

Getting Up Nights Kills Pep After 40

GET RID OF KIDNEY ACIDITY—STOP NEURALGIA, LUMBAGO, RHEUMATISM—FEEL 10 YEARS YOUNGER.

Thousands of men and women don't know it, but feeling old, rundown, worn-out and peevish is often caused by Kidney Acidity, poisoning of the system. They feel bad much of the time and endanger their lives when they neglect treating such serious symptoms as Getting up nights, Dizziness, Nervousness, Leg Pains, Neuralgia, Lumbago, Rheumatism, Muddy Complexion, Dark Circles under Eyes, Haggard Face Lines, Burning Bladder Weakness and Headaches. Although young people are bothered, these ailments are more frequent after 40 and require special treatment.

When your body is poisoned by Kidney Trouble ordinary medicine won't help much because you must get rid of the cause to feel well, and this requires two different medicines. First you must clean the blood of acids and poisons with a stimulating, healing tonic to the Kidneys. Second, you must get rid of the germs and irritating poisons in the urinary system with an antiseptic that also soothes and heals raw, inflamed

membranes. Then nature can bring you the glorious energy, aliveness and vitality of pain-free health, and you can feel 10 years younger.

Fortunately you need not suffer another day, Howard's Kidney Tonic will work wonders and is guaranteed to fix you up to your complete satisfaction or cost nothing. This medicine is scientifically prepared from a doctor's works with such great speed that it circulates through the system in 11 minutes. Within 24 to 48 hours most sufferers can feel the acids, poisons and pains leaving and vitality, vigour and health returning.

By correcting these symptoms and getting rid of your poisoned conditions it makes you feel years younger, vigorous and free from pain, and enjoy energy building sleep, the small cost of \$1.00 will be a wonderful investment, but should it not satisfy you completely, just return the empty package to get your money back under the guarantee. You can't afford to suffer from neglect and take dangerous chances with Kidney Acidity poisoning by delaying.

Howard's Kidney Tonic is sold in Timmins at The Goldfield Drug Store. There is nothing just as good, insist on having Howard's Kidney Tonic.

The Canadian Legion in the Porcupine

By Timmins Branch Correspondent.

Last week at the Legion general meeting much gratitude was expressed at the generous donation of Mr. DePencier, of the Dome Mines. Mr. DePencier is one of our benefactors and has been extremely generous to the branch. He realizes the amount of good we are doing and must have been keeping in touch with the doing of the branch to have remembered to forward his donation. The branch as a whole appreciates the gift and once again Mr. DePencier and the Dome Mines, we thank you.

The management of the McIntyre Mines, also assisted the Legion during the Christmas season, Mr. Ennis giving a cheque to purchase toys, etc., for the families of distressed returned men. This was a timely gift and was used to advantage. The branch and its relief fund could do with a few more friends like the two above-mentioned men, but we are hoping that some others of our leading citizens will take note and forward a small contribution to the Legion

relief fund. It was a timely topic which Comrade E. Rowe brought forward re the establishment of a building of our own, and the ways and means will have to be fully discussed. The building will have to be centrally located and the financing carefully considered. It was felt that the members could receive better attention if suitable club rooms were secured. Business of the branch could be speeded up and the members get to know one another better than at present. Two meeting nights a month are not enough for the transaction of Legion business and it will be a long felt want if the building does materialize. In any event the executive committee are leaving no stone unturned to find a solution to the problem. Here's hoping a Memorial hall will be the outcome of our efforts.

The full completion of officers of the Timmins branch of the Canadian Legion is given here for the benefit of members not present at the last meet-

ing. They are as follows:—Austin Neame, president; T. Parsons, 1st vice-president; H. C. Garner, 2nd vice-president; S. B. Scobell, W. A. Devine, W. Greaves, E. Rowe and James Cowan, executive committee.

