

The Canadian Legion in the Porcupine

By the Secretary-Treasurer

This week we have one new member, Com. Chartrand, secured by President Neame. The letter containing Comrade V. H. Evan's card and badge has been returned to Box 1059 marked "Not Called for." Other letters returned marked "Not Called for" are:—F. Tonkyn, James Brown, Walter Marsden, J. H. Staunton, and Albert Bell. I had one returned last week for H. Turner for Schumacher marked "Not Called for."

The British Legion badge found by Jack Trevelyan has not been called for yet. The number is 180459. I would very much like to hear from Comrades A. B. Booth, E. Dorcy, W. S. Hamilton, Frank Morel, H. D. Robinson, J. H. Staunton, and H. Turner, as I have to reply to a letter very quickly, and if I get no answer there is only one reply I can make.

Our dance at Schumacher on Halloween night was a success from every point of view, two comrades of the branch winning prizes. The Timmins branch was well represented at the dance, many members and their good ladies turning out for this event. There were many beautiful costumes and many comic costumes. Dich Turpin from the "Vale of the Esk" was very good, with "Departed Spirits," and many other costumes too many to mention. The president of the branch, Austin Neame, even took me in with his Indian costume and fierce whiskers. Mrs. Neame carried off the prize in the ladies' section. Everyone had a good time going home well satisfied. The refreshments handled by the Ladies' Auxiliary were of the usual brand—the best. Many nice remarks were made about the quality and quantity of the eats provided.

We had a very successful tag day on Poppy Day, Nov. 1st. To those ladies who braved the cold on the streets tagging, our thanks are due. This kindly help is one of the bright sides of the Legion, a side that the branch should never forget, and the branch as a whole owes a debt of gratitude to these ladies, that they can never repay. The ladies

who attended to the kitchen also deserve our praise, as the ladies tagging were thankful for the refreshments that were on hand. Tagging on street corners is a very cold job and the hot drinks and eats were quite in order. The Moose hall was kept nice and warm a comrade of the branch doing without his sleep to make fires and see that they were kept going. We are thankful for the kindly act of the Loyal Order of Moose in loaning the hall, dishes, etc.

The Doms and Porcupine tagging was supervised by our good friend, Comrade Parsons, and the ladies there did good work, over \$79.00 being collected by these ladies. Schumacher ladies did well, collecting over \$57.00. The rest of the collection of over \$256, the Timmins ladies were responsible for. To the citizens of the Porcupine go our heartfelt thanks for the noble way in supporting the Legion Poppy Day at which the sum of \$392.00 was collected.

The Vetcraft Shops in Toronto will benefit to the tune of \$600.00 for goods supplied.

So as a whole the good work done by the ladies certainly makes the Timmins branch stand out with a record that we are proud of, as the wonderful work in canvassing for wreaths, and tagging shows that even if we do live in the hinterland of this great Dominion we can hold our own along with the rest.

The shipment of wreaths arrived last Thursday and by the time this letter appears in print the whole will have been delivered. For the benefit of all who bought wreaths, I would ask them to read the advice on the Poppy campaign ticket and upon delivery of the wreaths mail your cheque to the secretary-treasurer, Timmins Branch 88, Canadian Legion c-o P.O. Box 1059, who will be only too pleased to acknowledge receipt of same.

As regards my part of the campaign I do not hesitate to say that it was indeed a pleasure to work along with such good and noble workers, on behalf of the Legion, for the good of the Legion,

for the good of those poor comrades and their families who cannot help themselves.

Our next event will be the church parade on Sunday, Nov. 9th, as advertised elsewhere in this paper.

Every comrade and ex-soldier turn out and let's make this a parade of parades, a parade showing the strength of the Legion and loyal subjects of His Majesty the King. There is no excuse to keep away as we have the parade split up into three detachments, each of which will fall out at their own churches. We have ordered a special fine day from the weatherman, so everyone remember Sunday, Nov. 9th, at 10.30 a.m., for the monster church parade.

There will be a general meeting on Monday, Nov. 10th, in the Oddfellows' hall at 8.30 p.m.; one of our happy meetings that the comrades like.

