the following items:—"It was decided to form an athletic club of members of the organization, and to enter a team in the New Liskeard Softball League and to take up such other sports as could be arranged. Mr. Harrison was elected honorary president, Jack Laidlaw is president, and Ferg. Cadman is manager." "Twas nice to hear the dulcet tones of Jack Faithful o'er the Quineline recently. He's round again and just the same genial John W." "Roy Douglas returned from the opening up at Timmins with the story that 3,000 visitors were at the store the first day. Then Ferg. Cadman, who was also on the spot, says that there were 6,000. Now, what kind of glasses make a man see double, anyway?" "Will the gentleman who pulled a wheelbarrow out of the waters at Wawaatin please go fishing again? We lost a concrete mixer there once."

"There has been such a marked let-up in static this last while that we are forced to the conclusion that the Sandy Falls broadcasters have quit."

Under the heading "Wawaatin Wails" the following are among the items given:—"Mr. and Mrs. Sylvester have taken over the boarding house at Wawaatin." "We look forward to week-end visitors from Timmins and to renew old acquaintances but there are no 24-inch pie-kernel biting yet."

Under the heading "Sandy Sobs," the following are among the items from the Sandy Falls correspondent:—"Jim Dodd, our 6 foot 2 inch surface man, piled up Tommy Armstrong's wood pile last week, so Tommy had to whittle himself a pair of stilts to reach the top." "H. R. McDonald arrived from Fountain Falls on May 30th to take a position as oiler at the Sandy plant. This vacancy was made possible by the transfer of H. McNaughton to the Wawaatin plant to fill a vacaney as switchboard operator. We were sorry to lose Harry but he takes our heartiest congratulations along with him and best wishes for success."

Church advertisement in a Port Huron (Mich.) paper:—Ross Wilson will sing a base solo.

NEWSPRINT COMPANIES ENGAGE IN PRICE WAR

Despatches from Montreal last week say that the Canadian Newsprint Company will be dissolved at the end of the year and its constituent companies will be left to arrange their own prices. The Canadian Newsprint Co. was formed by leading newsprint concerns to arrange sales at fair prices to the mills. The amount of business handled by the Canadian Newsprint Company made it possible to carry on with marked economy for cost of salesmanship and for expenses in other directions. The dissolving of the company will mean the return to former competitive methods, and these will likely be very decided price-cutting. The decision to dissolve the company was reached in New York after the newsprint outlook was considered from every angle.

According to the despatches:—"Overproduction in the industry has led to this action and a price war will likely result. The dissolution was brought about by the Brompton Pulp and Paper Co. and the Anglo-American Pulp and Paper Co. relinquishing membership in order to accept a contract to supply the Hearst publications at a lower figure. The Canadian Newsprint Company had declined to accept the Hearst proposals.

"There is considerable bitterness on the part of the other members of the company toward the two companies breaking away. One official hazarded the opinion that Abitibi and Price Bros. would stand up better than other companies, while Holt-Gundy interests will insure the survival of the Port Alfred Pulp and Paper Co. and the Canada Power and Paper Co.

"The International Paper Co. has already started price reduction and a merger was mooted in order to combat them, but this merger has been shelved for the time being and a "free for all" price war is anticipated at the close of the current year. The only merger in view is the Port Alfred and Canada Power."

MAN AGED HUNDRED AND SIX "KIDS" NEWSPAPER

John Birch, of Nipissing Junction, near North Bay, recently observed his 106th birthday. He is hale and hearty and is still working. Mr. Birch, is a Russian by birth but was naturalized at Pembroke, Ont., about fifty years ago. He is a veteran of the Crimean War and was also in the Franco-Prussian War, having thrilling stories to recount of these wars. In 1866 he came with his wife and family to Pembroke where he farmed for over 20 years, later taking up a farm at Nipissing Junction where he has been for over 38 years. The only illness he has ever suffered was a severe attack of the "flu" in 1922, which left him a little deaf in one ear. At the present time he is worrying a little because his eyesight seems to be failing a little. For hundred years Mr. Birch got along without glasses, but recently he has found the use of spectacles almost necessary.

When a reporter from The North Bay Nugget went to interview the old gentleman on the occasion of his 106th birthday, Mr. Birch had a lot of amusement.

When the reporter asked Mr. Birch how old he was, the reply was:—"How old am I? Why, I'm not old! Just look at my teeth." The reporter looked into the opened mouth and found not a tooth at all, and the old man roared with laughter at the idea of searching the mouth of a man a hundred and six years old for teeth.

When asked if he drank, he told the reporter he did. After inquiring the scribe on this phase of the matter of longevity the old man explained that he drank quite heavily, but never anything else than tea, and he had another hearty laugh at the reporter.

When asked how much longer he expected to live, Mr. Birch said he thought twenty more years would be as much as he could reasonably expect.

"To what do you attribute your longevity?" The Nugget man asked.

