

**ATHLETES**  
Before, during, and after  
**AN EXACTING EFFORT**  
**VALDA**  
PASTILLES  
will double your  
**BREATHING CAPACITY**

Sold everywhere  
Insist on original BOXES  
bearing the name  
**VALDA**  
Agent for Canada  
J. Alfred OULMET  
84, St. Paul St. East, MONTREAL

**CANADA'S LEADERSHIP IN THE MINING INDUSTRY**

Canada's leadership in the mining industry has been summed up as follows—

Canada produces—

- 90% of world's nickel
- 85% of world's asbestos
- 55% of world's cobalt
- 9% of world's gold
- 8.7% of world's lead
- 8.4% of world's silver
- 6.4% of world's zinc
- 4% of world's copper

It makes a very nice little verse, and what is better, it may be said that it contains just as much truth as poetry.

Sudbury Star—"The future prison will be a hospital, school and workshop" says Dr. Christian, head of Elmira reformatory. And we expect the attendants will be as qualified for their jobs as nurses and teachers now are.

**PARTICULARS OF TORONTO BONSPIEL ON FEB. 17 TO 21**

Third Annual Event at Seven Artificial Rinks in Toronto. Over 70 Entries Already Received, 60 from Out-of-the-City

Curlers in the town and district, and, indeed, throughout the North, where curling is a particularly popular pastime, will be interested in the following particulars in regard to the third annual bonspiel at Toronto. It will be remembered that a number of rinks from the North, including some from Timmins, attended this event last year, and likely there will be more taking in the sport at Toronto this year.

The third annual Toronto bonspiel, which will be held on seven artificial ice rinks in Toronto from Monday, Feb. 17 to Friday, Feb. 21, for which entries close on Saturday, Feb. 8, promises to be a record breaker in every respect. In 1928 there was a total of 128 rinks and last year this number was increased by twelve. At present over seventy entries have been received and a most gratifying feature is that over sixty are from out of town clubs.

The committee is profiting by the experience of the two previous bonspiels and everything is being done to make the week a most enjoyable one for the visiting curlers. One of the biggest worries for the out-of-town curlers and the committee in the past has been the matter of stones. The visitors have had the trouble of shipping their stones to and from Toronto and the committee that of moving them from stations to rinks and following the curlers from club to club. This has been removed by the decision to provide stone for all competitors, local and visiting. Already the bonspiel committee owns 52 pairs of rocks and they have arranged to borrow stones from local clubs for the remainder and no local curler will be permitted to play with his own rocks. On the Monday morning there will be eight pairs of stones on each of the 42 sheets of ice that will be used during the week and the same eight pairs of stones will remain on the same sheet until the bonspiel is concluded on Friday. This arrangement, in addition to doing away with the trouble and worry, will eliminate the delays in the various rounds of the competitions caused by the non-arrival of stones.

The annual banquet on Tuesday evening at the Royal York promises to be bigger and better than ever. Chairman Domelle of the banquet committee is keeping most of the particulars a secret but it is understood that it will take the form of a cabaret entertainment.

Another feature that has caused increased interest by outside curlers is the fact that the winner of the Grand Aggregate will, this year, be eligible for the playdown for the Canadian single rink championship and the Macdonald Brier trophy. The trustees of this trophy have included the Toronto bonspiel winners in the competition in place of the Toronto single rink champions. This gives the province at large two representatives in the Canadian championship, the Tankard and bonspiel winners.

There will be five trophies at stake during the week with a total of sixty-eight individual prizes. There are two open competitions, the Ryrle Birks and North American Life with prizes to all semi-finalists. Losers in the former with the exception of the semi-finalists, drop back into the Wrigley where there are four sets of prizes while the same procedure is followed by the losing rinks in the North American Life who carry on in the Seiberling. The semi-finalists in these four events play down for the Royal York trophy.

While no limit has been set on the number of entries that will be accepted intending entrants are advised to notify the secretary as soon as possible, c-o Canada Life Building, King St., West, Toronto.

Games will be played at seven artificial ice rinks where the following sheets of ice are available: Granite (9), Victoria (5), Oakwood (5), High Park (5), Royal Canadian (6), Arena Gardens (6) and Varsity Arena (6). In addition four sheets of natural ice are available at the Lakeview club.

