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It is not how much milk you use in cooking, but how rich milk. Borden's St. Charles Milk is doubly rich, being pure country milk with most of the natural water content removed. Drop for drop it adds more real nourishment than ordinary milk and it ensures creamier, smoother, tastier results. It comes in two handy sizes 16 oz. and 6 oz.; keeps perfectly in the unopened tin and can be bought at any grocery.

SEND FOR "THE GOOD PROVIDER" THE NEW ST. CHARLES RECIPE BOOK

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Please send me, free, the new St. Charles Recipe Book.

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BIG GRADE CONQUERED

Are you interested in hills? Imagine this one: first 100 feet, 6 per cent; second hundred feet, 11 per cent; third hundred feet, 18 per cent; fourth hundred feet, 32 per cent; last 80 feet, 30 per cent. A pretty steep grade, but an Oakland Eight sedan with driver and one passenger conquered it in high gear and went over the top at 12 miles an hour.

First, Doctors -- Then a Skin Specialist Then a bottle of D.D.D.

We shall publish every week for the benefit of skin sufferers in this section, a few words written by Canadian people—some of them of prominence—all heartfelt stories of relief from terrible suffering.

A sentence or two from a letter from J. V. Corns, 55 Melbourne Ave., Toronto, a man of fine standing: "I have been a sufferer for two years with eczema on the legs and ankles. I tried three or four different doctors. I went to a skin specialist. All of no use. I used one dollar bottle of D. D. D.—that is all. Today I am perfectly well."

If you wish to try a bottle of this Prescription that Mr. Corns found so remarkable, we will guarantee relief on the first bottle, or your money back. Stop that itch today. \$1.00 a bottle. Try D. D. D. Soap, too.

D.D.D.
THE Lotion for Skin Disease
THE GOLDFIELD DRUG COMPANY



HOW DO YOU STAND?

Check up on your health. Have you any balance in the Bank of Vitality—any reserves of strength to draw upon? Replenishment must come through easily digested foods that supply strength. Build up reserves by eating Shredded Wheat with plenty of milk. It supplies all the elements you need. Try it for breakfast and see how much better you feel.

SHREDDED WHEAT



WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

Cobalt Cornishman for 60 Years Around Mines

Not only Cornishmen, but everyone interested in mines and the north, and especially ex-Cobalt people here at present, will be much interested in the following from the last issue of The Northern Miner "Grab Samples—"

"Everybody will wish that Captain Dick Sandoe makes a mint of money out of the lease that he has with three others on the Temiskaming Mine at Cobalt. Recently he found a ten-inch vein of high grade, and a sample has been on show at the Bank of Toronto at Cobalt. The specimen looks like old times, and has awakened many a poignant memory and evoked many a yarn about the big finds in the early days. Here's hoping that Captain Sandoe's discovery has a 500-foot back and a big depth, for this delightful old Cousin Jack, who typifies all that is best in that brave breed, has been going down mines for 60 years, or thereabouts.

"Captain Dick started working when a lad nine years old. When he first went down the ladders his little legs were too short to reach the rungs, and so they used to put a belt around his waist with a rope attached to the man above and the man below so that in case the little fellow slipped he would not fall to the bottom of the shaft. Those were the days in tin mining in Cornwall when the whole family worked, frequently as tributors, the men and boys at extracting the ore and the girls and women at cobbling it. His first job was to crawl into narrow seams, too small for a man, and hold and turn the steel while the miners pried their hammers. And when not working at this, his little hands busied themselves rolling fuse out of gunpowder and bulrushes.

"Captain Dick well remembers when, as a boy, the first dynamite was introduced into Cornish mines. Up to that time the men used to blast with black powder. After drilling out their holes they would fill them with clay, let the clay dry and then drill a hole through the clay again. Dampness, of course, destroyed the value of the explosive. When the first dynamite salesman came down this mine to demonstrate the new powder, the miners asked him whether he wanted the holes dried out. When he said not to bother and started to fill the wet holes with little sticks of something, the old miners scratched their heads beneath their hardboiled hats and winked at each other. The early prototype of Bob Stewart must have seen to it that there was plenty of explosive for the burden, and when the miners came back into the heading they found the rock blown to dust.

