

Your food doesn't do you any good if you're tired



At the end of a day's work, relieve nervous tension before eating. Wrigley's will refresh and tone you up—so that you're ready to enjoy your food.

Then, after meals, Wrigley's helps digestion, cleanses the teeth, removes all traces of eating or smoking—sweetens the breath.



## Ten Years Ago in Timmins

From data in the Porcupine Advance Files.

Timmins people enjoyed a gripping and inspiring address of remarkable force and power from a man of striking personality when Peter Wright, Councillor of the British Sailors' Union, spoke here ten years ago under the auspices of the Navy League. It was plain talk from a genuine fighting man. He showed the "dirty Hun," as he termed him, for what he was and is; he scored the Bolshevik, and he proved that the worker of to-day has the best chance under the British flag, and that improvement and advancement can all be gained by constitutional means. There was a large gathering at the New Empire theatre, Dr. J. A. McInnis being the chairman. Councillor Peter Wright pictured Germany from his own knowledge as preparing for war for forty years before. He

mentioned how men like Lord Roberts, Lord Beresford and others had given due warning, but Britain had been lulled to sleep by pacifist propaganda. He showed the audience what would have happened but for the British Navy. "As workers we would have been condemned under German rule to a twelve-hour day at the point of the lash, to the life of dogs, to the death of dogs, and to a dog's funeral at the end," he said. He detailed his travels in Austria and Germany before the war as a labour leader and after the war as a secret service man. The workingman in Germany and Austria had no chance and no freedom. He pointed out that he was talking about what he knew at first-hand. "Tell the people who suggest to you that this was a capitalistic war, that they're liars," he thundered, noting the fact at the same time that he had fought capitalists all his life, but the war was not their doing, but was Germany's crime. Referring to a pamphlet distributed in Timmins a few days before Peter Wright went after the Bolsheviks in proper fashion, terming them men with enthusiasm but no brains," and then proving the point. He sketched what Bolshevism had done to Russia. He personally had seen 7,000 of Russia's best educated and talented men shot and their bodies piled up and burned. He emphasized the fact that all foreigners coming to this country should conduct themselves decently. "They came here to better their conditions," he said, "not to educate us or teach us how to run our country." He pointed out to the worker constitutional means in this country, while the madness of communism would bring them nothing but injury and sorrow. The speaker cited cases of German atrocities coming within his own knowledge. The audience was thrilled by some of Peter Wright's experiences in the secret service. On one occasion a German spy posing as his friend, dropped poison in his food. He changed plates while the German's attention was attracted elsewhere, and after eating the German "tried to swim on his stomach on the bed." Peter Wright said that he did not kill the German, but he did just as surely after the food plates had been changed. The speaker told of his three months in a German prison for talking labour unionism in Germany. "I have inside information, as the little boy said, when I tell you that the British flag is the one best bet for the labour men," was one of his sentences. He handled a Bolshevik interruption without gloves, and there were no more. He concluded with an eloquent appeal for better citizenship and right conditions and justice for all. "We can get all this under the flag," he cried, "if we are not too lazy and stupid and disloyal." Capt. Boals, organizer for the Navy League, also spoke briefly and there were musical numbers by Mrs. W. E. Robbins, and Jas. Gells, Mrs. R. Sims and H. M. Martin playing the accompaniments. A hearty vote of thanks to Councillor Wright for his powerful address, and to the others contributing to the programme, was moved by Rev. J. D. Parks, and seconded by Geo. A. Smith, and enthusiastically endorsed by the audience.

This time ten years ago Dr. McInnis, mayor of Timmins, announced that the town of Timmins would observe daylight saving time, "the people thus kidding themselves that they could save an hour by working with the clock," as The Advance phrased it. The German invention of fiddling with the clock to josh oneself into getting up earlier did not prove a success in Canada and only a few fad-ridden cities think of it any more.

The Timmins board of trade ten years ago went on record as favouring the immediate construction of a sewerage system in Timmins and also a number of waterworks extensions.

Ten years ago Timmins organized a baseball club, with Fire Chief Borland as president, and H. W. Hooker, as secretary. C. M. Auer was appointed to see about securing a team and players, etc. The secretary was instructed to write to Iroquois Falls, Schumacher, South Porcupine, Cochrane and Matheson, regarding the entry of these towns into a district league.

