

You Poor Kid, Why Are You So Skinny

Don't your mother know how to put pounds of good healthy flesh on your bones in just a few weeks?

Tell her every druggist has McCoy's in sugar-coated tablets now so that in just a few weeks she can help you get back your appetite—make your body stronger—your feet nimble and your mind keener.

Tell her if they don't help greatly in 30 days she can get her money back.

Tell her that McCoy's Cod Liver Extract Tablets are full of weight increasing and energy creating substances and are the most successful flesh producers and health builders she can find.

One sickly thin kid age 9, gained 12 pounds in 7 months.

She must ask Molesley & Ball, F. M. Burke, Sauve's Pharmacy or any good druggist for McCoy's Cod Liver Extract Tablets—60 tablets—60 cents—economy size \$1.00—as pleasant to take as candy.

First P.D.F.L. Match to be on Saturday, May 11

Owing to the storm last week, neither the weather nor the grounds were suitable for the football match planned for Saturday at the grounds here. As a result it was necessary to postpone all P.D.F.L. features as previously announced. All games previously referred to in the opening of this schedule have been postponed just one week. Under this postponement, made necessary by the weather, the following is the P.D.F.L. schedule for May:

Saturday, May 11th—Dome vs the Pick of the League.

Wednesday, May 15th—McIntyre vs Lancashires. P. Larmer, referee.

Saturday, May 18th—Sons of England vs Cornish. T. Duxfield, referee.

Wednesday, May 22nd—Dome vs McIntyre. E. Tomlinson, referee.

Saturday, May 25th—Lancs. vs Sons of England. R. Wallace, referee.

Wednesday, May 28th—Cornish vs Dome. P. Larmer, referee.

These dates, of course, are conditional upon the weather being propitious.

OTTAWA HOCKEY STARS TO PLAY WITH IROQUOIS FALLS

Frank Lavigne, Clyde Murray and Reg. Shields Added to the Eskimos Team for the Next Season.

Iroquois Falls some days ago was enriched by the removal to that town of three noted hockey stars from Ottawa. The three stars are Frank Lavigne, Clyde Murray and Reg. Shields. They have positions at the Abitibi plant at the Falls and are expected to be permanent residents there so should have no difficulty in securing the necessary transfers. There is also said to be a big chance that Hec. Jodouin, of Ottawa, will also join them at the Falls at an early date. There are now five Ottawa boys playing at Iroquois Falls, Wilson and Wimperis, who played last season with the N.O.H.A. champions, being Ottawa lads. Fred Magurn, whose attention and ability has done so much to build up the Falls hockey team, is himself a former Ottawa hockey player who had a notable reputation in the capital for his cleverness at the game.

Murray was the defence star of the Montagnards, and Shields played right wing for La Salle. Lavigne has been one of the leaders of the La Salle team being noted for his speed and hard checking. Both Shields and Murray starred in their first season in senior hockey while Lavigne for some seasons past has proved himself a star in hockey. These capable players will be a distinct asset to the Iroquois Falls Eskimos in next season's hockey, and the Falls sports will have grounds for their hope that next season's Eskimos will go further in the finals. In the past season the Eskimos won the O.H.A. Intermediate championship and made an excellent showing throughout in the games at Toronto though handicapped in their last games by the illness and accident among their star players. From present indications it would appear that Iroquois Falls is going to have a particularly good hockey team for the next season, while interest in hockey is specially keen in the big paper town. There is some talk about Timmins having a team in the N.O.H.A. again this year, but there is nothing definite being done along this line so far.

Death of Mr. T. Goodman on Saturday Last Week

Friends in town and throughout the North generally will learn with very sincere regret of the death on Saturday last of Mr. T. Goodman who passed away after an illness continuing from August of last year. A widow and seven children are left to mourn the loss and to these the heartfelt sympathy of all will be extended in their bereavement. The late Mr. Goodman was a man of high character and agreeable disposition and his death will be generally regretted by all who knew him. He spent some six years in Timmins and made many friends here, later going to New Liskeard where he made further friends to whom his death will be a distinct loss. Previous to coming to Timmins years ago he spent nine years at Cobalt. He returned to Timmins last fall. In all he spent some eighteen or nineteen years in this North Land being on the staffs of the mines at Cobalt and Porcupine camps. He was for five years one of the employees at the Hollinger and was held in high esteem both by those for whom he worked and by his fellow workmen.

