

Sinclair the Valet Observes the Seventh Anniversary of Business in the Porcupine



THE STAFF OF SINCLAIR THE VALET'S DRY CLEANING PLANT

Reading from left to right:—Miss Betty Sinclair, Mr. Robert Sinclair, Miss Hilda Rogers, Miss Helen Arnold, Mrs. Helminen, Mr. Alf. Rogers, Miss Jeanne Gauthier, Mr. Thos. Neale, Mr. Romeo Regimbal.

Seven years ago Robert Sinclair decided that a prime necessity to the town of Timmins and the Porcupine Camp was an up-to-date and modernly equipped dry cleaning plant, and once this decision was made Mr. Sinclair set to work to fill this long-wanted need.

Securing a property at 21 Fourth Avenue, he immediately started in on his own to build the plant and business known now throughout the whole North Land as Sinclair the Valet, the premier dry cleaning business in Northern Ontario.

From the modest business of seven years ago, and a staff consisting of one person, Mr. Sinclair now has a fully-equipped plant with all modern machinery, and in addition, a special feature in this business, everything is fire proof and explosion proof, and costing in the neighbourhood of \$12,000.00. The staff of one person has grown to a staff of nine with a payroll of \$5,500.00, all residents of Timmins, earning their money and spending it here, thereby a contributing factor toward the general prosperity of the town.

Service and satisfaction is the motto of the firm of Sinclair the Valet and during the seven years in business here Mr. Sinclair states that this has always been the endeavour of not only himself, but of every member of his staff.

A cordial welcome is always given to anyone wishing to inspect the plant, special attention being given to explaining the working of the various machines used in dry cleaning, and the processes used in all the lines of work from the flimsiest garment to the heaviest rug.

496 such cases to the Chief Pensions Advocate.

"At the first glance, it would seem that the new pension machinery is confronted with a hopeless task. But upon examination of the facts there is no doubt that a considerable proportion of the cases passed on by the Pension Board are not soundly founded. The weakness seems to be in the lack of provision for making the applicant responsible for the further prosecution of the claim after the Board of Pension Commissioners has dealt with it. Without further reference to the applicant and without his specific consent, the Board has continued to refer claims of all sorts to the Chief Pension Advocate. There is no good reason why the previous procedure of thorough consideration in the first instance by the Board of Pension Commissioners should not be followed. Otherwise the Board becomes only a clearing house.

"Before the present session of Parliament concludes there should be a joint conference of all concerned in the functioning of the Pension Act, including the adjudicating bodies and representatives of organized veterans, with a view to clarifying the procedure in order to permit the Act to operate in the manner intended by Parliament and the people of the Dominion.

"Since the establishment of the new pension machinery the frequent quotation in the press of the considerable number of applicants has given colour to the erroneous impression that many veterans are seeking to get 'something for nothing.' There were 'lead swingers' in the army, and no doubt there are some of that ilk still surviving in the ranks of returned men. But the vast majority of veterans are decent, public-spirited citizens. Those suffering from disabilities consequent upon their service overseas, ask nothing more than a measure of compensation for the lessening of the power to undertake the normal activities of life. Comparatively, Canada's pension provisions are fairly generous, but no payments of money can begin to compensate the man who is forced to go through life minus the use of a limb, or with broken lung tissues, or shattered nerves. Typical of the attitude of this vast majority is a letter received by Dominion Headquarters Service Bureau of the Legion from an ex-private now living in Northern Manitoba and holding a responsible public office. The letter reads, in part, as follows:—'In regard to my pension assessment as it now is, I have no complaints whatever, and in closing may I say that if it were possible for my country to give me back my health as it was in 1915 when I joined up, I would gladly pay them \$25.00 a month.'

"In November, 1929, when the first definite scheme was propounded at the Legion Dominion Convention in Regina to take care of the war veterans generally described as 'Broken Down' or 'Burnt-Out' but whose condition could not be definitely attributed to war service, there were many skeptics. The first 1930 session of Parliament enacted the War Veterans' Allowance Act, following in its main features the purport of the Legion's proposal. This Act became effective on September 1st, 1930. In seven months the administering Board has received 5,702 applications. Of these 2,252, have been approved, including 962 cases in which the applicant is under sixty years of age, and 1,290 cases in which the applicant is over sixty years of age. Applications declined total 2,304 while 750 are under consideration. The functioning of the Act has been an unqualified success. Predictions of 'auferizing,' and 'huge expenditures of public funds,' have not been borne out by the results. In fact several instances might be quoted in which this small allowance has been the means of helping many a veteran to help himself. A considerable share of the credit for the success of this measure is due to the Board, comprised of W. S. Woods (chairman), Lt.-Col. Douglass Carmichael and Major F. J. G. Garneau. They have faithfully adhered to the spirit and intent of the Act, and are deserving of the thanks of war veterans and the nation for the manner in which they have carried out, thus far, their trusteeship."

