

your strength back so much quicker on OVALTINE

THE great difficulty during convalescence after I illness is to obtain food which will not tax the digestion, is palatable, and which will rebuild exhausted body cells and tissues quickly.

Ovaltine, the original and supreme tonic food beverage, meets all three requirements perfectly. That is why doctors all over the world recommend it.

Every particle is delicious, easily digested, super-nourishment

The wonderful, nourishing goodness of ripe barley malt, fresh eggs and creamy milk is concentrated by an exclusive scientific process in Ovaltine.

All the necessary food elements are here to reinvigorate the weak body. There are proteins to create muscle and bone, carbohy-

drates to give new energy, mineral salts to enrich the blood, OVALTINE organic phosphorus to build up RUSKS the brain and nerves and all the have a delicacy o

flavour and

crispness which

appeals to the

convalescent and

invalid appetite.

Containing finest

Canadian wheat-

en flour and

Ovaltine, these

Rusks are easily

digested and very

much more nour-

ishing than or

dinary rusks or

biscuts.

Ovaltine is very delicious and remarkably easy to digest

essential life-giving vitamins.

Indeed, it is very comforting to weakened stomachs and actually aids the digestion of three times its own weight in other foods. The beneficial effect of Ovaltine is felt almost at once. It is really wonderful!

Obtainable at all good stores, in 50c., 75c., \$1.25 and special \$4.50 family size tins; also served at soda foun-

## TONIC FOOD BEVERAGE Builds up Brain, Nerves and Body

A. Wander Limited - 455 King Street West, Toronto, Ont.

## Description of James Bay Area and Its Many Resources

Fur and Game, Fisheries, Forests, Minerals, Waterpowers, except in some of the river valleys. Agicultural Possibilities of Region North of Cochrane Touched Upon by T. and N. O. Mining Engineer. Facts of Special Interest to Poople of Ontario at the Present spruce is by far the most important,

area, and the following article by as Toronto, Montreal and New York. Arthur A. Cole, T. & N. O. mining en-

Railway would immediately be extend- favourably-located flying base. ed to the southern extremity of James continent.

paratively narrow neck of land con- 1931. necting Eastern Canada with the West The Hudson Bay region comprises this tract of country is on the James Bay as the Canadian Shield. This has been agricultural area further south. estimated to be nearly 2,000,000 square miles in area, of which over 1.750,000 United States.

of land-locked water as Hudson Bay. extending into the heart of the contion the development of Canada. comparison of the northward settlement in the West with the lack of in the east, is most striking. Each has its own natural resources to develop, but they are different. The wealth of the farm lands of the West is known, but the possibilities of the Hudson Bay region are only beginning to be known. The best way to assist this development is by making the readily accessible. The logical solution of this problem is a railway that will join the southern extremity of James Bay with the centres of population to the south. This is the present mission of the Temiskaming and Northern Ontario Railway, Ontario's Government Railway.

The Hudson Bay branch of the Canadian National Railway is nearing completion to Fort Churchill on the west coast of Hudson Bay. This line is being built to handle grain from the points. On the other hand, the coastal trade or the trade originating in and around the Bays will find the easiest outlet through Moose Harbour. The main reason why this traffic will likely come south is on account of the difference in climate between Moose and Churchill. Moose has a month longer open season than Churchill, being about

G-2

With the continued extension of the 800 miles further south. Living con-T. & N. O. Railway north of Cochrane ditions at Moose, insofar as climate is there is increasing interest in the gen- concerned, will be similar to those at eral possibilities of the country to be Winnipeg. A second reason for the served. On several recent occasions traffic coming through Moose is that The Advance has had requests for in- this is the shortest and most direct formation in regard to the James Bay route to the larger trade centres such

gineer seems to summarize the infor- situated strategically, but it is the best of the respective rivers. mation generally desired. It is from natural harbour on the Ontario coast the special industrial number of The to James Bay.. The harbour site is Northern Miner. Mr. Cole writes:- known to be readily capable of im-The recent announcement by the On- provement to meet the needs of modern tario Government that the T. & N. O. navigation. It will also make a very