"Captain Sandoe's life has seen tremendous changes in mining practices. As just one sample the old hand drilling has given way to machine drilling—and that in Cobalt's time. It would be a great addition to the amenities of northern life if the Captain were to make enough money out of Temiskaming so that he would have, to properly round out a life of hard work, a little leisure to indulge his penchant for reminiscing."

VALUE OF TRAINED MEN IN THE WORK OF PROSPECTING

The Northern Miner last week says—

"The experience of Northern Aerial Minerals Exploration prospectors during the past summer in the Coppermine and Bathurst Inlet areas strongly accentuates the value of real prospecting by trained men as opposed to casual examination by explorers. In the past 100 years a number of men, some of them well qualified, have travelled the sub-Arctic, have reported on the country along the Coppermine River valley, the shores of Coronation Gulf and Bathurst Inlet and the islands thereabouts. In the past decade several such examinations of discovery have been made, and the returns therefrom were available to the aerial prospecting organizations.

"The fact emerges that the N.A.M.E. engineer found, upon close examination, that the finds detailed did not amount to anything. In a few weeks of independent work his own men found very much more ore than had been reported in all the years the Arctic has been travelled. Furthermore, the finds of boronite and chalcocite, reported in this issue, were entirely new and had not been mentioned by any previous explorer. They were, of course, somewhat off the beaten track.

"The help of Eskimos was early sought by the N.A.M.E. men, acting on the theory that the natives in their employment of copper for tools—a practice which has been much dilated upon in stories of the Arctic—would be able to lead or direct them to deposits of possible importance. The prospectors found that the Eskimo is not a reliable guide to occurrences. Directions secured from them led to small float pieces of native copper, but nothing of commercial importance.

"The summer's work in the Arctic has shown that the only way to find mines there, as elsewhere, is to put experienced men on the job. While they may not be able to bring back the absolute assurance of commercial deposits their discoveries—which are good—will ultimately lead to the opening up of the country. The area is passing through a phase when romance retires and practical considerations enter."

Owen Sound Sun Times:—Europe is waging a stern fight against the menace of bill boards along the highways. By rigorous laws in Italy, Germany, Austria and elsewhere, Europe is cleaning up the countryside of this pest—a pest which not only mars the beauty of the scenery of the country, but also makes the highways dangerous. America, Canada and the United States would do well to follow this lead.

GOVERNMENT HAS SERUM FOR INFANTILE PARALYSIS

Department of Health Issues Circular Urging Prompt Attention to Possible Cases. Symptoms Described and Advice Given.

Recently there have been several cases of infantile paralysis in the province of Ontario, though fortunately the North has escaped. The Ontario Dept. of Health has pointed out that there is no cause for alarm, but that every precaution should be taken to prevent any spread of the disease, and all efforts should be centred to avoid the evil effects of the malady. A circular has been issued by the Ontario Department of Health giving the symptoms of infantile paralysis and other particulars and urging parents and others to watch closely for any signs of the malady. The sensible and timely advice is given to send for the doctor if in any doubt about the matter. Emphasis is given to the fact that there is a serum for the treatment of infantile paralysis and that it has proved very efficacious. If the doctor is called in sufficient time the chances of any permanent disability are reduced to the minimum.

The following is the bulletin as issued by the Department of Health, Toronto, and is as follows:—

"If there is one disease more than any other whose very name strikes dread into the hearts of parents, it is 'Infantile Paralysis' or Poliomyelitis. Prior to the adoption of the method of treatment now in vogue this fear was well founded, but fortunately it is possible now with early diagnosis and treatment to prevent, not only death but permanent crippling, in the vast majority of cases.

"In order that we may better emphasize the value of this treatment let us compare the results following the use of convalescent serum with those cases in which the serum was not used. During the Ontario epidemic of 1929 four out of every twenty children who did not receive convalescent serum died, while fourteen were deformed with paralysis, and only two recovered to normal health.

"Contrast this with those who did receive the protective serum before any paralysis appeared. Here we see eighteen in every twenty recovered completely with no paralysis; death still claimed one, but, most noteworthy of all, only one of each twenty developed residual paralysis.

"Thus you will notice that administration of the new convalescent serum treatment early in the course of the disease has more than reversed the picture. If we except the two children in twenty who might have recovered by chance without the serum we can credit the new treatment with the clear gain of sparing fifteen out of every twenty who would otherwise either have died or suffered deformity.

