

Whole Wheat an Ideal Diet for These Times

In these days when family incomes are often insufficient to afford expensive foods many medical men urge housewives to concentrate on those cheaper articles of diet which are known to possess high food values. Whole wheat foods, for instance, are remarkably economical in that, while inexpensive, they contain many important elements necessary to build up and sustain bodily health.

"Shredded Wheat" is a striking example of a whole wheat product which can be served in many appetizing forms. It is made entirely of Canadian whole wheat, with nothing added and nothing taken away. It is perfectly palatable yet inexpensive and two biscuits of it served with whole milk makes a perfectly balanced meal for either children or adults.

The manufacturers of this popular commodity, have for years been educating the public through advertising to appreciate the food value of the whole wheat berry and, realizing the need for popularizing the purity of standard articles, are arranging a complete "Shredded Wheat" processing unit for demonstration at the forth-coming Canadian National Exhibition in the Pure Food Building. The public will thus be able to see whole grains being spun into flimsy shreds before being baked into the well-known "Shredded Wheat" biscuits.



From MONTREAL and QUEBEC LIVERPOOL

Aug. 19	Duchess of Atholl
Aug. 21	Melita
Aug. 26	Duchess of Bedford
Sept. 2	Duchess of Richmond
Sept. 4	Montclair
Sept. 9	Duchess of Atholl
Sept. 16	Duchess of Bedford

BELFAST-GLASGOW

Aug. 21	Melita
Sept. 4	Minnedosa
Sept. 19	Melita

Havre—London—Hamburg

Aug. 27	Montclair
Sept. 10	Montrose

Havre—Southampton—Antwerp

Sept. 3	Montclair
Sept. 10	Montclair
Aug. 19	Empress of Britain
Aug. 29	Empress of Australia
Sept. 5	Empress of Britain
Sept. 12	Empress of France
Sept. 19	Empress of Australia

Full Information From Your Local Agent or write C. H. WHITE, DISTRICT PASSENGER AGENT, C.P.S., NORTH BAY

WORLD'S GREATEST TRAVEL SYSTEM

TEMISKAMING AND NORTHERN ONTARIO RAILWAY

Train Service

The Continental Limited, Trains Nos. 1 and 2, between Montreal and Vancouver, daily operating through sleeping cars. These trains use Canadian National Railway Station at North Bay.

Trains Nos. 46 and 47—Through service daily between Toronto and Timmins, Iroquois Falls, Rouyn and Noranda, operating Cafe Car Service between North Bay and Swastika, through sleepers between Toronto and Timmins, also between Toronto, Rouyn and Noranda, Que. These trains use Canadian National Railway Station at North Bay.

Train No. 17—North Bay to Cochrane Mondays, Wednesdays and Fridays.

Train No. 18—Cochrane to North Bay, Tuesdays, Thursdays and Saturdays.

Trains Nos. 17 and 18 use Canadian Pacific Railway Station at North Bay. Local service between Cobalt, Fountain Falls and Silver Centre Mondays, Wednesdays and Saturdays.

Connections at Elton for Elk Lake, daily except Sunday.

Connections at Englehart with trains No. 17 for Charlton Mondays, Wednesdays and Fridays.

Connections at Englehart with train No. 18 from Charlton Tuesdays, Thursdays and Saturdays.

Connections at Swastika, daily, with the Nipissing Central Railway for Kirkland Lake, Cheminis, Rouyn and Noranda, Que.

Connections at Porquus Jet, daily for Iroquois Falls.

Connections at Porquus Jet, daily for Connaught, South Porcupine, Schumacher and Timmins.

Service daily except Sunday between Cochrane, Island Falls, and Fraserdale Service Mondays, Wednesdays and Fridays between Cochrane, Island Falls, Fraserdale and Coral Rapids.

See current Timetable or apply to any T. & N. O. Railway agent for further particulars.

A. J. PARR,
General Freight and Passenger Agent
North Bay, Ont.

Tropic Land Exists on Canadian Coast

Despatch Makes Interesting Reading in View of the Address Here Last Week by Dr. Stefansson at the Chautauquas.

