# HOW SHE KEEPS HER WEIGHT DOWN

"I do secretarial work, and therelife," writes Miss L. M. A. "I find a small dose of Kruschen Salts every morning keeps me perfectly fit and in good condition. My normal weight is 116 lbs., and having taken Kruschen Salts regularly for three years, I never put on surplus weight.'

You cannot put on superfluous flesh when you are as healthy and active as you must be if you take Kruschen Salts. Activity is the enemy of fat. When you take vitalizing Kruschen Salts for a few days that old indolent arm - chair feeling deserts you - it doesn't matter how fat you are-the urge for activity has got you-and

you're "stepping lively."

And best of all you like this activity -you walk a couple of miles and enjoy it-you thought you'd never dance again, but you find you're getting as spry as ever-the old tingling, active feeling reaches even your feet.

One bottle is enough to prove to you that Kruschen will make you feel younger-spryer-more energeticyou'll enjoy life-every minute of it.

#### Relief from Eczema

D.D.D. is the Perfect Antiseptic For quick relief from eczema, chafed skin. pimples, blotches, and other skin troubles apply the pure cooling liquid D.D.D. Clear, stainless, it penetrates the skin and soothes and heals the tissues. ITCHING STOPS the MOMENT THE FIRST COOL DROPS TOUCH THE SKIN. A 35c bottle proves its merit or F. M. BURKE, LIMITED MOISLEY & BALL

TEN YEARS AGO IN TIMMINS

From data in the Porcupine Advance Fyles.

town building by-law.

The annual meeting of the Timmins Football Association was held in the council chamber on Monday evening, March 27th, 1922, with the president, Mr. J. W. Faithful, in the chair. There was a very large attendance. treasurer's statement showed a balance of \$11.81 in the bank after a busy and generally satisfactory season in 1921. Rev. Mr. Cushing expressed the opinion of the meeting as to the very valuable services given in the past season by President Faithful for its success. I that the V.N.T. was expected to resume This was aptly endorsed, by Mr. W. operations here at an early date, and Field, and a very hearty vote of thanks also that the Lewisohns of New York tendered to Mr. Faithful for his good were considering entering the Porcu-

Cabinet Model

for only

In the early days of Timmins there work for the Timmins Football Club were few cases of relief that had to be After the president had reviewed the dealt with by the town council, friends | work of the 1921 season and the bright almost invariably coming to the assist- prospects in 1922 for the best of sport ance of any in need here. Ten years | and success in the line of football in ago, however, the council had to author- this camp, the work of electing officers ize appropriations for relief for several for the year was taken up. Four cases of need brought to attention, and | nominations were made for presidentthe council has had since to carry Messrs Faithful, Macdonald, Cadman through the same kind of help year by and Laidlaw-all asking permission to year. In recent years the amount of withdraw on account of the pressure relief necessary has ben considerable, of other work, but the meeting refus-Ten years ago the council was consid- ing to allow any withdrawals. On a ering changes and additions to the vote being taken Mr. W. F. B. Cadman was elected by a very decisive vote. Mr. J. W. Faithful was unanimously elected as secretary-treasurer. The other officers elected were as follows-Honorary patrons, Dr. J. A. McInnis, Mr. C. G. Williams, Mr. R. J. Ennis, Mr. E. L. Longmore; vice-presidents G. A. Macdonald, and W. Field; execuald, W. Couplar, Rev. R. S. Cushing, J.

Ten years ago The Advance noted



HON. E. A. DUNLOP Presented the Ontario Budget in the Legislative Chamber on March