The Anglican D.Y.B. Club organized ten years ago with Mrs. Ellis as president, Miss Dorothy Jemmett as vice-president, Miss Mary Boyd as treasurer, Miss Kathleen Peters as secretary, Miss Gertrude Riddle as corresponding secretary, and Miss Winnifred Salmon as Dorcas secretary. After the conclusion of the war, the D.Y.B. Club, which had done such wonderful patriotic work, was considered of such value that its work was hoped to be turned to church effort through the various denominations here. The Presbyterian and R.C. churches had previously formed D.Y.B. Clubs to carry on.

A measure, known as the Sales of Shares Act and designed along the lines of "Blue Sky" legislation, was introduced in the provincial house in 1919 by Hon. I. B. Lucas, attorney-general, but was eventually withdrawn, at least insofar as it touched on mining matters. This withdrawal followed a long line of protests from the mining country and those interested in the south. The chief feature of the proposed legislation was the appointment of a commissioner with very wide powers in regard to companies and the sale of stock. It was feared that the conferring of such wide powers on

## DON'T NEGLECT DAILY ROUGHAGE

Kellogg's ALL-BRAN Will Supply It in Generous Quantities

There's danger in diets that lack bulk. This roughage is absolutely necessary to keep well. Without it constipation begins its deadly work. Unless prevented its poisons will ruin health, steal beauty, blast hopes.

Sallow complexions, headaches, listlessness are signs that constipation is present. But these can be banished—health and vigor can be regained by eating Kellogg's ALL-BRAN.

Kellogg's ALL-BRAN is 100% bran and is 100% effective. It is guaranteed to bring natural, sure

relief. Eat two tablespoonfuls daily—chronic cases, with every meal. Doctors recommend it.

A delicious cereal to serve with milk or cream. Delicious in cooked dishes. Recipes are on the package. Your grocer sells ALL-BRAN. Hotels, restaurants and dining-cars serve it. Made by Kellogg in London, Ontario.



the commissioner would handicap mining promotion, while at the same time giving the public a feeling of security that might turn out to be false.

Capt. Best and Field Secretary Shepard of the Y.M.C.A. were in Timmins ten years ago organizing here for the national campaign for funds for the Y.M.C.A. Capt. Best made a stirring present thought the meeting had something to do with the establishment of a Y.M.C.A. in Timmins, but Capt. Best said they were here simply to gather funds. A committee, including Mayor McInnis, Rev. J. D. Parks, D. Ostrorer, H. C. McDonald and Fire Chief Borland, was appointed to see about organizing Timmins' part in the national campaign.

At police court at Timmins on March 27th, 1919, a young woman of Polish descent, previously employed in the Paris Cafe kitchen, faced a charge of murder, following the finding of the body of an infant in a Moneta shack. A week's remand was made in the case, bail not being granted.

Ten years ago the Timmins Football Club was showing considerable activity and creating much interest in the sport. As a matter of record the officers, etc., may be named here:—Patrons, Mayor McInnis and A. F. Brigham; president, J. K. Moore; vice-president, Rev. J. D. Cushing; secretary-treasurer, W. A. Field; executive, E. H. Bridger, H. Hatton, J. Everard, H. M. Martin, J. Jeffries and J. Staples, captain, J. Staples; vice-captain, A. Roberts. The colours of the club were selected as amber and black.

The Advance ten years ago told of the fact that chicken-raising had become one of the industries at Moose Factory, Hudson Bay area. Rev. W. Hawthornwaite, Anglican Church missionary, took the chickens from Cochrane to Moose Factory on his return from a visit south. An incubator was also taken to Moose Factory. The business thrived well, according to letters from the missionary. The winter at Moose Factory was reported as very pleasant, the thermometer only going as low as 30 below on only two nights all through the winter. Rev. Mr. Hawthornwaite, because of his success at chicken-raising, was considering the breeding and raising of goats at Moose Factory. He expected to start in with six. In and around Moose Factory, The Advance remarked, they had been very successful in grain growing, vegetable raising and with live stock.

Big crowds turned out here ten years ago to the New Empire theatre to see "Old Bill," "Bert" and "Alf," in Balmisfather's famous picture, "The Better Ole." The picture made a big hit here, especially with the returned men. "A few more British pictures of this type shown here and there will be such a demand for British motion pictures here that a lot of people will have to sit up and take notice," said The Advance.

