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ENO'S "FRUIT SALT"

Teeth and Plate Taken from Throat

Cochrane Lumber Merchant Undergoes Operation at Toronto for Odd Accident. Swallowed Part of Dental Plate While Asleep.

Despatches from Toronto last week say that a piece of dental plate, measuring one and a quarter inches by half an inch and holding three teeth, was taken from the lung of Victor Brander, Cochrane lumber merchant, by Dr. S. B. McMillan, of the Lockwood Clinic at Toronto, after one of the most unusual operations in medical records.

Four months ago Brander while on a timber cruising expedition, caught cold. One night while asleep he was seized with a violent coughing spell and without knowing it at the time bit upon the metal dental plate. The broken portion slid down his throat and lodged in his lung. He did not feel any immediate ill effects, except that his cold appeared to become more aggravated.

He missed the fragment of plate the next day, but thought it had fallen on the ground and been kicked into the camp fire. Seeking a cure for his cold, he went to physicians who confessed themselves puzzled, since he did not mention having inhaled the dental plate. Finally, he was told he had a severe case of either asthma or bronchitis, and was advised to go to Florida. So, he packed up and started. On arriving here, however, he had a coughing spell which landed him in the clinic.

Finally, X-rays revealed the presence of the dental plate. It had lodged at the right side of his left lung, just about as far as the bronchoscope could reach. The bronchoscope is an instrument used for retrieving objects from lungs. A narrow piece of metal which had bridged one of Mr. Brander's good teeth had dropped onto a cross section of the lung tissue, and was supporting the three teeth in the approximate position of an inverted "U."

Owing to the danger of breaking the narrow strip of metal if a clamp or nipper were attached to the bottom of the bronchoscope, Dr. McMillan had to try and hook the dental plate up and out by the metal strips. He did just that, but it took more than two hours of very delicate manipulation by the doctor, and said Mr. Brander, considerable nervous tension and endurance on his own part. The patient added that he hoped to be starting home in three or four days. And, in future, he's going to keep a close watch on his rear molars.

It may be added that among the surgical instruments used in Timmins there is a bronchoscope and this has been used here on more than one occasion with very successful results. By its use objects have been retrieved from the throats of children who have swallowed the foreign bodies and had them lodge in their bronchial tubes or lungs.

St. Mary's Journal—A farmer complained to us the other day that it took him over half an hour to drive to town with a cutter, now that the sideroads are not open for motor traffic. That man's grandfather originally came into this district on foot through the bush from Woodstock and was a proud man when he had his first team of oxen. The world does move!

THE GENUINE FAMILY REMEDY VALDA PASTILLES
 ARE INDISPENSABLE
 To PROTECT the respiratory organs or to HEAL them
 For Colds, Throat Affections, Laryngitis, Bronchitis, etc.

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Typhoid Fever and How to Prevent It

Valuable Suggestions Over the Radio in Regard to Preventing Typhoid. Water one of the Chief Carriers of the Germ. Files Also Active.

Prevention is better than cure. It is true that Timmins has never had an epidemic of typhoid fever, but that is all the more reason why it should not have one. The fact that some towns in this new country have suffered regular epidemics of typhoid, while Timmins has never had enough cases at any one time to constitute an epidemic, proves that epidemics of this disease may be avoided. Timmins has taken precautions to avoid epidemics and the fact that these precautions have been effective seems to suggest that the town would do well to continue to follow the advice of the Medical Health Officer and the other medical men in such matters as these. Eternal vigilance is the price of liberty, the proverb says, and the same eternal vigilance will buy a lot of safety and health. It should never be considered an off-season for thinking about health measures for the general protection. For this reason there should be special interest in a recent address broadcast over a number of Canadian stations by the Social Hygiene Council's Radio College of Health lecturer. This address was heard by several in Timmins who were particularly interested in the references to the pasteurization of milk.

The lecturer said that typhoid fever is caused by a germ, and it cannot be caused in any other way.