In his address at The Chautauquas here last week Dr. Vilhjalmur Stefansson had much to say about the misconceptions entertained by most people in regard to the arctic. A local citizen in commenting on the lecture said that the North Land should be particularly able to sympathize with the arctic in regard to the false tales that may be told, as there is an equally erroneous idea prevalent in the South in regard to the North Land and its climate and conditions. This local citizen recalls the fact that before he came here he was seriously warned by friends as to the discomforts, the dangers and the hardships of the North. He took a chance, however, on the matter, and after coming here he found that the tales told in the South about the North were much like the stories about the arctic to which Dr. Stefansson objected.

It would seem that in the matter of climate and conditions particularly many parts of Canada are misrepresented. While British Columbia has advertised its mild temperature to such an extent that it is looked upon now as a land of sunshine, still for anyone to suggest that it has a regular tropical land within its borders would be to tempt contradiction or disbelief. The following despatch from Vancouver, however, tells of just such a tropical section in British Columbia and backs it up with detail and authority:

Believe it or not, says this despatch, there is a place in British Columbia, where orchids can be gathered in handfuls and where the game is so fat from over-feeding that it can scarcely walk. The Tropical Valleys of British Columbia—as they are known—are believed to stretch over 300,000 acres and to abound in all sorts and kinds of vegetation and game that is not to be found in any other part of Canada. Fabulous stories of gold are told in connection with this fruitful land, and old prospectors will tell of vast mineral resources that will some time be opened up to afford wealth to the country.

This territory has been in the news because of the American expedition, headed by Dr. J. Norman of Philadelphia, which is now taking its slow way across mountain range and down swift-flowing river to the junction of the Liard and Toad River, the gateway to this marvellous land.

Eleven guides, eighty horses and 5,000 pounds of provisions comprise the outfitting for the party of four, which includes H. G. McCusker, Canadian government topographer, who has been lent for this expedition.

But British Columbia does not expect to be startled by the country that they find, for, in 1913-14, these valleys were surveyed by Major E. B. Hart, F.R.G.S., who explored this territory and compiled an authentic record for Sir Richard McBride, who was then premier.

In this valuable manuscript, gathering dust in the provincial buildings in Victoria, is an interesting account of the existence of a warm valley of 300,000 acres. Starting at the junction of the two rivers an area of 25,000 acres of open grass-covered benches, was discovered. The Toad River at this point runs through a valley averaging two miles in width, and beyond this is a beautiful part of the country. This portion, while not tropical, is warm and in winter depth of snow is only about six inches, while less-favoured areas in the same longitude are blanketed by three and four feet.

Here on bottom lands are found luxuriant pine grasses, pea-vines, vetches, lupins, and even orchids, while scattered growths of poplars have a diameter of fifteen inches. For several miles steam can be seen rising from the springs, that extend several miles along the river, one particular spring being extremely hot.

These springs extend for 200 miles in a northwesterly direction between the Rockies and the Foothills, and a series of warm valleys is reported for this distance. According to Major Hart, these hot springs are due to a weakness in the earth's crust.

There is no doubt that vegetation in this district, which lies parallel with the Yukon, is similar to that of Southern countries, and animals that abound in that part are extremely well fed on the luxuriant growth.

Some time, when motor roads and railways open up the North country, a visit to Canada's tropics will be part of the itinerary of every tourist.

In the frozen North today—the tropics tomorrow—might well be the slogan to encourage people to visit Canada's coast.

Woodstock Sentinel-Review—In connection with a series of articles on Sunday motor journeys in Ontario, it is suggested that it is often "a bit difficult" to figure out just where to go—some place that is new to you. Well why not try going to church?

