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Jellies for party desserts

McLAREN'S INVINCIBLE JELLY POWDERS

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you want a bite to eat before going to bed, try a bowl of Kellogg's Corn Flakes. Crisp, delicious, extra easy to digest—ideal for a late bedtime snack, or for any time you're

hungry

Kellogg's CORN FLAKES

★ Delightful with honey or with
canned peaches added



Don't lie awake tonight— sleep!

WHAT a depressing state is sleeplessness! Minutes seem hours—hours seem endless. Back of it usually are nerves—strained, raw and fagged out. Nerves that are starved for nourishment to replace exhaustion caused by over-work, worry, or social effort.

If you are bothered with sleeplessness, feed your nerves with Ovaltine. You will find that they will calm down, digestive unrest will stop and you will sleep soundly and naturally.

Ovaltine at bed-time is the world's best night-cap. Millions of people have found this to be true. The natural nourishment in Ovaltine restores mental and physical poise almost immediately.

Ovaltine is prepared scientifically from ripe barley malt, fresh eggs and creamy milk, Nature's finest tonic foods. It contains all the essential vitamins and other food elements in correct proportions. It not only soothes and feeds the nerves but completely rebuilds your exhausted body cells and tissues while you sleep. You wake up wonderfully refreshed.

Try the world's best "night-cap" tonight.

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

OVALTINE RUSKS

are excellent for teeth and gums and also are a delightful light food. They are made from finest Canadian wheat flour to which Ovaltine is added, making them more easily digested and much more nourishing than the average rusk or biscuit. Delicious when served with cheese.

OVALTINE

TONIC FOOD BEVERAGE

Ensures Sound, Natural Sleep

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Heating Plant Wrecked at the Bishop's Palace

In its issue last week The Halleyburian gives details of the explosion at the Bishop's Palace, the explosion resulting in the wrecking of the heating plant and other damage being done. The Halleyburian says—

"An explosion, which is believed to have been caused by gas in the furnace, wrecked the heating plant and damaged the partition walls in the basement of the Bishop's Palace on Meridian Avenue on Saturday evening last at 6.15. It is believed that the caretaker, after putting on a fresh fire, did not allow time enough for the gas to burn off the coal before closing the traps and the explosion occurred from this cause, rather than, as was at first supposed, from allowing the water to run too low in the boiler.

"When the explosion occurred the fire brigade was summoned and made a quick run to the scene. As the Palace and the new Cathedral are built in conjunction, with one central heating plant, it was feared that if a fire followed it would spread through the whole fine structure. However, the damage was confined to the basement and, although the brigade laid a line of hose, it was not necessary to turn on the water.

"Fire Chief Marcella stated that he could not definitely ascertain the cause of the explosion, as the boiler was so badly wrecked, but he believed it was from the gas. The basement was filled with steam and it was difficult to gain an entrance on this account, but the men made sure that there was no danger from fire before leaving. The main walls and partitions are all of concrete and stone and there was little or no wood in the basement. The explosion was rather severe and houses in the vicinity were shaken and the windows rattled. The alarm was not great, however, as the fire bell only rang three times, and it was generally supposed that there was nothing serious. The reason for the short alarm was that the bell rope broke and no time was wasted in repairing it until later."

PREVIOUS WINNERS OF THE NORTHERN NEWS RELAY RACE

The following are the winners in past years of The Northern News relay race, which was run this year at Monteth—
1927—Race was run on road from New Liskeard to Cobalt, won by McIntyre Athletic Club, Schumacher, with the following runners: P. Aide, M. Kannari, W. Paice, H. Wallingford, D. Craig, J. Leng, Halleyburg High School ran second and Halleyburg Tuxis third.

1928—Englehart, after trailing for the first five relays, came home in front. This race was run on a muddy course at Kirkland Lake. Rain was falling during the race and conditions were not of the best. S. Edwards ran the two miles in 9.50, making the fastest time. The following composed the winning team: D. Korman, W. Gray, O. Vernon, W. Henderson, S. Edwards, T. Butler. Kirkland Lake ran second and Halleyburg third.

1929—McIntyre Athletic Club of Schumacher won for the second time last year. The race was held at New Liskeard under ideal conditions. The winning team was as follows: R. Caverley, J. Barron, R. Robertson, R. Hamilton, H. Paice, W. Ade. Kirkland Lake finished in second place and Monteth Academy third.

