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TO MAKE BRAN MUFFINS-COOKIES-ETC.

Use Quaker Natural Bran—because it is natural bran especially packaged for baking. You'll find in it the taste bran dishes with the real nut-like bran flavor. It is at about the important Quaker Natural Bran is more economical for baking. Try it—there's a recipe folder and a valuable coupon in every package.

## QUAKER Natural BRAN

### Guard Against Any Accidents at Home

Fatal Accidents at Home Rank Next to Auto Fatalities in Number.

"Johnny is safe at home," is no longer a truism, because nearly one-third of all accidental deaths occur at home. Home accident fatalities are exceeded only by accidental deaths from motor vehicle operation, says a letter from the Health League of Canada.

In view of the fact that many household injuries occur just before winter when homes are being prepared for the more severe weather, The Health League of Canada today urged Canadians to exercise forethought and care.

Nearly half of all home injuries result from falls, the majority of which occur on steps or ladders. Strong, safe step-ladders and properly illuminated stairways, kept free of toys, brooms, soap and other household articles, will largely remove this cause of home accident.

Burns and scalds constitute about one-fourth of all injuries received in the home. Almost 50 per cent. involve children under 15 years of age. Matches in the hands of young children pre-

sent a hazard often neglected. The use of metal boxes, placed out of children's reach, largely removes this hazard.

Makeshift repairs of gas pipes, hose and fixtures often result seriously. Proper installation and maintenance by employees of distributing companies is essential for safety.

Care in handling and storage of poisonous materials cannot be emphasized too strongly. In some cases, children have mistaken lye for sugar and eaten it; while in others, children have drunk poisonous solutions which resembled soda water.

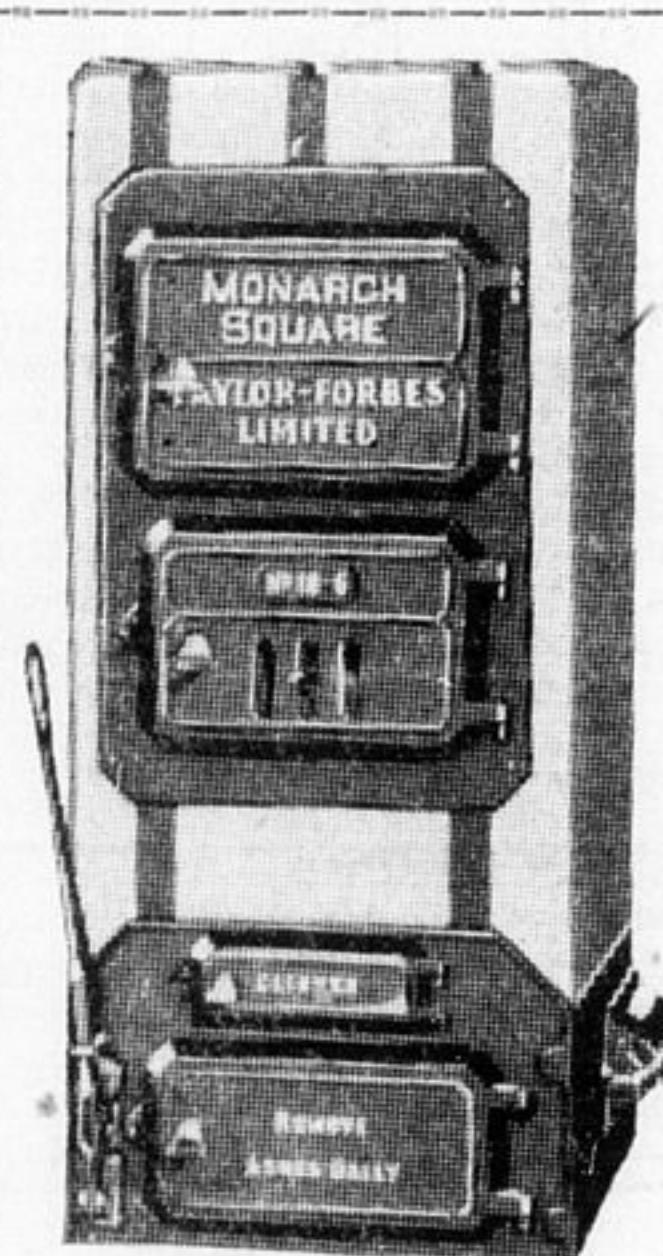
Numerous injuries occur in homes through carelessness in handling tools, cutlery and other articles having sharp or jagged edges. Many of these injuries affect children who disregard or do not know the dangerous nature of these objects. Small scissors, with blunt ends are considered far safer for the use of children than those with long pointed blades. Bottles, sharp knives and pointed tools should be kept away from children.

