

WHY FAT MEN STAY FAT

"The trouble with me, and I guess this applies to 99 out of every 100 men who are putting on weight, I didn't have the energy or 'pep' to keep it off. Lost all interest in any healthy activity and just lazed around accumulating the old pounds, until I got that 'Kruschen feeling'."

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This is what they do—they clean out the impurities in your blood by keeping the bowels, kidneys and liver in splendid working shape, and fill you with vigor and tireless energy.

As a result, instead of planting yourself in an easy chair every free moment and letting flabby fat accumulate, you feel an urge for activity that keeps you moving around doing the things you've always wanted to do and needed to do to keep you in good condition.

Kruschen Salts are the up-to-date Fountain of Youth. Take one-half teaspoon in a glass of hot water the morning and every morning—be careful of the foods you eat—take regular moderate exercise—then watch the pounds slide off.

TEN YEARS AGO IN TIMMINS

From data in the Porcupine Advance Files.

The front page of The Advance ten years ago had several items regarding desperate doings in the district. One was about a hold-up and assault at the Dome. Another referred to a shooting affray at the "Wye" at Iroquois Falls. The third was about an attempted hold-up in the West Dome district. Because such things were rare in this district, they were essentially news when they did happen. In referring to the hold-up and assault at the Dome, The Advance ten years ago said:—"When one of the workmen at the Dome Mine was coming 'off shift' on Sunday morning at four o'clock, he was stopped by three men who held him up, robbed him of about \$50.00 that he was carrying, and assaulted him. After beating up their victim and taking all his money the three hold-up men made good their escape. According to the

reports the men made no attempt to hide their identity. They were well known to their victim, being fellow countrymen of his, all concerned being Italians. The man who was robbed at once informed the police and efforts have been continued ever since the robbery to locate the culprits. Up to time of writing this, however, the police have not made any arrests although they are now on the tracks of the culprits. The accused men, apparently, at once made for the bush, and the police have been able to follow them for a considerable distance. As all trains are being carefully watched they have little chance of getting out of the district. And if they stay in the district they will eventually be tracked down. The police have traced them along their line of flight for quite a distance. At one camp to which the three men were traced by the police there were evidences of their presence just a little while before the police arrived. The camp was a deserted one and had not been in use for some time apparently before Monday of this week. A alarm clock left in the shack, however, was ticking merrily away when the police arrived and there were other evidence to prove that the men being followed had slept in the shack for one night and then hurriedly moved on. Their track was taken up again and the police expect to find three hold robbers before this week ends. As they are all armed and in the foolish and disorderly state that would tempt them to use them regardless of the consequences, the officers trailing them are not having a dull or unexciting time, though following them along, all as part of the day's work in the police game."

The attempted hold-up in the West Dome district was referred to by The Advance of Oct. 13th, 1920, as follows:—

"On Saturday night about half-past ten while a gentleman employed in the district was driving from the West Dome to Dome Lane he was stopped by two men who flourished a gun or guns and demanded money. He did not show the desired promptness in handing over the money and to frighten him one of the men fired off one of the guns. Instead of frightening the man they frightened the horse and it promptly bolted. The result was that the highwaymen were unsuccessful in their hold-up game, and yet got nothing except a horse laugh. A description of the two men tallies very closely with the description of two of the men concerned in the hold-up coming off Sunday morning." The Advance added that hold-ups threatened to become as frequent in the district as wrecks on the T. & N. O. "Both of them will keep on until somebody gets hurt," said The Advance.

The shooting affray at the "Wye," near Iroquois Falls, was given the following reference in The Advance ten years ago:—"A serious shooting affray is reported from the Wye, Iroquois Falls, on Sunday last, but as usual in such cases when foreigners are concerned, it is difficult to secure any measure of the truth or the exact details of the event. However, it appears that a quarrel occurred on Sunday among a crowd of foreigners at the Wye, and several shots were fired. One man is so seriously injured that it is not believed that he can recover, according to some of the reports. The man accused of doing the shooting is said to have made good his escape, but where he has gone to or how he got there are matters to be imagined. When the police were notified they sent word along the line, and it is not easy to see how any man could get south or north on the T. & N. O. without being caught. His chances would be particularly small as the police of the North Land are now anxiously watching for about a half a dozen badly wanted men, including one fellow who did some shooting at Gowganda and the three men who were in the hold-up game in the Dome Mines district.