The Temiskaming and Northern On- Bays Bay naturally raises the question as to tario Railway already extends 97 miles the reasons that prompted this decision. north of Cochrane, the junction point A glance at the map of Canada makes of the Ontario and Dominion governthis fairly obvious, viz., the opening up ment lines, but there still remains an of the largest unexplored area on the additional 91 miles to build to reach gas. the tidewater harbour to Moose. The Cutting deeply into the continent building of this line presents no serious from the north, like a gigantic wedge, difficulties. Construction is to be com-Hudson Bay, with its southern exten- menced at once, and the time set to sion James Bay, leaves only a com- reach Moose Harbour is the end of million tons have been proven by drill-

The topographical features of the by the further boring of two drills shore of James Bay to the north shore Harbour may be divided into three Souris coal of Southern Saskatchewar of Lake Superior). Hudson Bay has parts. Going north from Cochrane, the and is capable of supplying most fuel an area of 576,000 square miles, about first 80 miles traverses a continuation needs with the possible exception of 15 times the area of Lake Superior. of the Clay Belt from the south. This locomotive use. large inland sea surrounded on the east, slope, and has an average drop of five the Moose river valley are of large exsouth and west by a land area in the feet to the mile. Its characteristics tent and of excellent quality. A conform of a horseshoe, commonly known are similar to those of the well-known tinuous outcrop is known along the bank

nent, is exercising a profound influence | Coastal Plain. The slope to the sea this material. is both regular and very gradual, showpart shallow, the bottom of the bay of the Coastal Plain under the water.

The natural resources that will supply freight traffic is widely varied. known to be of considerable imporwaters of Hudson and James Bays Bays, owing to their previous comparative inaccessibility, the possibilities cannote be known until a vast amount of exploration has been accomplished.

The sparse population is composed of Eskimos, Indians and a few whites, in all about 3,000, dispersed in small groups or settlements along a coast line of 2,600 miles.

the north, towards Hudson Bay, it is sub-Arctic or Arctic. Spring begins in earnest at the south end of James Bay western provinces to trans-Atlantic about the last week in April, and by the middle of May the rivers are usually The ice of James Bay moves soon after, and navigation of the bay by coastal vessels could begin by June 15th. Spring comes about five days later for copper of Rouyn. every 75 miles travelled north. Coastto five months, until the rivers froze up again at the beginning of November.

> game, fisheries, forests (lumber, pulp- the early opening up of the district by wood), minerals, water powers and agricultural lands.

> The fur trade is at present, as it has water. been for over 250 years, the most important industry throughout the Hudson Bay country. The early history of Canada is simply a history of the fur trade. The English used Hudson Strait to reach Hudson Bay, and from there spread west and south. The French utilized the St. Lawrence River, and it sites on the Abitibi, Mattagami and rival interests met, and bloodshed fre- about 250,000 h.p. In Quebec, water quently resulted. The Hudson's Bay powers on the Harricanaw, Nottaway, Company (the Honourable Company of Rupert and East Main rivers within Merchants-Adventurers Triading into 100 miles from the coast, are estimated Hudson Bay) received its charter in to be capable of developing over 750,-1670. This company, in its own inter- 000 h.p. An abundance of power can ests, was naturally opposed to coloniza- therefore be made available for industion, and this, in conjuction with the natural inaccessibility of the country, gives the reason for the meagreness of our knowledge of so large a part of our country. The value of pelts taken in Canada for the last few years will average over \$16,000,000 annually, and of this about one-third may be credited to the Hudson-Bay region. Although the fur-bearing animals of the region have been hunted and killed for their peltries for a great many years, few species, if any, have been exterminated.

The principal big game animals of the Hudson Bay region are moose, elk, caribou, musk-ox and deer.

