

Kitchen

Cook ELECTRICALLY

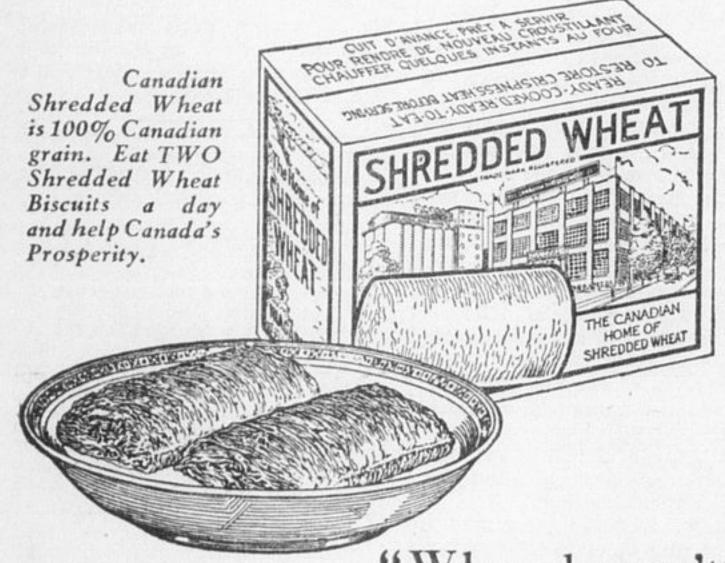
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"My dear, it's so simple you'll laugh. I just make sure that I don't eat too much for lunch. For example, this noon I had two Shredded Wheat Biscuits covered with berries and a pitcher of half and half. That's what I call an ideal lunch. The big idea is the Shredded Wheat-it's so light, nourishing and easy to digest, it keeps me comfortable on a hot afternoon."

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Notable Boys' Camp Opening Near Orillia

Camp Under Auspices of the Ontario Athletic Commission is Unusually Well Equipped and Situated. Camp to Open on Saturday, August 8th.

The opening of the Ontario Athletic Commission camp near Orillia arranged for August 3rd has been postponed until the Saturday following, August 8th. Difficulty in securing electric connections from the Hydro was the main reason for the laying over of the official opening to the later date..

The Commission is taking care of the expenses of twenty boys from all parts of the province. These lads have been selected from the outstanding athletes among the schoolboys who have also shown more than average keenness in their studies.

The camp is situated on Lake Couchiching near Longford and some six miles from Orillia. It consists of a quarter-mile cinder track, tennis courts and housing for some fifty or sixty boys with every modern convenience.

Walter Knox has been appointed ceach for the camp, this year. He has handled Olympic teams, is at present coach at Queen's University and was himself professional all-round champion of the world which title he still holds though there has been no contest for it for some years.

The camp which is one of the very best equipped athletic centres in the world is ideally situated for swimming and boating and has a water frontage of some four hundred yards.

A medical man will be in attendance at the camp and all candidates will be examined on entering and the greatest care taken of the health of the boys during their stay there. It is a remarkably healthy spot with a limestone foundation all over the property and an up-to-date water system has been installed.

This camp is under the direct supervision of the commission which works under the Department of Health of the Provincial Government and it has an object:-to coach the best athletic talent in the schools of the province in the latest and best systems in every department of track and field sport. The camp will not be a rest centre but will buzz with athletic activity. On the other hand care will be taken that these boys build up rather than burn out in their training.

taken care of by the commission there posed to the proposal emanating from contents, he found the structure so will be room for probably thirty or for- Sault Ste. Marie to the effect that an thoroughly in the grip of the flames ty more who will have to pay their own "unofficial legislature for the whole that he had to retire. Nothing was way, but the charge will be at cost. North" be formed, with the first meet-Enquiries may be addressed to J. L. ing of this body to be held at Sault succeded in preventing the fire from Murray, 15 Queen's Park, Toronto 2, Ste. Marie on August 25th. Cobalt, spreading to the priest's house and

MAN WANTED IN PORCUPINE SENTENCED TO TWO YEARS

bery under arms in Rouyn on June land Post says on the matter attention having. In other words where they 13th., was sentenced to two years in may be drawn to that newspaper's ap- used to have a good haul they now St. Vincent de Paul penitentiary, parent joy, because after several recent are having a hard pull. when he appeared in the district disagreements, it is in agreement with magistrate's police court at Amos on The Advance in this particular mat-Wednesday of last week. Labelle held ter. A story used to be told of the late up Rock Delongier, Rouyn, at the rear | Magistrate Dennison of Toronto. Apof the Commercial Hotel there, using peal had been made against a decision a revolver to cow his victim and re- made by Magistrate Dennison, and the lieving him of all his money. He was higher court had sustained the finding captured a few days later. Leniency of the magistrate. When a lawyer was shown by Magistrate H. R. Fiset friend informed Magistrate Dennison of Rimouski, Que., owing he stated, of this support of his decision, his comto Labelle having to appear in two ment was:-"Well, I still think I am other courts on charges, including one right in the matter notwithstanding." of bail jumping at South Porcupine and of forgery at Kirkland Lake. The prisoner claims to be former middleweight boxing champion of Canada, and to have served in the 22nd Battalion with the rank of sergeant-

or cigarettes.