On a tablet recently unveiled in the British War Museum, the interesting fact is noted that the total number of all ranks and all services that enlisted in the Great War from the British Empire totalled 9,296,691. Of this number the total coming from the Dominion of Canada was 619,636. The figures of the heroes who died for their Empire totalled 1,068,468. In other letters to the members more of these interesting facts will be given.

The next meeting night of the branch is Monday, January 11th. At time of writing it is not known whether this will be a social or general meeting. In another column will be found later details.

The Ladies' Auxiliary will meet again Monday, January 18th. The meeting is

Notable Christmas Edition of San. Sun

Patients at Muskoka Issue Very Interesting and Creditable Christmas Number. Will be Prized by All Receiving it.

On more than one recent occasion The Advance has made reference to The Sanitarium Sun, a bright monthly published on a non-profit basis by the patients of the Muskoka Hospital for Consumptives, Gravenhurst, Ont. As The San Sun itself phrases it, "It is entirely of the patients, by the patients and for the patients." The past issues reviewed in The Advance were typewritten, with pen and ink sketches made direct upon the paper, and the issue completed by use of a duplicating machine. While the little journal is attractive because of its originality, its chief appeal was on account of the interesting and inspiring material used and the notable courage and cheerfulness displayed in every line.

The Christmas number is now to hand, and it is a printed magazine with coloured cover and half-tone illustrations, well-printed and arranged. The printing, of course, was done outside the sanitarium, and it must be admitted that despite the good appearance of the issue, the editors and contributors have still excelled the printers in this publication. From the front cover page with its emblematic and decorative arrangement, designed by Miss Edith H. Middleton, to the beautiful Christmas verse by K. Ariss, on the back cover, the issue is packed with matter of much interest to most people and that must be of very special attraction to those who read The San Sun. The number throughout is a challenge to other publications for one special reason among others. This special reason may best be understood by a quotation from one of the humorous articles in the issue. F. C. Hitchins writes on "What a Life!" He tells about the peace and contentment of the San until letters and newspapers arrive. "We meditate over the news," he writes, "the depression (what does that word mean) is getting worse." When the ill refuse to accept "depression," it is time the strong and sturdy took a similar view.

At least there is no "depression" in this special issue of The San Sun. Even the poems, and there are many good ones in the issue, breathe hope and faith and cheer. "A Christmas Carol," by Anna B. Smith, is the title of the pleasing little poem awarded first prize in the competition for the Christmas issue. "Window Pictures," by Nell Bambridge, won second prize. Other poems in the issue include:—"Lest We Forget," by Dave Crizetti; "To Our Physician," by K. Ariss; "Christmas," by Nell Bambridge; "That Tree," by E. J. Winslow; "The Night Before Christmas," by Edna Smith, (a very clever parody); "Bacilli Italiano," by I.B.C.; "Fight On," an inspiring verse by Dot Duesbury; "Sanitarium Alphabet," by Anna B. Smith; "Life in a San," by I.B.A.H.

Articles in the issue include:—"Hearty Christmas Wishes from the staff to the readers; a thoughtful and helpful editorial article; humorous and witty letters to Santa Claus; "Autobiography of a Consumptive," by W. Hanlan, this being awarded first prize for humour and deserving it; "After Twenty Years," the prize story in the issue, written by R. H. Dart; "Excelsior! Excelsior!" by Harry S. Hawkins, second prize for humour; "Reformation of Fweddle," by K. A. Beal, a story with humour and a moral; "Chiefly Shakespeare," a group of quotations with witty applications to patients and staff; "A Visit to Ground Floor," (as told by Ambrose the Mouse), by Peggy Sabourin; "Thanksgiving Day," by Mrs. Mabel Hean; "After the Cure," by Maurice Nielly, translated from the French by Miss Irma Robinson; "What a Life!" by F. C. Hitchins; "Mine Foist Meal in de Dining Room," by Michael Kruselowski; "Tuberculosis and Mental Development," by K. Ariss, the prize essay.