The late Mr. Goodman was born in Cornwall, England, sixty-four years ago, coming to Canada some eighteen or nineteen years ago and living practically all that time in the North Land. The funeral took place on Monday, May 6th, interment being made in the Timmins cemetery. The attendance at the funeral and the number of beautiful floral tributes evidenced the regard in which the late Mr. Goodman was held and the deep sympathy felt for his bereaved widow and family. The funeral services were conducted by Rev. M. R. Hall.

The pallbearers were six Cornishmen: Messrs Percy Tonkin, Martin Tonkin, Alfred Woodward, Albert Rogers, John Dingley and Wm. Jeffords.

The children surviving are:—Mrs. T. Caple, Buffalo, N.Y.; Arthur, London, England; James, of Timmins; Mrs. R. Richards, Timmins; William, Iroquois Falls; Mrs. E. Manhire, Timmins; and Mrs. A. Larrivee, Timmins.

TEMISKAMING BALL LEAGUE INCLUDED NOW IN E. O. B. A.

A. F. Kenning, M.L.A., One of the Honorary Presidents of Eastern Ontario Baseball Association

At the fifth annual meeting of the Eastern Ontario Baseball Association held in Ottawa on Saturday last it was decided to extend its territory and include teams from Northern Ontario and Northern Quebec. The applications of two leagues comprising ten teams were accepted with the right to play-off for The Ottawa Journal trophy, emblematic of amateur baseball supremacy. Accordingly, the Temiskaming Baseball League, consisting of Iroquois Falls, Kirkland Lake, South Porcupine, Schumacher, Timmins, Cobalt and Halleybury, together with three teams from Temiskaming P.Q., will be eligible for membership in the E.O.B.A.

Reports from Ottawa show that considerable work of importance was transacted at the meeting, the salient features of which were: Extension of territory to include two new leagues, comprising 10 teams; decision to foster junior baseball and render assistance in the formation of junior leagues; reception of secretary-treasurer's report which indicated progress in organization during past year, and placing of association on sound financial basis, and re-election of President Edward V. O'Meara, of Ottawa, for a third term, along with Secretary-treasurer Cecil Duncan, of Ottawa, who will again look after that office.

Affiliation of the two new leagues proved to be the most important stroke of baseball business yet transacted at any annual meeting of the association. Displaying sportsmanship of a high order and waiving aside many obstacles which might be met in their desire to compete for The Journal trophy, the northern delegates came to an agreement with the E.O.B.A. officials at a round table conference before the meeting and indicated their desire to do whatever was necessary in order to achieve their ambition to play off in the championship finals.

C. F. "Fred" Magurn, of Iroquois Falls, formerly of Ottawa, president of the Temiskaming League, and D. McEachen, Temiskaming Association, of Northern Quebec, arrived in Ottawa on Saturday morning and went into conference with league officials prior to the meeting. It was pointed out to them that no team from the Ottawa Valley could possibly finance a trip north to play off for the baseball championship, as financial conditions would not permit.

After arranging and discussing considerable detail with the E.O.B.A. officers, the northern delegates proposed that they would come down to the Ottawa district and play off their games on whatever conditions thought agreeable to the association executive and their clubs. It was finally agreed that they would play off on terms which they themselves proposed, viz., that after actual expenses of staging a championship game would be held, that the net gate would be divided on a 75-25 per cent. basis.

The secretary in his annual report referred to length to the work of the association during the past year, stating that six leagues and 28 teams had competed under the jurisdiction of the E.O.B.A. The champions of the various leagues, Davidsons, Brockville, Chesterville, Renfrew, Highland Park and Carleton Place had all competed in the semi-finals, with Davidsons and Brockville meeting in the finals, and on behalf of the association he congratulated all the clubs. He reported a good financial balance in the treasury.

It was decided that the presidents of the various affiliated baseball organizations would act as vice-presidents of the association.

