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10 Years of Eczema A Sample Relieved Her

Are you reading the weekly Canadian letters, telling stories of suffering from skin diseases and how relief was effected? Here is part of a letter from Mrs. Henry Hasz, Black Lake, Que. Write her if you desire.

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Prize Winning Essay on the Union Jack, by Cecile Martin

Cecile Martin's Composition on the Flag Wins Her the Honour of First Raising of the New Flag at the Hollinger Mine on Nov. 10th. Competition was open to Pupils of the Public and Separate Schools.

As noted in The Advance last week, in connection with raising of the handsome new flag at the Hollinger Mine last week a competition had been conducted to select the young lady or young man who would have the honour of formally raising the new flag. The competition took the form of an essay competition, the competition being open to pupils of the public and separate schools. The youngsters entered into the spirit of the event and there were large numbers of excellent essays submitted. Out of this number a few of the best were selected and these forwarded to M. O. Hammond, one of the editorial staff of The Globe, Toronto. Mr. Hammond to decide upon the one to be considered as prize-winner. The essays were on the Union Jack, and Mr. Hammond awarded the honour of being the best to the composition submitted by Cecile Martin, of the separate school. Accordingly to Cecile Martin went the honour of raising the new flag at the Hollinger on November 10th, 1930. For the flag-raising a large crowd gathered, the children of the schools being especially well represented. The essays that were considered the best were read by the pupils writing them. Mr. Geo. S. Drew at the time com-

mented on the excellence of the essay by Cecile Martin and suggested that it was worthy of note by all. On account of the crowd present it was difficult for all to hear this essay as it was read, and Mayor Drew accordingly thought it would be well worth while to have it published in The Advance, thus being available to all and on permanent record. The Advance has much pleasure in presenting herewith the essay by Cecile Martin on the Union Jack:—

The Union Jack Our flag! What is it, if not but a piece of bunting? An old coloured rag? But yet, thousands have shed their blood for its honour; look back into history, and you shall see the struggles and sacrifices of our forefathers in securing and maintaining our liberties.

Let us firstly describe the combination of our dear flag, the old-time banners of England, Scotland and Ireland. The base of it is the cross of St. George, that is, the white flag with a red cross running traversely throughout. Then was added in 1707, the Cross of St. Andrew, the white cross diagonally placed on the blue ground; finally in 1804, a new addition was made to the Jack, that of the Cross of St. Patrick—the red diagonal cross on a white ground.

Not only over these three countries flutters triumphantly our Union Jack, but all over the British Empire which includes more than one fourth of the land area of the globe.

This mighty empire extends from farthest north to farthest south, from farthest east to farthest west, girdling the globe with lands over which floats the Union Jack, our proud symbol of power, justice and freedom.

Within the Empire is found every kind of scenery, every variety of climate, every type of plant, every kind of useful animals.

Under the Union Jack live representatives of all races of the world. The Union Jack also imbues one with a sense of the power and greatness of the Empire to which we belong, and makes us realize the extent of our kinship throughout the world.

Sir John A. Macdonald, the first



SHOP EARLY 29 SHOPPING DAYS to Christmas

Prime Minister of the Dominion of Canada, said in his first election address: "My firm belief is that the prosperity of Canada depends upon its permanent connection with the Mother Country." And, half a century later, with the shadow of death upon him, he gave utterance to these words, "Under the broad folds of the Union Jack, we enjoy the most ample liberty to govern ourselves as we please, and at the same time, we participate in the advantages which flow from association with the mightiest empire the world has ever seen. Not only we are free to manage our domestic concerns, but practically we possess the privilege of making our own treaties with foreign countries, and in our relations with the outside world, we enjoy the prestige inspired by a consciousness of the fact that behind us towers the majesty of England." "You may say it's an old bit of bunting. You may call it an old coloured rag. But freedom has made it majestic. And time has ennobled our Flag!"

NORTHERN TRIP IMPRESSED CHAMBERS OF COMMERCE

The impression made upon the members of the Canadian Chambers of Commerce by their tour through the North Land last month is suggested by an article in the monthly letter issued by the Royal Bank of Canada for November. This letter in this connection says:—

The industries of Northern Ontario and Northern Quebec are mining, forestry, the tourist trade and agriculture. During the first ten days of October nearly one hundred representatives of the Canadian Chamber of Commerce visited Kapuskasing, Cochrane, North Bay, Rouyn, Timmins, Swastika, Iroquois Falls, Abitibi, Cobalt and Sudbury. It was their desire to secure a better knowledge of these industries and a more sympathetic understanding of the aims and ambitions of those who are developing the resources of this northern frontier.

