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Systematic saving is the foundation of prosperity. The Bank of Nova Scotia invites your Savings Account. Interest is compounded half-yearly.

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ESTABLISHED 1832 Total Assets over \$275,000,000

J. A. McLEOD, General Manager, Toronto

For Sleepless Nights Restless, sleepless nights-followed by dull and draggy days-are often caused by unsuspected constipation. A dash of ENO in a glass of water every morning assists Nature to function normally-insures sound, restful sleep every night. ENO'S "FRUIT SALT"

For Sure Results Try Our Want Ad Column

A. W. PICKERING P.O. Box 813, Timmins Mail Send me further particulars of the Low Cost Confederation Series Policies, as issued by the Confederation Life Association. Coupon | Name. Now

"As with a fragrance from Heaven"

His disability cheque for \$100 a month comes to him each month.

Two days after he received his policy, Mr. ---- was nearly killed by accident. He had paid only one premium, nevertheless \$100 a month was sent to him all the time that he was disabled, his policy was kept in full force and all premium payments falling due while he was receiving such benefits were waived.

Confederation Life Association, Gentlemen:

I desire to express the heartfelt satisfaction I feel at the service rendered to me. Little did I realize that, two days after receiving the above policies, I would be the victim of such a distressing

To be disabled, so that I was placed in a cast for several months, resembling a man done in marble, totally disabled, with a broken vertebra.

During my confinement I had much time to think of the wisdom of taking the above policies. That Total Disability cheque of \$100 monthly came to me as with a fragrance from heaven. To think, also, that my \$10,000 insurance was in full force and effect, gave me great peace of mind.

May I again thank you, Confederation Life Association, for your interest, courtesy and promptness in this matter.

Yours very sincerely,

The New Confederation Series of Policies, with Double Indemnity Accident and Total Disability Benefits, and participating in profits, provide the most economical form of Life Insurance. We strongly urge you to write for particulars and learn how desirable these policies are. Use the coupon for convenience.

Confederation Life Head Office Association Toronto

DETAILS ABOUT ABITIBI CANYON POWER PROJECT

There Will be 325,000 h.p. Developed. Drainage Area Back of Dam is 9,000 Square Miles. Other Figures Showing Extent of Work.

count of the trip:-

Special to The Advance. Those from here who enjoyed the trip to Abitibi Canyon on Friday last soon all are expected to be in proper volume of ore treated.' abode for the winter. Comfortable

is already started for the school. visitors were guests of the company at facts: (1) A plant and equipment have can be erected reasonably , will look one of the best camp meals it was ever been carefully planned with a view to neat and pleasing and will be practiour pleasure to taste, and we have eaten economic and efficient operations. many. Guides again took the various (2) While the bullion recovered has used in the construction. The whole parties to different points of the work- almost met the operating expenses, the project is one that should be easily

back the response, "But's there's sure Mr. Birks points out that, but for the busy hive of industry below.

electric development:

general contractors are the Dominion submitted for consideration. Construction Company Ltd., and the Railway.

65,000 h.p. turbines, that is 325,000 h.p. 9,000 square miles.

be about 1,010 feet long and the maxi- of \$20,586. mum height in the gorge about 250 feet. At this point the base of the dam will be about 200 feet in width .On the east end of the dam there will be provided six 50 feet by 30 feet stoney reof the stoney gates by the pool at the head of Eleanor Rapids. On the west side of this channel a concrete wall will be constructed for the entire length to prevent water discharges through the gates overflowing into the gorge below the dam. On both ends of the concrete dam there will be earth embankment dams.

dam. In the power house will be installed the five turbines (65,000 h.p.) directly connected to the electrical generators.

the river bottom. The excavation will be in the neighbourhood of 135,000 cubic vards of rock.

Two double-circuit, steel-towered transmission lines will be constructed some 60 odd miles. The transmitting voltage will be 132,000 volts. At Hunta eventually 100,000 h.p. will go to the Hydro Electric Power Company and will be transmitted by them to Sudbury for distribution. The balance of the power will go to Iroquois Falls and Smooth Rock Falls and be consumed by the Abitibi Fower and Paper Company Limited, at these points.