The honorary officers are: E. A. Cook, Prescott; A. E. Cram, Carleton Place; A. C. Casselman, M.P., Prescott; T. J. Galligan, Pembroke; A. F. Kenning, M.L.A., Timmins; Mayor A. Grimmer, Temiskaming, P.Q.; F. H. Plant, Ottawa. Those present were President, E. V. O'Meara, Secretary Cecil Duncan, D. E. Beham, Pembroke; Dr. A. B. Clayton, Chesterfield; Cecil and Lorne McIntosh, Winchester; Harry Friel, Ottawa; H. F. Gaffney and A. J. McCready, Brockville; C. F. Magurn, Iroquois Falls; D. McEachen, Temiskaming, P.Q.

"throat-easy"

says *Elie Spivak*

"No other cigarette gives me so much real snoking enjoyment as Buckingham. They are easy on my throat and quite delightful in flavor."

—Elie Spivak—brilliant Russian violinist—popular everywhere because of his superb musical renditions.

B159

Will Your Family's "CARRY ON" Income Cover These?

THINK of life insurance in terms of income. Year after year, until the children are grown up, your family will need an income. Their mother, too, should be independent. Income is the problem.

K. C. S. solved a similar problem by means of Mutual Life policy No. 235,767. The premium deposits during the five years the policy was in force were reduced fifteen per cent. by cash dividends. His widow, Mabel E. S., is guaranteed a monthly income for life. Special Mutual policies guarantee the education of their children also.

It may be that one of our representatives can help you arrange your affairs in the same way. Ask him about it, or write to this office.



The MUTUAL LIFE OF CANADA Waterloo Ontario
SULLIVAN & NEWTON
District Managers
TIMMINS, ONTARIO

NEW ASSISTANT WELCOMED TO TIMMINS SALVATION ARMY

On Sunday Serg. Stoneham, the new assistant at the Timmins Salvation Army, was welcomed to the work here. Serg. Stoneham comes from Sault Ste. Marie to the work here and being experienced in the work and in the North will no doubt prove a valuable assistant in Army work here.

Toronto Mail and Empire:—Reduction of wages among the Pennsylvania miners will not be reflected locally in a reduction in the price of coal. The only wage changes that are thus reflected are increases.

ACHIEVING BALANCED DIET FOR THE VARIOUS MEALS

Different Values of the Several Foods Explained by Culinary Expert With Model Menus for Daily Use.

The following article by Barbara B. represented in good proportion. The in which all three classes of food are Brooks on a balanced diet should be of interest:—

Health is a subject of vital interest to everyone and this problem has resulted in some places in a week being set aside called "Health Promotion Week." During this week every individual is urged to find out what a balanced diet is. By a balanced diet we mean one in which all three classes of food are represented in good proportion. The three classes are:

Regulating foods—those which keep the body machinery in good working order. They contain laxative material, minerals, vitamins, and are found in cereals, fruits, vegetables and milk.

Building foods—those which keep the body in repair and which build the new tissues of the growing child. They are cheese, eggs, fish, meats, milk, dried vegetables, and nuts.

Fuel foods—provide the body with heat and energy which includes cereals, fats, sugars and starchy vegetables.

Perhaps that all sounds perplexing but a few rules for planning meals have been found to help one to eat wisely and keep well.

1. Select at least one food from each group for every meal.
2. Use freely foods which are laxative, such as bran and whole cereals.
3. Serve two or more vegetables other than potatoes every day. Serve as many fresh vegetables and salad plants as possible.
4. Serve fruit at least once a day.
5. Include plenty of milk for both drinking and cooking purposes.
6. Plan for the day or several days, rather than for each separate meal.
7. As you plan the meals, think how they will look and taste when ready to serve.

To help provide balanced diets for the family menus for two days are given, showing the group to which each belongs:—

Breakfast—Orange juice—regulating. Bran flakes—regulating. Egg—building. Toast—fuel. Caffeine—free coffee.

Luncheon—Baked beans—fuel and building. Boston brown bread—regulating. Cabbage—pineapple salad—regulating. Radishes—regulating. Chocolate pudding—fuel.

Dinner—Roast—building. Baked potatoes—fuel. Buttered beets—regulating. Sliced tomato salad—regulating. Whole wheat bread—fuel and regulating. Fresh strawberry sundaes—fuel and regulating. Caffeine—free coffee.