Tuesday, Nov. 11th, will see the celebration of Armistice Day which is given in detail elsewhere in this paper. Everyone who can should turn out for this parade and service at the cenotaph. This will be the most impressive event held yet in Timmins. The number of wreaths purchased this year far exceeds any other year yet, and everyone who can should turn out and pay their respects to our departed comrades who fell fighting for King and Country. The Rev. R. S. Cushing will say the prayers, and there will be addresses by His Worship the mayor of Timmins, Comrade G. S. Drew, the president of Timmins Branch 88 Canadian Legion Comrade Austin Neame, and Comrade Dr. Lee Honey. The Algonquin Rifles will be the escort and the Legion buglers will sound the Last Post and the Reveille.

There should be some nice window displays this year. Several Timmins and Schumacher merchants have purchased Vetcraft goods to complete this year.

We also have one of our usual dances at Schumacher on Armistice night. Tommy Stephens' orchestra will supply the music and of course the ladies will be on hand with their usual brand of refreshments. This dance should be well attended as Armistice Night will be long in the memory of the citizens of the Porcupine as this marks the 12th year that we have had peace in place of war.

So everyone remember Tuesday Nov. 11th, at the McIntyre hall. Dancing

from 10 to 3.

On Monday, Nov. 10th, we have a general meeting in the Oddfellows hall, and we will have to have another general meeting on Monday, November 17th, as the past vice-president of the Ontario Command, Col. F. J. Pickings, is paying us a visit on that night.

I feel sorry for the Colonel as he will have a hot time here trying to explain the actions of the Provincial Command. Anyhow I have warned him what to expect in this line and advised him to come well prepared.

We have been able during the last two weeks to do much relief work in the district among families who were in need.

Could we only publish our record since last October we would show a record of relief work to be proud of. In addition to the relief work we have had several ex-soldiers taken on at the different industries in the district.

Demands upon our purse will be heavy this winter and we will need all the funds we can get to carry on our good work.

The entertainment committee are busy now arranging for the Christmas Tree.

I might also add that through the good work of the president, we were able to get a comrade of the great war \$240.00 pension for a war disability.

Mother Restored to Family

If you asked the average happy and comfortable Ontario housewife what a gain of 9 1/4 pounds would mean to her, she would probably look aghast at the very suggestion. Suppose, however, she were in the position of Mrs. Roberts, a woman with a family of young children in a small Ontario town where there was "little to earn and many to keep," growing weaker and weaker from overwork and poverty, finally obliged to leave her little ones to friends and neighbors and betake herself to the Toronto Hospital for Consumptives.

Then began the long, long fight to put back the precious pounds, which to Mrs. Roberts and so many like her mean milestones on the road to health. Thanks to ten months of good care, rest, nourishing food and experienced medical attention, Mrs. Roberts one day saw the scales register 149—a happy gain from the 9 1/4 pounds she registered on entering the hospital.

Where is she now? Back at home, joyously taking up the care of her family, and grateful for her restoration to health. A great work assisted, which needs much assistance from friends because poverty and tuberculosis so often go hand in hand. Will you help, please? A subscription sent to Mr. A. E. Ames, 223 College Street, Toronto, will be greatly appreciated.

The president has done good work in this case, with very little thanks, in fact, more hard knocks than thanks, but any how it was done for the good of the Legion as well as the comrade who got the pension.

Comrade Bob May has done good work this week delivering wreaths all alone, as owing to extra work I was unable to help him very much. This splendid co-operation does much for the branch and we ought to be thankful that we have such good comrades who put their backs to the wheel, when needed.

The assistance rendered by Comrades Parsons, May, and Mrs. France of the Ladies' Auxiliary in delivering the wreaths has made the work of the secretary-treasurer much lighter as the order for wreaths, sprays, etc., amounted to close upon 200 orders. But as these good friends smilingly remarked, "It's all for the good of the Legion." We can rest assured that the Legion is grateful for this splendid assistance. —The Secretary-treasurer.

"Focal Infections" the Subject of Radio Talk

The rather formidable-sounding term "Focal Infections" introduces a subject which should be understood by every adult, according to one of the lectures recently broadcast by the Canadian Social Hygiene Council's "Free Radio College of Health" over a number of Canadian stations.

"Everyone knows what an infection is," the lecturer stated. "If you scratch your finger with a pin and in a day or two, instead of the scratch healing up it becomes red and inflamed and starts to discharge you know that it is infected. The material which is discharged is something the body wants to get rid of because it is poisonous. Now between an ordinary infection and a focal infection there is a tremendously important difference. A focal infection instead of discharging its poisons harmlessly as a scratch on the hand does discharges them into the bloodstream in which of course they are carried to every part of the body.