This is very interesting to all ex-soldiers and should stimulate the growth of the Legion.

All our report for April was in the mails on May 1st on its way to Toronto so our provincial command cannot say we are behind in our work.

Our relief fund came in very handy last week paying the board of two ex-soldiers who were hunting for work. Our relief fund for the last month has come in very handy indeed, many an ex-service man having the energetic officials of the branch, and members of the committees to thank for the helping hand of the Legion.

The red parade on May 1st turned out to be another farce, the reds being properly cowed this time. I think the strength of the Legion and the patriotic spirit and the loyalty of the good citizens of the Porcupine, has struck a fear into these reds that the loyal citizens of the Porcupine will stand no nonsense. So I think that the Legion has directly, and indirectly done much to help to stop the reds in their May day parade,—the first May day parade, that has not taken place in Porcupine for a number of years.

—The Secretary-Treasurer.

New York Times:—After having risen fairly steadily, toward the 4,500,000 mark during the last few years, the population of Greater Berlin experienced a decline of about 17,000 during the first nine months of 1930. Deaths exceeded births by 3,000 during this period. German papers say that the relatively greater unemployment in Berlin has caused a reversal of the usual flow of population from the provinces to the capital.

Boy Scouts Study Life-Saving Plans

Lessons in Artificial Respiration Taken by Timmins Boy Scouts. Drill, Boxing and Wrestling Also Enjoyed.

On Wednesday the 29th considerable time was spent in instructing the boys in artificial respiration. As you know there is a special campaign being conducted by Scouts this month. Mr. J. Faithful was good enough to spend an hour with the Scouts and gave them very thorough instruction in this line of life saving. The following summarizes the points dealt with:—

Save Life from Drowning.
Every year there are lives lost from drowning, electrical shock and gas poisoning and these lives might have been saved had someone been present who was able to carry out the Prone Pressure Method of artificial respiration. A considerable amount of training has been carried out in artificial respiration and during the first part of May a definite campaign is being conducted by the Boy Scouts to make sure that each one of the 15,000 Boy Scouts in Ontario is trained thoroughly in artificial respiration and is competent in an emergency to do everything possible to save the life of the unfortunate victim.

Over a period of years linemen, station operators and other employees of the electrical public utilities in Ontario have been trained in Prone Pressure Resuscitation. As a result of this training, a number of lives have been saved not only of fellow-employees, but also those of members of the public. The employees of the electrical utilities are co-operating with the Boy Scouts and are giving demonstrations of the method to the various troops of Boy Scouts in the Province.

The method is not difficult, but needs practice and in the hope that even some adults may be interested in receiving this training, the standard technique of Prone Pressure Resuscitation which is followed by practically all organizations teaching artificial respiration in North America is herewith given in detail:

Standard Technique—Instantly Attend to Victim's Breathing.

1. Lay the patient on his belly, one arm extended directly overhead, the other arm bent at elbow and with face turned outward and resting on hand and forearm, so that the nose and mouth are free for breathing.
2. Kneel straddling the patient's thighs with your knees placed at such a distance from the hip bones as will allow you to assume the position shown.
3. Place the palms of the hands on the small of the back with fingers resting on the ribs, the little finger just touching the lowest ribs, with the thumb and fingers in a natural position, and the tips of the fingers just out of sight.
4. With arms held straight, swing forward slowly so that the weight of your body is gradually brought to bear upon the patient. The shoulder should be directly over the heel of the hand at the end of the forward swing. Do not bend your elbows. This operation should take about two seconds.
5. Now immediately swing backward so as to completely remove the pressure.
6. After two seconds swing forward again. Thus repeat deliberately twelve to fifteen times a minute the double movement of compression and release, a complete respiration in four or five seconds.
7. Continue artificial respiration without interruption until natural breathing is restored, if necessary, four hours or longer, or until a physician declares the patient is dead.
8. As soon as this artificial respiration has been started and while it is being continued, an assistant should loosen any tight clothing about the patient's neck, chest or waist. KEEP THE PATIENT WARM. Do not give any liquids whatever by mouth until the patient is fully conscious.
9. To avoid strain on the heart when the patient revives, he should be kept lying down and not allowed to stand or sit up. If the doctor has not arrived by the time the patient has revived, he should be given some stimulant, such as one teaspoonful of aromatic spirits of ammonia in a small glass of water or a hot drink of coffee or tea, etc. The patient should be kept warm.
10. Resuscitation should be carried on at the nearest possible point to where the patient received his injuries. He should not be moved from this point until he is breathing normally of his own volition, and then moved only in a lying position. Should it be necessary, due to extreme weather conditions, etc., to move the patient before he is breathing normally, resuscitation should be carried on during the time he is moved.
11. A brief return of natural respiration is not a certain indication for stopping the resuscitation. Not infrequently the patient after a temporary recovery of respiration, stops breathing again. The patient must be watched and if natural breathing stops, artificial respiration should be resumed at once.
12. In carrying out resuscitation, it may be necessary to change the operator. This change must be made without losing the rhythm of respiration. By this procedure no confusion results at the time of change of operator and a regular rhythm is kept up.