Fisheries

In 1914 the Dominion Government sent out three parties to investigate the fisheries in Hudson and James Bays and tributary waters. The reports from these parties were uniformly favourable. Mr. Melville says "The whitefish industry will prove one of the greatest in Canada and with its development the other fisheries will become of immense value." Mr. Lower says, " It is not too much to predict N. O. crossing at the Moose river would that soon in the future the supply of fish that comes from the salt water of the north, will be as constant and as plentiful as that which at present is yielded by our great inland lakes." The fish caught and marketed in Canada the tourist traffic. With good hotel acfrom the Great Lakes in 1927 were commodation established at Moose valued at over three million dollars.

Forests

The timber line runs northwest from Churchill on the west coast of Hudson Bay to the mouth of the Mackenzie river, and on the east coast of Hudson Bay from Richmond Gulf northeast to the Atlantic Ocean. North of this line even scrub timber does not grow.

The timber found in the district consists mostly of spruce, pine, jack pine, poplar, balsam and birch, but of these, both for lumber and pulp. The banks of the rivers that flow into James Bay are fairly well wooded with merchantable timber and in the aggregate there is probably a very considerable amount of timber and pulp wood that could be floated to the Bay. The strategic points at which to collect this timber and pulp wood, are near the mouths of the rivers where they would have tri-Moose Harbour is not only ideally butary to them the entire watersheds

Minerals The mineral deposits of the Hudson Bay region may be divided into those of the coastal plain adjacent to the proposed extension and those accessible from the shores of Hudson and James

The coastal plain minerals include the following: Lignite, gypsum, fire clay china clay, silica sand, peat, limestone and iron, with a possibility of oil and

Lignite. A good grade of lignite has already been located at Blacksmith Rapids on the Abitibi river. The bed averages 20 feet thick and already 60 ing and this amount is being added to (It is only 325 miles from the south line between Cochrane and Moose This coal is of a grade similar to the

Gypsum. The gypsum deposits of of the Moose river four miles in length North of this again for from five to and from ten to twenty feet in depth fifteen miles the country is much above the water line, with the depth square miles are in Canada and Lab- broken and the fall more rapid, the below the water line unknown. On the rador, the remainder being in the grade being about 36 feet per mile. This Cheepash river, which runs into the is the Transition Belt, and is proving Moose from the north, there are six The existence of such a vast expanse to be the great water power belt of the miles of similar outcrop. The extendistrict. The last 100 miles to Moose sion of the Temiskaming and Northern Factory traverses what is known as the Ontario Railway will run over much of Fire Clay. Fire clays occur on the

ing a gradient of only 3.4 feet to the Abitibi. Mattagami and Missinaibi mile. James Bay itself is for the most rivers, in beds varying in thickness up to 30 feet. They are of very high being in reality simply a continuation quality, but their extent is unknown They are found at points 25-30 miles apart in an old Cretaceous lake bottom. The clays are of a refrectory bond type to the Minister of Lands and Forests Those along the new line are already similar to those of Southern Saskatchewan, New Jersey and Kentucky, and purposes including fire-brick, stone- department to guard the settlers' inware, pottery, sanitary porcelain, etc. interests in a matter which the Norkaolin, silica sand, fine grained mica, with. The local member is the interand other minerals that may prove mediary between the people and the valuable by-products. Other minerals Department, and he has always rethat are found in the coast plain are garded the discharge of this duty as peat, which might be used as a local his perogative. If the Northern mem-The climate around James Bay may which would be very useful for the fully guarding the settlers' interests can be classed as cold temperate, while to manufacture of lime. Oil and gas are best be done under a new department also possibilities.

The value attached to the country comprised in the Precambrian shield around Hudson Bay, lies already in the fact that it contains large unprospectfree from ice and the snow is gone. ed areas of similar formation to those that contain the nickel and copper of Sudbury, silver of Cobalt, the gold of Porcupine and Kirkland Lake and the

Iron, lead and copper deposits are al service could be continued for four already known, but the location of concentrations of these and other minerals await the influx of prospectors The natural resources include fur and that will undoubtedly quickly follow the completion of the Temiskaming and Northern Ontario Railway to tide-

> Aeroplanes will be a great help in the earlier prospecting stages, but when an important find is made the railway and coastal vessels will be required.