At the regular meeting of the town council ten years ago the question of a couple of hospital bills from Toronto received some attention. One of the patients had property in town and it was felt that he was quite able to pay his own hospital bills. The idea of the residence of the other patient being Timmings was questioned, and the council handed over both bills to the town solicitor to advise as to the town's proper attitude to both these accounts. The Workmen's Compensation Board submitted forms to the town for the listing of town employees so that these could be brought under the Workmen's Compensation Act as desired by the council. There were two ratepayers, J. P. Bartleman and Chas. Pierce, before the council in regard to taxes. Mr. Bartleman objected to his income tax assessment as he had not been allowed any exemption. He also said that a reduction in business assessment advised by the town solicitor and granted by the council's court of revision had not been allowed on the tax bill. "Mr. Pierce," said The Advance at the time, "created considerable amusement by his humorous way of pressing his case

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A LOT FOR A NICKEL

AFTER EVERY MEAL

and by his witty remarks on the side. His chief objection to the tax was that he had been charged business tax on three warehouses that he said were now used only for storage purposes. Both these cases were turned over to the town solicitor for a report. John Dalton called the attention of council to the dangerous condition of a small part of the road between the town and the Hollinger hill. Council decided to make the necessary repairs at once. Councillor D. Laprarie spoke of the bad condition of the crossing on Spruce street going into Moneta. This street had the heaviest hauling of any street in town and he thought it should be looked after. The mayor said that the council had already instructed the town engineer to have this crossing fixed. The town engineer pointed out that the T. & N. O. Railway was responsible for this crossing and the town could not touch it. Further the town engineer said that the T. & N. O. at his suggestion had made one effort to fix the crossing, but as they had not followed out his suggestions as to planking it the work was unsatisfactory. Council decided to make further effort to have the T. & N. O. attend to the crossing properly. Angus Campbell appealed to the council in regard to the enforcement of the building by-law on the building he had recently purchased and moved on to his property. He felt it would be a waste of time to plaster the building at this time of year. He asked permission instead to put on fireproof shingles now and then have the plastering done the following year. Chief Borland said the shingles referred to would give better fire protection than the plaster asked by the by-law. The matter was left to the decision of Chief Borland, who, in addition to being fire chief, was also building inspector. Mayor McInnis referred to the value of the band to the town and the council agreed. The Hollinger was willing to duplicate any grant made by the town and so on motion it was decided by the council that a town grant of \$250.00 every three months should be made to the band.

The teachers for the evening vocational classes opening in October, 1920, in the public school here were listed by The Advance, as follows:—Sewing, Mrs. H. Egan; machine drawing, Wm. Johnston, McIntyre Mine; milling practice, W. R. Dodge, Hollinger Mine; mining practice, Mr. Waite, Keora Mine; English and mathematics, to be taught by members of the staff of the public school.

Ten years ago F. M. Wallingford took around the necessary petition and had no difficulty in securing the required number of signatures for the establishment of a school section for Mattagam Heights which district was not inside the town limits in 1920. The rate of \$6.00 per pupil per month placed on pupils from outside the town placed the attendance of many Mattagam pupils at Timmings schools outside the scope of practical affairs, and hence the plan to have a school of their own.

The Advance quoted the interim report of the Hollinger Consolidated Gold Mines ten years ago to show that Hollinger profits for 1920 were higher than in the previous years, and this despite labour and other conditions.

