

**FRIEND TOLD HIM
ABOUT ALL-BRAN**

And It Brought Relief From Constipation

Those who are bothered with constipation should read Mr. Gelpke's unsolicited letter:

"I have suffered with constipation for years. A friend of mine told me to try ALL-BRAN. I have taken ALL-BRAN for the past six weeks as a breakfast food. It has regulated my bowels as clockwork. Now I would not be without a package at all times."—Mr. Leslie Gelpke (address upon request).

Common constipation—with its headaches, loss of appetite, sleeplessness—is due to lack of "bulk" to exercise the intestines. Vitamin B to help tone the intestinal tract. Both are present in Kellogg's ALL-BRAN, as well as iron for the blood.

The "bulk" in ALL-BRAN is much like that in lettuce. Within the body, it forms a soft mass, which gently clears the intestines of wastes. Being a natural corrective, ALL-BRAN is not habit-forming.

Try ALL-BRAN in place of pills and drugs—so often harmful. Just eat two tablespoons daily—serious cases with every meal. If your intestinal trouble is not relieved this way, see your doctor.

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**Amusing and Amazing Blend
of Fact and Fiction re North**

Article, "Ontario Next Door" in National Geographic Magazine Makes Remarkably Interesting Reading for People in the North, but Southerners may be Somewhat Misled in Spots. Extracts Published Herewith for Their Interest.

In the current issue of The National Geographic Magazine, published at Washington, D.C., there is an article by Frederick Simpich, entitled "Ontario Next Door," that will make amazing and amusing reading for readers in the North. On account of the high reputation of The National Geographic Magazine for accuracy and careful statement those in the South may gather some wrong impressions from parts of the article, however. There is, for instance a picture of Gogama station in winter, with the following caption:—"The Canoe in Summer, and the Dog Sled in Winter are the chief forms of Transport in the Wilder Parts of Ontario.—Even where back-country highways exist, as around Kirkland Lake, Timmins and Cochrane, people store their motor cars because of snow and take to snowshoes and dog sleds from autumn till late in spring. Dog teams meet a Canadian National train at Gogama, in the Sudbury district." It will be news to the people of Kirkland Lake, Timmins and Cochrane, where motor cars and buses run all year round, and snowshoes are used by the townspeople only for amusement purposes. Buses at Kirkland Lake and

Timmins miss as few trips as city street cars, in fact, for a couple of years past, they have missed none in the full year. Of course, a number of cars are put away during the winter months, but the same is true of the cities to the South. Apart from prospectors and trappers, dog sleds are not used as suggested.

The reference to the unreliability of the schedule of railways in the North is also far-fetched, the railway service here being more reliable than in the South. In fact trains are seldom late in this part of Ontario except through waiting for trains from the South or East.

Mr. Simpich suggests that Sudbury is a "Finlandia," and Kirkland a roaring mining camp after the manner of Bret Harte. There are a number of other items that make odd reading to those who know, but it may be admitted that in the main the article is remarkable for the information presented in very readable form and for the immense amount of data given in sympathetic and intelligent way. Fifty pages of the issue of the magazine are given to the article and illustrations. The latter are unusually good. The pictures are beautifully made and the mechanical work about them is about perfect. They show the parliament buildings at Ottawa, scenes at the Canadian National Exhibition, Toronto, views of Niagara Falls and the power development at Chippewa, the Toronto Hunt Club at Lady Eaton's farm, a Toronto livestock show, dog races at Ottawa, the Canadian Bank of Commerce building at Toronto (stated to be the highest building in the British Commonwealth), an Ontario fox farmer posed with a live fox on his back, views of Jack Miner's bird sanctuary, poling a canoe up the Branch rapids on the Moose River, forest fires raging in the Red Lake area, a tobacco farm in Ontario, various hunting and fishing scenes at Temagami, pouring gold at the Hollinger Mine, Timmins, (a note saying that the total value of the five bars still hot from the refinery is \$112,000.00), and many other of interest and information.

In opening his article, "Ontario, Next Door," Mr. Simpich writes:—"A Giant Link in the Empire

"A giant link in that globe-girdling British land chain on which the sun never sets—such is Canada. Her location in the new Commonwealth of Nations is one of singular advantage. "Canada's area is greater than ours. Yet it is not her size, but intensive effort in her developed regions that gives her strength. Her population of more than ten million is concentrated in a fairly narrow zone along her

frontier, adjacent to the United States. But in that zone she has laid 56,000 miles of steel! On a railway map these lines hang across the top of our border like a colossal red tennis net slung from Atlantic to Pacific.

"Rails made Canada. She laid hers more quickly than any nation had ever done before; in the past 25 years her treasure-earning feats with mines, fields, forests and factories have been swifter, perhaps, than any others in economic history.

"In one bold gesture she bought back from the Hudson's Bay Company a far-flung empire in her west and carved vast new provinces from it. With incredible speed she rushed rails across these new lands and strewed them miraculously with men, machines, and cities—even with new plants and trees. Like magic, empty prairies changed to fruitful farms. At the boom's peak, excitement aroused our own Middle West, and tens of thousands quit their homes for the bonanza wheat lands of western Canada. There men sowed grain and reaped gold till the wheat stream down the Great Lakes and over the Atlantic to Europe became a new wonder of the world.

