

COULDN'T WALK FOR FAT

But lost her flabbiness in two weeks

She was crippled by fat, but reduced in two weeks this easy way. That is plain truth—her husband says so! She weighed nearly 200 lbs. and had to stay at home. Read this letter:—“My wife has been suffering with swollen legs and feet and weighed 196 lbs. 4 ozs.—very seldom able to go out walking. After talking Kruschen Salts for two weeks, her flabbiness has gone, legs and feet feel easier.” Excess fat is caused by the liver, kidneys and bowels, the “scavenging” organs of the body—failing to do their work properly. They do not throw off that waste material—the product of digestion. This accumulates, and before you realize it—you are growing hideously fat. The “little daily dose” of Kruschen Salts tones up the eliminating organs to perform their work properly. Slowly but surely the ungainly masses of fat disappear and what you lose in weight you gain in unbounded health and vitality. The years drop off as the fat melts away—leaving you energetic, youthful and vigorous.

District Children's Aid Annual Meeting, Dec. 7th.

The annual meeting of the District of Cochrane Children's Aid Society will be held at the C.A.S. Shelter, Timmins, on Saturday of this week, Dec. 7th. In past years the annual meeting of the District C.A.S. has been held in January or February, but last year it was held earlier than usual and this year is called for Dec 7th, so as to conform with the majority of the Children's Aid Societies in the province practically all of whom hold their annual meeting before the end of the calendar year.

The annual meeting will hear the reports of the officers for the year, while the chief other business before the gathering will be the election of officers for the ensuing year. It is hoped to have a large and representative attendance from all over the district.

Powassan News:—An esteemed Trout Creek subscriber in renewing his subscription wishes the editor a “Merry Christmas and a Prosperous New Year.” That's right, brother, you have done your part to help make it happy, anyway, and there is sufficient time for others to do likewise.

PLANS FOR TRADE BETWEEN ALL PARTS OF THE EMPIRE

Organization in London, England, Working to This End. Advantages of Plan Outlined by Lord Melchett and Others at Meeting.

The Advance is in receipt of a report of a meeting of the council and vice-presidents of the British Empire Producers' Organization held at London, England, some days ago, the report being kindly forwarded by J. Conway Davis, 37 Lowndes Square, S.W.1, London, the secretary. The meeting and the aims and objects of the organization should be of interest to everyone in the Empire for many reasons. The chief reason for interest, of course, is the fact that the idea underlying the organization would apparently make for the benefit and unity of the Empire.

At the meeting, Lord Melchett, who is the chairman of the Mond Nickel Co., whose property in the Sudbury area is famous among the nickel producers, was welcomed as the new chairman of the organization. At the meeting those present included the Agents-General for Tasmania, South Australia, West Australia, and British Columbia, as well as the High Commissioner for Rhodesia. The additional vice-presidents included:—Col. the Hon. J. J. Astor, M.P., Lt.-Gen. the Rt. Hon. Lord Baden-Powell, Sir Otto Beit, Bart., Earl of Birkenhead, Viscount Burnham, Lord Camrose, Earl of Liverpool, Lord Inverforth, Rt. Hon. Lord Lloyd, Lord Lovat, Lord Templemore and others.

Lord Melchett proposed the following resolution:—

“That, having in mind the desirability of the adoption of a policy of the development of the Empire as an economic unit, this council recommends that immediate steps be taken to promote the conclusion of extended reciprocal trade agreements between the United Kingdom and the several parts of the Empire overseas.”

Lord Melchett, in his support of the resolution, stated that there was no greater need at the moment than a fusion of the British Empire, in order to promote interchange of commodities, goods and services. The necessity of amalgamations in trade was as apparent in nations as in industries. It was a curious paradox that during the whole of the political agitation on fiscal matters large units had become more and more inter-related in trade. For example, Canada, Australia, and the most outstanding example of all, the United States. The Civil War was not fought mainly on a question of slavery but on the wider question of the trade relationships between the various parts of America.

The tendency towards large economic units was being stressed by the growing development of the United States. Among the best minds and the clearest thinkers in Europe there was more than a tendency towards the creation of the United Economic States of Europe. The development of this idea into a concrete fact might take time, but



AMBASSADOR LEAVING CANADA

Hon. William Phillips, United States Ambassador to Ottawa, has tendered his resignation to President Hoover and will leave the diplomatic service.

Hunters Urged Not to Leave Wounded Animals

In an editorial article in its last issue Rod and Gun says:—

“Throughout the length and breadth of Canada at this time, thousands of hunters are enjoying their share of the glorious sport which this great country has to offer. All indications seem to be that the trek to the north has been greater than ever and that among the hunting camps in the north woods on the marshes and uplands, vast numbers of young men on their first trips are being initiated into the joys of outdoor life. This is an excellent sign. When the young manhood of a nation shows a love of a virile outdoor life and the manly sport of hunting, the nation may congratulate itself and Canadians may feel gratified that they are blessed with a full measure of resources and facilities for the promotion of such healthful recreation of mind and body.

