

PREVENT RICKETS
Scott's Emulsion

BEWARE OF DIETS WITHOUT BULK

Kellogg's ALL-BRAN Will Protect You

People are more careful than ever before about diet. They diet to clear complexions. They avoid certain foods to stay thin. They eat others to get fat. But many are running a serious danger because they are missing the "roughage" or "bulk" foods that every person must have to keep well.

As a result, constipation gets in its deadly work. Headaches, listlessness, circled eyes are only the first symptoms. In the end, constipation ruins health, wrecks beauty and may cause serious disease.

Don't neglect your daily roughage. That is nature's rule. Kellogg's ALL-BRAN will supply it. A healthful cereal to eat each day. To use in cooked dishes or to serve with milk or cream. To mix with other cereals.

ALL-BRAN is guaranteed to relieve constipation—to prevent it. Two tablespoonfuls daily—chronic cases, with every meal. It is 100% bran. Doctors recommend it. Your grocer sells it. Served by hotels, restaurants, dining cars. Made by Kellogg in London, Ontario.

Kellogg's
ALL-BRAN

Vipond Consolidated to Build Treasury Surplus

The Toronto Mail and Empire last week says:—"Operating profits of close to \$20,000 a month and prospects of increasing milling operations has aroused hope for dividend distributions from the Vipond Consolidated. Developments during recent months have disclosed more ore than during the previous year or so, and the physical condition of the property is perhaps better than at any previous time. Robert Dye, manager, has conducted work along careful and capable lines, and the operating results achieved are a direct reflection of this phase of the situation. R. S. Denning, managing-director of Vipond Consolidated, as well as of Keeley, Huronian Belt and Pioneer Mining Corporation, is directing affairs in a manner in keeping with the long and excellent record of these companies in the Canadian mining fields. Regarding the possibility of dividends being paid by Vipond Consolidated, Mr. Denning remains reticent. The general unofficial impression regarding disbursements is that no haste will be shown in that direction until developments of the greater part of the remainder of the current year become known. An important fact is that before the end of the current year the treasury surplus will be sufficient to take care of dividends of 10 per cent. annually for close to three years. This being the case, and with operating profits now at a rate of about 10 per cent. annually on the company's capitalization, the situation may be regarded as hopeful indeed."

Simcoe Reformer.—Citizens of Simcoe, with the post office trouble still fresh in their minds, will have an especial interest in the opening of the Federal House at Ottawa the last of this month or the first week in February. In view of reiterated charges made against the Postmaster-General's Department, Mr. Veniot is expected to have a lively time during the forthcoming session.

Make Your Own SOAP and Save Money!
 All you need is waste fats and
GILLETT'S PURE LYE FLAKE LYE
 Full Directions With Every Can
YOUR GROCER SELLS IT!



The Lure of Gold

Written and composed by Belle A. Thomas South Porcupine, Ont.

This is call of the Northland, In all her wondrous appeals, Promising millions to those, Who'll seek the wealth she conceals.

She beckons you like a vamp, In her silks and satins galore, She has tempted and conquered thousands, She will tempt and conquer more.

Her lure is irresistibly magnetic, She'll eventually draw you to her fold; Sooner or later, she'll conquer you, Through her lure, the lure of gold.

She wants your strength, your mind, your youth, Your young hopes and what's more, She'll use them, abuse them, ruin them, And if need be, take your lives in the score.

You will leave city, relatives, friends— Comforts, luxuries, dear ones that you adore; You will brave famine, scurvy, northwinds, And the frost demon that bites to the core.

You will drill, dig, toil like a serf, And carry burdens better left untold, Sleeping in dug-outs, cold, dampness, Following the lure, fearless, alone, bold!

Prepare your grub-stakes, pack in your sacks! The adventure seems a thrill, a lark! Have the experience, whatever the cost! She is calling you boys! Hark! ! !

There is fabulous wealth in those mountains, (The greed has you) and it's there for the taking, What matters your youth, your life and hopes, It's gold that you want, just for the staking.