In the majority of cases, periodical inspections and prompt repair or replacements of worn electrical cords, broken fixtures or defective labour-saving devices, eliminate the mere common electrical hazards in the home.

### Southwest Africa Big Source of Karakul Skins

The former German colonies in Southwest Africa, which are under mandate to the government of the Union of South Africa, are chiefly pastoral country with large sections comprised of desert, unfit for any purpose whatsoever. They form, however, an important source of supply for karakul (Persian lamb) skins, this being the next largest export item in point of value to diamonds which occupy first place, according to the Industrial Department of the Canadian National Railways. Other exports are cattle for slaughter; butter; vanadium ore; sheep and goats for slaughter; wool; preserved and fresh fish; copper, tin and other ores; hides and skins of ox and cow; gold; cheese. South Africa enjoys the greater portion of the trade of Southwest Africa, followed by Germany, Great Britain, the United States, Belgium, Sweden, Czechoslovakia, Brazil, Norway, Holland, Roumania, Yugoslavia, Canada, Finland, Japan, Italy. Last year total imports were valued at approximately \$7,493,660, the principal items, according to value, being apparel other than footwear; cotton piece-goods; motor cars and parts; gasoline; wheat flour; leather footwear; cigarettes; underclothing; motor trucks; chassis and parts; tobacco; rubber tires; brandy; coal oil; wireless and telephone equipment; confectionery; medicinal preparations; lubricating oil; furniture; etc. By far the larger portion of imports from Canada, which are comparatively small in value, consist of rubber tires and tubes.

Toronto Globe.—New Orleans, experimenting with whooping-cough vaccine, finds equal numbers of vaccinated and unvaccinated children caught whooping cough. Showing that the vaccine's quite harmless.



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CHATHAM  
WINDSOR  
DETROIT

Via North Bay and Canadian Pacific

**Thursday, November 12th**

Tickets to U.S. Destinations sold subject to Passengers meeting Immigration Requirements of U.S.A.

### ATTRACTION

Toronto—Professional Hockey

**Chicago Blackhawks vs. Toronto Maple Leafs**

Tickets valid for travel Train 2 from Timmins Thursday, November 12th connecting at North Bay with C.P. Train 857 and at Sudbury with C.P. Train 28 arriving Toronto 8:00 a.m. Friday, November 13th. Tickets are also valid for travel on Train 46 from Timmins 2:25 p.m. Thursday, November 12th on the understanding that passengers will arrange their own transfer at North Bay to C.P. Depot, where coach equipment will be parked for their accommodation and which will be handled on C.P. Train 7 to Sudbury thence C.P. Train 26 arriving Toronto 3:50 p.m. Friday, November 13th.

All tickets valid to return so as to leave Toronto not later than C.P. Train 27, 11:15 p.m. Sunday, November 15th, arriving North Bay and connecting with T. & N.O. Train 1, 12:50 p.m. November 16th.

Tickets on Sale from Regular Stations Only

Tickets good in Coaches Only.  
No Baggage Checked  
Children 5 years of age and under 12 when accompanied by guardian  
Half Fare

For Fares, Departure Time and Further Information apply to Local Agent.

**Temiskaming and Northern Ontario Railway  
The Nipissing Central Railway Company**

### Surgeon Falls Official to Jail for Raising Voucher

In police court at Surgeon Falls last week Magistrate McCurry took occasion to speak plainly in regard to some men on relief. He warned the crowd in the court room that if they were able-bodied and on relief they would be expected to work, and if they would not work at jobs offered them they would be liable to find themselves working behind bars. Some men and especially some men, he said were lazy and neglectful, and thought they were smart if they tried to beat relief or get money they were not entitled to. He said he had no sympathy with that sort of man, as he felt such a fellow was only preying on his fellow wage-earners.