"At the Sign of the Jester," the humour department, has a notable collection of original wit and humour. In one of the humorous the editor of The San Sun is quoted as saying that he prayed the previous night for the young lady artist on the paper, and the artist is quoted as responding:—"Next time get a pass and come over." Also, the editor is mentioned as stating that he was glad so many were writing poems and stories, because they were short of jokes. The rest of the issue is proof that this one had a right to a place in the humour column only. Here is one more from the Sign of the Jester:—

Jim Gosse:—Orderly, is this bean soup?

Orderly—Yes, sir.

Jim Gosse:—My boy, you've missed your calling—with your imagination you should have been a newspaper man.

A great many of the examples of good humour are by Miss Edna Smyth. There are also several clever humorous drawings.

The illustrations in the issue are worthy of special note. One page gives half-tone photos of the staff of The San Sun, including:—John W. Stetchy-

called for 8.00 p.m. All members are asked to attend.

The New Year's dance was a winner all the way round. Jimmie Coward says he doesn't know where they all came from, but there were more Scotchmen in Timmins that night than he knew of. They had a wonderful night of it. The old year was rattled out and the new year blown in. Anyway all attending say they'll come again next year. So that's that!

—W. A. Devine.

shyn, editor-in-chief; Henri Caron, managing editor; Edith H. Middleton, artist; Michael Kruselowski, technical expert; Elwood Fisher, circulation manager; and Flora Laver. Most of them wear smiles, as well they may after issuing so creditable a number.

Another page is devoted to a picture of Dr. Walter Bingham Kendall, chief of the staff at the sanitarium, together with a sketch of his successful career. "He has shown himself a most tolerant friend and a father to his large flock," article accompanying the picture. Dr. Ross, Dr. Wellwood, Dr. Hazelwood, and other members of the medical and nursing staff are shown in pictures, as well as groups of patients from the different pavilions, lodges and cottages, and a group photo of the M.H.C. and M.C.S. Nursing staff. The Dining room and kitchen staffs are also shown in pictures, as well as a number of other interesting groups and scenes.

A page and a half with room for fifty-four autographs gives added value to the booklet.

All in any way concerned are to be specially complimented on the Christmas issue of The San Sun. This reference may well close with a list of the reporting staff of The San Sun:— Kathleen Ariss, Helen Burgess, Beth Casey, Dave Crisetti, Anna B. Smith, Marita Dixon, Eric Gowen, Michael O'Brien.

CHRISTMAS OBSERVANCE AT KIRKLAND LAKE HOME

Under the heading, "Christmas Gifts Worth While," The Northern News, of Kirkland Lake, last week says:—"Santa Claus and the Stock are companions, as far as the home of Mr. and Mrs. F. Gronlund, 35 McCamus avenue, is concerned. On Christmas Day, 1930, the above pair visited this home at 4 o'clock in the afternoon and left a healthy baby boy. This year they arrived a little earlier and at 4 o'clock Christmas morning left another baby boy as a Christmas gift."