All games will be of twelve ends and while there will be five draws on some days, no rink will be called upon to play more than three games on any one day.

**SEEKING NAME OF OWNERS OF DEAD RACING PIGEON**

A dead pigeon, wearing an aluminum led band bearing the identification marks of A. J., 24, J. 5703, was found on January 15th, as Kennedy Siding, on the T. & N. O. Railway, by Overseer J. O'Donnell, of Kennedy siding. Mr. O'Donnell, who is an employee of the Ontario Department of Game and Fisheries, sent the band to North Bay, and it is in the possession of G. Mort Parks, in charge of the North Bay branch. Believed to have been a carrier pigeon owned by some one residing in Southern Ontario, Mr. Parks is anxious to ascertain the owner. Anyone knowing any particulars regarding the bird's movements, are requested to communicate with him.

**MORE PARTICULARS WHEN BUYING LIQUOR FOR OTHERS**

Every once in a while there is a story current to the effect that some particular man has a large number of permits that he uses to buy liquor, and that while ostensibly he is acting only as the agent for the men supposed to own the permits, as a matter of fact, according to the stories he is simply using the permits to secure liquor for re-sale. The Advance does not believe any such plans are carried out very extensively here. The liquor store vendor at Timmins makes too sincere an effort to assure the spirit of the law being observed for any such wholesale illegal use of permits to be possible. The evil is not as widespread as some appear to think. At the same time there is some such illegal use of permits, and it will be interesting to note that the Government has taken note of the matter and is endeavouring to stop any abuses that may have arisen from alleged "agents" purchasing liquor for others for supposed delivery.

Hereafter further difficulty is to be placed in this unlawful use of permits. By an order in council passed by the Ontario Government, citizens wishing to have their liquor purchases made by an agent or friend, must provide fuller particulars than have heretofore been requested, in their written orders to the vendors.

The order was approved by the Ontario Liquor Control Board, as it is believed it will eliminate considerable irregularities in connection with the use of permits.

Edmonton Bulletin—The penalty for mentioning the name of a rival leader in Afghanistan, is that the offender shall be publicly nailed to a wall and afterwards blown from a gun. This sort of thing is apt to discourage free speech.

**New Record of Earnings by the Dominion Bank**

It is an occasion of considerable satisfaction to Canada that our banks came through the changing conditions of business and finance so evident during 1929 in strong condition with increased assets, and in a high liquid position.

The 59th annual statement of The Dominion Bank reflects this in a marked degree. The net earnings for the year just closed were the highest in the Bank's history, amounting to \$1,522,000 an increase of \$115,000 over 1928, and 22.42 per cent on the average paid-up Capital of the Bank for the year.

After paying the usual dividends and a bonus of one per cent totalling \$885,000 the Bank reserved \$185,000 to cover Dominion and Provincial Government taxation. The Officers' pension fund received a contribution of \$50,000, while an appropriation of \$300,000 was made against bank premises account. This was \$50,000 greater than a year ago. An addition of \$102,000 was made to profit and loss account and \$374,500 carried forward.

The statement shows cash assets at \$26,852,000 or 20.27 per cent of public liabilities, with immediately available assets of \$67,774,000 being 51.15 per cent of Liabilities to the public.

A new high record was established in Total assets, which amount to \$154,181,000.

The bank's close association with the business enterprises of the country is shown in the very large increase in Current loans, which have reached a total of \$73,693,000 up \$11,025,000 as compared with the figures at the close of the previous year, as compared to \$115,341,000.

Notwithstanding the increased requirements for money that became so noticeable during the past year. Deposits were well maintained at a total of \$113,352,000.

The Paid-up capital increased during the year by \$1,000,000 and the Reserve fund by a like amount. The shareholders investment in the bank now totals \$16,367,000.