Dewatering the river is to be done to build the dam and power house. Two 28 feet, finished inside diameter tunnels will be driven on the present west side of the gorge. The floor of these two will be a little below the present water level. In order to speed up the driving of the tunnel a shaft is being sunk at about the midway point. When the shaft has reached the tunnel levels, a drift will be run across the both tunnels. This will allow working on four faces for each. The bulk of the excavation from the tunnel will be rock elevation and drifted through to later form part of the permanent lay- period of \$20,586. the river for hoisting the rock from the out power house and dam. Before this is of the unwatering tunnels and one just livering 5,000 electrical h.p.

ANNUAL REPORT OF HOWEY CONSIDERED FAVOURABLE

Costs Reduced. Grade: Show Gradual Increase with Higher Tonnage, According to Annual Report and Interim Report.

Among those taking in the excursion in the Red Lake area in one way or anto the Abitibi Canyon on October 10th other, and the success of the Howey son avenue has been cleared of nearly when the members of the Cochrane Gold Mines being of such importance all the material and machines formerly District Teachers' Institute were the to the whole attitude assumed towards stored there, some work on the preparguests of the Dominion Construction the whole Red Lake country, there is ation of the ground will be done this Company, was the South Porcupine re- very naturally much attention given fall. Mr. Carson's plan shows a row of presentative of The Advance, Mrs. F. by readers of The Advance to all par- small cabins at the north side of the J. Hamilton, who has sent the follow- ticulars in reference to the Howey area, with provision for quite a number ing interesting and informative ac- mine. The progress of the Howey will of tents. There will be a good sized mean the progress of the whole Red community kitchen located in the cen-South Porcupine, Oct. 20th, 1930. Lake area as it is the one producing tre, with lavatories and other necessary mine in that country to-day.

but show gradual increase, with in- devoted to the purpose at the start has are loud in their praises of the hospi- creased tonnage," states H. G. Young, a frontage of about 400 feet and is 130 tality and courtesies shown by the con- manager, in the annual report for the feet in depth. In conjunction with the struction companies there. A special year 1929 and summary of operations train left Cochrane at 8 a.m., reaching to Aug. 31, 1930, of the Howey Gold provements are being made to the piece a point above the Canyon about 11 Mines Limited. "Grade of ore has a.m. The party of nearly two hundred been fairly well established. Operat- Here the large stones and driftwood walked down the extra mile of de-ling costs before 'depreciation and cline to the camp and were met by taxation,' considering our location, guides appointed to take them to the have been favourable. Ore reserves various points of interest on the west are splendid and adequate. With side of the Canyon. The sound of the these factors determined and sound, it Large quantities of gravel will be rehammer heard everywhere. Several is established that net profits will be quired for this latter place, Mr. Carson tents still house some of the men but satisfactory and in proportion to the says, but the whole project is to be

looking residences are being built for ports of Mine Manager Young and the the married men. The excavation work | Huronian Mining and Finance Com-At twelve the teachers and other Birks, discloses the following salient secured specifications of one type which ings, the chief interest seeming to cen- margin of profit must be secured. tre around the point where the dam is either by increased returns, as confito be constructed. Jokes, repartee, dently anticipated by Mr. Young, or questions, made the trip a jolly affair. by hand-sorting, as advocated by the Climbing down a narrow ladder over | consultants. (3) Both reports are unthe edge of the rock we heard one animous that there are excellent admonishing "Don't laugh, there's not chances of increasing the ore reserves room for a giggle here." Quickly came laterally and below the 1,000-foot level.

plenty of wiggle." Those who attempt- the repeated financial support furnished the climb to the pinnacle of the hill ed by the Vice-President, W. S. Cherry, across the cabled bridge and 385 above and his associates, the mine would now the river were rewarded by a view they be closed down. He states that the will never forget-the beautiful colour- present holders of the loan are preings of the country for miles around, pared to postpone payment until such time as the mine reaches the stage Among the facts we gleaned of this where its earning capacity is definitely great enterprise were the following in established. This should be known regard to the Abitibi Canyon hydro before the end of the present calendar year, and it is proposed to call a share-The owners are the Ontario Power holders' meeting at that time, when Service Corporation Limited. The detailed financial programme will be