The cases before him included one in which a man was charged with raising relief vouchers. The magistrate thought this a serious offence when other people had to struggle so hard to meet their taxes.

George Prevost, dog-by-law enforcement officer for Surgeon Falls, appearing on a charge of forgery, pleaded guilty "in a way," he stated, as he did not know what he was doing and wanted to pay the money back.

The charge was the result of the raising of two relief vouchers. One was raised from \$9.50 to \$19.50, the other from 50 cents to \$1.50. The vouchers were then turned in to a store.

In sentencing the man to 60 days in North Bay district jail, Magistrate J. H. McCurry stated: "What do you people expect? You seem to have forgotten that it is not the government that is paying the relief. The wage earners are paying the money into the government and it then pays the relief."

"I can't understand the trend at the present time. Recipients believe they are clever and smart in being dishonest. They are a menace to the real wage earner."

"Prevent, you are a young man, just 33. The offence you have committed is a miserable, contemptible and childish one. Your case is sorrowful. You could not get away with it. You are not a hardened criminal. The action was so stupid, I am being lenient with you . . . but this is not a precedent. If anyone comes before me, trying to defraud the relief administration . . . I will harder."

Hanover Post.—Henry Ford is quoted as saying there must be something wrong with an educational system which turns out millions of people who fall for get-rich-quick schemes, and that the man who permits himself to be cheated is just as bad as the man who cheats him.

It has been learned that the Northern Associated Boards of Trade have proposed calling a meeting for Nov. 18 at which time certain matters will be dealt with and resolutions drawn for presentation to the Ontario Associated Boards of Trade meeting at Oshawa Nov. 20.

### Strong Support

Among the many grievances outlined,

## BE BEAUTIFUL

By ELSIE PIERCE  
FAMOUS BEAUTY EXPERT



Beauty routines are started very early in life. Then when one arrives in the teens and twenties can be as clear and hair as gleaming as JUNE LANG'S

Girl of High School Age May Have Definite Beauty Problems

The average healthy, normal young girl of high school age does not need complicated beauty treatments. She should follow a hygienic routine, started when she was very, very young and doubtless a matter of habit by now. Or should be.

The modern mother teaches her young daughter the value of health and its relation to beauty. She makes the bath a daily ritual. The good old Saturday night affair is back in vogue, but this is only an addition to the daily. To make it the highlight of the week, let her use her bath salts or bath essence, or eau de cologne. It won't strain the purse, really, and it will flatter her ego and give her a sense of the luxurious that goes with a sense of well-being. She'll love the warm, cleansing bath that comes every night and if she's a Modern Miss she will have developed a particular liking for the brisk, cold morning shower which is at once an eye-opener and muscle toner.

The same old-fashioned foggies who believed that a child had to have the measles also believed that young girls and boys had to have adolescent skin, meaning pimples, blackheads, eruptions.

Nowadays less and less young people have embarrassing skins. Because they are taught to live more sanely. They drink plenty of water, they exercise in the open, they get plenty of rest, and growing girls in their teens need sleep-sound, restful sleep and plenty of it. They eat more sensibly, too, plenty of fresh vegetables and fruits, milk and nourishing food—a balanced diet. Taboo pastries, candy, fried foods, rich desserts, say "no" to the sweet tooth.

(Copyright 1936, by The Bell Syndicate, Inc.)

a close checkup of merchants and business men in New Liskeard and district reveals that the New Liskeard Board and Northern Associated Board will receive solid support in their campaign. It is charged that southern firms and wholesalers have found an open and profitable market in this section of Northern Ontario for a number of years, while on the other hand they always had a very indifferent attitude when it came to support appeals of the North for needs. Recent announcement of the boycott brought a storm of protest from the southern board, with the excuse that they had no control over the provincial government. The latter excuse passed off quietly throughout the North, as it is a recognized fact that the Associated Board of Trade in Ontario, which is comprised of members of some of the largest firms and wholesale houses in the South, have a big influence with the government and also the necessary capital to back them up.