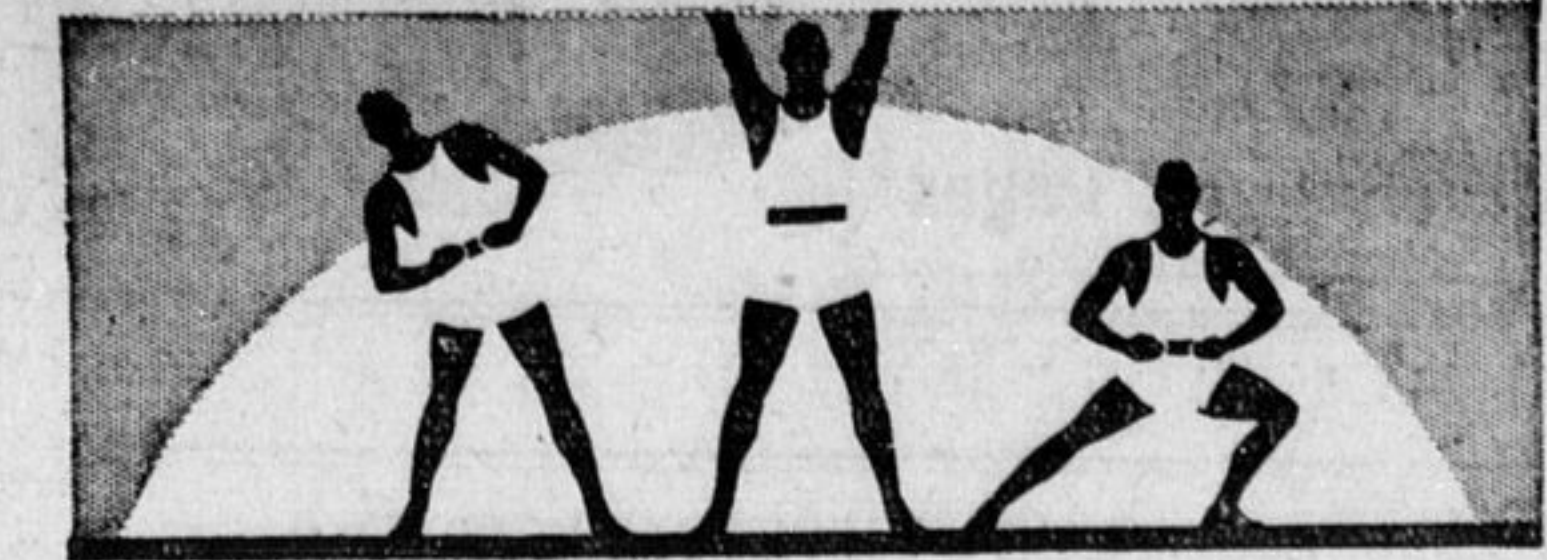
**FARMERS HOLD ANNUAL LUNCHEON AT COCHRANE**

For a year or two past the farmers in the Cochrane district have been holding an annual luncheon at which matters of general interest are discussed and questions of importance to agriculture considered. A week or so ago this annual luncheon of the farmers was held at the Luxury Cafe, Cochrane. There were over a hundred farmers in attendance and the event proved helpful, interesting and enjoyable. After the luncheon had been enjoyed there was a series of brief but bright addresses. The after-dinner speeches included—Mayor R. R. Mitchell, W. W. Mitchell, president of the Board of Trade, Mr. Wright, Father Laundreau and J. Bradette, M. P. Mr. Smith, president of the Agricultural Society, presided. Following the luncheon, an open meeting was held in the town hall. Mr. Bradette, in an address, urged the business men to co-operate with the farmers. He pointed out the good results of co-operation between the farmers and the business men in the west and expressed the hope that the farmers would get together and impress their needs upon the government. Mr. Haplan, of the Kapuskasing Farm, spoke of the work being accomplished there and stated his belief that dairying and mixed farming was most suitable to the Cochrane district.

**MAY BE RE-ORGANIZATION FOR THE TOUGH-OAKES MINE**

According to word from Toronto it is rumoured that London interests may undertake new re-organization of the Tough-Oakes-Burnside Company rather than sell the Kirkland Lake property and assets at the price recently offered by Sylvanite Mines, the only bid received. The sale of the properties and plant of Tough-Oakes, advertised for last week, did not materialize. Sylvanite Mines, from which the only tender was received, operates the adjoining property. English bondholders of Tough-Oakes have been cabled the results of the attempted sale, and word is now awaited, which, it is expected, will contain a better offer for the property.