Ten years ago Cochrane organized a branch of the Y.W.V.A., Geo. A. Smith, president of the Timmins branch, going to Cochrane to assist in the organization. Among the others speaking at the organization meeting were Bishop Anderson, S. J. Dempsey, Rev. G. A. Steel and Councillor Joy.

Ten years ago the Northern Associated Boards of Trade was advocating the extension of the T. & N. O. from Cochrane to James Bay.

On March 29th, 1919, there was a fire at the residence of Mrs. N. Aboud, 32 Fifth avenue. The origin of the fire was not stated. The fire department were fortunate in being able to extinguish the blaze before serious harm was done. "Spontaneous combustion was the only reason the fire-

men could give for the blaze, the fire apparently starting in some rags in a hallway. Only slight damage was done by fire, the use of the water not being necessary.

The subject for the Timmins Discussion Club ten years ago was the live one "Prohibition." The discussion was led off by Mr. M. B. Scott, and many others took part on both sides, the discussion being very interesting and illuminative.

Among the local and personal items in The Advance ten years ago were the following:—"Born—to Mr. and Mrs. W. G. Smith, on Sunday, March 30th, 1919,—a son." "At a meeting of the Patriotic Fund Club on Friday evening it was decided to send another \$2,500 to the headquarters at Ottawa."

"Mr. Harry W. Villand left this week for Eganville where he will take up farming again. For five years he has been an employee of the Hollinger Mine and one of the most popular and respected young men in the camp."

"A number of the old-time prospectors are back in the Porcupine to resume their former work of exploring and developing the district as a mining country. Some of them have just returned from overseas."

"Mr. Charles Pierce returned last week from a visit to Montreal." "Mr. Poirier, formerly manager of the Vipond, was a visitor to the camp over the week-end."

"Among those returning last week on the Olympic from overseas service was Mr. S. Wookley, formerly manager of the Schumacher Mine, who went to France with an engineering corps. Corp. J. Casey also returned on the Olympic."

"Mr. John Dickson, formerly a popular member of the oilinger engineering staff but who enlisted for service with the United States Army, and was recently honourably discharged from that service, returned last week to the camp and will likely take up residence here again."

"In introducing Councillor Wright to the audience here last week Mayor McInnis said that his fame had followed him here long before he had come himself."

"Corp. J. Casey was given a hearty welcome back to the camp on Monday afternoon."

"The Centennial Social Fund Evening given by the Timmins Odd-fellows after their lodge meeting last night for brethren of the Order proved a big success. The programme was a pleasing one. Including vocal and other music, refreshments, etc., and a pleasant smoker. Over \$40.00 was netted for the fund for the widows and orphans."

"Mr. S. Bucovestky is in Montreal and Toronto this week in connection with buying for a new store soon to open here. The new store is to open April 15th."

"Mrs. Geo. Fulton, now of Hearst, is visiting friends here."

"Some of the goods stolen from the Northern Canada Supply Co. in the robbery last week have been located, and arrests will likely be made this week in connection with the matter."

"Lieut. Fred Kenning, who went overseas with the Borden Battery and did his bit for King and Country, is renewing acquaintances in the camp and is being very warmly welcomed back here again by the friends who knew this old-timer in the early days of the camp."

"Mr. Vincent Woodbury returned last week from a visit to his old home at Oaklands, California."

## MAY REPRESENT THE NORTH ON THE CHAUTAUQUA CIRCUIT

C. W. Wright, President of Associated Board, Asked to Give Series of Addresses on the North Land

Mr. C. W. Wright, of Eganhart, president of the Northern Ontario Associated Boards of Trade, was recently in the south and while there was asked to speak at various functions. Among other bodies addressed by Mr. Wright was the Kiwanis Club and the Board of Trade at Toronto and the "Twenty-One Club" at Hamilton. Of course Mr. Wright spoke of the North Land and its possibilities, picturing its development, its problems and the wonderful future before the area if proper advantage were only taken of its potentialities. At every meeting at which he has spoken in the south Mr. Wright has made a notable impression. He knows the North Land and has given very careful study to its problems. Brilliant, able and public-spirited, he has a wide knowledge of the North as well as a broad-founded love for this new country. He has a rare ability as a speaker and it is not surprising to those who know him in this North Land that his addresses should have made particular impression. As a result of the popular favour with which he has been met as a speaker for the North in the South, the president of the Northern Ontario Associated Boards of Trade has been invited to be one of the special lecturers for one of the Chautauqua circuits this year. He has this offer under consideration at present and it is understood that he is likely to accept the offer. There will be general satisfaction in this North Land if Mr. Wright agrees to go on a Chautauqua circuit to tell the story of the North Land and to extol its possibilities. Mr. Wright's eloquence and knowledge of this country will prove important factors in giving very effective publicity to this country and spreading helpful and need information in regard to the true facts of the North Land.

