

HILL-CLARK-FRANCIS LTD.
PHONE 126

BUILDERS' SUPPLIES

Sanding Floors A Specialty

"HAD CONSTIPATION SINCE BIRTH OF MY FIRST CHILD"

Then Mrs. King Discovered ALL-BRAN

We quote from her voluntary letter:

"I have suffered from terrible constipation since the birth of my first child—9 years ago! I have tried everything and nothing had any lasting results. Very reluctantly I tried your 'ALL-BRAN' with no faith in it at all. Much to my surprise, I have not had to take any medicine since starting to use ALL-BRAN, 4 months ago."—Mrs. Doris Eyre King (address furnished upon request).

Laboratory tests show ALL-BRAN contains two things which overcome constipation: "Bulk" to exercise the intestines; vitamin B to help tone the intestinal tract.

The "bulk" in ALL-BRAN is much like that of leafy vegetables. Inside the body, it forms a soft mass, which gently clears the intestines of wastes.

Certainly this is more natural than taking pills and drugs—often harmful. Two tablespoons daily are usually sufficient. If not relieved this way, see your doctor.

ALL-BRAN also supplies iron for the blood. At all grocers. In the red-and-green package. Made by Kellogg in London, Ontario.

Beautify Town and Home Surroundings

Flowers, Lawns, Trees, of Material as Well as Aesthetic Value, Benefit to Children of Pleasing Home Surroundings

On innumerable occasions The Advance has referred to the value of flowers, lawns, gardens, trees to a town, and incidentally pointed out how a horticultural society advances the common interest because of this. Last week The Advance quoted the secretary of the Timmins Horticultural Society in regard to some telling points made for the cause of beautifying home surroundings and the town. There was an excellent article recently in The Simcoe Reformer in reference to this matter. It may be noted that what is applied to Simcoe has the same application to Timmins or any other town. The editorial in The Simcoe Reformer is good enough to reproduce in full. Here it is:—

"The season approaches when every home-owner in Simcoe and the surrounding villages of Norfolk County should be giving thought to the beautification of his premises and thus to the improvement in appearance of his community. While horticultural work has enjoyed a tremendous boom in Norfolk in the last few years, there remains plenty of room for further development. Every unimproved or unplanted home can be made more attractive by the judicious use of trees, shrubs, flowers and well-kept grass. The old saying that a home is not a home until it is planted, very well emphasizes the necessity and wisdom of planting.

"Further, the progressiveness and thrift of a community or municipality are often reflected in its appearance and the best advertising that any community can do is to present a pleasing, inviting appearance to the world—an appearance of prosperity and industry, reflected by well-planted and well-kept public and private grounds.

"We are influenced to a greater extent than we realize by our surroundings. Children are particularly sensitive in this regard. Surely a home in and around which flowers are grown is a better place to bring up children than a home where no attention whatever is paid to these friends of the plant kingdom. As the twig is bent the tree is inclined, is an old saying and very applicable in connection with the training of children. If children are taught to love flowers and to become familiar with them, their hearts will be filled with love for these things which leave less room in their hearts and minds for the things that hurt and destroy.

"The objection is frequently heard that gardens and flowers cost too much or that they take too much time. The truth is that it is not so much a matter of money or time as it is of desire and disposition. If we are disposed to have gardens and flowers and really desire to have attractive home surroundings, we will have them no matter how busy we may be. Information as to suitable varieties for planting may be obtained from your local Horticultural Society or from the Ontario Agricultural College. The cost in any event need be only trifling and the amount spent on the nursery stock ne-

Asking Recreation for the Unemployed

Social and Welfare Council Meeting at Toronto has Suggestions for the North. Opening of Road Work Much More Sensible Though.

It is odd how things appeal to some people. For instance at the annual meeting of the Community Welfare Council of Ontario at Toronto last week, promotion of recreation facilities for unemployed and development of social and welfare work among new Canadians in Northern Ontario, with headquarters at Kirkland Lake, were declared to be essential points on the programme. The despatches say that presenting these suggestions to delegates, Gilbert Agar, general secretary, said never before was healthful recreation needed more as a "tonic against the fever of despair." Had there been a delegate from the North present with realization of the real situation he would undoubtedly have interjected at this point that the great fever of need of the unemployed in the North, what the workers really needed to keep them from despair, is not any organized scheme of recreation, but work, employment, so that they may be free men and care for themselves. It is not exercise the unemployed in this country need but work, WORK!