"Now, what effect has this stream of poison upon the system? Supposing you have diseased tonsils, for example. The poison from those tonsils may so affect distant parts of your body that eventually it may cause rheumatism.

"Once a young man was brought into a hospital suffering terribly. He could not sleep. He was wildly excited. Yet he had no pains, nor any known disease. The X-Ray revealed nothing. The doctor in charge, however decided to the best of his diagnostic ability the patient was suffering from the ill effects of a stream of poison being poured into his system from some hidden focal infection. Having formed that conclusion, the doctor had to undertake the difficult job of tracing down the hidden source of the trouble. Now, focal infections usually occur in some cavity of the body, as at the roots of the teeth, in the tonsils, the sinuses, gall bladder, appendix, the tubes in women and the prostate gland. Fortunately for us (because they are so easy to get) it is in the tonsils and at the roots of the teeth that most focal infections are found.

"So the doctor, having X-rayed the teeth and found no trace of infection at their roots, took out the tonsils. Sure enough, an abscess was found hidden in one of them. What happened? Within three days the boy was on the way to health. Soon he left the hospital entirely well.

"It is truly alarming, what the invading army of poison can do when it gets into the bloodstream. Rheumatism and heart trouble are extremely common results. In fact so frequently is there a relation between heart trouble and some hidden source of infection in the body that heart specialists nowadays frequently have their patients teeth X-rayed as a matter of course and often the soundest teeth have infections at their roots. This by no means defines the limits of danger however, for any organ of the body may be affected by the poison in the bloodstream.

"But merely alarming you would do very little good unless I could suggest some form of protection. Fortunately I can do exactly that. If you will go to your physician once every year, preferably upon your birthday because that will impress the habit upon your memory—and ask him to give you a thorough physical examination even though you are apparently well, he will be able to check up on the possible existence of focal infections in addition to a great many other things. Remember he does not suggest for a moment that it is absolutely certain that he can discover such an infection. All that we claim is that if such a condition exists in any part of your system he is more likely to be able to discover it than anyone else. Doctors do find such conditions in a surprisingly large number of cases and by remedying them they frequently add many years to the lives of their patients.

"Now, if we, by telling you about this, should be responsible for many years being added to your life we would feel that we certainly had not lived in vain."

Hamilton Herald:—Mr. Louis Wiley, business manager of the New York Times, has been speaking to the Inland Press Association in Chicago. He told his audience that never had there been a time when a newspaper had a more interesting world to cover, and "there has never been a time when the newspaperman was making a greater effort to give the public complete, accurate and non-partisan news." It is true that some readers when they are told facts they do not like to hear, think that the newspaperman is exaggerating or misleading; the proof of the pudding is in the eating. Experienced newspapermen who are free to find and tell the truth rarely mislead their readers.



Canadian Legion, B.E.S.L. Timmins Branch 88 Detail for Church Parade Sunday, Nov. 9th

This parade is for all Military Units—Algonquin Rifles, Timmins Branch 88, Canadian Legion, Ladies' Auxiliary Canadian Legion, all Ex-Soldiers, Boy Scouts, Girl Guides, Cubs, R.N.V.R., St. John Ambulance Brigade, and Italian Detachment.

Fall in at 10.30 a.m. Spruce Street, in front of Cenotaph in the following order:

1. Timmins Citizens' Band and Legion Bugle Band
2. Detachment for Church of England
3. Detachment for Roman Catholic Church
4. Detachment for United Church

Parade will move off at 10.45 sharp, along Spruce Street to Third Avenue, down Third Avenue to Cedar Street, along Cedar Street to Fourth Avenue. Detachment for United Church leaves the parade corner of Cedar and Fourth Avenue. Parade then proceeds along Fourth Avenue to Pine Street to Fifth Avenue, up Fifth Avenue to Spruce Street. Detachment for R. C. Churches leaves parade corner of Spruce and Fifth Avenue. Parade then proceeds along Fifth Avenue to St. Matthew's Church for 11 a.m. service

All Comrades of the Timmins Branch 88, Canadian Legion are requested to be on parade.