Important Points.
The most important points in connection with artificial respiration are:

1. Start artificial respiration as quickly as possible after the accident.
2. Know Prone Pressure Method perfectly.
3. Keep the patient warm.
4. Carry out artificial respiration until the patient breathes or there are

definite signs of death.
(Success has been achieved after eight (8) hours of effort).

5. Transport the patient to home or hospital in a lying-down position and put him to bed.

If the above method is carried out by trained persons after an accident, there is no doubt that many persons will be alive to enjoy next Christmas that but for the action of artificial respiration would have passed on.

Drill, Wrestling and Boxing
Following the period of instruction in artificial respiration were a few minutes of drill and the balance of the evening was spent in wrestling and boxing. Some of the boys can put on quite a nice exhibition of these two splendid forms of exercise.

One of the boys passed his compass test for the second class badge and another boy had been examined by a member of the Technical School staff for his electrician badge and plumbing badge.

The following are the requirements for the electrician badge:—

1. Name the elements of a chemical cell and by diagrams indicate its component parts.
2. Make simple electro-magnet and describe its action in the case of an electric bell and a telegraph sounder.
3. Make a diagram of the electric circuit, when batteries supply the current, used for (a) an electric bell with one or more push buttons; (b) telegraph key with relay and sounds, and (c) the telephone.
4. Explain how to make a simple electric motor and how it operates.
5. Explain what occurs in (a) an incandescent lamp, (b) an electric iron and (c) a vacuum cleaner, when electric current is applied.
6. What precautions should be taken to avoid electric shock or burns when working with or near electric appliances or wires?
7. What first aid methods should be applied to a person rendered unconscious by severe electric shock?
8. Explain the importance of electricity to everyday life and to industry.
9. Have a general knowledge of the by-laws in his community governing

the installation of electric wiring and fixtures.

The above may not seem hard to the electrical man but quite a lot of work is required of the boy of twelve to eighteen years in order that he may obtain this badge. But that is one thing Scouting is for.

—Scoutmaster.

Christian Science Monitor:—Some stores in Paris have installed electric systems which light up the show windows whenever a pedestrian passes. Those who find themselves unable to resist the temptation of purchasing unneeded objects might possibly appreciate more, however, a system which would put the lights out as they pass.



An All-Weather Recreation

NO rain checks issued for Billiards. You can enjoy a game night or day in any weather, any season of the year—and never tire of this greatest indoor pastime, especially when played on our modern Brunswick equipment.

(Your Name Here)

billiards
A Gentleman's Game
Stevens' Amusement Parlours
Pine Street South, Timmins

HOT WATER

See us about heating water at low cost with electric or jacket heater.

Smith & Elston Limited
71 Third Ave., Timmins
16-19

The Canadian Legion in the Porcupine

By the Secretary-Treasurer

This week we start off well with the following applications in for membership:—Comrades George Golden, Adam Rowley, H. C. Rogers, E. Hamelin, and Robert Peck. This makes five more towards the good cause. We look like having a record line-up for the general meeting on May 25th.

On May 11th there will be a smoker at the Oddfellows hall with a small nominal charge for admission. There will be eats, smokes, and 'cawfee' of the Porcupine brand and a good entertainment is promised. See advert elsewhere in this issue.

On Saturday night, May 9th, the Legion Buglers have an old-time dance in aid of the bugle band. So everyone 'Tamarack it down' on the old pine floor and support the Legion Bugle Band.

On Sunday, May 24th, Victoria Day, there will be a monster drum head service and a parade of the Canadian Legion. This parade will be held in the afternoon so we expect to see a full turnout, and show the Legion in the Porcupine in full strength. All comrades are promised by Comrade Sky that he will take a movie photo of the parade, so that everyone can see how they all look when on parade. I understand Comrade Sky has a special camera for this occasion with special lens to stand the shock.

Legion news is scarce this week.

Our Legion recruiting officer turning up with two application forms as usual, started Comrade Graves on the war path and he secured a new member, Comrades A. Evans, and Yuntha Thomas being responsible for one new member each.