MINER FROM SUDBURY WAS VICTIM OF GOLD BRICK GAME

A miner from Sudbury lost \$4,000.00 recently in learning how the old "gold brick" game works. This miner whose name is given as Peter Michaluk and his age as 46, was in Toronto after eight years of hard work and saving. He had accumulated about \$7,500.00 in a savings bank account, and someone in Toronto must have found out that fact, which was enough for that someone in Toronto. This someone got acquainted with the Sudbury man and eventually tempted him into a partnership for the purchase and sale of gold. Just how Michaluk persuaded himself that the scheme was honest is not apparent. Anyway that part of the matter is immaterial. In any event the old dodge was used—a trick so old that it is surprising that anyone should be deceived by it. Indeed, the trick has been used as often and exposed as often in the newspapers as the old "Spanish Prisoner" game, but a new crop seems to be born every minute or two, or every three minutes at the least. In any event the story goes along the line of other similar tales. Michaluk was to put up \$4,000.00 against a similar amount by his partner and then the two of them would make money hand over fist. As it happened only one of them made any money, and that one was not Michaluk. After the latter had returned to Sudbury and had a cheque for \$4,000.00 duly marked by the bank, Michaluk and his Toronto friend joined another friend in Toronto for the real business of the incident. Michaluk put up his \$4,000.00 cash and the confidence man put up a marked cheque for a similar amount. Then Michaluk was given a lump of "gold" weighing about 30 pounds and supposed to be for over \$10,000.00. Michaluk and his partner left in a taxi-cab, but were stopped on the journey by two "detectives" who searched the car and found the "gold." Michaluk in his fear of arrest denied ownership of the gold brick, but the partner very generously admitted to being the guilty owner of the illegal gold. He was apparently arrested by the two "detectives" while Michaluk was allowed to go. The Sudbury man added a somewhat new twist to an old confidence game story by later going to the police to try and bail out his partner. The police replied that they had not arrested anybody on any charge of illegally having gold. Further, they proved to Michaluk that he was simply one more victim of an old trick. He agreed then to assist in convicting the men responsible for the deception and fraud. This is, of course, in case these men can be found. Up to date there is not even a clue as to whom they may be. Warrants are out for these gold-brick artists, but the problem is to find them. So far they have not been found or traced.

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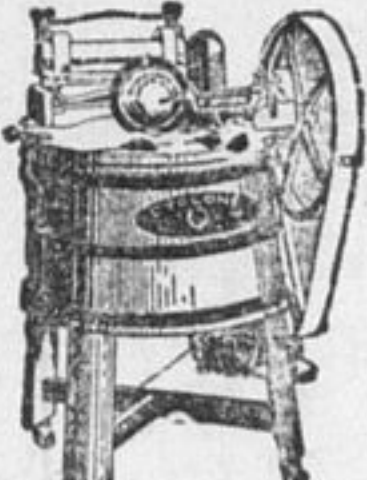
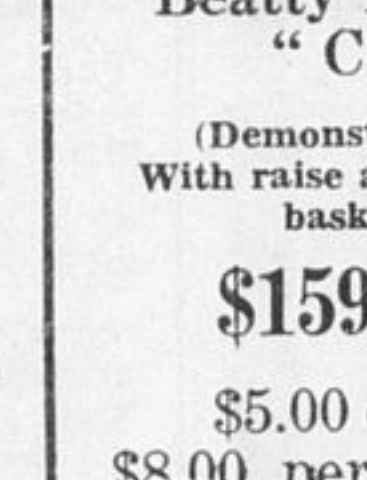


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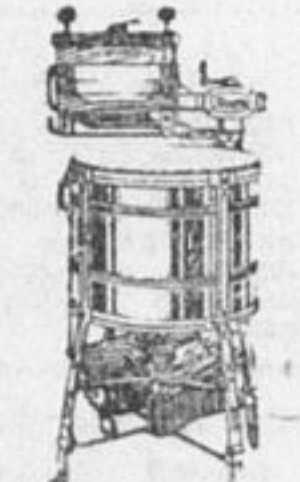

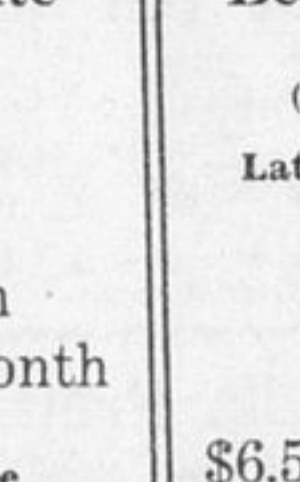
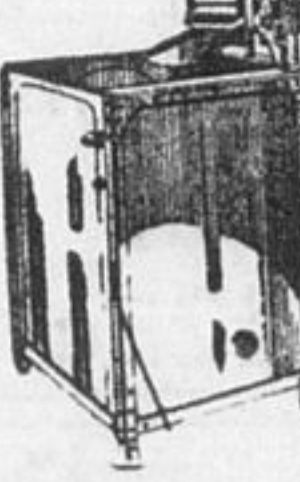
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