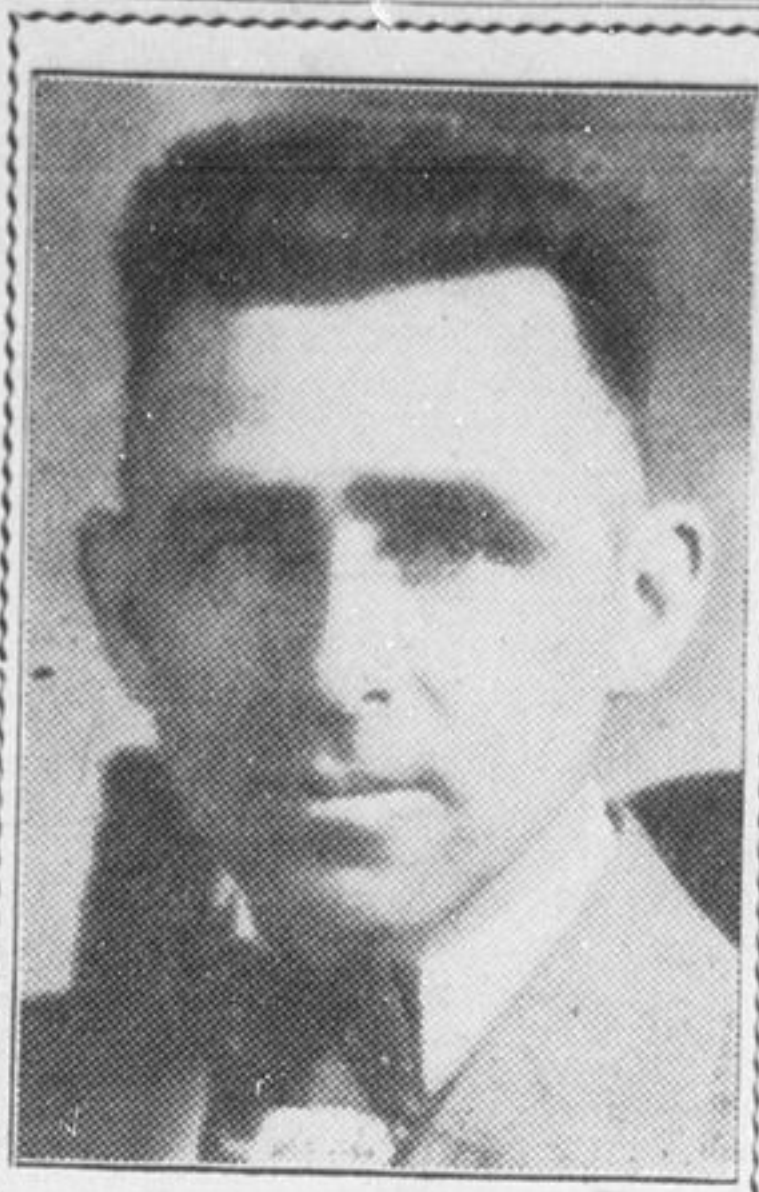
THOUGHTFUL CARE AND DIGNITY CHARACTERIZE OUR SERVICE

S. T. WALKER
FUNERAL DIRECTOR

TELEPHONE 509 81 THIRD AVENUE

OPEN DAY AND NIGHT

TIMMINS



J. D. BRADY

The London Life Insurance Company wishes to express publicly its appreciation of the work being done by Mr. J. D. Brady of Timmins. In a recent Dominion-wide Efficiency Contest Mr. Brady was awarded honourable mention.

The London Life is grateful to the people of Timmins and vicinity for the reception that has been accorded their efforts to give a thorough service in building and maintaining life insurance estates.

Fifteenth Jubilee of the Frigidaire

Nearly Three Million Electric Refrigerators Now in Use. Mass Production Has Decreased Price. All Homes Now Have This Modern Necessity.

A fifteenth anniversary jubilee, marking the brief span of years in which the electric refrigerator industry has grown from a swaddled infant to one of the most active and robust members of big business, is being celebrated by Frigidaire Corporation during July and August, it was announced recently by E. A. Lowden, Canadian manager of this General Motors subsidiary.

A programme providing for participation by the public as well as by the vast Frigidaire family throughout the country has been arranged and the jubilee has been formally opened in showrooms everywhere, the announcement stated.