"I have kept this secret a long time," Mr. Birch responded, "but perhaps there is no harm in telling you about it now. The reason I have lived so long is because God likes me and devil is afraid of me." And then the old man had another hearty laugh at the expense of the interviewer.

Portland Express:—A scientist says that man adopted clothes as a protection against insects. Evidently, he wasn't "over there."

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HOME-BAKED BREAD IS BEST OF ALL**TRAIN WANTED TO TAKE FARM PRODUCE TO MARKET**

New Liskeard Speaker: A meeting was held in Earlton on Saturday, May 26, when Mr. A. J. Parr, Freight and Passenger Agent from North Bay, met the committee re the possibility of getting a train for the conveyance of farmers and their products to the market. The result of the meeting was very encouraging and Mr. Parr thought the matter would be dealt with by Mr. Geo. Lee satisfactorily

and a report would be forthcoming in a few days. Those present at the meeting were Reeve Jibb, Kerm Twp., Reeve Goddard, Harley Twp., Mayor Charlebois, Thornloe Village, Reeve Poupre, Armstrong Twp., and the secretary.

Sudbury Star:—Praising the town ladies for having the cemetery cleaned up, an exchange declares that "the graveyard looks most inviting."

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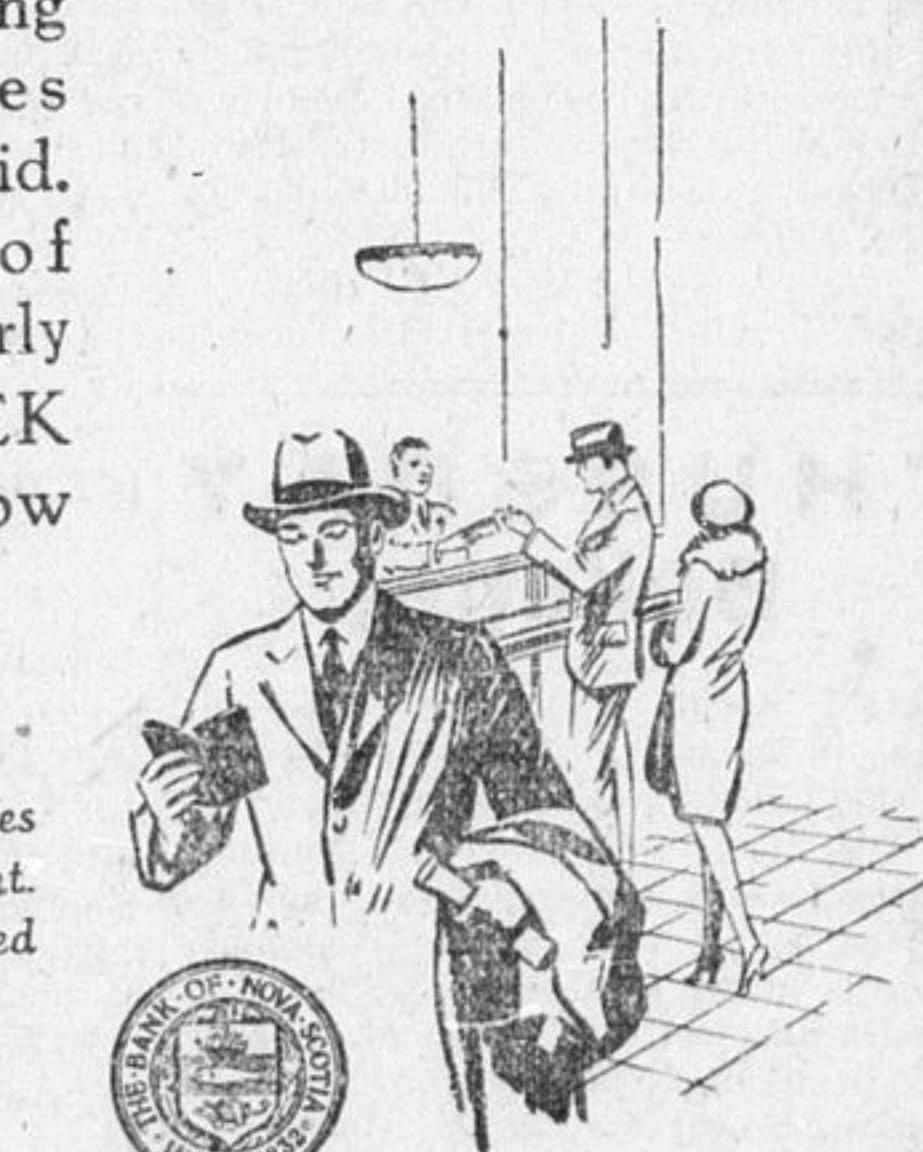
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None but the purest ingredients mixed in exact proportions enter into the manufacture of "Canada Dry." The result is a blended beverage with balance and a full-bodied, yet subtle, flavor. The formula for "Canada Dry" is a carefully guarded secret, known only to three men.

Here then you have a real ginger ale. A pure ginger ale. A sensible ginger ale. Order "Canada Dry" for dessert at luncheon today.

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