pine camp in connection with the Gol-

The following paragraph was publish- asking the Government to apoint a ed in The Advance of March 29th, relief officer to look after indigents in tives, Messrs H. Hatton, G. A. Macdon- 1922:- "Monday evening while the man unorganized territory and to see about of the house was attending the annual providing relief to settlers and others K. Moore, A. Roberts, J. Thomas and meeting of the Timmins Football Club, in case of need. The meeting was unand the lady was visiting relatives near | animous in supporting this resolution. by, one of the Hollinger houses was There was also a resolution passed askentered and the place thoroughly ran- ing the Government not to proceed sacked. When the lady returned and with any action against settlers for found the condition of the house, the | non-payment of any taxes. police were promptly notified. Investigation went to show that apparently nothing had been stolen though the whole house had been ransacked. Ap- River Road, pased away this week after parently the robber had been searching for money and though everything in the wholse house was upset nothing seemed to be missing, no money having been left in the house. Purses, pocket-books, drawers, etc., were opened, and the clothes hanging up had all been searched. The crime seemed to be the work of one man. Entrance had apparently been gained through the use of a pass key on the front door. There were evidences that effort had been made to gain entrance at the rear. The bold burglar had apparently spent considerable time in his search and the | by C. G. Pirie. In very attractive way signs that he had posted himself on the movements of the occupants of the house. A flashlight apparently used by the intruder was found in the house. The police are working on the case, and hopes are entertained that the guilty party will be discovered and the mystery of other somewhat similar cases also explained at the same time, as most of the several cases bear suggestions great appreciation for her work at the of being committed by the same hand."

At the Timmins police court ten years ago there were two cases where fines of \$500.00 and costs were imposed and paid for breach of the liquor laws. One was the case of a woman at South Porcurine, Chief McInnis laying the charge, and the other was a woman

Pisdale, again being the complainant. There was a large attendance at the meeting of Associated Boards of Trade on March 25th, 1922. Practically every part of the whole district was repredelegates. After the mayor of Timmins, Dr. J. A. McInnis, had welcomed the visitors to the town, business of the day was taken up, the meeting being presided over by Mr. R. A. McInni president of the Temiskaming Associated Boards of Trade. Mr. McInnis in opening spoke of the development and future of gold mining here. He expected to see the city of Timmins in a by the Ladies of Charity. The Advance few years and all present would feel proud that they had had some part in its development. Mr. McInnis sug- cial note. There was a little girl in gested that the next meeting in June be given up to roads and the one in being badly crippled but with a chance September to agriculture. He thought that there should be a big meeting the boards in late summer, when the crops are ripe. He suggested that the towns which would have these meetings, namely, Kirkland Lake in June. and Liskeard in September, get busy with the executive on a programme for these meetings and make them real big ! meetings. In regard to roads, Geo. A Smith, of Cochrane, reported that the Government was not in favour of macadan highways and was opposed to extending the scope of the Public Works Act to take in the North. He thought that the only hope at the time was in the Northern Development a call from the unlucky box 13, Mar-Branch. He reported that a consider- shall-Ecclestone's corner, where most able amount of gravelling had been of the worst fires in the history of the done during the winter and a fair town have been located. The blaze amount of other work on roads. It | Monday afternoon was happily extinwas understood that in the summer of guished, with little damage done. The 1922 it was intended to grade the roads fire originated in an exploding gasofrom Timmins to Porquis Junction, line tank in the barber shop in the Mcfrom Porquis Junction to Cochrane, Cormick block and there was a merry and from Ramore to Kirkland Lake. blaze for a few minutes. Water thrown John Russell, of Cochrane, suggested on the blaze to drown it out only spread that all resolutions in regard to roads the flames. J. Tierney brought down be consolidated by a committee of the his chemical extinguisher and Deputy Associated Boards. Mr. Orser, of Elk Chief W. G. Smith used this with such Lake, thought the Associated Boards effect that when the brigade arrived should press for a larger appropriation after a regular record response to the for Northern Development work. Dr. box call they found that the deputy McInnis suggested that \$1,000,000.00 a chief had beat them to it and the fire year should be asked for. A commit- was out. tee was appointed to consider the whole