"Lean years come with the fat, even as among the Pharaohs. But Canada need not live by bread alone. Nickel, copper, coal, and silver enrich her hills. Now, passing the United States, she holds second place in the world's gold output, led only by South Africa. Inevitably, hers is a great destiny.

"Where Indians paddled birch canoes and trappers used sleds on frozen rivers for winter roads, Canada builds paved highways now. And millions of American visitors go each season to see the wonders of this new northland. An amazing army this, equal to more than all the residents of Canada.

Ontario on the Map
"And Ontario, like a colossal motor, is the heart of Canada. Here lives a third of all the Dominion's people. Here is more than a third of all Canadian wealth."

The writer gives a paragraph to the Imperial Conference, and then continues:—

"Exceeded by other provinces in forestry and fisheries only, Ontario takes first place in farming, trapping, mining, electric power, banking, and manufacturing. Not only that; she is dominant in many cultural ways. And while Quebec, New Brunswick, Manitoba, Saskatchewan, Alberta, and British Columbia share the common frontier with us, all our relations—social, financial, and economic—are closest with Ontario. Toronto papers reveal our kinship in thought and behavior."

Mr. Simpich refers to the extent of the Patricia district, still largely unexplored and uninhabited, and mentions the fur trade of the Dominion.

Men of Various Races Settled the Province of Ontario

Mr. Simpich concludes that Ontario is very British and predominately English speaking, but first he talks like this:—

"You cannot find a 'typical Ontario face' any more than you can identify a home-town mind in America. Racial origins are too diverse.

"When Col. John Graves Simcoe, first Lieutenant Governor, set up his new capital at Niagara village in 1792 and offered free land to all comers ready to serve the King, a stream of immigration began which was to form the character of the new province.

"For years a steady flow came from the United States. Some were German Lutherans and Mennonites; many were United Empire Loyalists; but from Scotland, England, and Ireland came another stream. Immigration has never stopped. Toronto to-day has an 'East Side' as polyglot as New York's, though not so named. Incidentally, perhaps 50,000 of its residents were born in the United States. Of late years the French from Quebec, with their language, faith, habits, and newspapers, are drifting steadily west, in north Ontario.

"Finns, Russians, Poles, Germans, and Chinese pack the mines and lumber camps. Greeks, Syrians, and Italians are here, engaged as cooks, waiters, barbers, boot-blacks, gardeners, dry-cleaners, peddlers, hucksters—many growing rich, just as in the States. In one country-town hotel I identified five different races among the help. In mining towns like Sudbury, group after group may pass you in the Saturday night parade, their talk a lingual riddle such as fell on ancient Babylon."

Considerable space is given to Ottawa, its history and people, while airplanes and air service are given special notes. Among the references in the latter regard the following may be quoted:—

"On Moose River I saw fur trappers with dogs, traps, snowshoes, and food ready for shipment by plane far up the east coast of Hudson Bay. Some newly found mineral deposits are reached only by plane. The little town of Sioux Lookout, in northwest Ontario, has a year-round air freight service, despite the extreme winters. From here hundreds of tons of freight go quickly by air into regions otherwise inaccessible, except by hard, slow canoe or dog-sled transport."

Mr. Simpich tells of a settler who trapped 47 wolves last winter. That settler was good and it is not remarkable that he made more money trapping than farming.

Moose Seen at Ottawa on the Golf Course

Speaking of a visit to the North Land, the writer says:—"In an observation car of the T. & N. O. I fell in with two Canadian geologists returning from research work at Har-

vard
"The first time I rode this line," said one of them, "the conductor stopped the train so passengers could watch three wolves chasing a moose across a frozen lake."

"But the older geologist was talking now, relating a long story of his adventures in the copper fields of Bolivia. The other, I observed, was twisting his chair—evidently to say something, but too polite to interrupt; his senior. At last the Bolivian saga was finished and I turned to the younger man. "What were you about to say?"

"Nothing now," he murmured. "I did want to call your attention to a moose that was swimming that little lake we just passed."

"Back in Ottawa, at our legation, I told this tale. "You should have stayed here to see a moose," observed a secretary. "Yesterday one wandered in near our Rivermead Golf Club; . . . then off into the bush along the Ottawa River. And last year many early risers saw deer in the streets of Aylmer near Ottawa."

It is when writing of the mining camps, however, that Mr. Simpich gets in his most spectacular ideas.

"You think of Bret Harte's Roaring Camp when you see Kirkland Lake's gold camp on Saturday night," he writes.
"In crowded, crooked streets a dozen men to every woman; stores open until midnight—even the hardware and furniture stores. Some human sacrifice to Bacchus, but very few idle men. Finns and Chinese wearing 20-dollar gold pieces as watch charms; a crowded movie showing "Ten Nights in a Bar-room; brawny Russian miners sprawled in barber chairs, getting an over-Sunday polish; the smell of fresh-cut pine and the noise of saws and hammers, as bohunks work by flood-light on a new 'hotel'; young engineers in caps, sweaters and high-laced boots socially playing cards in a crowded lobby, snapping the cards down noisily."