**San Francisco Chronicle—If only the radio had some device to let the hum performer know when you tune him out.**



**KEEPS YOU FIT!**

Just a well-balanced food to keep you fine and fit—carbohydrates for heat and energy, proteins for good muscle, mineral salts for bones and teeth—and all so easily digested. Eat Shredded Wheat with plenty of milk—hot milk is best in Winter as it brings out the delicious flavor of the crisp baked wheat—and supplies the warmth the body needs. Delicious for any meal. It's ready-cooked, ready-to-eat.



WITH ALL THE BRAN OF THE WHOLE WHEAT  
THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

**Hope to Finish Railway to Moose Factory in 1931**

Following a meeting of the T. & N. O. Railway Commission last week the announcement was made that it is the hope of the commission to have the railway extension North of Cochrane completed to Moose Factory by the late fall of next year. It was definitely decided at the meeting that the extension to Moose Factory would be proceeded with as soon as the site for the bridge over the Moose river was settled upon. It is expected that this bridge will be about 1500 feet in length.

The meeting of the commissioners was held on Tuesday of last week. Those present at the meeting were—George W. Lee, chairman; Lt. Col. L. T. Martin, Lt. Col. J. J. McLaren, members of the commission; W. H. Maund, secretary-treasurer; S. B. Clement, chief engineer; J. G. G. Kerry, Toronto, consulting engineer and A. A. Cole, mining engineer.

At the meeting the chief matter of immediate importance was the decision of the commission to call for tenders for the extension of the line north of Cochrane from the present end of steel at Coral Rapids to Moose River. The distance is 45 miles. The approximate cost of this section is given as \$2,000,000. The balance of the railway line to Moose Factory is estimated to cost another \$4,000,000. The line from Coral Rapids to Blacksmith Rapids will parallel the road built through the bush to the lignite fields now being developed by the Ontario Government.

The call for tenders for the extension to Coral Rapids makes tenders receivable up to 12 o'clock noon on Tuesday, Feb. 18th, when the commission will meet again for the purpose of opening the tenders and considering them and, if proper, awarding the contract for the work.

Daily Chronicle, London, England—Many have been the explanations as to the origin of the word "hogmanay," the name given in Scotland to New Year's Eve. "But may we not find the true source in France after all?" asks a correspondent. "On the last day of December the French boys of some parts go a bagging, and the cry they use is 'Au gui menez, (lead onto the mistletoe). One has only to hear this cry pronounced by a native to realize how much it resembles the Scottish 'hogmanay.'"

Barrie Examiner—When it comes to practical charity most organizations will have to take off their hats to Detroit firemen. Members of the fire department in the big American city were offered a five percent wage increase at the first of the year. Instead of accepting it and demanding more this organization turned down the offer and asked the city to apply the money that would have passed into their pay envelopes, to unemployment relief. It is no wonder newspapers of the United States and Canada carried the story of this action in flaring headlines. It is unusual that makes news and if the attitude of the Detroit firemen wasn't singular in the extreme then there isn't anything astounding in this world. This is the time of year in Detroit when unemployment hardship reaches its height. As the strain passes less money will be required for this kind of relief. No doubt when the crisis is over the common council of Detroit will put the increase in firemen's wages into effect.

**Strongly Recommends Imperial Welsh Singers**

The following letter written by a reader of The Advance who is a particular lover of good music and a competent judge of the same should be of especial interest here and now, being a voluntary tribute to the Imperial Welsh Singers who will be at the United Church, Timmins, on Friday and Saturday of this week, February 7th and 8th.

Peterborough, Ont., Jan. 28th, 1930  
Geo. Lake, Esq.,  
Porcupine Advance,  
Timmins, Ont.

Dear George—I notice in The Advance this week that the Imperial Welsh Singers will visit Timmins on February 7th and 8th, and I wish to say a word on their behalf.

We had a visit from this delightful musical organization on the 16th and 17th last, and the programme was one of the finest ever given in Peterborough. Every member is an artist, and the programme composed of familiar melodies and songs was enjoyed by the large audiences who attended the concerts here.

