



**DO YOU SUFFER FROM CONSTIPATION?**

Countless remedies are advertised for constipation. Many relieve for the moment but they are habit forming and must be continued. Others contain calomel and dangerous mineral drugs, which remain in the system, settle in the joints and cause aches and pains. Some are harsh purgatives which cramp and gripe and leave a depressed after effect.

Avoid lubricating oils which only grease the intestines and encourage nature's machinery to become lazy. A purely vegetable laxative such as Carter's Little Liver Pills, gently touches the liver, bile starts to flow, the bowels move gently, the intestines are thoroughly cleansed and constipation poisons pass away. The stomach, liver and bowels are now active and the system enjoys a real tonic effect. All druggists 25c and 75c red pkgs.



A quart of milk a day per person is desirable for the best of health. You can get your folks to "eat" milk by serving attractive foods calling for plenty of it.

The new St. Charles recipe book contains nearly 200 such recipes. Send for it today. It is free.

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**The race for health...**

It is easily won by the man who eats the foods that furnish real nutriment and do not tax the digestion. Shredded Wheat with milk not only tastes good, but is good. The crisp, flavory shreds of baked whole wheat are so appetizing and strengthening. Combines the "roughage" you need with the proteins and mineral salts. Delicious for any meal with your favorite fruit.



**Campaign for Children's Aid Society Totalled Over \$2714**

Ladies' Committee Makes Striking Success of Campaign for Funds for the District Children's Aid. More Than in the 1928 Campaign Raised This Year. List of Balance of Subscriptions Now Acknowledged. Society Now in Good Financial Circumstances.

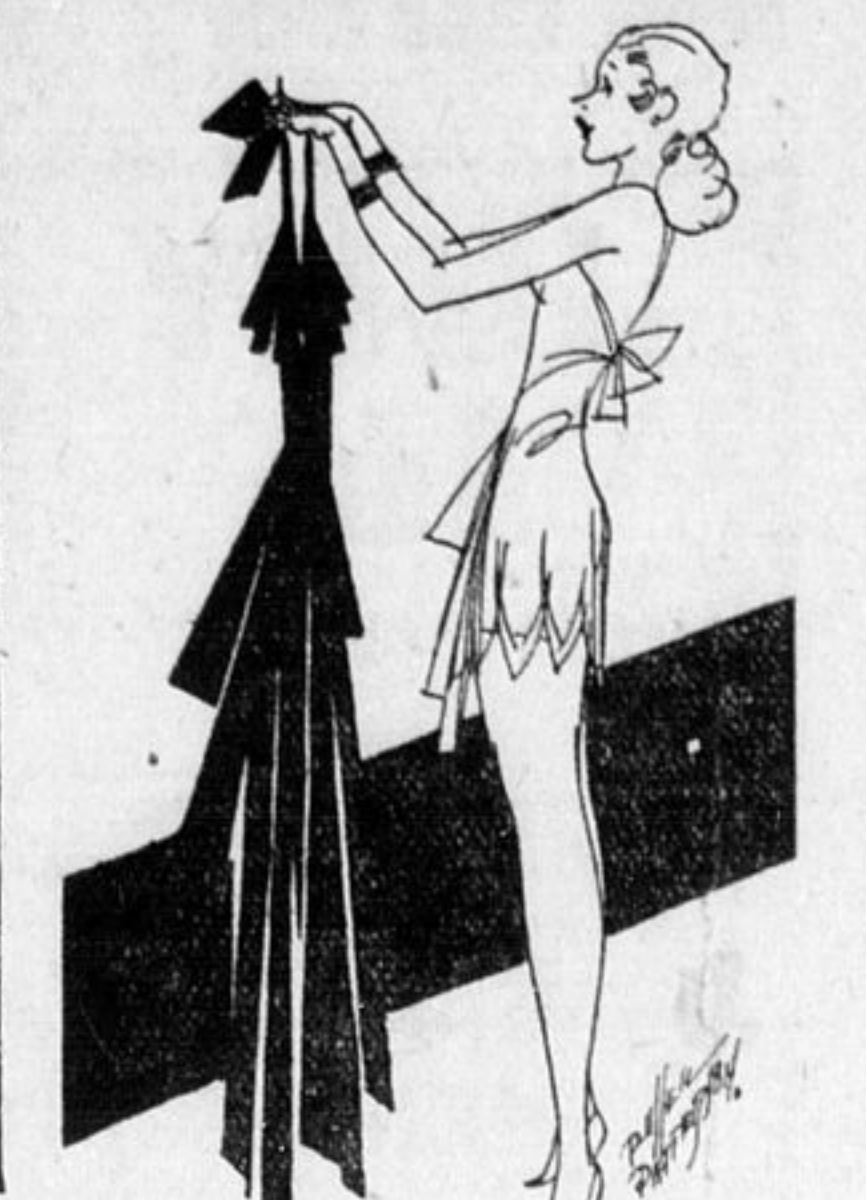
Below acknowledgement is made of the balance of the donations secured in the recent campaign for funds for the carrying on of the good work of the District of Cochrane Children's Aid Society. The campaign was in charge of a committee of ladies, Mrs. H. W. Darling being the convener, and Mrs. Karl A. Eyre, the secretary-treasurer. These ladies enlisted the support and assistance of all the church, fraternal and patriotic societies of the town, the ladies of these societies making a house to house canvass of Timmings, while Mrs. S. Sky and Mrs. W. W. Wilson, effectively assisted by Mrs. F. C. Evans, Mrs. R. Stark and Mrs. N. Carne, carried through the canvass at the Dome and South Porcupine. At the total of \$352.05 was secured. The business section of Timmings and the firms with head offices outside town were all canvassed by Mrs. Darling and Mrs. Eyre. The success of the whole campaign was most noteworthy, the amount netted being more than collected in 1928, the last campaign for funds previously held.

