

READY IN TWO MINUTES! A HOT NOURISHING BREAKFAST SHREDDED WHEAT



With all the bran of the whole wheat

All the body-building elements of the whole wheat, nothing added, nothing taken away. So easy to serve and so deliciously nourishing. Gives new vigor and life to tired tissues. Serve with hot or cold milk or fruits.

SYMPATHY TO PARENTS OF LLOYD GILLONARDO

The Halleyburian last week says:—"Timmins hockey fans and citizens generally are mourning the death of Lloyd Gillonardo which took place very suddenly this week. This youngster had taken a leading part in junior athletic activities in Timmins for some seasons, being a hockey player of real worth, a baseball player who captained the Timmins team in their quest for Ontario Junior honours, and a football goalie. The sympathy of all will go out to his sorrowing parents."

Kitchener Record:—"A noise abatement committee will have a selection made from 25 noises as to which is the worst. We would say the alarm clock going off at 6 a.m."

ADVANCE POLLS FOR MOTHERS

(Chesley Enterprise)
Several mothers in Kincardine hospital were unable to poll their votes on Wednesday. There are advance polls for railwaymen, mariners, and commercial travellers and a witty member of the male sex suggested to us that the election act should be amended to allow prospective mothers to be allowed to vote at advance polls too.

Eganville Leader:—"Nova Scotia has registered, by plebiscite—granted by the Conservative Government—its verdict on the liquor question. It now steps into line with all other Canadian Provinces, except Prince Edward Island. In the immediate future it will be possible legally to purchase liquor anywhere from Halifax to Vancouver."

YOUNG MAN DROWNED IN SIGHT OF TWO BROTHERS

Last week Francois Gervais, 19 years of age, employed as a bushman in the Goward section of Temagami, was drowned while about fifteen yards from shore and in only about five feet of water. He was thrown out of a canoe in a bay at the south end of Rib Lake about 25 miles from Cobalt. The canoe tipped as it was being turned. Gervais could not swim. He had been in the North only about three weeks. Two of his brothers who were in another canoe witnessed his death but could not give him any assistance. According to the authorities who investigated the case, Gervais and Apollinaire Richard, employees of Tessier and Trudel, jobbers for the Temagami Timber Co., Goward, were in a canoe on the bay. Three other men, two of them an older and a younger brother, respectively, of the victim, were in a second craft, and they were about 30 feet away when the accident occurred. Gervais was clad in heavy clothing and long rubber boots, which hampered his movements and weighed him down. The water was quite cold. While the brothers and their companion made frantic efforts with paddles to save Gervais, Richard swam ashore, about 40 feet away, and went to a camp for help. This was speedily forthcoming, but although the body was soon recovered, life was extinct. The men in the other canoe were brought north on Monday and they explained the circumstances to Dr. Arnold and the police, but owing to a misunderstanding, Richard was left behind at the camp.

New York Life:—"Tell it to Sweeney" has been replaced by the one used "broadcast." This is an economical age—in some ways.

ESKIMOS TELL ABOUT BIG FINDS OF COPPER IN NORTH

The following is from the last issue of The Northern Miner:—"A large piece of native copper weighing 35 pounds brought back by the southern party of the Canadian Arctic Expedition in 1918 was obtained from an Eskimo. This piece was found by Mupfa west of the Coppermine when he was a small boy, at a locality "one sleep" southwestward from Bloody Fall, on the Coppermine River (two short days' travel, or about 20 miles). It was found west of the trees, at the bottom of the valley, immediately below and south of the place called Hatungiat, in an undulating country. Mupfa said that the piece of copper originally was about two and a half feet in diameter, and that ever since it was found the Eskimos had been cutting pieces from it to make spears, knives, ice-picks, etc. Also, Mupfa stated, many pieces of copper occur nearby, too heavy to pack. Some are so heavy that it is just possible to roll them over, but not to lift them. By signs he showed that the larger pieces were about three feet high. Many small pieces, it was said, stick out of the ground, but the large ones are mostly buried, and require to be dug out. As near as could be judged from the description of several men, and from the location they independently showed on the map, the location of this deposit is in Lat. 67° 30' north, and Long. 116° 30' west. Mr. Chitman states that the Eskimos who in 1916 accompanied his party from the mouth of the Coppermine toward Great Bear Lake left the party about this place to go west to search for copper."

Toronto Globe:—"It is a hopeful sign that stocks have moved off the front page to the financial department, where they properly belong."

RIGHT ROYAL EXAMPLE OF ADDRESS THAT IS CLASSIC

Honour and Shrewd Philosophy Combined in Gifted Speech of Prince of Wales at Dinner to Victoria Cross Holders.