The Nature of the Disease

The disease is caused by an inflammatory agent which attacks and destroys the spinal nerve cells which supply motive power to the muscles. Once this destructive process is established paralysis is useless. If, however, parents are on the alert and make an early diagnosis possible by calling their doctor on the appearance of any of the following mentioned symptoms, it will then be possible for him to administer the protective serum to neutralize the inflammation and check the advance of the destructive paralysis.

Although we have long recognized the disease as one chiefly attacking young children, the term 'Infantile Paralysis' is somewhat misleading because we have found that among cases reported throughout Canada during the last few years the largest group were of school age.

The Nature of the Onset

The presence of a single case in the community should put a mother on instant guard against evidence of all-time health among her children. As a rule the disease is most prevalent from July to the end of November, but occasionally a few cases do appear at other seasons of the year.

The onset is usually sudden. If one of the children comes home exhausted almost to prostration, burning with fever, complaining of headache, stiff, sore neck and back, tender muscles, and an uneasy stomach, it is imperative that your doctor be summoned in order that a speedy diagnosis be made. Even though the symptoms do resemble influenza or other less serious childhood complaints you cannot afford to risk the chance of delay. Forty-eight hours of inflammation is usually sufficient to destroy the vital nerve cells—and weakness with probable paralysis will be the outcome. It is during this critical period of forty-eight hours that the serum must be administered to be effective.

The Nature of the Treatment

In brief it has been demonstrated that the blood of individuals who have recovered from the disease, even years previously, has a resistance to the invasion of the disease. In fact so abundant is this immunity in the bodies of these individuals, that if they donate as little as one or two ounces of their blood to anyone who is just contracting the disease—they hand on their resistance to the new sufferer and the progress of the malady is promptly checked.

What the Provincial Department of Health is Doing.

The Department of Health of Ontario has prepared for an emergency by collecting a sufficient supply of this protective blood serum from recovered cases to cope with any possible epidemic. It is available to qualified doctors, and distributed from strategic centres in the Province with the utmost despatch as soon as a case is reported.

LAKE SHORE FOOTBALL TEAM BANQUET AT KIRKLAND LAKE

The Northern News last week says—

"The Lake Shore Football team, who again were runners-up in the provincial finals with the Toronto Scottish team and also captured the Byrne Cup, symbolic of Northern Ontario football superiority, and their friends were treated to a splendid banquet on Sunday evening at Charlie's Hotel through the hospitality of one of their good friends in the person of Jack Byrne. The much-prized trophy occupied a prominent place at the happy function."

HALE AND HEARTY AT AGE OF 94 YEARS IN HAILEYBURY

The North Land is noted as a young man's country and for this reason there is usually special interest in any very old people that may be here. There are more people here well up in years (though not old) than generally realized. One lady in Timmins for instance, well over seventy years, easily passes for around fifty. Timmins has a gentleman of 84 years of age who continued working as a bushman until a couple of years ago. He attributed his good health to hard work and honesty. The Haileyburian last week tells of a gentleman recently coming to Haileybury at the age of ninety-four years, in good health and with all his faculties. In referring to this case The Haileyburian says—

"William Brown, of Hamilton, who has reached the ripe old age of 94, arrived in Haileybury on Saturday on a visit to his son, J. H. Brown, Latchford Street. He is hale and hearty, in spite of his great age, and is enjoying his first trip to this part of the North although he has visited Algoma District before this. Mr. Brown, who was born in London, England, celebrated his birthday at his Hamilton home in July last, and on that occasion there were five generations of the family present, a daughter, a granddaughter, a great-grandson and a great-great-grandson. The old gentleman spends the most of his time in gardening, having always been an outdoors man, but he enjoys reading when it is impossible for him to get outside. He has all his faculties unimpaired. For many years he followed the plastering trade, has lived in Hamilton since 1871 and has seen great changes not only in that city, but throughout the country. Mr. Brown is quite happy and gets plenty of enjoyment out of life. It is both a pleasure and a privilege to meet and talk with him."

Sudbury Star:—"Heck!" said the office statistician, "that ain't much of a loss," when told that City Engineer Wm. McMullen estimated that 50 cars were held up every time the gates were down five minutes at the railway crossing on Elm St. "Say there's an average of one and a half people in each car, that makes 75 people held up from their work for five minutes, or in all 375 working minutes are wasted. At 60 cents an hour, which is a cent a minute, more than most of them are worth, the cost of the delay is only \$3.75. An' we're goin' to spend \$120,000 to save \$3.75. Heck!"