"These members of the Chamber of Commerce tramped for miles through the catacombs which have been hewn out of solid rock to gain access to the troves of gold, silver, copper and nickel. In the slopes they listened to the continuous roar of the miners' drills. In the mills, where the rocks were crushed to fine dust before being chemically treated, they studied these great chemical laboratories which recover the treasures from the ore. In both mine and mill they talked with the men whose work, courage and imagination are making these riches available.

"They travelled twenty-two miles back into the woods on a logging railroad and enjoyed a lumberman's dinner in a logging camp, while French-Canadian lumbermen sang the old songs of Quebec. They followed the logs out of the woods into the towns where millions of dollars had been expended in building the stage on which they saw these logs by gargantuan mill stones and chemicals into pulp. The liquid pulp was carried through dozens of drying rollers, each fifteen feet in diameter, at an unbelievable speed, and there was no single intermediate point where these observers could feel certain that the liquid had ceased to be individual particles of pulp and had become the continuity—paper. The long rolls of paper were carried out into the freight cars and disappeared until they were later seen again on the streets carrying the latest news of Canadian development and progress.

"The people of the north country drove these representatives of Canadian industry and trade through many miles of rich agricultural land, and told them that in the future the greatest source of revenue in that country would be neither from the forests nor the mines but from livestock and harvests. Possibly this confidence in the future of agriculture in this area was the most surprising feature of the trip. "The scenery was impressive and the roads were excellent. It was easy to understand that the increase in the inflow of visitors has been so rapid that accommodations have become inadequate. There can be no doubt that this country is destined to become one of the great playgrounds of the world. The completion of the railroad to James Bay will open another important area to visitors where thousands will come to look upon the waters of this mighty inland sea.

"In spite of the present low prices for metals, newsprint and agricultural products, there was optimism, courage and enthusiasm throughout this country. The men believe in the future of their land are confident that the north country will be the stage for developments no less impressive than those which have been taking place in other parts of Canada."

Toronto Mail and Empire:—News that the skeletons of whales have been found where once there was a central sea in Michigan may be interpreted as cheerful evidence that the United States is really drying up.

GEOLOGICAL SURVEY SAYS PROSPECTOR IS ESSENTIAL

Value of the Prospector Referred to in Booklet Just Issued by the Geological Survey at Ottawa. Many Odd Facts Recorded.

Spectacular surmises often receive more consideration than important facts that may be more prosaic but still of essential value. It is so in the case of a recent booklet issued by the Geological Survey at Ottawa. This booklet is entitled, "Prospecting in Canada," and it is full of very interesting information. In reviews of the booklet appearing in the press emphasis is given in nearly every case to an incidental reference to the possibility of diamonds being found in Ontario. This reference is only an incidental one but it has the virtue of the spectacular and the romantic and so has been given much notice and attention. Without denying its admitted interest, it may be pointed out that the booklet in question has many other items that deserve emphasis. There are the references, for instance, to the prospector and his value to the country. This is something that is too often overlooked. In the preference to the booklet, "Prospecting in Canada," the position and importance of the prospector are put in a nutshell in the following little paragraph:—"Without the prospector there would be little mining in Canada today, and without him the present prosperous mining industry would soon fall. Whether the curve of mineral production will continue to soar as it has during the past 25 years will depend, not entirely but in an important degree, upon the energy and skill with which prospecting is conducted. It is highly important that prospectors should be encouraged and afforded facilities for their education. Fortunately these objects are being attained with reasonable success."

Just at the present time the prospector should receive more notice and credit (in all meanings of the word) than he is receiving. The shake-up in the stock brokerage business has seriously interfered with the work of the prospector. While the brokerage houses were going full swing the prospector was occasionally able to secure money for the development of properties he fancied. It is perfectly true that only a small proportion of the money secured from the public by some brokers went to the prospector or to actual mining, but there was some and that some came in very useful. The prospector often thought that if the broker could be kept out of the picture there would be so much more money for the mining game itself. Recently, however, the prospector has found that the fact that the broker is not getting the money does not mean that he will get it. It is apparent that some new plan must be evolved for the financing of the prospector, and to assure a fair deal for the prospector it is necessary that the value of the prospector must be recognized. It would be well, indeed, for all to very clearly recognize and appreciate what is said by the Geological Survey:—"Without the prospector there would be little mining in Canada today, and without him the present prosperous mining industry would soon fall."

The booklet, "Prospecting in Canada," covers a wide range of subjects. It describes "picks," refers to the use of "huskies," gives a brief review of gems and precious stones, presents a formidable list of Canadian minerals, tells the prospector how to survey a stretch of irregular ground, contains odd and curious facts such as that at extreme depths any rock will flow almost like putty into an opening or fissure, though in a strong rock like granite a wide crack may exist as far down as eleven miles below the surface. In the booklet, magnetic, electrical, electro-magnetic and gravitational efforts to locate mineral bodies are examined, and though a few examples of successful and profitable work with these "fancy" methods of prospecting are named, the general impression given is that there is still a long way to go with these instruments before they can have wide application. The writers confess, however, that many of the results obtained and the detail of instruments used are regarded by the manufacturers as trade secrets and that it is difficult to make a fair conclusion.

