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SAYS POLITICS MAY HAVE EFFECT ON ROUTE OF ROAD

Interview Quote: Hon. J. Lyons as Saying That Parliamentarians Favour Route Along North Shore of Lake Superior. More Talk About "Scenic" Features of Route.

A front page article in The Halleyburian last week has the following to say in regard to the Trans-Canada highway:

"Evidently politics is to play an important part in the location of the route of the proposed trans-Canada highway, judging by reports of a meeting of towns and cities in the neighbourhood of the Great Lakes, which was held on Thursday night last at Sault Ste. Marie. There were over 700 people present at the meeting, representing some dozen or more cities, towns and communities and the report states that 'an association must be formed to combat the organization effected by the cities and towns north of North Bay in favour of the Cochrane route.'"

"The following extract from an account of the meeting, taken from the Sault Ste. Marie News, which claims on its front page to be 'Algoma District's Leading Weekly,' gives an idea of how the people of that section of the North look on the project:

"With regards to political influence in connection with the locating of the highway, the cities and towns furthering the Lake Superior road have not anything to worry about," stated the Hon. James Lyons, local provincial member, who addressed the gathering. "Conducting a personal survey of both provincial and federal members from Northern Ontario, Mr. Lyons has the majority of them favour the Lake Superior road over the Cochrane-Ferguson highway route. Out of ten provincial members, six are for the Superior route strong, two are opposed, the Hon. Chas. McCrea and the Hon. Dr. Robb neutral on the question, due to their cabinet connections. In the federal ranks fully seventy-five per cent. of the members back the Superior route."

"From the account of the meeting, the people of that section believe that the great factor in the fixing of the route is the tourist traffic. It was stated that out of 125,000 which crossed the Straits of Mackinac in a year, one-sixth crossed into Canada at Sault Ste. Marie. It was claimed that the people who favour the Superior route for the highway outnumber those who are boosting the Cochrane two to one, and that there is no comparison whatever between the two from a scenic point of view.

"It appears as though the Algoma people consider that there is no other consideration on the matter. They evidently scout the idea that the building of a road around Lake Superior is more expensive than one through less rock country would be. They even argued, according to the News' report, that it would be shorter and more economical to route the highway through their section of the country than it would be via Cochrane. It was claimed that only 285 miles of new road was required to be built to connect up existing roads and many other arguments were advanced and will be placed before the government."

Since Reformer—Speaking of buying at home, an article in the C. N. R. magazine states that the Canadian National Railways system spends annually the sum of \$100,000,000 with Canadian firms and that ninety-one per cent. of its needs are filled within the Dominion. This example could well be emulated by smaller concerns and by individual citizens.

TIMMINS DIVISION OF ST. JOHN AMBULANCE BRIGADE

Treatment for Bleeding from the Nose, Mouth and Ear. The Need for First Aid and Home Nursing in the Home.

This is the second of the series of weekly articles by the Timmins Division of the St. John Ambulance Brigade. This week we will take for our lesson bleeding from the nose, mouth and ear, and finish up with the treatment for bruises.

Hemorrhage from the nose—Place the patient in a sitting position in a current of air before an open window, with the head thrown slightly back and the hands raised above the head. Undo all tight clothing around the neck and chest. Apply cold (ice, a cold sponge or a bunch of keys) over the nose and also the spine at the level of the collar; place the feet in hot water. Cause the patient to keep the mouth open and so avoid breathing through the nose.

Blood issuing from the mouth may come from the tongue, the gums, the socket of a tooth after extraction, or the throat. The treatment for this hemorrhage is as follows:—Give ice to suck, or cold water to hold in the mouth. If this is not successful, give water as hot as can be borne to hold in the mouth. If bleeding from the front part of the tongue is excessive, compress the part by a clean piece of lint held between the finger and thumb. If the bleeding is from the socket of a tooth plug the socket with a piece of clean lint or cotton wool; over this place a small cork or other substance of suitable size and instruct the patient to bite on it.

Blood issuing from the ear channel, which generally indicates a fracture of the base of the skull must be wiped away as it issues; no attempt is to be made to plug the ear.

Bruises:—A blow anywhere on the surface of the body may cause extensive hemorrhage beneath the skin, without breaking it. A "black eye" is an instance. The injury is accompanied by discoloration and swelling. The treatment is to apply a piece of lint soaked in spirit and water, or ice, or cold water dressings.