DIFFERENCE BETWEEN CIVIL WAR AND GREAT WAR VETERANS

The following is from the London, England, correspondent of The Ottawa Journal last week:—One of the most delightful retorts ever made is mentioned by Mr. Arthur Lambton, a cousin of Lord Durham's, and a famous authority on sport, in his book "The Galant Show," published recently. It concerns an American who was asked by Sir Morgan Crofton if he played golf. Sir Morgan added the information that he himself played very badly, and had a handicap of 18. "You are what we Americans call a Civil War veteran," said the New Yorker, "because they go out in '63 and are back home in '65." "Ah, yes," rejoined Sir Morgan, as quick as lightning, "then I suppose you call your scratch players Great War Veterans?" "Why?" "Because they go out in '18, and come back home in '19."

DAYLIGHT SAVING HAS BEEN ADOPTED IN TOWN OF COBALT

(From The New Liskeard Speaker) Although, according to the clerk's records, only three of the six members in attendance voted "aye" on the motion, (and one of them said he was opposed to the idea, but would support the measure), Cobalt town council, in regular session on Monday night, adopted daylight saving for the period May 15 to September 15, inclusive. It was stated at the meeting that a petition favouring the proposal, and said to contain 170 signatures, had been circulated, but it was not presented. Opposition was voiced by Trustee Frank Lendrum, chairman of the public school board, who anticipated difficulties and said the public schools would run on standard time, and the proviso was made in the motion that, unless Hailybury and New Liskeard would do likewise, the scheme was "off." So far as Cobalt was concerned, it developed also that the change in dates (the original proposal had been to have summer time from May 1 to September 30) had been made at the suggestion of Mayor Charles A. Byam, of New Liskeard.

Keep fit! Headaches, heaviness, depression—banish them all by keeping your system clean! Take Eno every morning.

TAKE ENO'S FRUIT SALT

facilities that Hon. Mr. Finlayson could provide would be the much desired employment that would come from a sensible road policy. The policy of direct relief, however, promises to leave the country in such a condition that before long it will be impossible to maintain roads or anything else. Certainly until the roads that cost the province so much money and that are so vital to the North are properly looked after there should not be expenditures for any welfare schemes that are not absolutely practical and immediately necessary. With work provided for them, so that they can keep themselves the unemployed of the North will ask for no "recreational facilities." They will have all the exercise required and as in the past they will provide their own recreations.

Suggested Driving Rules for the Motorist To-day

(Brockville Recorder and Times) Safe driving rules are becoming a drug on the market and yet too much emphasis cannot be placed upon any code of conduct on the roads which may be followed by a reduction in the number of accidents that are taking place.

- Here is the latest set of driving rules which has been placed before the public by J. J. Meagher, K.C., vice-president of the Royal Automobile Club of Canada:
1. Pay attention.
 2. Use care at all intersections—driving with the thought in mind that the other fellow always has the right of way.
 3. Drive always with highway conditions in mind so that if the car does skid it need not result seriously.
 4. Operate always at a speed at which the car can be fully controlled whatever, and however, emergencies arise.
 5. Always drive on the right-hand side of the road.
 6. In making a left turn use care—give consideration to traffic approaching from all points.
 7. Do not follow the vehicle ahead too closely.
 8. Always be alert for pedestrians.
 9. Never use intoxicants before driving a car.
 10. Use great care in getting in and out of a line of traffic.
 11. Always have car equipment in good order.
 12. Indicate by distinct signals any change of procedure while operating.

A year ago there were 435 telephones in use in the twin towns of Rouyn and Noranda. Now there are 561, an increase of 126 in the year.

Essay Contest for Children of Ontario

Competition Inaugurated by the International Nickel Co. to Mark Fiftieth Anniversary of This Basic Industry.