“The novices in the art of hunting have a great deal to learn from their more experienced companions as to the fine points of the chase, but it is the first duty of their mentors to impress upon them certain other points. We have in this country a stock of people that is instinctively sporting in taste and character and the average man is a good enough sporting gentleman to realize that the game laws are worthy of conservation measures and is willing to observe them. However, we are all subject to occasional carelessness and there is often a great deal of carelessness seen during hunting trips in the handling of firearms and the humane treatment of game.

“In the excitement of the chase, the best of sportsmen may sometimes forget that it is their duty to let no animal escape wounded. It is not fair to the game or to themselves. It is an unfortunate fact that many deer, badly wounded, escape to die a death of lingering agony in the woods while the hunter gives up the pursuit and kills another deer to take home. In such a circumstance, not only has cruelty been inflicted, but the hunter has actually killed more than his limit and caused an ill-afforded depletion of game at a time when it is necessary to conserve everything possible to perpetuate sport. Only shots that a hunter is sure of should be undertaken and each shot should be aimed carefully at a vital spot and made to tell. Every wounded animal should be followed until found and given the coup de grace. Thousands of deer are wounded and escape to die every season. If every hunter took care to kill every deer wounded, all these might be preserved for future seasons.”

FOUNDER OF HAILEYBURY DEAD FOR FIFTEEN YEARS

A paragraph in The North Bay Nugget last week, taken from the files of The Nugget of Nov. 26th, 1914, the paper then being published at Cobalt, says:—

“Mr. Charles Cobbold Farr, founder of Haileybury, and first citizen of Temiskaming, died at his home, Browning street, Haileybury, at three o'clock this afternoon. Having once succeeded in founding the settlement, Mr. Farr next bent all his energies towards getting a railway from the then bounds of civilization to Temiskaming and after almost super-human efforts, he succeeded in inducing the government to prepare to build a line, which is now the T. & N. O. railway.”

of the primary producers of the Empire. The British Empire had such resources of raw materials which could contribute all the Empire's requirements and give the Empire a power which, if properly used, would be irresistible. There was the power to withhold from other countries supplies of those essential commodities in which the Empire possessed a virtual monopoly. This was naturally something to be remembered when Empire products were being unfairly treated in other markets. It would then not be a case of erecting a tariff against goods from such countries but a case of the Empire demanding its own terms.

Lord Melchett suggested an Empire Conference of Business Men to discuss new developments and to discuss the best methods to adopt for the prosperity of the Empire.

Lord Melchett felt sure that the British Empire Producers' Organization would co-operate with other bodies in studying all the various parts of the problem involved so that Empire industry and agriculture could progress to the advantage of the whole Empire and all its component parts.

The resolution was unanimously adopted.

The preliminary work for a report on the present position of Empire production and trade for submission to the Government, and later to the Imperial Conference, was discussed. Among other matters of importance dealt with by the meeting were:—a long report, with statistical analysis, on Britain's Food Supply with special reference to the Empire entitled “The Key to Empire Trade”; the preparation, for weekly publication, of comparative prices (producer's, wholesale and retail) of the principal food commodities; a proposed Conference of British agricultural associations to endeavour to bring about a common policy between Overseas Empire and Home agricultural producers, particularly of wheat, meat and dairy products.