Several readers of The Advance have referred to the address given by His Royal Highness the Prince of Wales at the banquet to the Victoria Cross holders at London, England, recently, as a genuine gem. In a few brief minutes it carries a message of interest and importance and is relieved by glints of wit and humour. It is well worth reading and re-reading and might well be taken as an example in after-dinner speaking:—

The prince said:—"I feel probably as uncomfortable as you do, because it is not our national custom to invite men to dinner in order to tell them how brave they are. But I will assume, that whatever 'small deed of arms,' as the knights of old used to call it, stands to the credit of each one of you, you perpetrated it from motives of self-preservation or because you happened to notice that someone on the staff was watching and admiring you."

"I suggest this because every V.C. I have ever talked to always likes to dish up some explanation of this sort to account for his peculiar conduct, whether by land or sea, by air or underground. There are those of use on whom the Sovereign has conferred the Most Honourable Order of the Bath, the Most Excellent Order of the Star of India, the Most Distinguished Order of St. Michael and St. George or the Most Eminent Order of the Indian Empire. But to-night I speak, if I may call it so, of the Most Envisable Order of the Victoria Cross, the most democratic and at the same time the most exclusive order of chivalry."

"It is democratic because it takes not the least heed of social rank or status, exclusive because it is the simple insignia of all the honour which a grateful country can bestow and gives the right of entry to what is generally considered the most select corps in the world. It is recruited from that very limited circle of men who see what is needed and do it at once at their own peril and, having done it, shut up like an oyster. This is a wise provision of nature, for if the men who did things talked half as much as the men who know things ought to be done, life would not be worth living."

"Gentlemen, you are recipients of an honor which can only be worn in time of war and there is no wise man today who, having learned what war means, does not pray it may never come again in his lifetime. But that fact only enhances the value of the Victoria Cross for it is a certificate, a symbol of the possession of those qualities which, though war calls them forth, are really the foundations of peace, the qualities of a cool head and an undaunted heart, a fearless disregard of self—and these qualities summed up in the brief legend engraved on the cross itself."

"And if any man thinks that 'valor' is only called forth in fighting our enemies on the actual field of battle, he must, I think, have a very distorted and mean view of life. "Glad as I am to be with you to have the privilege of proposing this toast, there is one thought that must be in our minds, namely that many of our contemporaries who might have been with us lost their lives in the very act of valor which won them the Victoria Cross or have died since. May I, on behalf of all of us express this message to the friends of these men—that we remember them and honor their memory."

"A last thought. You, our guests, have known of men who, but for the absence of any witness except the dead or by the accident of wounds that hurry a man into hospital where he lies lost to the records for months, would be of our select company to-night."

"You know, too, how a good man's nerves may crack past recovery under the terrible strain so that those men must live on, externally sound maybe, but with the mind and spirit crippled for their natural lives. They too, might have been with us. Let us remember them all."

Responses were made on behalf of the army, the navy, the air force and the overseas V.C.'s respectively by Sergeant C. E. Spackman, Lieut.-Commander H. Austin, Lieut.-Col. W. A. Bishop and Lieut.-Col. G. R. Pearkes, the two latter being Canadians.

None spoke at any length. Sergeant Spackman made a good point when in referring to the Armistice day poppy collection he said \$5,000,000 was aimed at. "We were willing to spend \$30,000,000 daily on the war," he said, "so surely we can find one-sixth of this on one day of the year." Lieut.-Col. Pearkes raised a sympathetic cheer when he observed that the gaining of a Victoria Cross usually meant that several of one's companions paid the price with their lives.

HERE'S THE LIMIT

(Fergus Daily Report)
It has been claimed that some young people will not take part in strenuous sports. A Fergus boy who was pitching horseshoes last week went and got a chair so that he could sit down to take his exercise.

Toronto Mail and Empire:—"All Canada is delighted to hear that the Mac-Alpine party is safe at Crambridge Bay, far in the Arctic. But, in view of the temperature, many will be inclined to think of the story of the maiden aunt who was saying good-bye to her nephew on leave from the front. She bade him to be sure to write and tell her when he was safely back in the trenches."

SURVEY OF TIMMINS BY THE SOCIAL SERVICE COUNCIL

In the current issue of "Social Service," the bulletin issued by the Social Service Council of Ontario, the following paragraph is given under the heading, "Recent Activities of the Council; Some Paragraphs on Places, Policy and Progress":—"Timmins—This mining town of the North with its 13,000 inhabitants or thereabout provides an unusual study in human organization and the capacity of a heterogeneous group of men and women to bring order, municipal organization, the conveniences of modern life, educational facilities and a degree of social service to a community which a few years ago was untrodden save by the pathfinders of survey gangs or the prospecting fraternity. Considerable study has been given to this town and its area by our Director of Surveys during the past three years. His relationships with the Town Council and officials have brought an intimate knowledge of their problems and activities. As this Bulletin is being prepared, Miss Jackson is in the midst of a survey of the family relief problems of the town. This is being made on the invitation of the Mayor and Council."