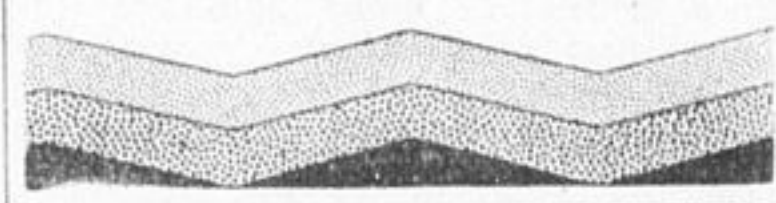
Detroit Free Press:—The detectives who are solving the St. Valentine's day massacre in Chicago must be the same ones that cleared up the Rothstein case in New York so handily.

## NEW Brunswick RECORDS

On Sale To-day

- 4214 "I'M TELLING YOU" "Some Rainy Day" Nick Lucas, the Crooning Troubadour, with guitar, piano and trumpet
- 4246 "WEDDING BELLS" "Deep Night" Fox Trots by Bob Haring and His Orchestra with vocal choruses
- 4247 "O! WHAT A NIGHT TO LOVE" "There's a Four Leaf Clover in My Pocket" Fox Trots, Colonial Club Orchestra with vocal choruses
- 4220 "OUTSIDE" "That's Her Now" Fox Trots by the Six Jumping Jacks with vocal choruses

2 Good Selections on every Brunswick Record New Release every Thursday



F. M. BURKE LIMITED Corner of Pine and Third

Sold in Timmins by JOYAL PHARMACIE Goldfields Theatre Block

Sold in Schumacher by LARRY A. WILSON First Avenue

### FOR SALE SITE ON THE RIVER

Consisting of several lots with main road and river frontage. There is a house, garage and boat house on the property. An excellent site for Amusement Park Tourist Camp Boating, Etc. One minute across the bridge to the left. Apply Box 1802, Timmins 13-14p

### For Sure Results Try Our Want Ad. Column

## EVERYTHING IN LUMBER and BUILDING MATERIAL

Moffat's "Gold Medal" Electric Ranges and Heaters  
Blue Bird Electric Washer with Heater  
Kelvinator Electric Refrigerators

Storm Sash and Doors Glazed ready to hang.

Let Us Machine-Sand Your Hardwood Floors

### HILL-CLARK-FRANCIS, Limited

HEAD OFFICE AND FACTORIES  
New Liskeard, Ont.  
BRANCH OFFICES AND YARDS AT  
Timmins Swastika Kirkland Lake, Ont. Noranda, Que.

## The First Six Weeks With Baby Chicks

You must start the baby chicks right if you're going to have the biggest pullets and the finest market fowl. Feed them the ration that develops them quickly and wards off disease.

Quaker Ful-O-Pep Chick Starter gives wonderful results because it's a balance of the ingredients baby chicks must have. The pure, fresh oatmeal is the most digestible of grain products and the most nourishing. Then there's Cod Liver Oil to furnish the sunlight element and build big, strong frames. Cod Liver Meal, too, which sends the nourishment right to the spot. MOLASSES IN DRY FORM, rich in vitamin B, and to promote digestion.

Quaker Ful-O-Pep Chick Starter is an economical feed because every bit of it goes further in chick growth.

As a grain ration to go with Ful-O-Pep Chick Starter, we recommend Ful-O-Pep Fine Chick Feed. We can supply you with both.

### Quaker FUL-O-PEP CHICK STARTER

J. T. Chenier Porcupine Feed & Transfer  
14 Wilson Ave. Phone 312-J-2  
TIMMINS SOUTH PORCUPINE D36

BUY THE FEEDS IN STRIPED SACKS

Big crowds turned out here ten years ago to the New Empire theatre to see "Old Bill," "Bert" and "Alf," in Balmisfather's famous picture, "The Better Ole." The picture made a big hit here, especially with the returned men. "A few more British pictures of this type shown here and there will be such a demand for British motion pictures here that a lot of people will have to sit up and take notice," said The Advance.