Approved by the Honourable George S. Henry, Premier and Minister of Education, an essay contest for cash prizes totalling \$200 is now being held among the school children of the Province as part of Canada's celebration of the fiftieth anniversary of her nickel industry.

"What Nickel Means to Canada" is the subject upon which all pupils in the day sessions of the high, continuation and vocational schools in this Province are invited to write in competition for a first prize of \$100, a second prize of \$50 and two additional prizes of \$25 each. The International Nickel Company of Canada, Ltd., is offering these prizes.

Napier Moore, editor of MacLean's Magazine; Brigadier General Charles H. Mitchell, C.B., C.M.G., Dean of the Faculty of Applied Science and Engineering at Toronto University, and Dr. C. W. Drury, chairman of the Toronto branch of the Canadian Institute of Mining & Metallurgy, will serve as judges.

The Department of Education has issued a memorandum to the appropriate school authorities, announcing the contest and giving its terms. The preamble to this announcement reads:

"During the past twenty-five years, the Ontario mining industry has attracted world-wide attention. The output of the various mines has increased in volume by many millions. To-day, the production of the mines in Northern Ontario places Ontario among the foremost countries of the world.

Eighteen eighty-three, fifty years ago, saw the commencement of the Nickel industry in Ontario. This year, Ontario celebrates the Jubilee. With a view of fixing interest in nickel and its uses, and to promoting a knowledge of the nickel industry, the International Nickel Company has offered to institute an essay competition among the pupils of the High, Continuation and Vocational Schools of the Province.

"The Honourable George S. Henry, Premier and Minister of Education, is in full sympathy with the proposed competition and recommends it to the favourable consideration of Boards of Trustees and the principals of the schools concerned."

A similar contest is being organized in co-operation with the Department of Education of the Province of Quebec.

Huntingdon Gleaner:—The feudal castle of Montemalo and 1,000 square yards of land went on sale at Cunco, Italy, for 35 cents. A down payment of only 31 cents is required. State auctioneers admit the castle is uninhabitable and the land rocky. They stress the view from the old tower and the "sentimental and historical wealth" the property represents. It was put on the block for 50 cents last January and found no buyer. The castle dates back to the twelfth century. Age, abandonment and other factors have entered into its deterioration. Lightning demolished part of it and an earthquake razed more. Twenty years ago Count Manfredo Saluzzo, last of the ancient line to hold it, had what remained of the roof torn off to take advantage of a government decree making roofless buildings exempt from taxation.

SIMMS, HOOKER & DREW
INSURANCE IN ALL BRANCHES
REAL ESTATE

Houses and Lots for Sale on Terms

DOMINION BANK BUILDING
Opposite Goldfields Hotel Block
TIMMINS

PHONE 112
Residence—PHONE 135

Eastern Canada has Been "First" in Many Things

As "first" things go, the Maritime Provinces have a few honors to claim, according to the Tourist Department of the Canadian National Railways. Here are a few of them:—

The first social club in North America. It was founded at Annapolis Royal, Nova Scotia, in 1606 and was known as the "Order of the Good Time."

The first authenticated record of coal mining in North America. This took place at Minto, N.B., in 1639 and the coal was exported to Boston.

The first paper made from wood was produced at Upper Sackville, N.B., in 1839.

The first compound steam engine in the world was invented in New Brunswick by Benjamin Tibbitts, of Queen's