The lesson is bitter, out of a thousand, One has had luck and staked a pot of gold, Some lost their lives, other are broken wrecks, Discouraged, disillusioned, not a cent in the fold.

The struggles are over, boys, so you think! How are you going to build your life anew? The lure has left; of that you have your fill; But health, ambition and youth are gone too.

You wanted so much, that you ignored lesser chances, Gold, millions, wealth had you in their lure, You regret the clerk's job that meant slower success, But also peace in old age and a future sure.

And so in life, other tempting lures are encountered, Blinding one with false hopes, an unattainable goal, One wanders, scheming, struggling for bigger things, When assured smaller prospects are left to unroll.

LARGE AUDIENCE ENJOYS IRISH NIGHT PROGRAMME

Band Concert Event Delights All With Remarkably Fine Programme of Irish Music

The Goldfields theatre was filled to capacity on Sunday evening for the "Irish Night" programme in connection with the series of band concerts during the winter. "Irish Night" proved one of the very best yet, and the big crowd enjoyed every minute of the programme. Practically every number was decisively encored, and some were given a recall for the encore. Every item on the long programme was a genuine Irish number, though the artists were not all Irish, though presenting Irish music with Irish skill and effectiveness for the occasion. Bandsman P. Cherry, who looked after the "Irish Night" programme, received many sincere congratulations on the complete and pleasing success of the evening.

As usual, the band opened the programme with a hymn played in effective way. The hymn on Sunday evening was "Faith of Our Fathers," presented with talent and in finished way. This was followed by some Irish airs cleverly played by the Band, including "Garry Owen" and "Wearing of the Green." During the evening the band also played "Ould Ireland," a fantasia of approval. Bandsman Wilford and his bandmen earned applause and popularity from the Irish, and from others who enjoy good music, by their playing of Irish music on Sunday evening.

Another special number in which the band delighted the big crowd present was the cornet solo by Bandsman Carl Johns, with band accompaniment. This was the appealing Irish number, "Killarney" very pleasingly given. Bandsman Carl Johns in his solo work in this number gave a sympathetic and understanding interpretation of "Killarney" that won very general approval and added to his fine reputation as a cornet soloist.

The presentation of a classical dance number by little Marion Twaddle, gowned in a charming green butterfly costume, brought very pronounced applause, the talented work of this graceful little lady winning very particular appreciation. The number was insistently encored and there was a tendency to encore the encore.

A number of the members of the Timmins Choral Society, under the leadership of Mr. Jas. Gells, gave a very attractive rendition of "The Wearing of the Green" this number being well given and pleasing all.

The violin selections given by Mr. Birrell Bell were features on the programme. Mr. Bell, in his usual gifted way, presented a number of Irish airs and melodies in connected success and the music and the playing alike made special appeal to the gathering. Mr. Bell being insistently recalled, and his second appearance proving equally popular. Mr. Jas. McFadden played the piano accompaniments for Mr. Bell's numbers.

The programme was particularly impressive in its list of effective soloists, while a duet by Messrs A. Kincaid and Jas. Gells, "The Moon Hath Raised Her Lamp Above," was a number that won very special favour. The soloists included Mr. Phil Molesky, Mrs. Mason, Mrs. Jas. Gells, Mr. Alex Kincaid, Mr. A. J. Downie and Mr. Tom Armstead. Mr. W. H. Wilson played the piano accompaniments for the vocal numbers with his usual talent. Each and every soloist received a decided encore and won approval on merit. Mr. Molesky's sympathetic presentation of "Danny Boy," was specially worthy of note. Mrs. Mason, in her first number, "Believe me, if all Those Endearing Young Charms," delighted the gathering with her attractive voice and her understanding interpretation of the selection. In response to the encore, she gave, "Come Back to Erin," with equal effectiveness. Mr. Jas. Gells presented "Father O'Flynn" in expressive and impressive way and in fine voice, and was very heartily encored. Mr. Alex Kincaid's interpretation of "Killarney" was another much appreciated number. "That Old Irish Mother of Mine" was an appealing number given with sincerity and understanding by Mr. A. J. Downie, and winning very enthusiastic applause. Probably, the biggest hit of the evening in the vocal numbers was made by Mr. Tom Armstead, who sang from the heart to the hearts of all, and especially to Irish hearts. His singing of "Mother Machree" brought a most insistent encore, and his responding number, "A Little Bit of Heaven" equally delighted the gathering. Mr. Armstead has a fine tenor voice, well-trained, and he sang with feeling and expression that gave added attraction to the selections.