### LOSE TOURIST TRADE

During the past summer the North has lost thousands of dollars in tourist revenue, due to the government's apparent indifference to the condition of the highways and roads. In the South, tourists have been told not to come any farther north than North Bay owing to the uncertainty of the Ferguson highway, although this warning has been strongly denied. The Northern Boards fight to have the Trans-Canada highway routed through this section has been in vain, while the South sat back and wondered what all the scrap was about. Efforts to secure better freight rates and radio reception have also been in vain, and Southern Ontario offered no support. Now that they realize Northern Ontario means business they start to howl. The general feeling in New Liskeard section is, let the South look somewhere else for business as the people in the North are sick and tired of being drained and given nothing in return.

One prominent member of the Liskeard board said he hoped the boycott would affect North Bay, as little assistance has been given by the Gateway City to any northern cause. He based his statements on the claim that North Bay refused to lend the North what influence they had in having the transcontinental train re-routed back over the T. & N. O. Railway. According to F. E. Herron, president of the Liskeard Board, a movement is on foot to have the Associated Board hold their meeting here Nov. 18.

To this despatch from New Liskeard may be added one from Cochrane.

### Cochrane View

The Cochrane Board of Trade is in receipt of a letter from the New Liskeard board asking that it too pass a resolution urging a united boycott against Toronto business houses as a protest against the poor condition of the Ferguson highway.

After outlining the amount of comment that the threatened action has aroused, the New Liskeard message urges: "That your board pass a similar resolution, or have this matter thoroughly discussed so that your representative to the association meeting this month will be able to present the views of your board. There is victory in sight; we must not relinquish our efforts until it is attained."

The New Liskeard board gives the views of W. O. Langdon, president of the Northern Ontario Associated Boards of Trade. Mr. Langdon's letter to the New Liskeard board said in part: "I wish to state that the idea of a boycott, which has been mooted and discussed throughout the North for the past six or eight months, is a very sound one and about the only way of showing our strength and obtaining that to which we are entitled. To be most effective, however, there would, as you say, have to be a united effort."

There is little talk in Cochrane and district of imposing the boycott. It is said, however, that some of the business men do not object to the present "talk" of a boycott because it is felt it may "scare" Queen's Park into a better recognition of Northern Ontario rights.

Simcoe Reformer.—The appointment of Mr. P. J. Mulqueen as chairman of the Ontario Athletic Commission will meet with popular approval. By virtue of his long connection with various sporting organizations in Ontario and especially his leadership of Canadian Olympic teams, Mr. Mulqueen has gained the necessary knowledge and experience to enable him to administer the commission's authority wisely and well.



12 big biscuits  
in every box

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it gives you vital  
FOOD ESSENTIALS**

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.  
Niagara Falls, Canada

**KNOCKING ON WOOD?**  
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valued at 50 cents a ton in the ground.

### Filed Caution

Mr. Gordon filed the cautions against the properties on April 14, 1916, to secure his right to mine ore from the properties in payment of his claim. In 1929, John F. Black and James R. Gordon agreed that upon payment to the latter of \$5,000 and interest or, in lieu of interest, shares of Sudbury Rand Mines Limited, he should withdraw the cautions.

Sudbury Rand Mines Limited, lately moved to have the cautions discharged, alleging that James R. Gordon registered against certain mining claims in the townships of Levack and Bowell. Mr. Justice Masten says his decision does not preclude Sudbury Rand Mines Limited, from launching an action for a declaration that the cautions have lapsed.

Mr. Justice Masten says that, from affidavits filed in court, he gathers that only \$1,000 has been paid on account of the loan that Mr. Gordon made and that, after the death of Col. Gordon, the executors of his will recovered judgment against John F. Black for \$11,959.56, the amount of the loan and interest.

Mr. Justice Masten finds that Sudbury Rand Mines, Limited, has not discharged the onus upon it of proving that the release of the cautions by Mr. Gordon ever was delivered and went into effect. He holds, too, that the right of Mr. Gordon to mine ore from the properties has not expired by effluxion of time and remains unimpaired. Hence, he dismisses the appeal of Sudbury Rand Mines, Limited.

Ottawa Journal.—Usually the early bird catches the worm for the benefit of the little fellows who stayed at home.

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