greatest credit on the ladies. At the Double Diamond Lumber Co., Limited luncheon there were interesting and capitalized at \$100,000.00, Mattagami | Doherty Roadhouse & Co. helpful addresses by:-Wes, McKnight, Heights, Ont." "Geo. Brady, who has Alex Dewar, A. F. Brigham, Mr. Bryson, been at Silver Centre for some time of Cobalt, Dr. J. A. McInnis and others, past, has returned to Timmins and At the afternoon session of the Asso- resumed his former position as accountclated Boards a resolution from Engle- ant at the V.N.T." "Eddie Quinn left hart was passed asking for a revision on Sunday for a visit to his home in of express rates. A resolution from Ottawa, after which he will proceed to Kirkland Lake asking that prospectors Detroit, where he has a position." "W. have the rights to timber on their Maxwell left the camp on Saturday for claims was referred back to the local boards. Mr. Sheedy, of New Liskeard, recommended the extension of the T. & N. O. east of New Liskeard where there were millions of feet of merchantable timber, he said. A. E. Bryson was elected vice-president to succeed H. G. Mathewson, of Cobalt, who had moved to Dundas, Ont. A resolution from Cobalt urged the Government to give assurance of stability in regard to taxation of mining ventures. This was passed without dissent. Mr. Brigham advocated the extension of the T. & N. people of Temiskaming." O. from Timmins to near Sudbury. In speaking for the roads committee Geo. A. Smith said the highway for the North Land was being dropped. The ultimate object, he said, was to have the highway from North Bay as a part of the Trans-Canada highway. Coch-

The Advance ten years said:-"Miss Marie Clement, 20 years of age, daughter of Mr. and Mrs. Oliver Clement, an illness extending over some twelve years, during which time the deceased was a sufferer from chronic rhaumatism. The funeral took place to-day to the R.C. cemetery. The sympathy of all will go out to the family in their

rane board of trade had a resolution

The meeting of the Caledonian Society of Timmins on March 24th, 1922 was a very enjoyable and successful event. One of the special features of the evening was a very clever paper on "The Highlanders of Scotland," given he reviewed the origin and history of the Highlanders and the Scottish clans with many interesting sidelights that won general appreciation. Birrell Bell and W. H. Wilson gave selections at the piano. There were very pleasing solos by Jas. Geils, Mrs. H. McCulloch, Jas. Cowan, James Twaddle, Mr. Currie and others. Miss Niven, of Toronto, won piano. M. B. Scott, president of the society, occupied the chair with his usual effectiveness.

The Advance ten years ago said:-'The audience gathered in the Majestic theatre at South End last night for the concert given by the Timmins Citizens' Band was not as large as it might have been on a more favourable night, but it was appreciative as possible for any audience to be and all were well pleased with the excellent programbe rendered. Mr. Ray O'Neill, of the of Temiskaming, held in the basement Dome, one of the councillors of the of the Presbyterian Church, Timmins, township of Tisdale, made a very competent chairman, and his opening words of welcome and his closing remarks of sented every board of trade having its appreciation very ably expressed the feelings of the audience in regard to Timmins band. The programme was one of much variety and excellence and the Timmins Citizens' Band reflected the greatest credit on itself, its leader and the town by its excellent playing."

Ten years ago The Advance took occasion to refer to the good work done spoke first in general terms and then quoted one specific case worthy of spean adjoining municipality, the child for a cure if surgical attention were given at once. The family could not afford the heavy outlay, but the Ladies of Charity came forward with the required funds and the little girl thus was given her chance for health and strength. The personal attention given the child by the Ladies of Charity was one of the special benefits conferred. "This is just one sample of the many fine things done by the Ladies of Charity," said The Advance, "They have been of wonderful service

"Monday afternoon," said The Advance of March 29th, "the firemen had

Among the local and personal items question of roads. This committee in- in The Advance ten years ago were the cluded:-John Clark, Englehart; John following:-"Mr. Harry Herman, of the Vanier, Iroquois Falls; W. Knight, New firm of Geils and Herman, tailors, left Liskeard; Dr. Armstrong, Cobalt; Mr. last week for Toronto on business." Orser, Kirkland Lake; D. Ostrosser, "Mr. A. G. Brough, a well-known and Timmins; J. E. Boyle, South Porcupine; | popular old-timer of the North Land, Geo. A. Smith, Cochrane; and H. now of Shawville, Que., visited his Child, Matheson. After the work of mother and brother here this week, the morning session, F. K. Ebbitt, be- and was warmly greeted by many old ing the efficient secretary, the meeting frinds here." "Many who are not on adjourned for lunch which was served the job all the time find themselves in the basement of the Presbyterian out of a job in no time." "Among the church by the ladies of the church, the incorporations announced last week in food and service alike reflecting the the Ontario Gazette was that of the