Waterpowers Within 100 miles of Moose Harbour are to be found attractive water power was only a matter of time until these Missinaibi rivers, that will furnish trial development at Moose and other points on James Bay.

Agriculture

The northern limit of agriculture is Forte George at the mout of the Big river on the east coast, within 60 miles of the northern limit of James Bay, where coarse grains and vegetables have been grown. Good crops of the hardier vegetables have been grown at Moose Factory for over 200 years. The soil is clay, and, with drainage, large areas will become productive. Farming can be successfully carried on and the area under cultivation can be extended almost indefinitely to meet the demands of the consuming market.

The small herds of cattle which have been kept for many years at Moose Factory have shown that they thrive wonderfully on the marsh grass along the low-lying coast of James Bay. This opens up possibilities for a prosperous enterprise not usually associated with the Hudson Bay region.

A government experimental farm established at a point such as the T. & soon establish the best lines of agriculture to follow.

Tourist Traffic

A source of revenue for the railway that is likely to prove very fruitful is Harbour and with a regular coastal

Rich in body and delicate as blossoms in its flavour JAPAN TEA

'Fresh from the gardens'

passenger service on the Bays, this the Minister to this effect assuming full country will likely appeal to a large responsibility for so doing number of tourists as well as to prospectors, fishermen, engineers and hunt-

COMMENTS ON MEETING OF SETTLERS AT COCHRANE

meeting of the settlers at Cochrane. In reply to one part of The Speaker's comment it may be noted that the members of the legislature for this section have already been consulted in the matter. It will be found that in this end of the North they will give full support of the proposals made. As The Speaker's own article suggests the problems in Temiskaming are different to those in North and South Cochrane In Temiskaming there is no longer the difficulty of clearing the land. It may make the difference clear to say that Temiskaming now has farmers, rather than settlers. Up at this end the settlers are still pioneering. Temiskam-

The following are The Speaker's

ing has roads: Cochrane needs roads.

The people of Temiskaming may well

remember their own earlier difficulties

and give support to any proposals that

may minimize the handicaps of the

settlers in the area farther north.

"The conclusions arrived at by the Farmers at the meeting held in Cochrane, as referred to under a separate heading in this issue, were (1) The the Government to "guard the inter-

fully discuss every phase of all matters | for road construction. affecting the Northland, and forward the conclusions they may arrive at.

"To our way of looking at this questance, but around Hudson and James will prove useful for a wide variety of tion, the appointment of a separate Associated with the fire clay is some thern members should be asked to deal fuel and Devonian limestones, some of bers decide that the work of more let them make a recommendation to

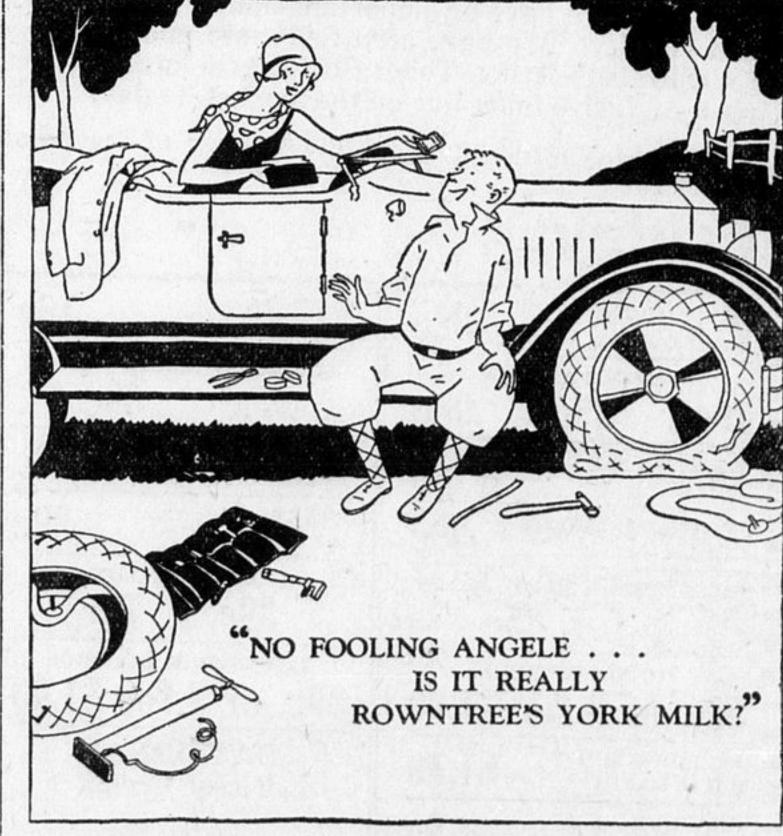
"Also in the matter of giving bonuses for land-clearing the Quebec plan should be investigated by a committee of competent men, and a report thereon should be made to the Minister.