"Fifteen years ago," said Mr. Lowden, "there were few electric refrigerators in use. These were in the homes of the wealthy and this new form of refrigeration was then a luxury. Today there are nearly 3,000,000 in service and the mass production factories of this industry are working overtime to supply a rapidly increasing demand. This household appliance is no longer in the luxury class, it is economical to own and to operate and provides a range of household service undreamed of fifteen years ago."

Frigidaire has been the outstanding pioneer in bringing the electric refrigerator from the expensive "electric ice box" class to the money-saving, health-guarding and essential home servant it is today. Through a policy of progressive engineering, this company has perfected refinements and improvements that have made the home electric refrigerator more serviceable, economical and efficient. Through mass production methods and by passing on to the public the savings produced by General Motors' large scale purchasing of materials, Frigidaire has brought high quality electric refrigeration within reach of practically every home.

"A comparison of prices of electric refrigerators of fifteen years ago and today tells a big part of the story of the progress of the industry," continued Mr. Lowden. "The lowest priced Frigidaire of years ago cost more than four times as much as the lowest priced Frigidaire of today, and the cost of materials and labour was then much lower."

"The fifteenth anniversary jubilee also will mark the period of greatest progress in food preservation in the history of the world. Not only in the food industry has this been true, but what is more important, in the home. The homemaker today fully realizes the vital necessity for properly safeguarding the family food supply. This was brought about mainly by the development of the electric refrigerator and the tremendous amount of food preservation educational activity that accompanied it."

"Featuring our jubilee will be various types of demonstrations of the latest household electric refrigerators—the new Frigidaires with lifetime porcelain-on-steel finishes. They reflect the fifteen years of achievement that we are celebrating and are on display at Frigidaire showrooms."

CHAUTAUQUAS GUARANTORS LOST MONEY AT NORTH BAY

The people of North Bay and district were apparently delighted with the Canadian Chautauquas programmes given there this year, but at the same time those signing the guarantee were not so large as in the previous year, being reduced to two or three hundred dollars. There were twenty-four on the guarantee, so the cost to each one was not very serious individually. The committee decided to have the Chautauquas at North Bay again next year, some of those on the 1931 guarantee and others not on this year going on the guarantee for 1932.

Decisiveness Shown by the Premier of Canada

An editorial in a recent issue of The Ottawa Journal deals with an outstanding characteristic of the present premier of the Dominion of Canada, Hon. R. B. Bennett. The Ottawa Journal says:—

"Mr. Bennett's capacity to act decisively is the finest feature of present-day public life. Last week the Prime Minister was harassed by a multiplicity of problems. He was winding up the session; had to deal with the intricate and pressing matter of western and unemployment relief; faced endless other things. Yet in the midst of all this, and confronted suddenly with the crisis of Beauharnois, involving immediate peril to a great national project, Mr. Bennett found time to read and master the evidence taken before the Beauharnois committee, to summon and hold a conference with Quebec Provincial leaders, to devise and pass a Beauharnois measure bringing order out of chaos.

"There are statesmen who, faced with a similar situation, would be incapable of making up their minds; one statesman who, without fail, would have resorted to some sort of a commission. Mr. Bennett, sure-footed and unacquainted with vacillation, stepped in and declared the Beauharnois project to be 'for the general advantage of Canada.' He did this without in any way impairing the jurisdiction of the Province of Quebec, or without straining relations with that province, and he did it with sole regard, (1) for the interests of Canada, and (2) for the interests of those who had invested their money in Beauharnois. In other words, Mr. Bennett has seen to it that people who put their money in good faith in this Beauharnois enterprise will not lose, and that a project of great promise for Canada will not be destroyed.

"As to precisely how the Beauharnois project will be completed and under what management, is not yet clear. It will not be completed under the management which brought about its existing troubles, and that it will be completed in compliance with the will and wishes of the Government and the Parliament of Canada.

"From this point Beauharnois trouble, Mr. Bennett emerges with heightened stature. No stain was left upon his political armour; there was nothing of littleness in his treatment of those whose banners became soiled; and two days after the Beauharnois committee had made its report he faced Parliament with a policy to meet the situation.