The mill started production on Apri location is on the Abitibi river, 70 miles | 2, and for the four months of producnorth of Cochrane by the T. & N. O. tion ending the fiscal year, there was total ore production valued at \$164,341. The installed horse power will be five Against this all expenditures for the same period amounted to \$184.927. The drainage area back of the dam will leaving an operating loss for the four months (subject to depreciation on The concrete section of the dam will buildings, machinery, equipment, etc.)

detailed report, states gross values bas- gold per ton by mint returns and to ed on bullion recovery plus values held which, adding the tailings loss of \$0.226 up in solution and ore in treatment per ton, showed a total gold content of gave an average value of millheads for \$4,403 per ton. There was also recovgulating gates for taking care of flood 56,529 tons treated of \$4.43 per ton. ered 2.66 cents silver value per ton. flows in the river. These six gates will In this tonnage were 6,088 tons of This tonnage included 6.302 tons of ore pass approximately 200,000 c.f. A high dump ore and 4,000 tons development from the dump mined last year, the water channel will be excavated in the ore. After deducting the values of value of which is estimated at someeast side of the gorge from the back these, the 46,441 tons treated from where \$3.50 per ton. The actual ores stopes give an average gold content of mined during the first five months of \$4.73 per ton. Operating costs per ton production thus total 50,227 tons of a milled have dropped in proportion to gold value of about \$4.52 per ton avertonnage increase and in August were age. During the last three months

from above the 500-level was \$3.99 per 11,529 and 12,705 tons, respectively, toton and from below that level \$4.88 gether averaging \$4.37 gold value per per ton. To date the ore from the ton. The power house will be located in sill and its development has constitut- "It is difficult to assess true costs the gorge just below and adjoining the ed 85 per cent. of mill feed, and the during the early months of operating For easy excess to the power house 18 feet wider than development indi- also difficult to forecast future operatthere will be installed from the top of cated. The extra has averaged \$3 per ing costs, and the best chance of prothe dam two electric elevators, one for ton, which is too low, and it is admit- ducing a favourable balance now appassengers and one for freight. To ted that sill development has been car- pears to lie in the possibility of inutilize the drop in the gorge from the ried too wide, with consequently too creasing the grade of the ore by surpower house site to the foot of the much dilution. This is being correct- face sorting. Canyon, a tail race will be excavated in ed by starting shrinkage stopes above

above the north portals. The upper coffer will turn the water through the tunnels and the lower will permit the area between the two coffer dams to from the plant to Hunta, a distance of be pumped out, so that the power house and dam can be constructed.

> After this construction, the two tunnels will be closed off by large steel gates and the water then will be turned through the stoney sluice gates and the high water channel. When this has been done a coffer dam will be built in the river at the foot of the gorge and then the balance of the tail race rock excavation will be taken

steel track bridge will be erected across including cash, \$13,149; bullion, \$54,904 the Canyon, just below the dam. This and accounts and interest receivable. bridge will be used as a means to get \$2.565. Current liabilities include: Acthe construction plant across the river, counts, wages payable, \$40,741; bank handling rock excavation sides of the loan (secured), \$40,000, and loans paygorge and placing the concrete. The able and accrued interest, \$475,584, a base of rail of the bridge will be about total of \$556,324. The sum of \$10 000 the top of the dam level.

concrete plant will be located at west buildings, equipment, transmission line, end of the big railway cut. A railway materials and supplies, developed and hoisted through the shaft. When the spur takes off about 1,000 feet back pre-operating expenses, with deferred tunnels have been driven, concrete from the west end of the big cut and charges, total \$2,083,469. Profit and plugs will be placed in the cross drift runs to the rim of the Canyon on a loss account shows an operating loss, tunnel; then the shaft will be carried 5 p.c. grade. This track will be used subject to depreciation on buildings, lower to the level of the power house for construction purposes and will also machinery, equipment, etc., for the

For construction power, a temporary done coffer dams will first be placed transmission line has been built from in the river just below the south portals Island Falls to the job, capable of de-