Following its settled policy of giving strong support to any and every course that it believed to be for the advantage of Timmings and district, The Advance was a consistent advocate ten years ago for the Timmings Citizens' Band. One item published by The Advance ten years ago read as follows:—"A representative for one of the largest manufacturing concerns in Canada was in town this week on business and on Sunday evening had the pleasure of listening to the Timmings Citizens' Band. He travels all through Ontario, touching at all the important towns and cities of the province. He said on Sunday evening, as if he really meant it and believed it, 'The Timmings town band I think is the finest town band in any town of anything like similar size in Ontario.' The Advance also had a complimentary reference to the band concert given in front of the New Empire theatre by the Timmings Citizens' Band. 'The band showed an ability that surprised many visitors to town and fully justified the pride in which local residents hold this excellent musical organization,' said The Advance.

"There will be very general regret," said The Advance ten years ago, "at the news of the very serious illness of Lieut. Myers, now at Halleybury hospital suffering from tuberculosis. Mr. Myers was for some time clerk and treasurer of the township of Tisdale, and took a prominent part in the sporting, social and municipal circles of South Porcupine. He was one of the Porcupine's returned soldiers, having

taken a noteworthy part in the recruiting of the 150th Battalion, with which gallant group of able fighting men he went overseas.

Two sad accidents at the Dome Mines ten years ago were thus noted by The Advance in its issue of Oct. 13th, 1920:—"There were two sad accidents at the Dome Mines last week, both of them resulting in a death. Leon Stoffin fell down a seventy-foot stope at the mine and was killed. The coroner, H. E. Montgomery, returned a verdict of accidental death. Wasyl Joleck, another employee at the Dome, died of heart failure. He had just gone on shift and was walking along one of the drifts when he staggered against a fellow worker and died almost instantly."

The Advance ten years ago said:—"Alex Smith, of the Dept. of Soldiers' Civil Re-Establishment, was a visitor to town last week in connection with his official duties. Mr. Smith, who was one of the pioneers of the North Land before going overseas, has his headquarters in Halleybury, and from there he keeps track of the soldiers coming under his department in this district."

Among the local and personal items in The Advance ten years ago were the following:—"Mrs. G. W. Smith has returned from a visit of several months to Toronto and other points south."

"Mr. and Mrs. John Massie returned to town last week and have taken up residence here." "Mr. O'Rourke of Ottawa, is visiting his son, Mr. Jas. O'Rourke, of Timmings Fire Department."

"His many friends here will regret to learn that Mr. J. W. Ray, manager of the Hotel Goldfields, is ill in Toronto General Hospital, where an operation was found necessary. All will wish him an early and complete return of his health and strength."

"Mr. Karl Eyre, who has been in the west for some time, returned to the camp last week. He was among the old-timers of Timmings being on the Marshall-Ecclestone and other staffs here and being well-known and popular in the town."

"Dr. J. A. McInnis and Mrs. McInnis returned last week from their holiday in Toronto and other points south. Dr. H. Hustler who had charge of the medical practice of Dr. McInnis during the latter's absence left last week to pay brief visits to Toronto and Montreal after which he will resume his own medical practice at Edmonton. Dr. Hustler made innumerable friends here during his stay in Timmings and good wishes will follow him to the West."

"Mr. W. Vanderloop, while at his work at the mine had his hand injured several of the fingers being badly cut but he is making very satisfactory progress to recovery from the injuries."

"Rev. R. S. Cushing is visiting in Winnipeg and other points west."

"Born—To Mr. and Mrs. K. Assad, of Schumacher, on Monday, Oct. 4th, 1920,—a son."

"Marshall-Ecclestone have moved their furniture department to the fine new re-modelled store next to the Hollinger grocery department. This new store is large, light and well-fitted inside, and makes a creditable addition to the business places of the town."

"P. S. Taylor is laid up this week with an attack of tonsillitis and quinsy."