Detroit Free Press:—"Almost one in each thousand of the men, women and children of the land are violently deprived of life every year. Which is something that might very well get the attention of a few of the pacifist group. It is one of their main contentions that life is very sacred and must not be wasted. If instead of devoting their time to trying to break down a natural defence system designated to preserve life in safety and happiness by keeping this country out of war, they would turn their attention to an attempt to reduce the slaughter from accidents, they would be embracing an opportunity to perform really practical work for humanity."

Toronto Mail and Empire:—"Mining in Manitoba, for a winter sport, has backed wheat off the map. It is good for Manitoba to have two trees to climb."

BOOSTING THE NORTH LAND IN SOUTHERN SECTIONS

The North Bay Nugget last week says:—"Harry Linney, widely known for his efforts to popularize Northern Ontario as a vacationists' paradise, spent the week-end in North Bay and left for the north this morning. Mr. Linney stated that he has addressed clubs, societies and churches in Buffalo, Detroit and other Southern cities, dwelling on Northern Ontario's many attractions. Mr. Linney added that he had exhibited pictures of holiday scenes in Muskoka, the French River and Temagami, giving Southern Ontario residents an idea of the wonderful northern country. Mr. Linney stated that he considered that the tourist industry is one of the utmost importance to Northern Ontario. "It is up to the North Bay Board of Trade and City Council to endeavor to make known to persons all over the Dominion and the United States the wonderful holiday grounds that Northern Ontario offers," Mr. Linney declared."

Huntingdon Gleaner:—"All mail for inmates of the great Sing Sing prison in New York goes through the business offices of the institution, and many prisoners conceal their misfortunes by having their mail addressed to 354 Hunter St., Ossining, N.Y. It reaches them because that was the address of the business office. The office has now been moved a few hundred feet and to a new street, but the authorities have decided to make no change in the address on the letterheads and envelopes which are supplied, thus saving many from the embarrassment of admitting they are confined to jail."

American Printer, New York:—"Printing is a highly desirable industry from a community point of view. The community without a printing plant is a very poor, poverty-stricken—mentally, spiritually and socially—community at best. Printing has an enlightening and civilizing influence and is a real asset to any community. The printing industry is a real producer, an industry in which the arts and crafts make a happy union, and the results must needs have an elevating influence on the community."

THE BROTHERHOOD OF SCIENCE



Products which have been perfected in the laboratory of centuries

WHAT would be the amazement and delight of the Fathers of Chemistry could they but see the well-equipped laboratories which modern industry places at the disposal of its chemical engineers?

All the massive machinery, all the vast productions of present-day industry, are based on the sure foundation of scientific research. Canadian Industries Limited is staffed with skillful scientists, all

contributing their share to the progress of civilization. This knowledge is applied in the manufacture of every article bearing the oval trade-mark shown below.

Canadian Industries Limited serves its customers by selling products at the lowest prices commensurate with the maintenance of high quality and service, believing in so doing it serves its own best interests.



CANADIAN INDUSTRIES LIMITED

HEAD OFFICE: MONTREAL - BRANCHES THROUGHOUT CANADA

- Dominion Ammunition Division
- Canadian Explosives Division
- Flint Paint & Varnish Division
- Canadian Salt Division
- Canadian Ammonia Division
- Grassell Chemical Division
- Pyralin Division
- Triangle Chemical Division
- Fabrikoid Division

EXPLOSIVES AMMUNITION DUCCO, PAINTS FABRIKOID PYRALIN SALT HEAVY CHEMICALS FERTILIZERS CIL9B

This sauce deserves its fame



by Mary Blake

I have given my recipe for white sauce to many women. They always tell me it's the best sauce they have ever tasted, so I don't feel that I am boasting unduly when I praise it to you. I claim no credit myself for its deliciousness. I know quite well that its smooth, rich creaminess is due largely to the milk used.

Unless the milk used in a white sauce is pure and sweet and rich in cream, you'll get an indifferent result. But if you have creamy whole milk of the highest quality, pure and sweet, you can count on a delicious sauce. And that is exactly what you have in Carnation Milk. It is simply the best of whole milk from selected herds, with nothing added and nothing taken out except part of the water.

Being evaporated to double richness, it makes the creamiest of sauces, without the extravagant use of butter. Being "homogenized"—which means that the double cream content is broken up into minutest particles—it gives a wonderfully fine, smooth texture. And this same rich creaminess and velvety-smooth texture are found in every dish in which Carnation Milk is used.

Because of its uniformity, dependability, convenience and real economy, you will prefer it for all cooking. Won't you send for the Carnation Cook Book? It is free. Address Carnation Milk Products Co., Limited, Aylmer, Ont.

Smoother, Creamier Sauces



Even the best of bottled milk cannot equal Carnation Milk in cooking results. Velvety smoothness, rich creaminess, fragile texture, delicacy—these are some of the qualities which Carnation Milk gives to foods. Try it! (See recipes above)

from Contented Cows on the label means EVAPORATED MILK of highest quality