Ten years ago Cochrane organized a branch of the Y.W.V.A., Geo. A. Smith, president of the Timmins branch, going to Cochrane to assist in the organization. Among the others speaking at the organization meeting were Bishop Anderson, S. J. Dempsey, Rev. G. A. Steel and Councillor Joy.

Ten years ago the Northern Associated Boards of Trade was advocating the extension of the T. & N. O. from Cochrane to James Bay.

On March 29th, 1919, there was a fire at the residence of Mrs. N. Aboud, 32 Fifth avenue. The origin of the fire was not stated. The fire department were fortunate in being able to extinguish the blaze before serious harm was done. "Spontaneous combustion was the only reason the fire-

## Who is Your Skinny Friend, Ethel?

Tell him to take McCoy's Cod Liver Extract Tablets for a couple of months and get enough good healthy flesh on his bones to look like a real man.

Tell him, it's the only way to take those grave-like hollows from his cheeks and neck.

Tell him that thousands of thin, puny, peaked, scrawny men all over America have improved their physical health and appearance and bless the day they first heard of these wonderful sugar coated tablets so full of weight producing and health building essentials.

Ask for McCoy's Cod Liver Extract Tablets. Molesley & Ball, F. M. Burke, Sauve Pharmacy and every druggist sells them—60 tablets—60 cents—economy size \$1.00. Almost any thin man or woman can put on five pounds of healthy flesh in 30 days or your money will be refunded.

One woman put on 15 pounds in six weeks. Children grow robust and strong—feebly old people feel younger in a few weeks.

## DIES AS A RESULT OF USE OF GASOLINE FOR FIRE

A despatch this week from Elk Lake says that lighting a fire with gasoline proved fatal for Charles Anderson, elderly prospector who lived alone in a cabin about two miles from the Wigwam mine, and whose badly burned body was found in the ruins of his shack. The front of the stove had been blown out and the small building was destroyed in the fire which resulted. Dr. G. R. Crann and Provincial Constable Dickson investigated. No inquest will be held.

San Deiga Union:—The chief industry of Bolivia and Paraguay seems to be to get themselves prevented from fighting each other.

It now comes out that Einstein is an accomplished amateur musician. Can it be possible that he's the man who invented jazz?—Cleveland Plain Dealer

Norfolk Ledger-Despatch:—If the Daughters of the Revolution in Mexico were to organize they would be able to run things with ease.

### S. C. PLATUS, B.A.

Barrister, Solicitor, Notary Public  
5 REED BLOCK, TIMMINS  
(Formerly office of Platus & Lewis)

## PORCUPINE FEED & TRANSFER

Coal, Wood, Ice, Feed & Transfer  
Harness and Repairs

QUALITY SERVICE

Our cartage service is the best and our price is right

A full stock of dependable Harness—all hand made (only No. 1 leather used) Collars, Blankets, Storm Covers. Beat our price if you can. Complete line of Full-O-Pep Poultry Feed and Quaker Dairy Ration Agents for:—Cockshutt Flow Co. Ltd., Gilson Mfg. Co. Ltd., See the Gilson Parlour Furnace and Electric Washer before you buy.

For Best Values Phone 88, South Porcupine, Ont.

## AUTOMOBILE OWNERS

Save money by calling on us before you insure your car or truck.

### INSURANCE

of every description  
Mortgages arranged

District Managers—Mutual Life of Canada

## Sullivan & Newton

Goldfields Block - Timmins, Ontario  
Phone 104 - Night Phone 237 or 151

### For Sure Results Try Our Want Ad. Column

## John W. Fogg Ltd

Lumber, Building Materials, Coal and Coke, Mine and Mill Supplies

A COMPLETE STOCK OF ROUGH AND DRESSED LUMBER

RED AND GREEN Slate Surfaced Roofing in Strip Shingles and Rolls. Asphalt Roofing and Sheathings. Spruce Building Paper.

Clear B.C. Fir V. Joint; Gyproc; Hardwood Flooring; Spruce Flooring V. Joint and Shiplap; White Pine Featheredge; Clear Fir and Pine Doors in stock sizes; Sash in stock sizes.

Head Office & Yard TIMMINS, ONT Phone 117  
Yard SCHUMACHER Phone 532B