

PLEASANT TASTING COD-LIVER OIL SCOTT'S EMULSION



An Anchor-Donaldson Smoking-Room Steward knows his job so well that you will long remember your smokes, chats, and games in these friendly rooms.

Book through the Robert Reford Co. Limited, 227, St. Sacramento Street, Montreal—or ask any steamship agent for Cunard information.

Weekly Sailings from Montreal (and Quebec) to Ireland, Scotland and England in conjunction with Cunard ANCHOR-DONALDSON LINE

Ten Years Ago in Timmins

From data in the Porcupine Advance Files.

Ten years ago—on Tuesday evening, May 20th, 1919, to be absolutely correct—the Timmins Amateur Athletic Association was formed.

Hotel, Maple Leaf rooming house, W. H. Wilson's residence, Porcupine Herald building, Palace Hotel, the Gold Dollar Saloon, and several other smaller buildings and residences.

Fire, starting from some unknown cause in the upstairs of the Dagenais rooming house at South Porcupine on May 17th, 1919, swept down both sides of the block on Golden avenue and wiped out all but five buildings on the back of the same block facing on Bruce avenue.

Ten years ago The Advance was greatly impressed with the very evident fairness, good faith and ability of President Lord of the United Mine, Mill and Smelter Workers' Union who spoke here.

Ten years ago the town council took up the question of auto traffic here and the danger arising from speed and lack of regulation.

The coroner's jury enquiring into the death of Peter John, the Bulgarian who died ten years ago after an accident at the Dome returned a verdict finding death due to accident.

A report in Timmins ten years ago to the effect that M. Greer had died from influenza at or near Shawville, Que., distressed many of his friends in the Porcupine.

No kitchen work—No cooking—Just pour milk over it

SHREDDED WHEAT

12 full-size biscuits With all the bran of the whole wheat



A delicious, nourishing breakfast on which to work or play—A well balanced ration for any meal and so easily prepared.

The paper inserts in each package contain a surprise for the kiddies.

stop the trouble. Dr. McInnis promised that the council would do this during the year. Ten years ago the council had difficulty in selecting a jitney stand.

meau, returned from overseas on Saturday night, and was given a warm welcome home again. He is the fourth of five brothers to come back from overseas service, the other brother laying down his life for the cause in France.

Money Well Invested in Payrolls of This Kind

An editorial note in The Barrie Examiner last week says:—"One of Barrie's largest industries is its educational system. It has a payroll of \$75,000 a year."

This is an impressive statement and The Advance wondered how the payroll here in Timmins compared with that at Barrie. The figures show that the salaries in Timmins for the educational "industry" as The Examiner phrases it total \$98,000.00.

A special point to be noted in regard to the educational "industry" payroll is that the municipality does not have to foot the whole bill. There are liberal grants from the government in the matter.

Children playing with matches are thought to have been responsible last week for a fire in a vacant house at Cobalt.

Sturgeon Run on Bell River Impressive Sight

Reference to a sturgeon run on the Bell River is made last week by The Northern Miner in the following interesting paragraph:—"A prospecting party which travelled the Bell River on the way to Mattagami Lake some years ago made its first acquaintance with sturgeon. None of the Ontario boys in the party had ever seen the fish before, nor had they heard of its peculiarities.



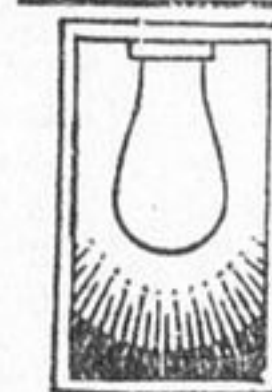
Felt Tired and Miserable

"I took Lydia E. Pinkham's Vegetable Compound for miserable and tired feelings and it gave me strength to do my work. My nerves are better and I feel well and strong and have a good appetite. I sleep well and am in pretty good spirits and able to work every day now.

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham Med. Co., Lynn, Mass., U.S.A. and Galtburg, Ontario, Canada

The outbreak of scarlet fever at Moore's Cove, near Halleybury, has been speedily checked by the prompt action of the doctors.



The whole family profits from Delco-Light

MOTHER'S work is easier through the help of electrical appliances and running water. The children grow up under the influence of a brighter, happier home.

D. H. EATON Cochrane, Ontario

It Must Be Good When So Many Buy It

IN every city, town and village there is abundant evidence of the value of life insurance in sustaining the home following the death of the husband or father and in providing funds for the evening of life.

Enquire today!

THE MANUFACTURERS LIFE INSURANCE COMPANY HEAD OFFICE - - TORONTO, CANADA A. W. LANG District Representative, Timmins.

ADVISED by Leading Beauty Culture Experts

PALMOLIVE SOAP



To have a lovely skin, wash thoroughly clean with Palmolive Soap twice daily—that is the unanimous verdict of every leading beauty authority of Europe, Canada and the United States.

When you wish to send money away—

- to pay an out-of-town account, —to a relative or friend, —to pay for goods from an outside point, —for any purpose, call at any Branch of this Bank and secure a Draft for the amount.

THE BANK OF NOVA SCOTIA

ESTABLISHED 1832 Capital \$10,000,000 Reserve \$20,000,000 Total Assets over \$265,000,000

J. A. McLEOD, General Manager, Toronto

For Sure Results Try Our Want Ad. Column

Advertisement for Macdonald's Fine Cut Smoking Tobacco, featuring an illustration of a hand rolling a cigarette and a pack of tobacco. Text includes 'If you can Roll your own', 'MACDONALD'S Fine Cut SMOKING TOBACCO', and 'COLLECT THE CARD PICTURES'. A 'ZIG-ZAG' book is mentioned as attached to every package.

Among the local and personal notes in The Advance ten years ago were the following:—"Born—in Timmins, on Saturday, May 19th, 1919, to Mr. and Mrs. Duff Allen, formerly of Timmins, but now of Monteth, a daughter."