Bring 'Em In
"You get off the bus from Sawstika at a rambling wooden hotel to find a room 'I have two heavy bags out on the porch,' you say to the landlady who tosses you a key. "Bring 'em in," she suggests, turning back to watch the card players. And you hustle your baggage up two flights of stairs and hunt the room yourself. Outside a kilted bagpipe goes whining by, on its way to a Legion party; motor cars file past, bringing a shift of miners, tin lunch boxes in hand, from a mine which that day yielded one hundred and twenty-two thousand dollars' worth of gold."

Increase of Gold Output
Mr. Simpich says that in 1911 Ontario mined only about \$42,000.00 worth of gold, while in 1931, the production was over \$43,000,000. He mentions the discovery of Porcupine in 1909, and Kirkland Lake in 1912.

Rails Now into a New North
Here is what is said in the article about the trip from Cochrane north:—

"From Cochrane north we rode the "Polar Bear," T. & N. O. tri-weekly accommodation train, reminiscent of our pioneer Union Pacific in early travel across the plains. "We call it the tri-weekly," said one wag, "because it goes up one week and tries to get back the next."

"Miners, cooks, hunters, guides, Indians, missionaries, trappers—but no tourists as yet—wander freely from baggage car back to caboose. You see men bound for the northern wilds loading their canoes, tents, dogs, sleds, snowshoes, traps, guns, and camp supplies—and engineers with surveying instruments.

"Farm homes are few and soon disappear altogether, as the train pushes northward. After a few hours the track begins to wind downhill, into the vast marshy muskeg country which lies south of James Bay, the southernmost arm of Hudson Bay.

"The Government builds the line to tap speculatively this empty country. One long stretch of rail crosses the Onakawana lignite field, being explored by the Department of Mines, and estimated to hold many millions of tons. High-grade refractory clays are found associated with the lignite.

"Our new North is what your early West was," explains an engineer, "except we shoot moose instead of buffalo, use planes instead of oxcarts, and our scalps are safe from Indians."
"Partridges fly up as the slow train rocks along, and you look out on flat, open areas of blueberry and Labrador tea bushes. "Lots of prairie chickens out there," says a game warden. "I coaxed some up with corn during a deep snow and photographed them."

"The two women passengers go back into the caboose and obligingly cook lunch there for the train crew. At a midway stop hungry men leap from the day coach of the mixed train and trace to a shack whose signboard reads "Raw furs bought." At a little counter they gorge bologna, canned peaches, biscuit, and hot tea.

"In one corner of the tiny store is a spinning wheel. "An heirloom?" you ask of the Englishwoman behind the counter. "No. I spin yarn and knit the family socks."

"Back to the whistling train you dash—miners, trappers, traders, and Indians. Already it is moving, off now for Coral Rapids. Friendly hands pull a panting fat man aboard, barking his shins on the car steps.

"From a wayside swamp a flock of geese takes wing, and word comes back that the engineer has seen a moose."

Reference to Moose Factory and Moosonee

There are several references to Moosonee and Moose Factory, visited by Mr. Simpich. Notes are made on the

museum at Moose Factory and its contents, also to the church and its experience with floods, etc.

There is passing mention also to the correspondence school courses for the children in sparsely-settled areas and to the "schools on wheels."

Space is given to show the high position of Ontario in many fields of science and culture, and the leadership of Toronto as a publishing centre.

The article concludes:—"Unflinching Ontario—the heart of Canada, robust member in the British family of nations! A vibrant land, versatile and indomitable! Walk, ride, or fly around it and talk with its people. Nothing thwarts or baffles them. Their motto might be "Ontario can do it." That is your last thought, as you ride through the under-river tunnel dug from Canada to Detroit."

St. Mary's Journal-Argus:—A novel must be silly and poorly written in order to be popular. Ask any novelist whose books don't sell.

**ATTENTION
HOUSEHOLDERS**

Wrap all Garbage in paper. Keep your Garbage Can covered. Use plenty of Chloride of Lime which can be procured at the Town Hall free. Household using well water must boil it for at least 20 minutes. All Outside Toilets must be made airtight. By Order of THE BOARD OF HEALTH

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Summer Sickness

Mothers Tell How BABY'S OWN TABLETS
Relieve Children's Distressing Troubles

"My baby was so bad with summer complaint that we despaired of saving her," writes Mrs. Hazel Allard, Whitby, Ont. "A friend advised Dr. Williams' Baby's Own Tablets. After the third dose baby fell asleep. By noon the next day she took the usual bottle feeding."

"Baby's Own Tablets are wonderful for summer complaint," writes Mrs. Lauri Wheeler, Indian Road Crescent, Toronto. "When your children get cross and fretful, refuse to eat, and manifest recognized symptoms of summer complaint, it is time to give them Baby's Own Tablets. Easy-to-take as candy. Effective; and absolutely SAFE—see analyst's certificate in each 25-cent package. Over 1,250,000 packages sold in 1931."

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