Last, but by no means least, special mention should be made of the piccolo solo, "The Girl I Left Behind Me," by Bandsman P. Cherry. This was one of the most popular selections of the evening, being skilfully given with lots of life and expression. It won most enthusiastic encore, and the number in response to the recall was also insistently encored. Bandsman Cherry on the piccolo always makes a big hit.

Provincial Planes to Have Wireless Equipment

Provincial Air Force planes will be equipped this year with wireless, so they may send reports to headquarters from any distance up to forty miles, it was announced at Toronto last week. This advance in the conservation of Ontario's forest wealth is due chiefly to the enterprise of R.N. Johnston and Charles Ward, two young forestry branch engineers, whose experiments with radio wireless from the point of view of results attained, not only astounded them and their superiors, but have so attracted worldwide attention that they are to have whatever co-operation in perfecting their experiments that the Bell Telephone laboratories of New York can from time to time furnish them.

Well-Known Farmer of Temiskaming Passes On

The New Liskeard Speaker last week says:—"Thursday of last week, January 17, Temiskaming lost an honoured pioneer in the death of William Netherton, of Brentha, aged seventy-four years. Interment took place Sunday in Englehart cemetery, the funeral services being largely attended. The late Mr. Netherton was well known and highly respected. The deceased came of Cornish (English) stock his father having come to Canada about one hundred years ago, settling near Myrtle, Ont. Mr. William Netherton was born at Myrtle. Shortly after his marriage he moved to Toronto. In 1903, believing there was a future for himself and family in this country, he located at Brentha. Mr. Netherton was an expert in the growth of flowers, roots, vegetables, and, indeed, all kinds of farm and garden products. He was, for many years a director and a successful exhibitor at Charlton and Englehart fairs and also judge at the New Liskeard Fair so long as health permitted him. For a number of years Mr. Netherton was not in robust health. The excitement and worries at the time of the big fire in which he and Mrs. Netherton lost all buildings with contents, gave him a set back from which he did not fully recover. He had a good farm, was highly regarded by all who knew him. The writer esteemed him as a personal friend. Of the family to mourn his loss are his widow and three sons, Harlan, Oliver and Howard."

LONDON LIFE INSURANCE COMPANY HAS RECORD YEAR

A wonderful record of progress was reported at the fifty-fourth annual meeting of The London Life Insurance Company. More than one hundred million dollars of new life insurance was written by the Company's field force within the Dominion of Canada during the year. This is almost twenty millions greater than the business of any previous year and represents an increase of 23% over 1927 and is approximately twice the percentage made by all the Companies in Canada combined.

The amount of insurance in force was increased by \$56,136,323, bringing the total up to \$352,004,076. The gain for this one year is as much as the total business of the Company amounted to ten years ago, so rapid has been its expansion in size in recent years. The London Life maintains its records, doubling in size every four years. Group Life Insurance is a comparatively recent development of The London Life and very satisfactory progress is being made, already more than 18,000 persons being insured under London Life Group Insurance policies. The total assets which now amount to \$50,817,791 are safely and profitably invested, the average rate of interest earned on the entire list during the year being 6.504%. The new investments in bonds, mortgage loans and policy loans exceeded one million dollars a month and yielded a slightly better interest rate than did the new investments of the previous year which at the time was regarded as exceptionally satisfactory.

Kapuskasing Tribune.—That road must come through to Kapuskasing in good time this summer. The interests of the town and district demand it, we are all set to make important use of it. In Cochrane over two years ago Premier Ferguson at an election meeting announced that he expected that a farmer in Hearst would be able to get into his automobile and motor to the Toronto Exhibition in 1927. Shucks! The road to Hearst is still paved only by that election promise, and a muskrat can't get through on it.