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Strong Suspicion For Sault Proposal

Plan for "Unofficial Legislature" Apparently Designed Only for the Advantage of Sault Ste. Marie and District.

expressed themselves as against the blaze is a mystery." proposal. Last week The Cochrane Northland Post expressed its opinion The Northern News last week says: - editorially on the matter. Before re-"Gaston Labelle, convicted of rob- counting what The Cochrane North-To revert to the editorial by The Northland Post, here is the reference in full:-

"As we have had occasion during the past few months to differ in our viewpoint with The Porcupine Advance it is with a distinct sense of pleasure that we find ourselves in agreement, Blairmore (Alberta) Enterprise : for once, with our worthy contempor-Times are tough. Four times this ary. Like the Advance we view with week we have had calls from men so strong suspicion the "unofficial legisladown and out that they begged for ture" which is being proposed by Edififty cents or a dollar to buy tobacco | tor Curran of the Soo Star, and also supported by Fort William, Port Arthur and Sault Ste. Marie, and refer-Huntingdon Gleaner:- Telephone red to in our columns last week. That calls for the services of Cardinal, the idea has so far failed to find fav-Ontario, village electrician, or the our in this section is significant. The waterworks superintendent, or the con- general opinion appears to be that stable, or the caretaker, or the pound- Northern Ontario and Northwestern keeper, or the sanitary inspector, or Ontario have but little in common, and the weed inspector, bring W. J. C. that by uniting with them we, in Nor-Gamble on the run. Gamble is all thern Ontario would be playing the seven of the aforementioned officials, role of the monkey who hooked the chestnuts out of the fire for someone else. We have been assured that expenditures here would have to be curtailed because the northwest section was complaining that too much was being spent here and not enough there. If then, we support them, it will be to our own loss.

"It would appear, however, that there is one point in common interest, and that is an increase in the annual allocation for the development of the northern part of the province. When the relative sizes of Old and New Ontario are considered, it becomes quite evident that the amount of money expended annually in New Ontario is not in keeping with the size of the territory which it has to cover. The sum of money set aside each year is woefully inadequate, and the North suffers accordingly. Every dollar which has been spent by the province in the North has been returned many fold to the South in industrial development and other ways. Increased expenditure in the North would have a correspondingly beneficial effect in the South, and the province as a whole would benefit. Though there are many problems common to both territories, we cannot see that the proposed body could deal with them any better than existing organizations. We have already elected representatives in the Legislature who

are earnestly striving on our behalf, meetings of such a body. If we are to send him to Montreal for treatment. have an "unofficial legislature," then let us have two of them, one for each section. Let the Northwest hold their meetings in Sault Ste. Marie or where, they wish, and let us have one meeting in some town fairly central to this section. But it does not seem practical to have one for such a large territory. The delegates attending meetings of such a body would have to do so at their own expense; unlike members of the Legislature, they would receive no compensation for the time away from their business; and few, if any, of the municipalities hereabouts are in a financial condition to stand the expense of paying the expenses of the delegates.

"There is no question but that the Northern, and by far the larger part of the province needs more attention, but we question that this proposed "unofficial legislature" is a practical move, or that it will help solve our difficulties. In any move to increase expenditure in the North, our friends to the west can always count on our support, but if it is merely to be a change in the apportioning of the present expenditures, it is hardly reasonable to expect our support. Any proposal designed to improve conditions in the North generally, or to overcome its difficulties, will be most welcome here. and will be generally supported, but no attempt to divert expenditures from our section to Northwestern Ontario, will be tolerated.'

BURNED DOWN AT CHARLTON

The Haileyburian last week says:-"Word was received here yesterday that St. Stephen's Roman Catholic church at Charlton, 45 miles away, was destroyed by fire about nine o'clock Tuesday night. The cause of the blaze is unknown, but when Rev. Father Roy McMahon, parish priest The opinion of this part of the North there, tried to enter the frame buil-Besides the twenty boys who will be seems to be directly and strongly op- ding in an effort to save some of the saved, but a volunteer bucket brigade Timmins, New Liskeard, Kirkland sheds nearby. No candles had been Lake, Haileybury and other towns have left burning and the origin of the

> St. Mary's Journal-Argus:-A good deal is heard nowadays about the difficult competition the railroads are

Huntingdon Gleaner: A twelveand in addition we have the Northern year-old boy from an Eastern Town-Ontario Associated Boards of Trade. ships farm, who was born blind, had Inasmuch as there is a very limited in- the bandages removed after an opterest in the latter body, we are not at eration on his eyes, and was able to all hopeful that any more interest see, for the first time in his life. He would be shown in this proposed "un- will have 90 per cent. normal vision official legislature." A further objec- with glasses, it was said. Dr. F. T. tion is that, being held in Sault Ste. Tooke, the Montreal surgeon who res-Marie, which is a considerable distance tored the lad's sight, said the operafrom this section, it would be entirely tion was simply one of removing cadominated by the Northwest, as there taracts that had been present from are few individuals in this section birth. The plight of the boy had been who are in a position to undertake the discovered by the Junior Red Cross, expense and loss of time to attend the which raised the necessary funds to

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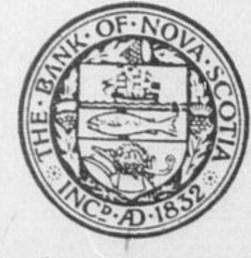
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