One of the limitations of the electrical method is that so far orebodies more than 500 feet below ground level could not be detected. Where the rock surface is exposed such a deposit would be likely in any case to be discoverable. Where a few feet of glacial drift covered the rock the value of the electrical prospector might be much greater.

The most curious of these scientific attempts to discover mineral is the seismic, in which an explosion of dynamite or other agent is recorded on a sensitive seismograph, the suspected body of ore lying between the blast and the instrument. The waves travel faster through certain kinds of rock and ore than others, and the results in some cases indicate the presence of ore-bodies.

In the reference to gems and precious stones mention is made of the fact that the total world production is about \$80,000,000.00, of which \$76,112,000.00 is in diamonds, and only \$1,104,000.00 in the next most valuable stone the sapphire. Reference is made in the booklet to the possibility of diamonds in Ontario. In widely separated localities south of the Great Lakes rough diamonds have been found in glacial drift gouged out of some Canadian hillsides by the ice and transported there. Somewhere in Canada lies the mother-lode of these diamonds, perhaps. It has never been located. Laborers engaged in building the Temiskaming and Northern Ontario Railway in 1903 are said to have worn bright the surface of

a vein of silver over which they walked. A blacksmith, Larose, smelted the ore in his forge before its value was recognized, the handbook relates. But not all discoveries are accidental, nor are they all on the surface.

"In Turner Valley, near Calgary, great flows of natural gas, natural gasoline, and petroleum are being drawn from a mile underground, although there is little if any trace of these useful substances on the surface."

"The gold-copper Horne ore-body in Rouyn district, Quebec, was entirely covered by soil and dense forest growth," records W. H. Collins. "According to an official of the Mond Nickel Company, their Frood ore-extension in Sudbury district was disclosed by scientific use of the magnetic needle and the diamond drill."

The need for the prospector to trace the geological history and clues back to their source or onward to their logical conclusions receives mention in the booklet. Examples are cited of mineral discoveries made by tracing the glacial debris back to its source. Iron ore in the Lake Superior region, fluorite in Madoc district, corundum in the Bancroft district, and gold-bearing quartz veins in Nova Scotia have been located in this manner. Similar methods applied to the copper of the Coppermine River area may result some day in a spectacular find of native metal. One s'lab weighing 600 pounds has been found, and many smaller pieces. Major L. T. Burwash, who spent the early summer of 1930 at Hearne, where the Coppermine flows into the Arctic, is hopeful that the mother-lode will be found. Sometimes river float of minerals gives the prospector a clue as to the site of important metal ores. The method, unfortunately for Canada, can only be applied in regions not affected by great glacial age, since metals discovered in rivers elsewhere, may be fragments brought from other parts by the ice. In the Yukon gold and tungsten have been so located. Occasionally fragments found at the base of cliffs or mountains have given prospectors a clue. In Gaspé, Quebec, lead-zinc ore-bodies were its source. The original discovery that led to the exploitation of the Keno Hill ores, Yukon, was made by tracing talus uphill.

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How would you like to lose unhealthy fat that you don't need and don't want, and at the same time feel better than you have for years? How would you like to lose your double chin and your too prominent abdomen, and at the same time make your skin so clean and clear that it will compel admiration? How would you like to get your weight down to normal, and at the same time develop that urge for activity that makes work a pleasure and also gain in ambition and keenness of mind? Get on the scales to-day and see how much you weigh—then get a bottle of Kruschen Salts. Take one-half teaspoonful every morning in a glass of hot water, and when you have finished the first bottle weigh yourself again. Now you will know the pleasant way to lose unsightly fat, and you'll also know that the six vitalizing salts of Kruschen have presented you with glorious health. That's the way Englishwomen keep slim—why not you?