The total secured from the campaign was \$2,714.48. Of this amount \$992.85 has been acknowledged in previous issues of The Advance. There was another \$352.05 acknowledged in the Advance of May 22nd, 1930, this being the very pleasing amount secured from South Porcupine and the Dome. The amount acknowledged is \$1,286.32, and in addition there are a number of contributions of less than \$1.00 which total \$83.26.

- Mrs. G. Gauthier, M. L. Urquhart, R. Todhunter.  
\$2.00 each—Mining Cafe, G. Jones, J. W. Faithful, Mrs. Dalley, Mrs. Blackman, Mrs. G. Lee, John Boyd, Mrs. W. R. Dodge, W. L. Hogarth, Mrs. M. J. Brovender, A. Dooley, Gamba-Robinson Co., F. Feldman, Duncan Fruit Co., Mrs. A. E. Cole, Goldale Cafe, C. Yong, Mrs. R. Eddy, Mrs. D. Sutherland, R. W. Young, Mrs. Ringsleben, Mrs. C. E. Taylor, W. G. Curtis, Mrs. J. R. Matts, Godfrey Johnson, Mrs. T. Nell, Mrs. G. A. Macdonald, Rev. R. S. Cushing, Mrs. Dr. Taylor, Mrs. A. Hubert, P. O. Parfitt, J. Chilcott, M. Elwell.  
\$1.50—J. Gurnell.  
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V. Zuchitto, J. Zarkovitch, L. Zanelli, D. Zarkovic, E. Zadovozny.



**HOW BARNUM MADE MUCH MONEY OUT OF A FREE SHOW**

In view of the fact that a circus was in town last week and that no matter how well conducted such an event may be there are sure to be some to find fault, saying that all about the circus are fakery or wrong, the following article now going the rounds of the press is offered to the readers of The Advance:

There are many stories—some apocryphal no doubt, but all amusing—about the great showman, P. T. Barnum. For one of them Mr. Moreton Frevon, the English economist, is responsible.

Once, he says, on arriving in New York, he found the city placarded by Barnum with huge posters, announcing that the last of the buffalo herds, brought from Montana, would be on view in his New Jersey show on a certain day. At that time the only way of getting from New York to New Jersey was by taking one of a fleet of huge steam ferries that plied to and fro across the Hudson River.

The day arrived, and such a vast throng crowded the ferries that, al-though the fare—normally twenty-five cents—was doubled, there was still barely standing room on the boats. When the great show was crammed to its extreme capacity Barnum himself announced through a megaphone that the buffalo herd had stamped when only a few miles away at Trenton, but that every disappointed sightseer there would receive back his entire fee as he went out through the turnstiles. He hoped that a free view of his beasts and of the tattooed lady would com-pensate them for their disappointment.

A little later it leaked out that the shrewd showman had hired all the ferry boats that day between New

**New Colors for Old in Any Dress Quickly, Easily**

**FADED, spotted, stained or streaked garments can be made good as new by taking out color and blemishes with White RIT.**

White RIT removes color from every fiber of all materials—even black—harmless as boiling water even to the finest of fabrics. Then you can tint or re-dye them perfectly, beautifully, with INSTANT RIT. Use White RIT to remove color from:

Dresses Curtains  
Hosiery Children's clothing  
Lingerie Scarfs, gloves, etc.

White RIT also removes spots and stains from white goods, even ink, fruit, perspiration, rust, etc., or "yellowed" or "grayed" appearance due to age or poor laundering.

At your druggist or department store. 15c per package.

**New INSTANT RIT Colors**

Use INSTANT RIT to tint or fast dye fabrics. Comes in season's fashionable shades. Easy to use, quicker, longer lasting—no spots—no streaks.

When color has been removed with White RIT be sure to re-tint or re-dye with INSTANT RIT because they are kindred in formula and professional results only guaranteed when used together.

**WHITE-RIT**  
Color Remover  
Harmless As Boiling Water  
Note: ALL RIT IS INSTANT RIT  
Whether so marked on package or not.



You may now secure the counterpart of the Famous Gordon "V"-Line Hosiery in

**PENMANS NEW SILK HOSE**

By special arrangement with the makers of Gordon "V" Line Hosiery, Penmans Limited have acquired the right to produce this type of heel in Canada.

PENMANS introduce their Double "V" Heel Hosiery—the newest note in finest chiffon—identical with the well-known Gordon "V"-Line Hosiery so favored by fashion leaders in New York and elsewhere.

Here is the ultimate in feminine hosiery—silks of rare quality in shades to match the new season's colors, fashioned with the latest Double "V" Heel that is so smart and becoming.

Penmans Double "V" Heel Hosiery has the ankle-enhancing, V-shaped shadows placed exactly where nature places a shadow on the heel.

Penmans Double "V" Heel Hosiery No. 555 (silk to top) may be purchased at any of the dealers listed in this advertisement.

Penmans No. 888 clear chiffon (silk to top) and No. 883 semi-service (silk to hem) have the latest curved French Heel and come in shades suitable for both street and evening wear. A very popular line representing remarkable value.

Penmans No. 872 (silk to hem), with the New Narrow Point Heel, is a splendid everyday hose in semi-service weight, combining good appearance with long wear.

PENMANS LIMITED - PARIS, ONTARIO

For Sale by **RINN BROS.** Timmings, Ont.