I expect the new card cases in this week, so I will be able to forward all members paid up for 1931, their card.

I had a letter from Comrade Mc-Lauchlan this last week and he wishes our branch of 400 members the best of luck and that he is proud of the little memento that we presented to him.

This week I received two new books with the Legislation relating to ex-service men and women. The president has one and I have the other. These books explain the pensions act with amendments up to and including 1930, War Veterans Allowance Act, 1930, and the Returned Soldiers' Insurance Act, the Soldiers' Settlement Act, with amendments up to and including 1930.

Below is a little information that I thought would be interesting to the comrades:—

"A question in the House of Commons at Ottawa has brought out the interesting fact that since the inception of the new pension machinery on October 14th last, a total of 16,125 cases have been passed to the Chief Pensions Advocate for subsequent consideration by the Pension Tribunals. Of this number, 3,518 have been prepared for hearing by the Tribunals, leaving 12,357 cases still to be dealt with. Under the amended Act all applications go, in the first instance to the Board of Pensions Commissioners which has the right, should the written application and evidence be regarded as sufficient to establish the claim, to make a decision favourable to the applicant. Otherwise, the claim is passed on to the Chief Pensions Advocate to be taken before the Tribunal. The Board has referred 14-

Starting May 1st, 1931

THE MEAT AND VEGETABLE MARKET

Will Continue its Business

15½ Mountjoy Street South

OPEN ALL DAY TWICE A WEEK

Tuesday and Saturday

Our Want Ad. Column Brings Sure Results

WALTER'S CLOROPHITA LAXATIVE POWDER

Is not unpleasant as the liquid proves to be for many persons.

This powder to be taken diluted in some cold water, tea, lemon water, sugar water, prune juice or wrapped in wafers. Three hours after taking the powder drink one cup of hot bouillon or bovril. Every dose will operate three or four times. When a first dose does not procure effect repeat it the day after in a little larger quantity. In this way everyone may determine the dose which is most adaptable to their own condition.

DIRECTIONS
For a grown person, one sixth to one quarter a box or a teaspoonful. From 12 to 16 years, one eighth and from 4 to 10 years old, the sixteenth part of a box. These doses may be augmented or diminished according to the strength of the condition. For recent constipation two or three doses are usually sufficient. For chronic constipation the treatment must be prolonged 2 or 3 days consecutively every week until the desired effect is obtained.

During the treatment follow a healthy and simple diet, viz: good beef tea or soup, some roast chicken, choice fresh and ripe fruit, boiled beef, and good wine diluted with water.

A. O. WALTER, Proprietor
PORQUIS JUNCTION, ONTARIO.

Sold in Burke's Drug Stores and 68½ 6th Ave. Timmins

Walter's Itch and Eczema Ointment, results guaranteed. For 'flu' take O. R. Walter's Chlorophita Laxative Powder and Walter's Cough Remedy; Stomach and Bowel Regulator, Nerve and Heart Strengthener, Tonic for Female Diseases (Leucorrhoea and Whites).

Hundreds of Testimonials have been received and are on file.

Lapalme & Van Rassel
GENERAL CONTRACTORS
REPAIR AND CONCRETE WORK A SPECIALITY
Estimates Gladly Given
OFFICE AT
1 Spruce Street South Phone 647
-184f

For Sure Results Try a Classified Ad.

THOUGHTFUL CARE AND DIGNITY CHARACTERIZE OUR SERVICE

S. T. WALKER
FUNERAL DIRECTOR
TELEPHONE 509 81 THIRD AVENUE
OPEN DAY AND NIGHT
TIMMINS

SIMMS, HOOKER & DREW
INSURANCE IN ALL BRANCHES
REAL ESTATE
Houses and Lots for Sale on Terms

DOMINION BANK BUILDING
Opposite Goldfields Hotel Block
TIMMINS
PHONE 112
Residence—PHONE 135

AUTOMOBILE INSURANCE RATES REDUCED FOR 1931

See us before placing your business. Are you familiar with the Financial Responsibility Law?

INSURANCE OF EVERY DESCRIPTION SECURITY SERVICE

SULLIVAN & NEWTON
Goldfields Hotel Block
23 Pine Street N. Timmins, Ontario
Phone 104

South Porcupine Phone 15

EVEREADY SERVICE STATION
(Most Up-to-date Garage in the North)

General Auto Repairs Body Work and Painting

We will estimate a complete motor overhaul, painting and body repairs. Our prices are right and all work guaranteed.

The Towing Car is at Your Service

Bargain on 3-bar Buffers—\$15.00 each
Regular price \$32.00

44 BRUCE AVENUE SOUTH PORCUPINE