Breakfast—whole wheat biscuit with strawberries. Bacon and egg—fuel and building. Toast—fuel. Milk—building and regulating.

Luncheon—Baker hash—fuel, building and regulating. Spring salad—regulating. Hot biscuit and honey—fuel. Rhubarb sauce—regulating. Cornflake macaroon—fuel.

Dinner—American chop suey—fuel, building and regulating. Bran muffins—regulating. Asparagus tips salad—regulating. Pineapple-cream pie—fuel. Caffeine—free coffee.



GENERAL ELECTRIC Refrigerator

"Makes it Safe to be Hungry"

You will always be proud of a General Electric Refrigerator, for it is different from all others. The "years-ahead" design includes a hermetically-sealed steel casing mounted on top, which encloses all the machinery. So quiet you can barely hear it. So automatic you never need to oil it. So efficient it always keeps the temperature below the 50-degree danger point.

ER-229XX
CANADA NORTHERN POWER CORPORATION LIMITED
Controlling and Operating
Northern Ontario Power Company Limited
Northern Quebec Power Company Limited

Guaranteed by CANADIAN GENERAL ELECTRIC CO., Limited

I hereby Bequeath

To my wife Mary Francis Adams and to my four children John Henry Adams, Jane Francis Adams, Helen Isabel Adams, Helen Sarah Adams

Equity in House..... \$3000.00
(Value \$7,200 less Mortgage \$4,200)
Personal Effects..... \$2000.00
Life Insurance..... \$250000
Life Insurance..... \$1000000

THINK TWICE if you are ever tempted to drop your Life Insurance because it would mean taking out of your estate the thousands of dollars it represents.

In four cases out of five Life Insurance is the backbone of the estate. It is always worth 100 cents on the dollar and usually gives value to other assets, making it unnecessary for the family to sell the home and personal property at a sacrifice in order to get money on which to live.

Safeguard your Life Insurance as the most valuable asset you possess.

London Life Insurance Company

"Canada's Industrial-Ordinary Company"
HEAD OFFICE LONDON, CANADA

G. A. Reid, D. W. Neill, C. L. U., District Representatives
Reed Block, Pine Street Timmins

THE RECORD BREAKING NEW NASH "400"

JANUARY SALES GAIN 77% OVER LAST JANUARY
FEBRUARY SALES GAIN 33% OVER LAST FEBRUARY
MARCH SALES GAIN 44% OVER LAST MARCH
APRIL SALES GAIN MORE THAN 80% OVER LAST APRIL

A Great Sales Swing to Nash

The leadership of the new Nash "400" in quality and value is asserting itself in rapidly growing sales leadership.

Offering a group of outstanding new advancements possessed by no other car—completely equipped at the factory except for spare tire, the new Nash "400" models are winning a welcome from buyers that is emphatically reflected in the monthly sales gains pictured above.

To know how far the new Nash "400" surpasses any other car of similar price, you must learn for yourself all the advantages of Twin Ignition—22% more power than from the same motor with single ignition, 5 miles per hour more speed, and 2 extra miles from every gallon of gasoline.

You must experience the pleasure of turning and parking the Nash "400"—the world's easiest steering car.

You must learn the simplicity, certainty and economy of Nash-Bijur centralized chassis lubrication.

And finally, you must compare the delivered prices of Nash "400" models with other makes in the same field.

You will be amazed to find how much more other cars have added to the factory price before quoting a delivered price to you. Right here Nash will often save you from \$50 to \$150.

The New NASH "400"

Leads the World in Motor Car Value

IMPORTANT "400" FEATURES—NO OTHER CAR HAS THEM ALL

Twin-Ignition motor	Aluminum alloy pistons (Incar. Strats)	Bijur centralized chassis lubrication	Longer wheelbases
12 Aircraft-type spark plugs	New double-drop frame	Electric clocks	One-piece Saloon fenders
High compression	Torsional vibration damper	Exterior metalware chrome plated over nickel	Clear vision front pillar posts
Houdaille and Lovejoy shock absorbers (Exclusive Nash Mounting)	World's easiest steering 7-bearing crankshaft (bollow crank pins)	Short turning radius	Nash Special Design front and rear bumpers

Northland Motor Sales
Timmins, Ont.

(5-5)—133-A