Haileybury Plans for **New Tourist Camp There**

The Haileyburian last week says:-'Haileybury's new tourist camp will be completed and ready for the traffic next summer, according to Councillor A. J. Carson, who for the past month or two has been working on the project. He has now reached the stage where a plan of the location has been There being so many here interested prepared and, as the area at the north side of Browning Strret, east of Ferguadjuncts of a camp placed in suitable "Net profits to date have been small, locations. The plot of ground to be establishment of the tourist camp imof beach at the north of the wharf. are being removed and it is the intention to extend this beyond the pumping station as well, where it will be immediately to the east of the camp ground. carried out. Last week Mr. Carson A careful consideration of the re- made a tour through Southern Ontario during which he visited a large number of tourist camps, on a search for the pany, according to the President, R. T. most suitable type of cabin. He has cally fire proof, as very little wood is carried out and should prove of great benefit in attracting the tourist trade The improvements to the beach alone will be something well worth while for the people of Haileybury, as well as for summer visitors and the scheme is one that will have the support of the citi -zens in general."

> the sill narrower, by dropping hanging wall margins which proved unpromis ing on sill development. It is anticipated grade will improve in proportion as mill feed is derived from these shrinkage stopes instead of from sill development, as to date.

Mr. Young gives a detailed statement of cost of mill and development work, transmission line, and states available power is adequate to handle nill expansion to 1,000 tons a day. The plant is so designed and constructd that its expansion to double capacity, or 1,000 tons a day, can be carried out for \$75,000, he points out.

In ore reserves he reports positive ore amounting to 1,125,000 tons and probable ore 375,000 tons, or a total of 1.500,000 tons. Probable ore does not Include tonnage below 1,000 feet.

In the report of the Huronian Mining and Finance Company it is stated that: "During the five months ending Aug. 31 the tonnage milled amounted Mine Manager H. G. Young, in his to 56,529 tons, which yielded \$4.177 June, July and August, the tonnage The average grade of ore hoisted produced from the mine was 11,199

length of silling out accomplished re- a property with new equipment both presents 50 per cent. of the developed in mine and mill, but no profits have ore of the mine. The average width so far been made," continues the Hurof the sill is 35.6 feet, which is about onian Mining Company's report. "It is

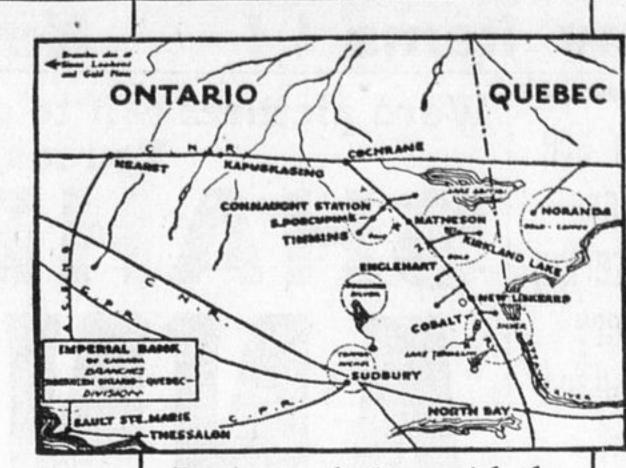
"The chances of the ore zone extending below the 1.000-foot horizon are excellent. The general grade of ores found within the zone from the first to the 1,000-foot level, with regional exceptions, varies little, and similar grades of ore may be expected below. If sorting tests show that the ores can be profitably treated after sorting, development at depth, to at least 1,500 feet, should be started from the eastern extension of the body from the 1,000-foot

"It is our opinion that the physical condition of the mining and milling equipment, which has a capacity of over 500 tons per day, is conducive to efficient and low cost operation."

The balance sheet, dated July 31, For construction purposes a double 1930, shows current assets of \$70,618 is on deposit with Ontario Hydro-The crusher plant, sand storage and Electric Commission Expenditures for

> Ottawa Journal:-Evolution still goes on. The men who used to yell out the trains at the railway stations are now radio announcers.

A Useful Contact With the Mines



Banking relations with the mining area are greatly facilitated by the complete chain of branches established by this bank, at important centres in the mining country.