"It is a tribute to democracy, and a fine thing for Canada, that our public life can produce a man and a public servant of Mr. Bennett's calibre."

Death From Eating of Overripe Fruit

Unusual Case Reported from Cochrane at Inquest into Death of Unemployed Man. Stomach Much Dilated. Man Not Undernourished.

A rather unusual case is reported from Cochrane, where the death of a man there was said to be due to too free eating of overripe fruit. The man on whom the inquest was held was Joseph Kiss, about thirty years of age and one of the unemployed of the town. According to the evidence at the inquest his stomach was enlarged to five or six times its size, death being due to the fact that he had consumed a quantity of overripe bananas. The jury found that Kiss had succumbed to acute dilatation of the stomach, probably due to have partaken of bad fruit.

Despatches from Cochrane say that Kiss was discovered by Provincial Constable William Noyes, who found him suffering great pain and on his hands and knees. To the constable, the man said he had been eating bananas and other fruit that was overripe, and he told the officer he was sick. Kiss complained of severe pains in the chest. He was taken to hospital and examined by Dr. J. A. R. Biron, who decided two days later that an operation was necessary. While on the operating table and while the anaesthetic was being administered by Dr. E. Brunet, Kiss started vomiting and died in a short time.

In the opinion of Dr. Brunet, death was the result of the vomiting having blocked the windpipe and cut off the supply of air to the lungs, while Dr. Biron told the jury the fluid which was vomited had choked the deceased man. Dr. W. S. Paul made a post mortem examination of the body, and he related how the stomach was greatly enlarged and had acted upon his heart, the pressure being sufficient to cause death. The man was in a well nourished condition, Dr. Biron said.

HANDICAP MATCH AT LADIES' SECTION OF THE GOLF CLUB

On August 7th the Ladies' Section of the Golf Club played an 18-hole handicap match. The winners were:— First flight—Mrs. Fogg. Second flight—Mrs. Pickering. Third flight—Mrs. Eyre. On August 14th there will be a flag competition held.

Blairmore Enterprise:—A local undertaker remarked recently: "All this talk about backseat driving is the bunk. I've driven a car for over ten years and I've never had a word from behind."

TALKING PICTURES AT THE THEATRES

GOLDFIELDS

MATINEE DAILY AT 2.30 P.M.

Evening—7.00 p.m. (continuous performance)

Complete Change of Programme Every MONDAY WEDNESDAY FRIDAY

WEDNES. & THURSDAY, AUGUST 12—13

NANCY CARROLL and FREDERIC MARCH

"The Night Angel"

See it—Feel your laughter and tears—your very self—enveloped in its magic spell. With an All-Star Broadway Supporting Cast. Comedy—"Great Pants Mystery" Paramount Pictorial Specialty—"Who's Kissing Her Now"

FRIDAY AND SATURDAY, AUGUST 14—15

MARION DAVIES in

"The Bachelor Father"

Vivacious—Saucy—Thrilling—Hilarious—A riot of mirth and romance. Marion Davies funniest—from the famous international stage hit.

Added—"HIGH STEPPERS" FOX MOVIE TONE NEWS Midnight Show Sunday, August 16th—showing above programme

MONDAY and TUESDAY, AUGUST 17—18

Thomas Meighan, Hardie Albright and Dorothy Jordan in

"Young Sinners"

"Young Sinners" packs a dramatic punch, with comedy jabs and a heart-hitting love theme.

Added—"SPECIALTIES" PARAMOUNT SOUND NEWS

WEDNES. and THURSDAY, AUGUST 19—20

GEORGE ARLISS in

"The Millionaire"

Another Gold Medal Hit from the Gold Medal Star. WITH DAVID MANNERS, EVELYN KNAPP, JAMES GAGNEY, NOAH BERRY and FLORENCE ARLISS Comedy—"KID THE KIDDER" Added—"PUTTING IT ON"

FRIDAY and SATURDAY, AUGUST 21—22

"DIRIGIBLE"

WITH JACK HOLT, RALPH GRAVES, FAY WRAY and HOBART BOSWORTH

A powerful story teeming with action and suspense. A smashing triumph of man over the forces of nature—and of woman over the forces of doubt.