I strongly recommend these lovely singers to your community and trust they have bumper houses realizing that everyone will go away satisfied.

Yours sincerely,  
J. J. TURNER

Sault Ste. Marie Star—An instrument has been perfected that will throw the voice of a loud speaker a mile. Now for one that will throw the speaker that far.



**Was In Bed All Summer**

"I have to work in the store and do my own housework, too, and I got nervous and run-down and was in bed nearly all summer. The least noise would make me nervous. I was told to take Lydia E. Pinkham's Vegetable Compound and I have taken seven bottles. It has made me stronger and put more color into my face. I am looking after my store and housework and my four children and I am getting along nicely now."

—Mrs. J. Malin, R. R. No. 5, Barton St. East, Hamilton, Ontario, Canada.  
**Lydia E. Pinkham's Vegetable Compound**

**MODERN "BOTTLE BABIES" ARE CERTAINLY LUCKY!**

Scientists of every land have been seeking and experimenting to find a milk for "bottle babies" that would give these precious future citizens as good a start in the world as falls to the lot of their cousins who begin life on mother's milk.

They have tried every kind of milk, in every modification, endeavouring to find the closest possible match for the perfect digestibility of mother's milk. And now, at last, they say they have found a wonderful match—even the frailest premature babies thrive upon it.

Two Secrets of Perfect Digestibility  
This remarkable milk is unsweetened evaporated milk, which, as you doubtless know, is simply pure whole milk with part of the natural water removed, and nothing added. It is sealed in airtight cans and sterilized so nothing can affect its purity.

Two things happen to this milk which, scientists say, explain the fact that it is so much easier to digest than cow's milk in any other form. First, there is the heat of sterilization, which alters the casein so that very fine soft curds are formed, almost identical with those formed by mother's milk, while ordinary milk forms tough, solid curds, very indigestible.

The second beneficial change in unsweetened evaporated milk comes from the process called "homogenization". This process breaks up each fat globule into a thousand infinitely tiny ones, as fine as those in mother's milk. This also helps the baby's delicate stomach to



Mary Blake

digest its food more perfectly.

**Contains Needed Vitamins**

Unsweptened evaporated milk is fully equal, from every nutritional standpoint, to the best bottled milk. It contains all the vitamins that any milk is depended on to supply. Even breast-fed babies nowadays are given orange juice and cod-liver oil—the only supplements needed with evaporated milk.

This milk is a splendid source of the minerals necessary to the building of sturdy bones and strong regular teeth. Safety is another advantage. Sterilization destroys all bacteria, and the baby simply can't acquire any of those milk-borne infections that upset so many bottle-fed babies.

Naturally, it is advisable to use the best evaporated milk that can be had. The most widely known brand is Carnation, the milk from "contented cows". The care with which this milk is guarded at every step, from dairy farm to final sealing and sterilizing, is a guaranty to the mother that her baby will have the purest and best of milk.

The Carnation Baby-Feeding Chart contains valuable information on this interesting subject. Please write for it, but remember that only your own physician should prescribe a formula for your baby.

I should also like to send a copy of my cook book, "My Hundred Favorite Recipes". Both publications are free, and you may obtain them by writing to Carnation Co., Limited, Aylmer, Ont.



**and remember**



Carnation Milk is the perfect milk for baby's bottle because it is unsweetened, evaporated milk of highest quality—pure, safe, nourishing, and more digestible than milk in any other form.

The Safeguarded Milk "from Contented Cows"



**For the Midnight Supper**

After bridge or the theatre, serve your guests with steaming OXO. Its rich beef flavour just "hits the spot." No bother—no fuss—and no sleeplessness afterwards!

In 6-oz. Flasks and Tins of 4 and 10 Cubes



It's "Meat and Drink" to you

**MACDONALD'S**

The Tobacco with a heart  
**Cool and Sweet**

MACDONALD'S TOBACCOS & CIGARETTES

**BRIER**  
For the pipe smoker.  
**Fine Cut**  
If you "roll your own".

COLLECT THE CARD PICTURES

**MACDONALD'S Fine Cut**  
SMOKING TOBACCO

**ZIG-ZAG**

A ZIG-ZAG Book attached to every package