ONLY TWO CASES FOR TWO COURTS AT HALLEYBURY

Ten minutes sufficed to clean up the business at two courts held at Halleybury, on Monday afternoon and Tuesday morning, respectively. For Mr. Justice Raney, in non-jury sittings of the Supreme Court of Ontario, only one action was down for disposal, and in this the defendant did not appear, nor did his solicitor, judgment going to the plaintiff by default. In the District Court non-jury sittings, Judge Hartman learned that the only case set down had been settled out of court, and the session terminated immediately after it had been formally opened. Mr. Justice Raney expressed displeasure at the absence of H. E. McKee, appearing for R. D. McGregor, defendant in the sole action on the docket for the Supreme Court, and his Lordship instructed the clerk of the court to write Mr. McKee and convey to the lawyer the judge's disapproval at his absence. W. J. Dagenals, plaintiff in the case, went into the box and proved his claim for \$1,264.04 against McGregor, and was given judgment in full. The case arose out of a dispute over grocery bills and promissory notes.

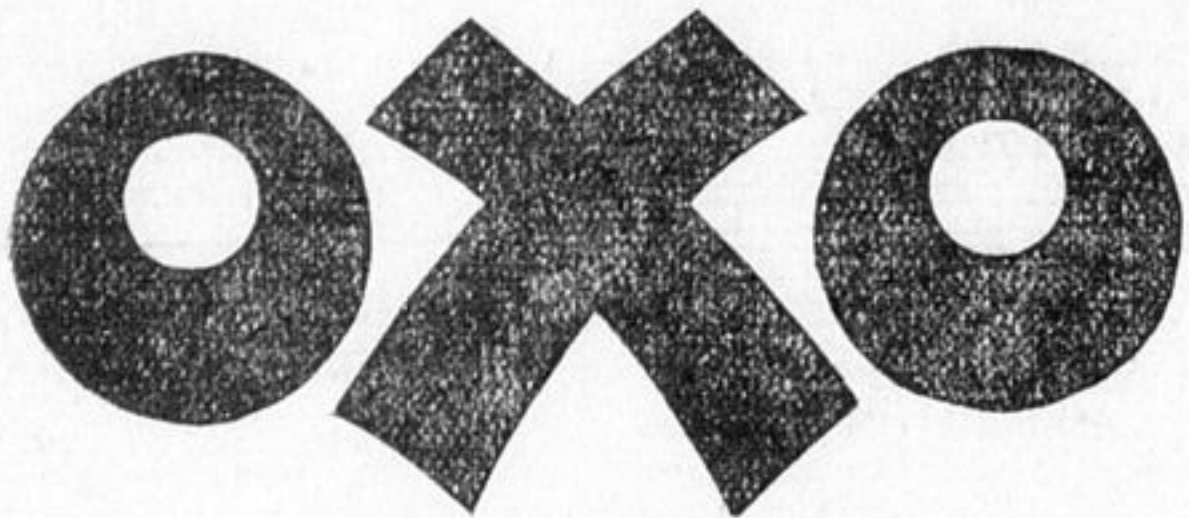
Sault Star:—Now that it is announced from Toronto that, with the expected completion of the T. & N. O. Railway to James Bay inside the next year or so, it is intended to build a large hotel at Moose Factory, designed to attract tourist trade to that region. This Ontario, in the centre of Canada will have its own seaport, and the city dwellers of the province will be able to visit the seaside without leaving the province—and the port is bound to be popular.

DO YOU SUFFER WITH HEADACHE?

So easy to get quick relief and prevent an attack in the future. Avoid bromides and dope. They relieve quickly but affect the heart and are very dangerous. They are depressing and only give temporary relief, the cause of the headache still remains within. The sane and harmless way. First correct the cause, sweeten the sour and acid stomach, relieve the intestines of the decayed and poisonous food matter, gently stimulate the liver, start the bile flowing and the bowels pass off the waste matter which causes your headache. Try Carter's Little Liver Pills. Druggists 25c red pkgs.

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Is caused by failure of kidneys to remove uric acid poisons from the blood. Gin Pills relieve by neutralizing this acid and restoring the kidneys to normal action—50c a box at all druggists.

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