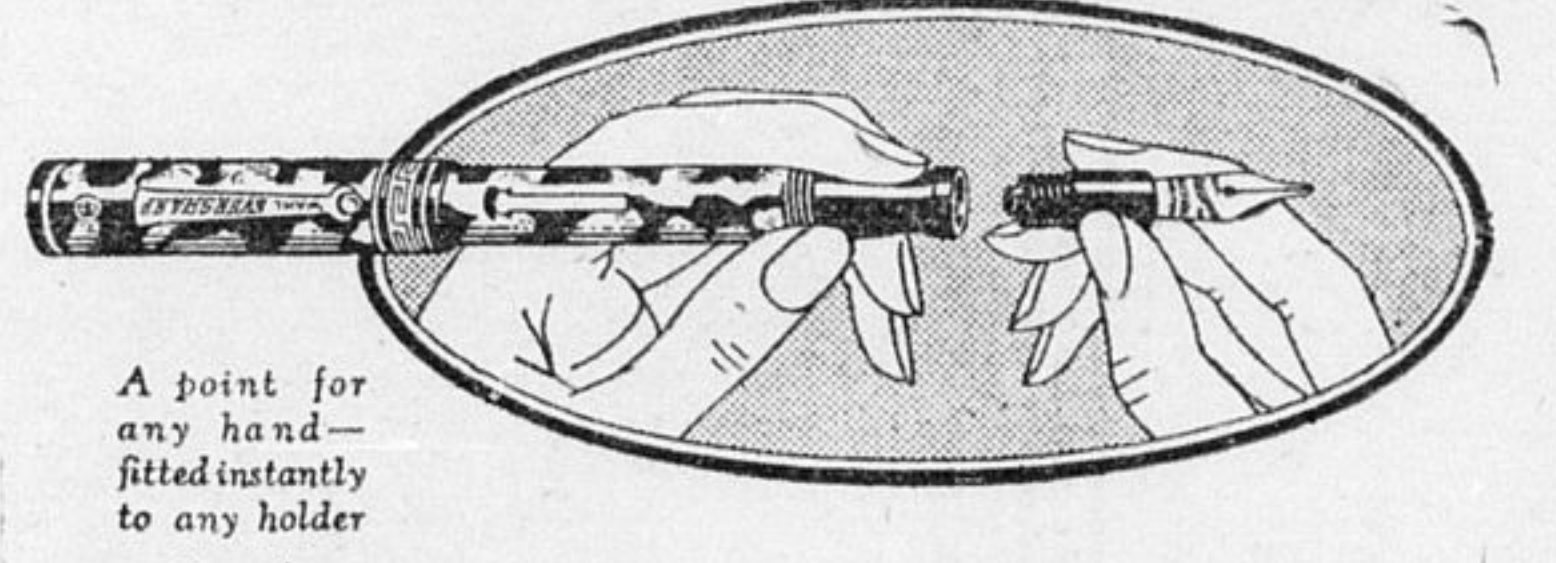
St. Mary's Journal-Argus:—Few of the world's greatest thinkers were married. A married man does not have to think much.

Ottawa Journal:—British Labour's measure extending unemployment insurance was most bitterly attacked by Labour's own Left. The way of the moderate politician is hard.

LEO MASCIOLI
CONTRACTOR
Excavations for Cellars, Sewers, Etc. Contracts of all kinds taken
EMPIRE BUILDING
P. O. Box 62 Phone No. 321

SIMMS, HOOKER & DREW
INSURANCE IN ALL BRANCHES
(Agents for Confederation Life Association).
REAL ESTATE
Houses and Lots for Sale on Terms.
DOMINION BANK BUILDING
Opposite Goldfields Hotel
TIMMINS PHONE 112
Residence PHONE 135

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 and Yard
TIMMINS, ONT. Phone 117
Yard
SCHUMACHER
Phone 725



A point for any hand—fitted instantly to any holder

This New Idea in Pens is the new idea in Gifts

At Wahl-Eversharp dealers, see the new *Personal-Point Pen*. “A point for any hand . . . fitted instantly to any holder”—any color, style or size. Here is a gift easy to choose and certain to please. But your choice need not be final—the point may be replaced by any other, as the recipient prefers. The dealer makes a cheerful change.

Select from Desk Sets (personal-pointed), Pens, Pencils or Combination Sets—each one a Wahl-Eversharp. A pen, a point, a price, a style for your whole Christmas list!



This Gold Seal marks the Pen Gift of Quality

WAHL-EVERSHARP
Personal-Point
FOUNTAIN PENS

SMOOTH MELLOW and FRAGRANT-
GOLD MEDAL TEA
INDO-CYLON TEA
BLACK
GOLD MEDAL PRODUCTS
HEAD OFFICE—TIMMINS, CANADA
The full-bodied richness and mellow flavour of Gold Medal have made it a most popular beverage. You'll like Gold Medal Tea.
Shop Early — 16 Shopping Days Before Christmas

Wet, Slippery Pavements call for special care
THE chances for motor accidents multiply greatly on pavements which are wet or covered with snow or ice. Even when equipped with chains, an automobile will not stop in so short a distance as on a dry pavement.
Motorists and pedestrians should keep this fact in mind. Too abrupt application of brakes is the cause of much skidding. Disengaging the clutch at the same time emphasizes the tendency to skid, and also detaches the most efficient brake on the automobile, viz., the engine itself.
In braking on a skiddy pavement close the throttle, take the foot off the accelerator, leave the clutch engaged so that the engine helps the braking process, and apply the brakes GRADUALLY.
Above everything else don't lock the wheels of your vehicle by suddenly clamping down the brakes.
Just before the vehicle is brought to a stop, the clutch should be disengaged.
On slippery pavements that are free from traffic, practice this method of controlling your automobile. The skill you acquire may prevent an accident and perhaps save a life.
Remember, too, that your brake bands pick up moisture from the pavement in wet weather. A wet brake is not so efficient as a dry one.
Driving in fall and winter has its dangers both in city and country. By schooling yourself in handling your machine on wet or slippery pavements, your driving will be safer for yourself and for other drivers. Remember your automobile is a machine. It does just what you make it do.
Care, Courtesy, and Common Sense—on the highways at all times—but particularly now when new dangers are present.
Highway Safety Committee
HON. GEO. S. HENRY, Chairman