When baby frets

and you can't get your work done - your nerves are getting the better of you -- make a cup of tea - it's a great "pick-me-up". Sit down a few minutes - you will feel better!

RED ROSE TEA

"is good tea" 104

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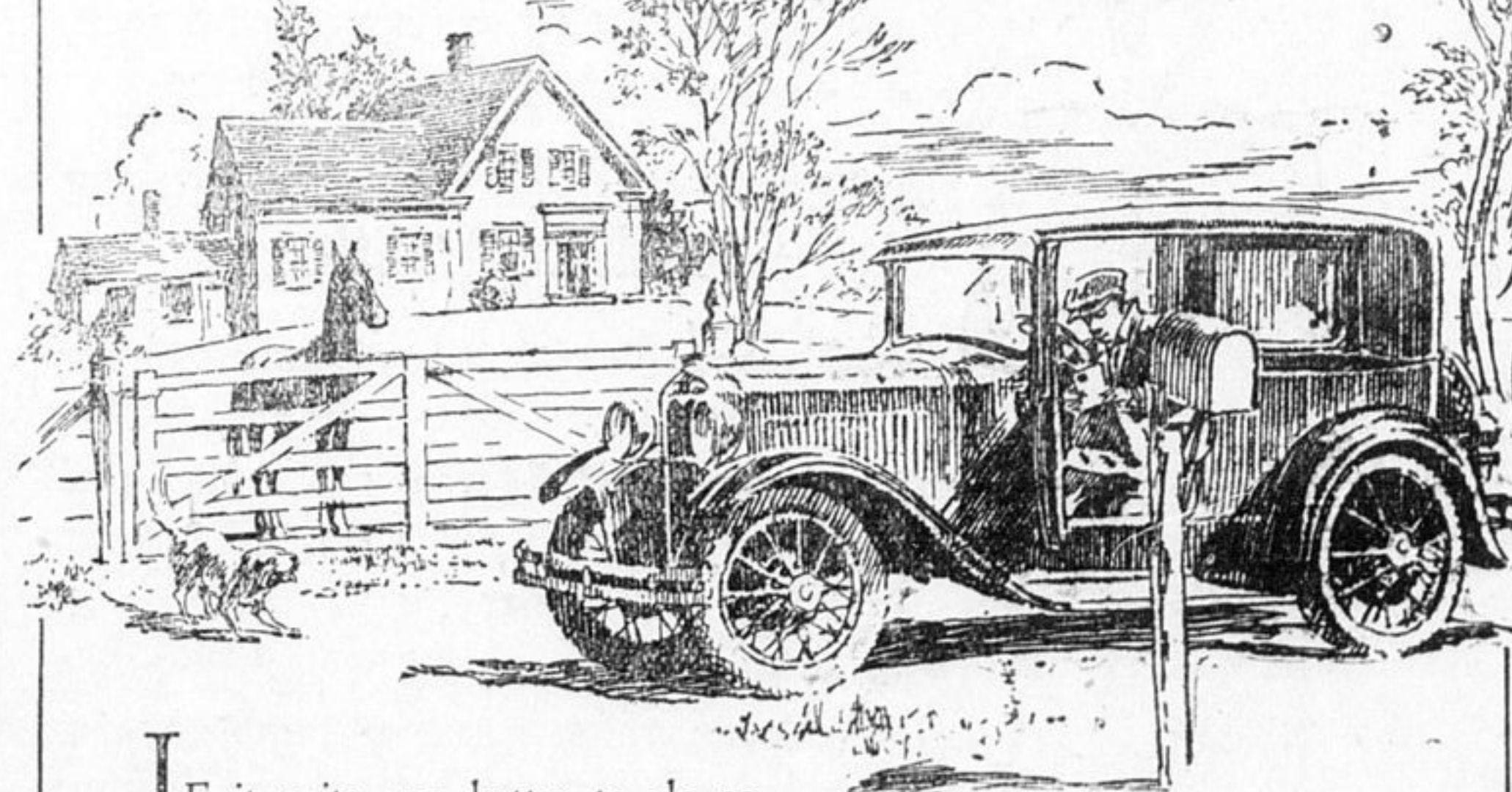
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J. A. McLEOD, General Manager, Toronto

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