The brigade hold a weekly practice in the skating rink on Wednesday evenings at 6.30 p.m. We would like to enroll some new members. Come to the rink and see us work. Get yourself interested in first aid work; join our class, and become a first-aid yourself. Remember the slogan:—"First Aid Saves Lives and Limbs."

We would also like to form a class of ladies for home nursing. After reading the above article, I think you will agree that it is very useful to know. Will the ladies who are interested please give in their names to Mrs. Shragge, of Third avenue, who will give them all the information about the class.

Don't forget our dance at Schumacher on Wednesday, Oct. 15th. We are going to make this one a real snappy dance and one that will be remembered.

Our home comforts depot is open every evening including Sunday from 7 p.m. to 8 p.m. at St. Mary's hospital. Need for First Aid and Home Nursing in the Home.

An old proverb and one well known to nearly all is—"A stitch in time saves nine." In the majority of cases everything is done for the comfort, welfare and safety of our families, but few, however, have any idea of the immense value of intelligence, physical, mental and moral training, on the character of which it is not too much to say that the future generation mainly depends. Many mothers having purchased the most comfortable perambulator, a sweet little cot, fire guard and other safety devices for the protection of their children, are content that they have done everything possible.

Many fathers in addition to providing the Family Castle and its upkeep, take great care in seeing his children well educated, properly clothed and encouraged membership of various sports clubs, are also content that they have well provided for all foreseen dangers, but what about the unforeseen dangers?

With these we propose to deal, and with the provisions which may be made to meet them.

In these days of speed, accidents cannot always be avoided even in the best regulated families. Space only permits us to deal very briefly with a few.

In the home it is impossible for parents to be always by the side of their children, and in a very short space of time much can happen. Children can easily fall from their cot or trip themselves into the fire, climb on a chair and put their hand through the window or fall in such a way as to cause themselves much bodily harm.

In the presence of a parent a child can easily upset the hot contents of a cup or other vessel over itself.

Adults may easily miss a stair and fall from top to bottom, accidentally catch their clothes alight, slip on a mat on a polished floor, a ceiling may fall on them, become ill in the bath, upset a kettle of hot water over their feet and many other small and larger accidents to cause them bodily harm.

If we exclude accidents, how many men and women could give six important points of health, i.e., cleanliness, proper food, clothing, air, rest and exercise.

The bodies of human beings are frail compared with other worldly things and disease has a dangerous power over them. This is more so in the case of children owing to the closer union between the parts, diseases spread more rapidly from one to another. A trivial symptom may be the precursor of a serious disease just as an apparent tri-

The Beatty Championship Trophies



The two cups awarded by Beatty Bros. Limited for competition in their annual "All Canada" Summer Sale, and won this year for the first time in Beatty Bros. history by one store. The Timmins branch under manager Delmar Chapple won this outstanding honour this year.

Even if it were true that the settlers would eventually worry though without the building of roads for them, The Advance would still insist that roads be built for settlers. Why should the settlers be handicapped and harassed unnecessarily in the gallant struggles they are making? It is no

accident may, if neglected, lead to life-long deformity. What percentage of the population of our great Empire would know what to do in case of accident or sudden illness in the home? Many may state that they would immediately fetch a doctor. This, of course, is the right and proper thing to do; but doctors are not always waiting behind their front doors. Some are able to obtain medical aid at once but in others the doctor may be visiting his patients and therefore time is likely to elapse before medical aid is obtained. Is the unfortunate victim of disaster, man, woman or child to be allowed to suffer owing to the lack of knowledge on the part of those present? It is therefore the moral duty of every adult member of the household to possess a knowledge of First Aid and Home Nursing, there being no excuse for a lack of this knowledge as it can be obtained by all persons in all stages of life by study and payment of a small sum.

The St. John Ambulance Association are running classes all the year for men and women, and the Secretary at St. John's Gate, would, we know, be glad to forward particulars of classes held from time to time.

There are many people who bless the days during which they gained their knowledge of First Aid and Home Nursing, because it has not only been possible to render aid to others, but has served them well on many occasions when those most dear to them have needed immediate aid.

It is well known that the next best thing to absence of body in any accident is presence of mind. Failure of presence of mind at a critical moment may be followed by disastrous consequences.