"If it be decided to experiment with the land-clearing scheme, then it is The New Liskeard Speaker makes fitting that Cochrane, the youngest some comments last week on the recent of the Northern districts, should be selected for the purpose.

> "However, Temiskaming's problem is not that of land-clearing but of getting a market for our farmers' products. Department of Agriculture, through the local representative. Mr Nixon, is working hard in the hope of solving this difficult problem in this

Collingwood Saturday News-The town of Blenhem has hit upon a novel method of gaining some return for the relief work which nearly every town finds necessary during the winter months. The mayor has issued a form of I.O.U. to be signed by all applicants for relief before the town coffers are opened to them. The agreement requires that the values of the goods be returned to the municipality by August next. This is sort of mortgaging the future and as such does not appeal to our idea of dealing with those requiring assistance. The procedure in Collingwood evolved largely from the idea of Councillor Patterson and given effective effect through assistance rendered by Chief of Police Portland strikes us formation of a separate department by as preferable. It is to provide work for a portion of each week and pay thereests of the settlers"; and (2) the adop- for in cash. This leaves the men their tion of a bonusing system for clearing dignity and treats them as employees The men give labor in the ordinary "We suggest that the Northern Mem- | way, and the town receives a return, in bers of the Legislature should meet and our case, much needed crushed stone





of Rowntree's York Milk and he'll probably burst into song. York Milk is like that. Try it yourself, next time you have a blowout. Notice how delicious is its perfectly blended flavour-how smoothly it melts away in your mouth. But be sure you ask for Rowntree's York Milk Chocolate, the bar that sets a new standard of milk chocolate goodness. No other has just that perfect ("After all, dear, the tire's only flat on the bottom," says Angele.)

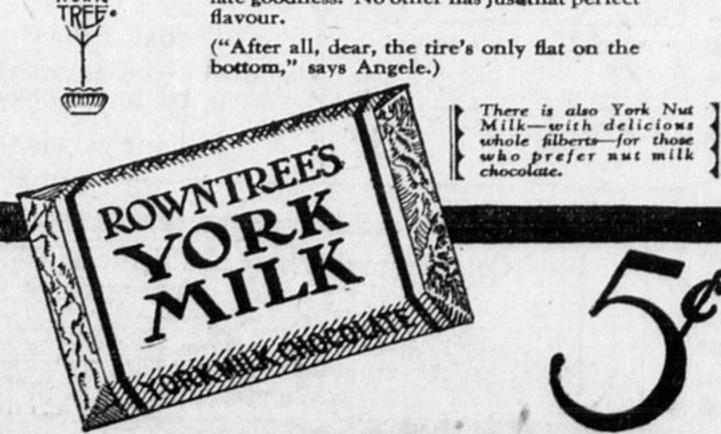
D EGGIE is frightfully bucked up. Not a

Cadmus, or the Phoenicians, or whoever it

was that invented automobiles. One taste

moment ago, what with a flat tire and

all, he had murder in his heart for



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