TORONTO HEAD OFFICE

Capital and Reserve \$15,000,000

D. SUTWEELAND, Manager TIMMINS **SOUTH PORCUPINE** - C. A. KEHOE, Manager CONNAUGHT STATION (Tuesday and Friday)

For Sure Results Try Our Want Ad. Column

WRITE "CREAM SOUPS" FIRST ON YOUR MENUS

CAAAAAAAAAAAAAAAAA When you tell me that cream soups have a prominent place in your meal planning, I know that you have both a sense of artistry in your menus and a by firm knowledge of food values. Thank 73 lake creamy as the first because the

And, if you tell me that you serve them, not before a heavy dinner, but as luncheon and supper dishes, my regard for your skill is still greater.

For cream soups serve a twofold purpose—they stimulate appetite, and they satisfy it. The warmth of the soup starts the meal off well; the milk which is its base is soothing. And the vegetable puree with which it is combined adds to the rich food values present in the milk the important minerals which are necessary to a balanced diet. Cream soup is really a meal in itself.

All the more important, then, that it should be a good soup. And, with the cooking knowledge at your disposa today, there is really no excuse for having anything but a marvelously delicious cream soup.

If you will follow one simple rule, I can promise that your cream soups will vety texture. That rule is to make them with Carnation Milk.

Why Carnation Milk makes the best cream soups

One of the reasons that Carnation is that it is doubly rich in cream. Don't make the mistake of thinking, as many women do, that Carnation Milk | hot. Serves 6.

is cream. It is whole milk, evaporated to double creaminess. But you can dilute it to any degree desired, and the last drop out of the can will still be as cream is broken up-"homogenized" into very tiny particles to keep it distributed throughout the milk.

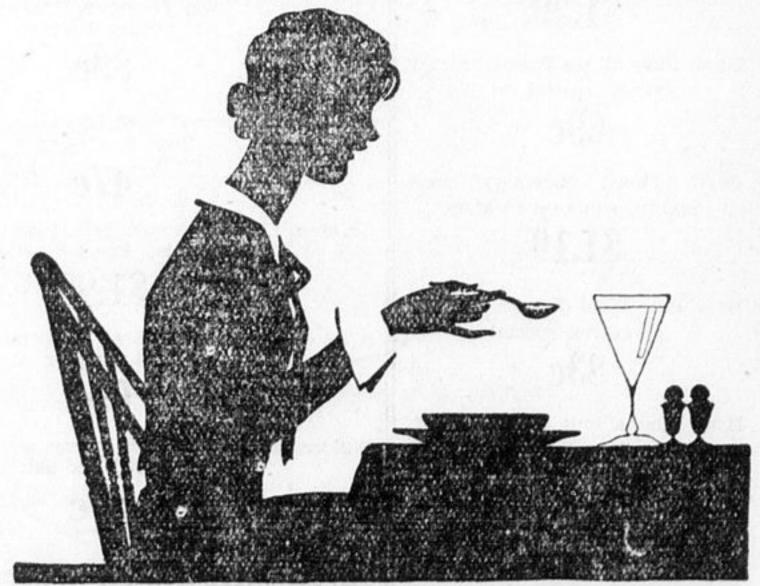
This breaking up of the cream particles does a very remarkable thing to dishes made with Carnation Milkmakes ice cream velvety, candy silkysmooth, custards and cakes and sauces wonderfully fine-textured.

Even the best of bottled milk cannot equal these results. Yet Carnation Milk is most economical, saving in butter and cream.

Why not try Carnation Milk and find out for yourself how satisfying it is. Write for the Carnation Cook Book. It is free. Address Carnation Co., Limited, Aylmer, Ont.

Carnation Cream of Pea Soup-1 No. 2 can peas, 1 slice onion, 11 tsp. sugar, 1½ tsp. salt, ½ tsp. pepper, 2 tbsp. always be rich and creamy, of good | butter, 2 tbsp. flour, 1 cup Carnation body and exceptionally smooth, vel- Milk, 1 cup water. Drain and measure liquid from peas and add enough water to make 2 cups of liquid.

Add peas, onion, sugar, salt and pepper and simmer for 15 minutes. Rub through sieve. Make white sauce of butter, flour, and Carnation diluted with water. Add paprika. Combine pea mixture and white sauce and serve



AND REMEMBER

the same rich creaminess, the same silken smoothness that Carnation Milk gives to cream soups you will find in every dish in which this good milk is used.

(See recipe above)



The Safeguarded Milk "from Contented Cows"