SAYS CUSTOMS OFFICE NOT WARRANTED AT KIRKLAND

Recently business men and others at Kirkland Lake and in that district have made representations to Hon. W. A. Gordon that there should be a customs office at either Kirkland Lake or Swastika for the Kirkland Lake camp. At present the nearest customs office is at Cobalt and this proves very inconvenient for the Kirkland Lake camp. Cobalt is sixty miles from Kirkland Lake and neither train connections, mail service or auto travel are so frequent or convenient as to make a Cobalt customs office any sort of ideal headquarters for customs business for the Kirkland Lake camp. Years ago Timmins had a somewhat similar experience to what Kirkland Lake is having to-day. In those days the greater part of the goods passing through the customs in this camp was destined for Timmins but the customs office was located at South Porcupine. At first the tendency here was to demand that the customs office be moved to Timmins, but this did not receive general support here. The attitude adopted here was that the business at Timmins justified and demanded the establishment here of a customs post, irrespective of what might be required elsewhere. On this idea the matter was fought along for years until eventually Timmins did secure its customs office. In the case of Kirkland Lake the Department of Customs and Excise does not think that at present the business in the Kirkland Lake camp warrants the establishment of a customs office. Mr. Ryckman, to whom Hon. Mr. Gordon passed on the request from the Kirkland Lake camp, informs the 'Teck' township council that for the present at least their request in this respect cannot be granted.

Fort William Times-Journal—The suggestion has been made by a reader that the work of taking the census of population in Canada, which is due in 1931, be done during the coming winter and so help in creating employment. No doubt quite a small army of capable workers released from summer jobs could be enrolled in the work of census taking and if the work of organizing could be started in the late Fall of this year the forees could be out on the job early in the new year.

MENACE OF COMMUNISM IS MORE REAL THAN IT SEEMS

The Fact That the Majority of the
Communists are Not Citizens of
Canada Makes the Situation
Only the More Serious

Figures gathered in regard to the number of communists in Canada do not rightly show the actual situation in regard to this menace. For instance The Sudbury Star points out in an editorial article that there is no immediate menace of communism threatening the Dominion of Canada, if the situation may be gauged from the number who voted for communist candidates in the recent Dominion election. It should be emphasized that the figures from the recent election give no proper basis from which to draw any right deductions in regard to the communistic danger. In the first place, only a few communist candidates were in the campaign, and only a very small proportion of those following the communist flag voted for these candidates. Take Timmins, for instance, if it came to a matter of votes here there would be very few cast for a communist candidate should one run in an election. At the same time the communists can muster a parade here that will include several hundred people. They have done so in years past, and may do so again. The reason for the difference between the vote and the parade so far as numbers are concerned is that in an election only British subjects have a vote, while in a parade all sorts of foreigners, men, women and children can take part. The fact of the matter is that the communist doctrine to-day is making its only inroads on the foreigner and on the children especially. This makes it a double menace.

In discussing the matter, The Sudbury Star says, editorially:—"No immediate menace of Communism threatens the Dominion of Canada, if the situation may be gauged from the number of 'Reds' who voted in the last federal election. Out of nearly 4,000,000 electors who placed their crosses on the various ballots on July 28, there were only slightly over 5,000 who indicated their preference for Communist candidates. Sudbury, with 150 or thereabouts, contributed a little more than its share of these, based upon population. While Communists in Canada are very few, they are active and make quite a lot of noise. They lose no opportunity to foster class hatred, with the object of ultimately fomenting a civil war whereby they can destroy our form of government and substitute their own. Their scant numbers, however, should not be permitted to throw the government off their guard. It is important for the government to keep informed as to what the Communists are doing, so as to be prepared to meet any situation which may arise."

Taking the Star's own figures for it, the matter assumes very serious proportions. If there are 150 British subjects supporting this vicious doctrine, it is safe to say that there will be several hundred more of aliens of the least desirable class who will also be supporters of the destructive policy of communism. Its whole aim and purpose and principle is against all inherent ideas of the British. If there are 150 British in Sudbury who are deceiving themselves or fooling others in the advocacy of communism, it is time that proper action should be taken to clean up the undesirable situation. With five thousand citizens of Canada to back the communist peril and hundreds, perhaps, thousands more, of misguided aliens following this evil and harmful line of policy, the case is one that should receive the most careful attention from all thoughtful citizens.

FERGUSON HIGHWAY SHOULD BE ON TRANS-CANADA ROUTE

(From The Halleyburian)
The Halleyburian has received this week a letter from the Chapleau Board of Trade in regard to the trans-Canada Highway route, the question which has been engaging the attention of the North Country over a long period. This letter urges that a conference of representatives of the various parts of the area affected by the route be held with the idea of arriving at a solution of the differences in regard to the route.