Toronto, after which he will go to British Columbia." "The sudden break-up this week resulted in some of the streets in town becoming in such condition as to remind the residents of the joys of canoing." "Jas. Davis returned this week from a visit to Cobalt." "Angus McDonald, M.P. for Temiskaming, has refused a cheque for nis expenses on a trip to Toronto in connection with Cobalt's efforts to secure greater revenue in taxation. The reason he gave for this refusal was that he was receiving an indemnity for serving the

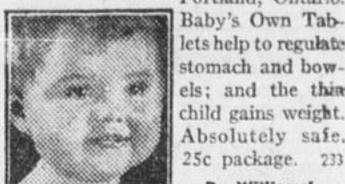
A writer in the She burne Esta m st makes the following observation that seems very apt in any community: 'Funny, isn't it, how much quieter a man keeps about money he loses by trusting a stranger than he does about the money he loses by trusting someone in his own community."

Standard Stock & Mining Exchange

C. E. HALL

Correspondent Bank of Commerce Bldg. Timmins Fast and Efficient Service Call or Telephone Phone 701 P.O. Box 1239

"My baby was so thin his hands were like bird claws. But he thrived wonderfully after I started giving Baby's Own Tablets," writes Mrs. L. Kennedy, Portland, Ontario.



lets help to regulate stomach and bowels; and the thin child gains weight. Absolutely safe. 25c package. 233

BABY'S OWN TABLETS



# The COUNSEL of EXPERIENCE

HAVING served Canadians for 114 years, the Bank of Montreal has a thorough understanding of general and local business affairs.

The cumulative experience and worldwide banking connections of 114 years operate for the benefit of every customer of the Bank of Montreal.

## BANK OF MONTREAL

Established 1817

TOTAL ASSETS IN EXCESS OF \$750,000,000

Timmins Branch:

D. R. B. WHITE, Manager

### What a \$10,000 "Family Income" Policy Will Do

If you do not live to age 65

this Company at your death will commence to pay your family \$100 per month and will continue to pay this amount until you would have reached age 65.

In addition

\$10,000 will be paid on the 65th anniversary of your birth. This amount will be paid in one sum, or if desired, in instalments. (In the latter event, excess interest dividends will be added to the instalments.)

If you live to age 65

the Policy may be continued as an Ordinary Life Contract at a reduced yearly deposit or surrendered for its cash value which may be taken in one sum or as a monthly income.

Send the coupon belowforfurther information

Dividends Liberal dividends are allotted yearly, the first distribution being at the end of the FIRST policy

: Mutual Life **Assurance Company** 

Here is the real

solution to the

family protec-

tion problem.

This policy re-

quires an annual

deposit of only

\$28.18 per thous-

and at age 30.

of Canada Head Office: Waterloo, Ont.

> MESSRS SULLIVAN AND J. E. NEWTON, C.L.U. District Managers Ontario

I am interested in a Family # Income Policy. Please send particulars.

Street Address

rom Schumacher, Chief McInnis, of . . . . . ODOWN GENERAL ELECTRIC Hotpoint Range HI-SPEED CWIFT as electricity—clean as electric light— CALROD the General Electric Hotpoint Range has brought modern electric cookery into more than 500,000 homes. And now you can own the newest Hotpoint Range for the unbelievably low price of \$99.75. This remarkable ele-"Designed by women for women" the General ment makes Hotpoint electric cookery as Electric Hotpoint Range offers Hi-Speed CALROD fast and economical as Elements which release the full, magic speed of it is clean and convenient. It is an electricity for your cooking. exclusive feature of General Electric Hot-Once you own a General Electric Hotpoint point Ranges. Range, your kitchen will stay clean and cool. Meals will be more delicious-more healthful. For a down payment as low as \$10 you can have a Hotpoint Range delivered and installed MADEIN in your home. We invite you to inspect the CANADA Super-Automatic and other beautiful models at your nearest dealer's. For Sale by-

Canada Northern Power Corporation Limited

NORTHERN ONTARIO POWER COMPANY, LIMITED NORTHERN QUEBEC POWER COMPANY, LIMITED

CONTROLLING AND OPERATING

CANADIAN GENERAL ELECTRIC COMITED