NOTEWORTHY GROWTH MADE BY KAPUSKASING IN 1928

The Northern Tribune: During 1928 Kapuskasing has had 125 new buildings erected, aggregating a very substantial value which is not at this moment comparable in figures. About 8,000 feet of new sidewalk has been laid. Two miles of concrete roads and curbs have been put down. Nine thousand feet of sewer leads into Gough's Creek. Kapuskasing now has close to 23,000 feet of water mains and 62 fire hydrants. There is now a total of 24,000 feet of water mains and 62 fire hydrants. There are 79 water main valves, 23 of which have chambers. Thirty-two catch basins have been put in especially to carry off surface water and take care of the usual spring floods, which in so many municipalities cause much trouble and damage. The town has 500 curb water cocks in the ground, one for each lot, to open or shut on house service as required.

Reports are made to the effect that wolves are very numerous and very bold this year in the Huntsville district. A young girl on her way to school recently was chased home again by some of the wolves in the district.

CRUELTY TO HORSES NOT PERMITTED IN THE NORTH

A farmer from Mud Lake was before Magistrate Atkinson at Cobalt last week on a charge of permitting unnecessary cruelty to a horse. The police told about seeing the horse being driven in town by a son of the farmer, and finding the horse suffering from a bad sore on its shoulder had warned the lad that the horse should not be used until it had recovered. The next day the man himself drove the horse into town. The horse was in poor condition, in addition to the sore on its shoulder. The farmer pleaded guilty to the charge and the police said the man was poor and that they wish it understood that cruelty to animals would not be permitted. The accused man was required to pay the costs of the court, some \$9.25, and was warned against working unfit animals on any other occasion.

The Sudbury Star last week says:—"A. C. Stevenson, a well known "old timer" of Northern Ontario and for a number of years manager of the Dome Mines stores in Porcupine has taken a position with the Sudbury branch of Arthur E. Moysey and company as assistant manager."

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The Cut-Rate Drug Store
 Our Prices are Lower—Why Pay More?

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In every case, if they fail to do all we claim for them your money will be refunded.

<p>Bedtime Pills COMPOSED OF VEGETABLE MATTER ONLY They are a guaranteed remedy for Constipation, Sluggish Liver, Sour Stomach. They pass through the system carrying with them all the poisonous matter of the system. Removing the bad taste in the mouth, Kidney Trouble and Indigestion. Price 25 cents.</p>	<p>Compound Sulphur Lotion If you are troubled with Blackheads, Pimples or any kind of an eruption on the face. You want to get rid of it. Well we guarantee Compound Sulphur Lotion to clear your complexion as clear as a child's. Price \$1.50 per bottle</p>
<p>108 Lung Balsam For Coughs, Colds, Bronchitis or Lung Trouble. Price 50 cents</p>	<p>Nox-a-Pain Tablets They are harmless little things, but at the same time they are workers. They stop a Headache, Toothache or Rheumatic Pains quicker than any other remedy. Don't suffer with pain. Call for Nox-a-Pain, they are just waiting to relieve you. Price 25 cents.</p>

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You will like it! Purity Orange Cake
 (REMAINS MOIST FOR SEVERAL DAYS)

THE ingredients: 3 eggs; juice and rind of 1 orange; 1 cup sugar; 1 cup Purity Flour; 2 teaspoons baking powder; beat the eggs and add sugar; mix baking powder with flour sifting part into eggs and sugar; add juice, rind and rest of flour; bake 1/2 hour in slow oven (325°).

The above recipe makes two small layer cakes or enough for one tube tin.

Purity is a strong, rich flour with great expanding qualities. . . . If your cake recipe calls for ordinary pastry or soft wheat flour use 1 tablespoon less per cup of Purity. If milk is called for use half milk and half water (lukewarm), when using Purity Flour, as milk alone tends to make the cake dry.

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