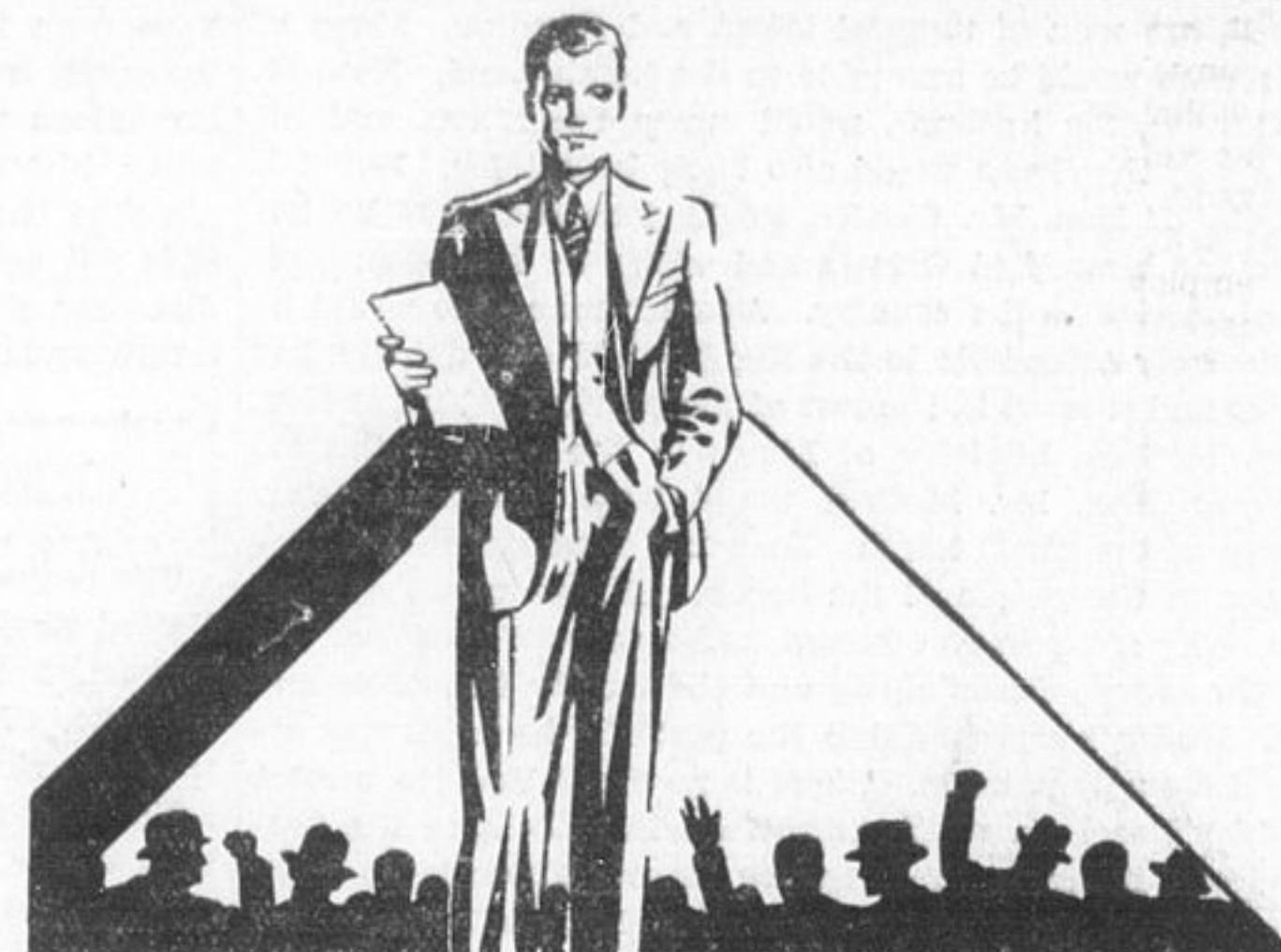
Country, N.B., and was used in a Saint John River steambot in 1842.

The first steam fog horn in the world was put into operation on Partridge Island, Saint John Harbour, in 1859, the apparatus being invented by Robert Poulis, of Saint John.

The first submarine cable in North America was laid across the Strait of Northumberland between Cape Tormentine, N.B., and Carleton Head, P.E. I., on November 22, 1852.

The first wireless message to be sent from North America across the Atlantic was sent from Glace Bay, Nova Scotia, on December 31, 1902.

Toronto Mail and Empire:—It is announced that all diamond-cutting plants in South Africa are to close, and just at a time when the man in the street hardly knows where his next diamond is to come from.



A Sensational Announcement!

HERE'S an announcement that stands out head and shoulders above the multitude of "sale" advertisements that are appearing everywhere this Spring. It's the announcement of "Clothes of Quality's" new values for 1933—values in tailored-to-measure clothes that honestly surpass anything you've ever seen—anywhere.