"Today I propose to deal with the methods by which this disease may be prevented, in fact how it could be absolutely wiped out, if the general public would only co-operate with the medical profession for their own self-protection," he said.

"Our methods of combatting typhoid are two, first, to prevent the germ from reaching its prospective human victims. Second by a form of vaccination called inoculation, to teach the victim's body how to protect itself against the disease germs if and when they do secure a foothold in his system. Let us first consider the means at our disposal of preventing these germs from getting to us. As I mentioned in the last talk cities have reduced the urban typhoid rate to a point considerably below that of rural areas by carefully safeguarding their water, milk and food supplies, especially those of milk and water. City milk is usually pasteurized and city water chlorinated—two processes to kill all germ life present in these two important fluids. So, to deal with city people. First, their principal duty in combatting typhoid fever is to see to it that their city has an alert up-to-date health department and to insist that it be empowered to have the water supply chlorinated and all milk pasteurized. There is often a great deal of dissent about the pasteurization of milk and there are many 'ants' at work in almost every community to block the introduction of this important health measure. Public health officials are agreed that pasteurization of milk is a great saver of life and health. It does not seem right that selfish interest should ever succeed in blocking such a necessary move as the passing of a pasteurization by-law.

"The problem of protection against typhoid in rural parts is very serious," the lecturer continued, "indeed rural typhoid death rates are many times as high as the death rate in large, properly-run cities. This is so because cities maintaining efficient public health departments receive the care which rural areas depending upon part time medical officers of health can not hope to have. The County Health Unit system which is annually saving hundreds of lives in Quebec, by substituting for the part time officer a full time health department in miniature should be applied to rural areas all over Canada. In the meantime however farm people should not put their trust in home filters for purifying water. Do not be satisfied that you are safe from typhoid if your well water is clear and sparkling and tasteless," the speaker warned. "Remember that typhoid germs are so small that millions of them could remain undetected in perfectly clear water."

"Keep flies away from food" was another emphatic warning given by the lecturer. Also he said:—"Insist upon the quarantine laws in your district being rigorously enforced. Do not as-

First to Do Building In Town of Timmins

J. P. McLaughlin Bought a Lot and a Half at Auction Sale on Sept. 4th, 1911, and Let Contract for Excavation the Same Day. Actual Work Started the Next Day.

Usually a newspaper is sincerely regrettable when it makes a mistake, but The Advance is rather pleased at a recent error because of the results of the mistake. A couple of weeks ago The Advance in making reference to a former popular and esteemed citizen of Timmins incidentally mentioned that J. P. McLaughlin, the gentleman referred to, was not the first to build in the town of Timmins though one of the first and a pioneer business man here. In making reference to days gone by The Advance is very anxious to be accurate and takes much trouble to be so, but there is a temptation to actually be pleased with the particular error in regard to the first man to build here as the reference has brought a most interesting letter from Mr. McLaughlin who for some years has been a resident of Toronto. This letter will prove of interest to all readers of The Advance, because of its information in regard to early days here, while the old-timers of the town and camp will find especial pleasure in perusing it.

Information given The Advance at various times by first citizens here like Chas. Pierce, the late H. Peters and others left the matter in some doubt. There seemed to be a question as to just what building was the first to be erected here. On one occasion the late Mr. Peters said that the best way would be to leave it an open question between the International Saloon (whose location was somewhere in the block between Pine street and Spruce on Third avenue) and the first post office building, later the Oriental bakery and now one of the stores near the Goldfields theatre on Third avenue. Mr. McLaughlin's letter decided the matter finally as to the first to start building in this town of Timmins. Mr. McLaughlin's letter is as follows:—

Toronto, Feb. 17th, 1931
 To the Editor of The Advance, Timmins.

Dear Sir:—In an article in your last issue referring to myself you state:—"Mr. McLaughlin was one of the first businessmen in Timmins, while not having the honour of being the first to start building in this town, etc."

My I acquaint you with the facts so as to remove all doubts as to whom the honour belongs.