Armistice Day Tuesday, Nov. 11th

The Timmins Branch of the Canadian Legion will commemorate Armistice Day as follows:

The Timmins Branch will fall in on Fourth Ave., at Police Station at 10.30 a.m. sharp

In addition to Ladies' Auxiliary, Nursing Sisters, Scouts, Cubs, Guides, St. John Ambulance Brigade, Algonquin Rifles, all Organizations in the Porcupine are cordially invited to parade. Headed by the Timmins Citizens' Band and the Legion Bugle Band the parade will move off sharp at 10.40 a.m. as follows:

1. Algonquin Rifles
2. Timmins Branch 88 Canadian Legion, followed by Italian Veterans
3. The Ladies' Auxiliary, Canadian Legion
4. The St. John Ambulance Brigade
5. Girl Guides, Boy Scouts, Cubs.
6. All Organizations in the Porcupine

Parade will proceed along Fourth Avenue to Spruce Street, along Spruce Street to Cenotaph. Algonquin Rifles will form escort for ceremonial.

Upon arrival at 10.45 an address will be given by His Worship the Mayor Comrade G. S. Drew

At 11 a.m. the Legion Buglers will sound the Last Post followed by two minutes silence.

The Legion Buglers will then sound the Reveille

Prayers will then be offered by the Rev. R. S. Cushing, followed by an address by President Austin Neame of the Timmins Branch 88, Canadian Legion. The hymn "Onward Christian Soldiers" will then be sung, followed by a short address by Comrade Dr. Lee Honey. Wreaths will then be placed on the Cenotaph after the playing of "God Save the King"

Thanksgiving Sale

DOMINION STORES



The Great buying power of Dominion Stores is never more in evidence than at Thanksgiving, when big values are the order of the day.

Pure Jam	Raspberry, Strawberry or Black Currant	40 oz. jar	39c
RAISINS	Choice Seedless	1b.	10c
PRUNES	Choice Mealy Fruit	3 1b.	23c
NEW Cheese	Mild Flavoured Canadian	1b.	18c
BEANS	With Pork Aylmer Brand No. 2 Tin		10c
Coffee	Richmello Blend In Sealed Tin	1 lb.	23c
BREAD	OUR OWN "TASTY" Wrapped and Sealed at the Ovens	24-oz. Loaf	10c
BACON	"Mayfield" Machine Sliced Selected Side	1b.	39c
BUTTER	"Braeside Brand" The Finest in Canada	1b.	34c
FLOUR	White Wheat Pastry	24-lb. bag	85c
PEACHES	"Delmonte" Sliced or Halves No. 2 Tin		21c

New MINCEMEAT	2 lbs	29c	It's Pure CRISCO	1-lb. Tin	24c	A. S. Pancake FLOUR	pkg.	18c
Re-cleaned CURRANTS	lb.	15c	New BRAZIL-NUTS	lb.	25c	Pure MAPLE SYRUP	1ge bot.	73c
Victory OLIVES	40-oz. Jar	49c	New PEEL, Lemon, Orange	lb	19c	Asst. Flavours JELLO	4 pkgs	25c
Palmolive SOAP	Cake	7c	New DATES	2lbs.	25c	Assorted SPICES	2-oz. tin	9c
Quaker OATS	Large Pkg.	30c	Shredded or Desiccated COCOANUT	lb	21c	For Fine Fabrics LUX	small pkg.	9c
Chicken HADDIE	Tin	25c	Fresh JELLY ROLLS	Each	15c	Classic CLEANSER	tin	8c

- 26 Third Avenue PHONE 798
- 17 Wilson Avenue PHONE 710
- Schumacher PHONE 220

Fresh Fruits and Vegetables

- Ripe Bananas per dozen **25c**
- Cranberries per lb. **25c**
- Fancy McIntosh Apples per dozen **29c**
- Cooking Onions No. 1's 8 lbs. **25c**
- Choice Carrots 10 lbs. **25c**

Fresh Meats

- at 26 Third Avenue and 17 Wilson Avenue
- Round Steak per lb. **21c**
- Trimmed Loin Pork Chops per lb. **29c**
- Milk Fed Chickens per lb. **34c**
- Turkeys and Ducks for Thanksgiving

Fish! Fish!

1,800 lb. of Fish sold in our store last week. Another proof of quality and satisfaction