If you really want to save money on fine hand-cut and tailored clothes, without sacrificing style, quality, workmanship or variety of choice, see "Clothes of Quality" samples tomorrow. The prices are as low as \$16.50—with satisfaction positively guaranteed.

"Clothes of Quality"

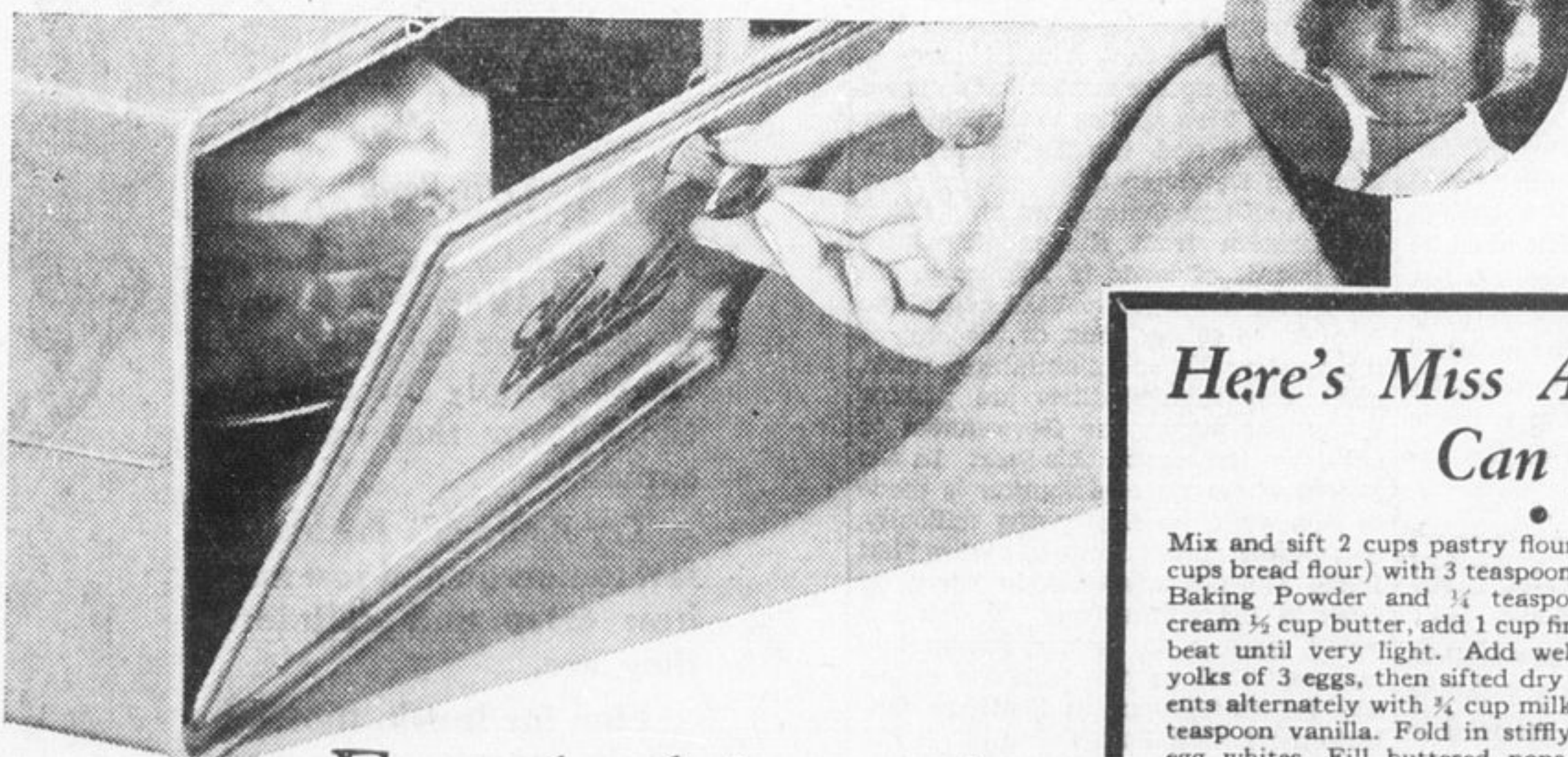
Ostrosser & Co.