The Chapleau men make out a good case for their own section of the country, and no fault can be found with them for that, but, frankly, we do not believe that there would be any good purpose served by a conference such as they suggest. The communities along the T. & N.O. and the Ferguson Highway have gone into the question thoroughly, have come to the conclusion that they have the right idea of the trans-Canada route, taken from all angles, and have presented this to the proper authorities. They have no quarrel with any other section of the North in regard to highways or any other matter, but hope that all will be served in time. They are convinced, however, that when the road is built the logical route for economy settlement, speed of construction and general good business sense is that suggested, namely over the Ferguson Highway through Cochrane and Hearst and on to the west.

Huntingdon Gleaner:—During next year the Valley of Kurrum, in India will be the only place in the world where there will be no taxes to pay. A good day's work by the inhabitants in repelling invading hordes from across the Afghan border brought this reward from the Central Government of India; and what reward could be better understood by a whole people?

Echo of the Hollinger Mine Disaster of 1928

From "Grab Samples" in The Northern Miner—

An echo of the Hollinger Mine disaster was heard in the recent award to Fred Jackson, Timmins miner, of a special medal for bravery. In reporting the circumstances of the presentation it was said that this was delayed in consequence of lack of the necessary information as to his work. Judge T. E. Godson, of the Mining Court, in submitting his report of the investigation which followed the fire, specifically referred to Jackson's heroism in terms which leave little doubt as to the impression made by the evidence submitted. An extract taken from Judge Godson's report is reproduced herewith, for the benefit of those whose memory of the circumstances may have dimmed:

"Environment moulds character. Tragic circumstances evolve heroes. I vividly remember Fred Jackson, quietly and unostentatiously telling his story of conflict with Nature's forces. Without exaggeration or boastfulness, he retreated from one vantage point to another, slowly and stubbornly backing away from the fumes of the deadly gas; how he turned on the air and directed it against a plank to cause the current to rebound; connected lengths of hose in an attempt to blow the smoke away; and how he cut his smock into four pieces and unselfishly gave his companions a piece to place over their mouths.

"And then Zolob's determination to break through the impenetrable barrier of smoke and win a way to the surface. What took place between Jackson and Zolob at that critical moment is best told as Jackson gave it. Jackson said: "My light was only alight about half an inch. Zolob put it into his lamp and fixed his lamp and got a light, put his packet on his back, took a piece of blasting stick about four feet long, and he said: "I try." I says: "God bless you." He says: "I try go out. Maybe I die, maybe not." I says: "Don't go, George." He says: "Oh, yes, I go;" so he got up and set off down the cross cut."

"Maybe I die, maybe not." Failure meant death; success, life to himself and his companions. The die was cast. The courage was there, and Zolob fought his way to the light of day—Jackson's resourcefulness, reflecting the motto of the St. John's Ambulance Corps, of which he was a member, 'Pro Fido, pro Utilitate Hominum,' and Zolob's strength and determination accomplished the seemingly impossible.

NEW T. & N.O. LOCOMOTIVES BEING MADE AT KINGSTON

The first of four new locomotives for the T. & N. O. Railway from the Canadian Locomotive Works at Kingston went forward last week for North Bay. It is of the consolidated type of five power, is complete and modern. The others will follow immediately. The company is now working on ten switching engines for the Canadian Pacific Railway. The locomotives for T. N. O. will be used for general freight haulage.

Huntingdon Gleaner:—On Saleve Mountain, over looking Genva, workmen digging a road recently made a strange discovery at the depth of four feet. They found the skeleton of a woman with a steel dagger still between her ribs and gold and silver Swiss coins dating 1710, also a valuable broken pearl necklace. Inquiry is unable to decide whether it was a case of Alpine suicide or murder committed over 200 years ago.

Kingston Whig-Standard—Ditched. How many fatal accidents have been caused by the present ditches on the highways and roads? The number must have been very large. An auto may leave the road just where there is a deep ditch, and a bad smash-up is almost inevitable. The suggestion is now being made that the ditches should be done away with and the necessary drainage provided by pipes as is being done on some of the highways in the United States. It is a good idea but its carrying out would be very expensive.

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1/2 cup Eagle Brand Milk 1/2 cup water
1 cup granulated sugar 1/2 cup chopped nuts
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