Knowledge, however, is a great source of presence of mind, and here, distinctly, knowledge is power.

Knowledge to be powerful must be maintained, and having gained a knowledge of First Aid and Home Nursing, the next best thing to do is to retain that knowledge and power by joining the ranks of the St. John Ambulance Brigade which provides continuous practice.

For these reasons all citizens of our great Empire will be able to put into practice the old adage that "A stitch in time saves nine."—First Aid.

SAYS NORTH LAND NEEDS NO ALIBI FOR EXISTENCE

At the recent tour of the North Land by fifty representatives of the Ontario Dept. of Agriculture, W. C. Nixon, for many years representative for the department at New Liskeard, presented each member of the party with an illustrated souvenir booklet of the North, containing excellent pictures of many of the farm and forest scenes to be met with in the North along the route of the tour. The booklet contained many interesting facts and figures on Northern Ontario resources and agricultural possibilities. Taking as his theme "Opportunities in Agriculture in Northern Ontario," Mr. Nixon discussed the difficulties and advantages of soil, season and climate that await the settler of the vast virgin lands of the great claybelt of the North.

"The North Country," he said, "needs no alibi for its existence and as a firm believer in its possibilities, I predict wonderful things for it in the future. I believe very much in the principle of making it possible for people to help themselves rather than in direct financial assistance. This is the principle I believe that helped our forefathers achieve success and I think it is still sound. It is true that settlers have come and gone and will continue to go so but it is not expecting too much to believe that we have within the borders of this great Dominion and of the Empire, men and women desirous of making homes for themselves and their families, and having something which they can actually call their own, that will people this land and bring it to its own."

What Mr. Nixon says is all right in some ways, and has been proven out in the experience of the years to some extent, yet it is impossible to let the remarks go by without adding the comment that unless the settlers are given roads their lot will be a hard one and settlement will be much retarded, all fine talk about heroic pioneers and the gospel of self-help to the contrary.

the pioneers of Ontario. The settlers use harking back to the conditions of might be able to listen to that sort of talk, if the people of the towns and of the agricultural department would be content with the conditions as they have them fifty years ago. Unless there is progress in the standard of living then there must be confession of unfairness and incompetence in the dealing with the settlers. The settlers in Northern Ontario generally are enduring exactly the same privations, dangers and inconveniences that assailed the pioneers of a hundred years ago, with the one exception of possible attack by Indians. The wolves roam round the settlers' homes, the black flies and mosquitoes are as ferocious, the isolation is as depressing, the work as hard and the returns as spare for the average settler in the North-to-day as in the previous century. There has been advance in all other lines. Why should the settler alone of all the people of to-day (apart from Russia) be expected to endure all the suggestions about grandfather's days and the work and worry then. Roads are essential for the progress of settlement. That much of help to the settler seems to be one thing that should be given for the benefit of the country, as well as for the help of the settler. In the New Liskeard district, according to the Doast often made, there are no farms that have not access to roads. It is vastly different in other sections of the North. The people who live in and near New Liskeard may not realize this, but those who use their senses around Timmins and the Porcupine, and on stretches along the Canadian National and T. & N. O. railways are forced to see that before asking the settlers to "help themselves" they should surely be provided with the vital necessity of roads for settlers.

Gas in the Stomach Is Dangerous

Recommends Daily Use of Bisurated Magnesia to Overcome Trouble Caused by Acid Indigestion.

Gas in the stomach accompanied by a full, bloated feeling after eating are almost certain evidence of the presence of excessive hydrochloric acid in the stomach, creating so-called "acid indigestion."

Acid stomachs are dangerous because too much acid irritates the delicate lining of the stomach, often leading to gastritis accompanied by serious stomach ulcers. Food ferments and sours, creating the distressing gas which distends the stomach and hampers the normal functions of the vital internal organs, often affecting the heart.

It is the worst of folly to neglect such a serious condition or to treat with ordinary digestive aids which have no neutralizing effect on the stomach acids. Instead get from any druggist a little Bisurated Magnesia and take a teaspoonful or four tablets in water right after eating. This will drive the gas, wind and bloot right out of the body, sweeten the stomach, neutralize the excess acid and prevent its formation and there is no sourness, gas or pain. Bisurated Magnesia (in powder or tablet form—never in liquid or milk) is harmless to the stomach, inexpensive to take and the best form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

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