13 1/2 Pine Street North

Timmins

Another **\$1000.00**

Suggest a name for Miss Alice Moir's



Everybody's naming Magic Mystery Cakes... What's your suggestion this month?

JUST think of the things you could do with that \$250 prize! There's nothing hard about this contest, either. You name the mystery cake—that's all!

Miss Alice Moir has contributed the recipe for this Magic Mystery Cake. It's a cake you'll like. Attractive. Delicious. Easy to make and inexpensive.

Start right in today to think up a name for this Mystery Cake. Read the recipe. Sounds good, doesn't it? And it is good. If you make the cake, be sure to follow Miss Moir's advice—use Magic Baking Powder.

Magic gives consistently better baking results. That's the reason the majority of dietitians and cookery experts throughout Canada use it exclusively. They know from experience that Magic is always dependable.

Don't put off entering this Magic Contest. There are 63 prizes—and the name you suggest may easily win one of them.

When you bake at home

First Prize \$250, Second Prize \$100, Third Prize \$50, 60 Prizes of \$10 each

MAGIC MYSTERY CAKE

MISS ALICE MOIR is the dietitian of one of Montreal's finest apartment-hotel restaurants. "I always use and recommend Magic Baking Powder," Miss Moir states. "It combines efficiency and economy to the highest degree. Besides, Magic always gives dependable results."

Here's Miss Alice Moir's recipe... Can you name it?

Mix and sift 2 cups pastry flour (or 1 1/4 cups bread flour) with 3 teaspoons Magic Baking Powder and 1/4 teaspoon salt; cream 1/2 cup butter, add 1 cup fine sugar, beat until very light. Add well-beaten yolks of 3 eggs, then sifted dry ingredients alternately with 1/2 cup milk; add 1/2 teaspoon vanilla. Fold in stiffly beaten egg whites. Fill buttered pans 3/4 full. Bake in moderate oven 350° F. 25 min.

which have been blanched and lightly browned in oven and rolled fine with rolling pin. Spread between layers.

FROSTING: Place 1 cup brown sugar and 1/2 cup boiling water in saucepan. Stir over low heat until sugar is dissolved. Boil gently without stirring until a soft ball is formed when tried in cold water, or syrup spins thread 3 in. long when dropped from spoon. Cool gradually. Add slowly to stiffly beaten white of 1 egg. Beat until it thickens. Add 1/2 teaspoon vanilla. Spread thickly over cake and sprinkle with rolled burnt almonds.



Made in Canada

CONTAINS NO ALUM. This statement on every tin is your guarantee that Magic Baking Powder is free from alum or any harmful ingredient.

the new, FREE Magic Cook Book contains tested recipes for dozens of tempting dishes. Send for it. Address Gillett Products, Fraser Avenue, Toronto 2.

Contest Rules Read Carefully

- 1 Contest is for residents of Canada and Newfoundland only.
- 2 All you do is name the mystery cake. Only one name from each person.
- 3 PRINT at the top of your paper in ink (or typewrite) "Miss Moir's Mystery Cake." Under this, print your suggestion for a name. Then, in the lower right-hand corner, print your own name and address, clearly and neatly. Do not use pencil.
- 4 Do not send the cake itself—just the name and your own name and address. It is not essential to bake the cake to enter the contest.
- 5 Members of our own organization or their relatives are not eligible to take part in this contest.
- 6 Contest closes MAY 31, 1933. No entries considered if postmarked later than May 31 midnight. No entries considered if forwarded with insufficient postage.
- 7 Judges: Winning names will be selected by a committee of three impartial judges. The decision of these judges will be final.
- 8 Prize winners will be announced to all entrants within one month after contest closes.
- 9 In case of a tie, the full amount of the prize money will be paid to each tying contestant.
- 10 Where to send entries: Address your entries to Contest Editor, Gillett Products, Fraser Avenue, Toronto 2.

NOTE: Other Magic Mystery Cakes coming! Watch for them in later issues of this newspaper.