SIXTEEN WAYS TO SERVE POTATOES

For a time we snubbed the potato rather rudely, in our zeal to banish excess weight. But now that strenuous dieting is no longer the fashion, potatoes are again firmly entrenched in our menus. Meals aren't meals, we find, without them. To make up for past neglect, I suggest that you send potatoes to the table in a constantly varying dress. Sometimes you will want the simple, mealy goodness of steamed potatoes or the fluffy whiteness of mashed or riced potatoes. Other times, nothing will fit in the menu so well as bursting baked potatoes, golden with butter and glowing with paprika. With sweetbreads or a tiny chop you may prefer the daintiness of creamed or O'Brien au gratin potatoes. Serve them scalloped, fried and broiled. For more elaborate dinners, have potatoes soufflé, in the half shell or French fried. Cheese combines delectably with potatoes in various ways—potatoes au gratin, Chantilly and Delmonico all being favourites of mine. It all depends upon the milk. In all of these recipes which call for milk or white sauce, I have found that the quality of the milk is most important. If you use the best of creamy whole milk, pure and sweet, you can count on a delicious sauce. You can be sure of such results, by always using Carnation Milk. It is simply the best of whole milk from selected herds, with nothing added and nothing taken out except part of the water. Being evaporated to double richness, Carnation Milk makes the creamiest of sauces, without the extravagant use of butter. Being "homogenized"—which means that the double cream content is broken up into the minutest particles—it gives a wonderfully fine, smooth texture. And this same rich creaminess and velvety-smooth texture are found in every dish in which Carnation Milk is used. Because of its uniformity, dependability, convenience and real economy, you will want it for all cooking. Try the recipe for Carnation Potatoes au Gratin, given below. Or better still, send for the Carnation Cook Book. It is free. Address Carnation Co., Limited, Aylmer, Ont. Carnation Potatoes au Gratin—3 cups cooked potatoes, diced, 2 cups Carnation White Sauce, 1 tsp. chopped parsley, 3 cup grated cheese, 1 cup bread crumbs, stirred in 2 tsp. melted butter. Heat potatoes in Carnation White Sauce\*, pour into buttered baking dish, sprinkle top with parsley, then with cheese and finally with buttered crumbs. Bake in hot (400°F) oven until crumbs are brown. Serves 5. \*Carnation White Sauce—3 tsp. butter, 3 tsp. flour, 1 tsp. salt, few grains pepper, 1 cup Carnation Milk, 1 cup water. Melt butter in top part of double boiler; add flour and seasonings and mix thoroughly. Add Carnation diluted with water and stir constantly until smooth and thick. Continue cooking over hot water for 10 minutes, stirring occasionally.

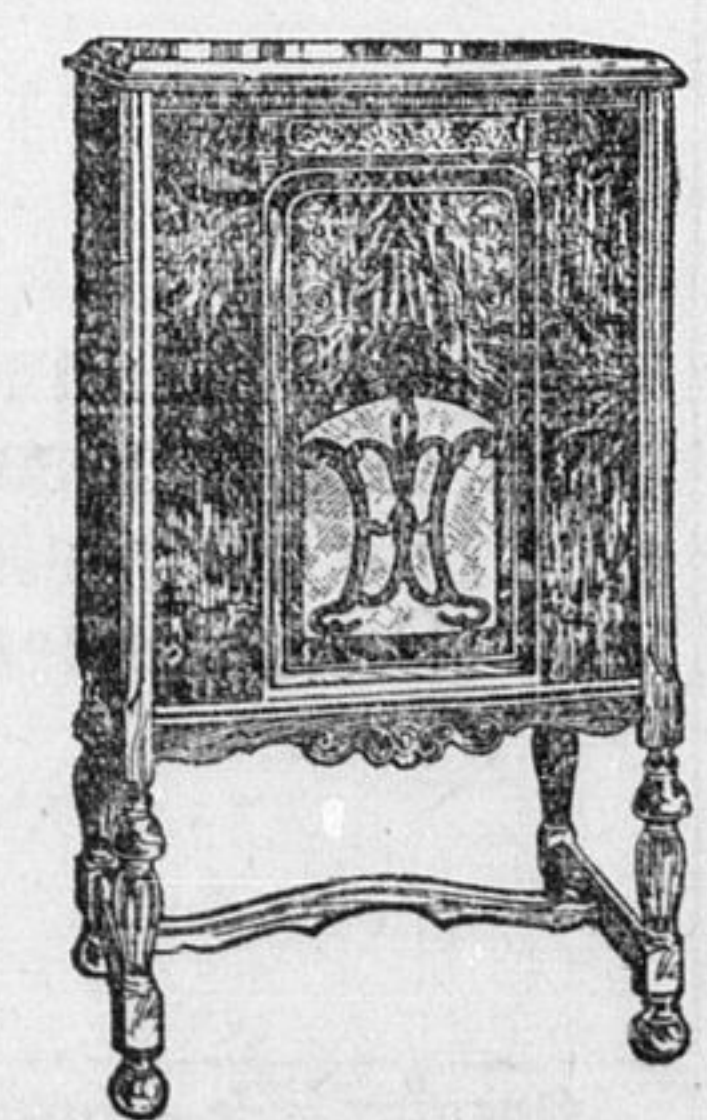
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