The auction sale of lots took place in the afternoon of Sept. 4th, 1911. I purchased a lot and a half (45 feet) where the men's furnishings store of the Hollinger Stores, Ltd., stands, and the lane adjoining. The same afternoon I let the contract to Joe Newton's brother, Jack, for excavating the cellar. I walked out to South Porcupine that night and returned in the morning, also walking. I arrived at the Timmins townsite about 8.30, and was surprised to find that Friend Newton with one horse and scrapper had about two-thirds of the sand dumped on Third avenue and the back-end of the lot. The cellar was 48' x 32' x 7'. This was the very first break made in the soil of the town of Timmins for a building. I therefore claim the honour belongs to Mr. Newton and myself.

The honour of being the first to have merchandise for sale belongs to my friend, Charlie Pierce. It does seem quite natural too, when you consider our respective races, that I should be the first to pay out money and my friend Charlie the first to take in money. So it has continued ever since.

Here is another item that may interest you. My friend Tommy Blackman was my first customer and he tolerated me to the bitter end. But then, why shouldn't he do so? If my memory serves me right, he first met his good wife when she worked in my office. I do remember it used to take him a long time to pay his bill after he got to the store. However, I hope Mrs. Blackman does not hold all this against me still.

My eldest daughter, Mary, while not born in Timmins, was the first babe to arrive in Timmins. She was eight months old when she came here. I remember well how her cries, particularly through the night, broke the monotonous silence that hung over the townsite, only broken by the wind whistling through the jackpines. And how she could do it!

The first Christmas my wife invited all the homeless business men in town, druggists, bakers, etc., to dinner. There were about fourteen of them in all. We had a linen table cloth and napkins, holly decorations, and real turkey, and I believe, a little "Oh, be joyful." But why continue?

Yours Sincerely,
 J. P. McLAUGHLIN.

sociate with typhoid convalescents until the doctor has definitely certified them to be free from germs."

Brantford Expositor:—H. L. Varney, who formerly had the duty of ascertaining for the Washington authorities, the extent to which Red propaganda was taking hold in the United States, recently addressed the Kiwanis Club in Montreal and drew an illuminating picture of the menace. He uttered the warning that Soviet Russia "was a nation dedicated to world-wide revolution" and said that the other nations should take more heed of the "evil shadow." A shadow, it may be added, which involves denial of God and a debased and licentious method of living in place of basic family life and individual freedom.

Will the T. & N. O. Build to Matachewan

Old-Time Prospector Refers to Possibilities of the Country. Mines Might be Found in Railway Building. Elk Lake to Kapuskasing.

Last week The Advance made reference to plans made years ago for railway extensions in the country south of Timmins. On Friday of last week The Advance received the following letter from H. A. Preston, one of the pioneer prospectors of this North. This letter, taking up much of the same question dealt with in the Advance last week, though from a different angle, must have been written about the same time that the article in The Advance was penned. In any event Mr. Preston did not know then about the article in The Advance, nor did The Advance know about Mr. Preston's letter. Mr. Preston's letter follows:—

Elk Lake, Ont., Feb. 18, 1931
 To the Editor of The Advance, Timmins

Dear Sir:—Will the T. & N. O. build to Matachewan? If it does, will anyone tell me where there would be a better route than to extend the Elk Lake branch westward and thence northerly, and later on extend it right to Kapuskasing, through Timmins and Kamiskotia. At present the Elk Lake branch runs through a large farming area and there is silver and cobalt to be found along its entire length. Straight west of its end are the new gold finds in Tyrell township, and also the Gowganda silver camp is straight west. Silver surely will some day go back to profitable price and then the railway will be close to it, besides all the silver along it from end to end. If McIntyre proves a mine in Tyrell township they are entitled to the railway also.