Cartoon—"BIRTHDAY PARTY" FOX MOVIE TONE NEWS Midnight Show, Friday, August 21st—at 11.30 p.m.

COMING ATTRACTIONS:—

AUGUST 24—25—"DON'T BET ON WOMEN" Also Picture of SCHMELING—STRIBLING FIGHT

AUGUST 26—27—"DISHONOUR"

AUGUST 28—29—"DEVIL TO PAY"

AUG. 31—SEPT. 1—"STRANGER'S MAY KISS"

SEPT. 2—3—"CHARLIE CHAN CARRIES ON"

NEW EMPIRE

MATINEE DAILY AT 2.30 P.M.

Evening—7.00 p.m. (continuous performance)

Complete Change of Programme Every MONDAY, WEDNESDAY and FRIDAY

WEDNES. & THURSDAY, AUGUST 12—13

BEBE DANIELS in

"My Past"

WITH BEN LYON, LEWIS STONE, JOAN BLONDEL, NATALIE MOORHEAD, ALBERT GRAN, VIRGINIA SALE and DAISY BELMORE.

Two men wanted her! Her past meant nothing to them—but it meant a lot to her. No wonder she said "I hate all men" Comedy—"ELMER TAKES AIR" Specialty—"ACE OF SPADES"

FRIDAY AND SATURDAY, AUGUST 14—15

"The Subway Express"

WITH JACK HOLT, ALLEN PRINGLE, FRED KELSEY, JASON ROBARDS and ALAN ROSCOE.

Noise—lights—speed—excitement! The train moves—the wheels rattle—lights and way stations pass by! The most colourful and exciting ride of your life awaits you on "Subway Express" DON'T MISS IT

Specialty—"PICTORIAL" Added—"TWO'S COMPANY" FOX MOVIE TONE NEWS Midnight Show, Friday, August 14th—at 11.30 p.m.

MONDAY and TUESDAY, AUGUST 17—18

BOB STEELE in

"The Land of Missing Men"

WITH AL ST. JOHN, EDWARD DUNN, CARYL LINCOLN and EMILIO FERNANDEZ

Theme:—The hero poses as an outlaw in order to capture the leader of outlaws who turns out to be the sheriff.

SERIAL—"THE INDIANS ARE COMING"—Episode No. 8 Comedy—"ONE PUNCH O'TOOLE" PATHE SOUND NEWS

WEDNES. and THURSDAY, AUGUST 19—20

"Kiss Me Again"

WITH BERNICE CLAIRE, EDWARD EVERETT HORTON, WALTER PIDGEON, JUNE COLLIER, FRANK McHUGH, and CLAUDE GILLINGWATER.

Romance of Paris—Glittering, Youthful, Sensational! Gorgeous girls—gorgeous gowns—love—gaiety! All in Technicolour. Comedy—"BLIMP MYSTERY" Specialty—"BEAUTIFUL SEA"

FRIDAY and SATURDAY, AUGUST 21—22

"Lightning Flyer"

WITH JAMES HALL, DOROTHY SEBASTIAN, WALTER MERRILL, ROBERT HOMANS, ALBERT J. SMITH, ETHAN ALLEN, EDDIE BOLAND and GEORGE MEADOWS

Speed, speed and then more speed! An auto racing against a railroad engine, with hundreds of lives as the prize.

SPECIALTIES "PENT HOUSE BLUES" "MISCAST" "MY WEST" FOX MOVIE TONE NEWS Midnight Show, Sunday, August 23rd—Showing Above Programme

COMING ATTRACTIONS:—

AUGUST 24—25—"THE SQUEALER"

AUGUST 26—27—"A HOLY TERROR" and "LADIES MUST PLAY"

AUGUST 28—29—"RECKLESS HOUR"