About 18 years ago the T. & N. O. had a survey from Elk Lake to Timmins and it sure runs pretty close to the Ashley-Garvey Matachewan find. If the railway extends the Elk Lake branch along this survey it will be close to and ready for new finds which are sure to be discovered. Then there will also be considerable lumbering along it, also it will come right into a new Timagami where there are more lakes than any place in Ontario outside Rainy Lake district. These lakes are teeming with fish. It's a great tourist area and the highest mountains in this North will be seen from this branch of the T. & N. O. In fact, every mile from where it starts to Kapuskasing is rich in gold and silver and other minerals and plenty of other things to make it pay big returns. On this route it passes through the valleys of the height of land and will require less tunnels to make. I have lived in this North long enough to know it, for I am as much interested in the scenery as I am in its gold and other mining, and therefore I say:—"Look to the future, and where else is there a more promising area than south of Porcupine?" For five years I have been boosting this area and some have felt that my talk was hot air, but now Matachewan is booming and they have changed their minds. Any new finds that may be made in the eastern part can be taken care of by the main line of the T. & N. O., but the extension of the Elk Lake branch to Timmins and on to Kapuskasing will have to be built if the mining is to continue

under the best conditions, for please tell me where you will find as good a mineral area as well as such a tourist's paradise.

Where are also chances of a mine being found while the railway is being built. Everyone knows how the silver at Cobalt was found. It might be the same on this extension.

H. A. Preston.

P. S.—I have received several letters from Toronto and the States asking about Matachewan and the whole North Country as a result of writing up articles and putting them in the papers. So, it proves that advertising pays. This North is not getting one quarter the advertising it deserves. It sure needs another long stretch of road in its finest part, from Sudbury to Kapuskasing, where the most minerals are.

—H. A. P.

CANADA INTERESTED IN RUSSIAN EXPERIMENT

(From The Allis-on Herald)
 Eleven Maine timberland owners are appealing to Washington for an immediate embargo on Russian pulpwood and pulp now being imported into the United States. They point out that this Russian pulp and pulpwood are being produced under economic conditions which absolutely prohibit competition from sources where production

makes allowance for decent human needs and rights. Those who buy Russian timber, they declare, are really playing the "price of blood." Canada, in this case, is interested, and most vitally so. Russian timber is not only hitting at producers in the United States; it is hitting at Canada as well. Russia, in fact, is demoralizing the timber market, and unless steps are taken such as suggested by the Maine people, the time may well come when even Canada's newsprint position will be seriously jeopardized. It is just as well to face facts, and to face them as quickly as possible.

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Out goes the pain—down goes the swelling—the inflammation subsides. Now you're ready to go to work again for you ought to know that when you rub Joint-Ease on your troubled joints away must go all distress or money back—60 cents a generous tube—all druggists—made in Canada.

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 The call for Gin Pills comes even from far off Norway. Mr. Olaf Berg of Stenkjaer, Norway, suffered from kidney trouble and was given Gin Pills by a friend from America... "after taking them I felt better," Mr. Berg writes, "and want you to send me a box directly."

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This delightful tea menu suggested by Madame R. Lacroix, assistant director at the Provincial School of Domestic Science, outstanding Montreal Cooking School, will come in very handy next time you're entertaining. Keep it for reference.

TEA MENU
 Fruit Cocktail
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Try Madame Lacroix's recipe for *HOT CHEESE BISCUITS

1 1/2 cups flour	3/4 cup milk
4 teaspoons Magic Baking Powder	1/2 cup grated cheese
2 tablespoons butter	1 teaspoon salt

Sift flour, baking powder and salt. With two knives, thoroughly mix flour, butter and cheese. Dilute the mixture with milk to make a soft dough. Roll quickly and lightly to one-half inch thickness and cut with a round biscuit cutter. Place on top of each biscuit a cheese cube, one-half inch thick, and bake in oven at 400° F. about 12 or 15 minutes.

More than 200 interesting, tested recipes are contained in the New Free Magic Cook Book. If you bake at home, send for a copy. Write to Standard Brands Limited, Fraser Avenue, Toronto.

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