

South Porcupine C.W.L. Holds Annual Meeting

Work for the Past Year Reviewed. Much Excellent Work Accomplished by South Porcupine Catholic Women's League. Officers Elected for the Ensuing Year.

South Porcupine, April 9th.—(Special to The Advance)—The annual meeting of the South Porcupine branch of the C.W.L. was held on Friday in the vestry of St. Joachim's church. There was a very good attendance.

Reports were read of the activities for the year from the conveners of the different branches and the League is to be congratulated on the community work to which it is pledged.

The Social Service report read by Mrs. Cunningham showed that 120 pieces of clothing had been collected, made in good condition, and distributed where the need was felt, to different families in town and 214 quarts of milk sent to needy families. Eight baskets of edibles were distributed at Christmas (including one to the hospital).

A convener for the Hospital Auxiliary had been appointed (Mrs. Cahill) and six dozen pieces of work had been completed by the League.

Two prizes have been given as entrance examination prizes by the League for the Dome and Town schools. A study club has been formed, and

during the year the League was visited by Mrs. Conklin, Convener of the National C.W.L., and Mrs. Munn, Diocesan President.

The treasurer's report was given by Mrs. Vendette, and the report of membership and magazine distribution by Miss Anna Sullivan.

The following ladies were elected to the different offices:—

Past President—Miss Anna Sullivan.
President—Mrs. Leroy.
1st Vice-President—Mrs. P. Cole.
2nd Vice-President—Mrs. C. Kavanaugh.
3rd Vice-President—Mrs. F. Laforest.
Secretary—Mrs. J. Cunningham.
Treasurer—Mrs. J. Costello.
Convener of Membership and Magazines—Miss A. Sullivan.
Programme Convener—Mrs. F. Laforest.
Convener of Lay Retreats—Mrs. P. Cole.
Convener of Social Service—Mrs. Cunningham.
Citizenship Convener—Mrs. C. Kavanaugh.
Publicity Convener—Mrs. T. Cahill.

General hospital, a daughter to Mr. and Mrs. George Kotmanec.

Born—To Mr. and Mrs. Theodore Carlstrom, of the Pamour Mine, a son, on April 6th, in the Porcupine General hospital.

Born—To Mr. and Mrs. Jacks, of Schumacher, in the Porcupine hospital, on April 6th—a son.

Born—On Saturday, April 8th, at the Porcupine General hospital, to Mr. and Mrs. Gilbert McGee, of Schumacher, a daughter.

Good Friday (April 15th) services in St. Paul's Anglican Church will be as follows:—Morning service at 10:30 a.m. (not 11 a.m. as previously given), and evening service at 7:30 p.m. Easter Day services—At 8 a.m.; children's service at 10 a.m. Morning prayer at 11 a.m., and Evening service at 7 p.m. Holy Communion at each service for adults.

There will be a meeting of the Past Grand's Club of the Rebekah Lodge at Mrs. Webb's home, Dome Extension, next Tuesday night.

The Rebekah annual May Day party, will this year take the form of a big bridge party and will be held on May 6th in the Parish hall. Date is given so that date will not conflict with any other organization's plans.

Mrs. Scholtz and her mother, Mrs. W. G. Smith, left on Friday for Gravenhurst, where Mrs. Scholtz is to receive special treatment.

Mrs. Dempsey, of Bruce avenue, is in hospital recovering from throat operation.

The Workers Co-operative Society held a big whist drive and dance in the Masonic hall on Wednesday night. So many people attended that extra tables and chairs had to be sent for and twenty-four tables of players accommodated. After cards, round and square dancing held interest and a nice lunch was served. These evenings under the supervision of Mr. Harper, of the local store, appear to be attracting attention, and the whist drives especially are most popular. For ladies, prizes were won by—1, Mrs. W. Farren and 2, Mrs. Wm. Allen (Dome Ex.). Mrs. Wm. Thomas, playing as gent, won first prize for men, and Messrs Clark and Murray out for second prize. A 'spotlight' prize was won in dancing by Miss Beulah Clemis.

The Hospital Auxiliary meeting on Wednesday in the Masonic hall was rather poorly attended. Mrs. Dye, president, was in the chair, and the meeting only lasted a short time, being taken up with cutting out and distribution of articles for hospital use. The Committee would be glad to receive more names for membership in the Auxiliary. Even if the new members have no time or ability for sewing, there will be other activities planned for money raising later, that will call for help of a different nature, in which they may share.



HELEN VINSON uses the speedy liquefying type of cleansing cream at the studio but at night uses the cold cream type.

Screen Stars Use Diverse Preparations and Methods to Cleanse Skin.

Cleanliness may be next to Godliness but it comes before all else as the basis of health and beauty. There's a slogan "a clean tooth never decays." And a clean skin never looks dull. Conversely no skin can look really fresh fair, alive unless it is scrupulously clean.

This may sound like a rash statement, but comparatively few women take the time or the trouble to give the skin a very thorough cleansing. The lick and promise of a superficial scrubbing with soap and water and a haphazard rinsing does not constitute honest-to-goodness, deep pore cleansing. Just what to use, and how to use it? There are many methods and almost as many different preparations as there are people. Find the one best suited to your needs. Use it consistently. Occasionally it is well to vary your diet for the skin, just as you vary your diet for your body. It's stimulating and the skin responds more readily to the new, providing, of course, it is as good as it is new.

Soap, Oil or Cream

The three most popular cleansing media are: soap, oil and cream. Jeanette MacDonald uses olive oil night

and morning for cleansing her skin which is very lovely but inclined to be dry.

Helen Vinson cleanses with liquefying cleansing cream when at the studio but at bedtime she uses a non-liquefying cream. Incidentally, the liquefying type may be found slightly drying to the sensitive skin, the non-liquefying type is just as thorough a cleanser and it is quite soothing. Thus Miss Vinson's balanced cleansing regime is an extremely sensible one. Cleansing tissues are used to remove the cream and with it all make-up, dust and grime.

Tonic Patting

Fatting with a mild tonic or astringent (the first for the dry or sensitive skin, the second for the oily, heavy type) should follow the cream or oil cleansing. The tonic helps to remove any remaining trace of the cream, refreshes the skin, leaves every pore scrupulously clean and free to breathe. It contracts and closes the pores, in fact, and by that token refines the skin texture. Therefore, the cleansing and toning should be regarded as one step in your skin care routine.

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Former Mayor of Timmins Returns from Holiday

E. S. Noble was for several years a resident of Timmins, being the local manager for the Northern Canada Power Co. While he was in that position he also served for a couple of terms as one of the town councillors here. In more recent years Mr. Noble has been a resident of Kapuskasing, being the manager of the Spruce Falls Pulp and Paper Co. He is also mayor of Kapuskasing—a position he has held for several years, with the election most years by acclamation. Because of the high regard in which Mr. Noble and his family were held while here, Mr. Noble has a large number of friends in town and district, and these will be accordingly interested in the following paragraph from last week's issue of The Northern Tribune, of Kapuskasing:—

"Mayor and Mrs. E. S. Noble returned to Kapuskasing on April 1st from a one-month stamer cruise to the West Indies and South America. Leaving New York on the palatial George of the Conard line, they touched at St. Thomas, St. Pierre, Fort de France, Port of Spain in the West Indies, then La Guaira and Curacao on the tip of South America. The motorship then turned howward, calling at Havana en route back to New York. The mayor and his wife fully enjoyed the wonderful tropics under the ideal conditions of the voyage."



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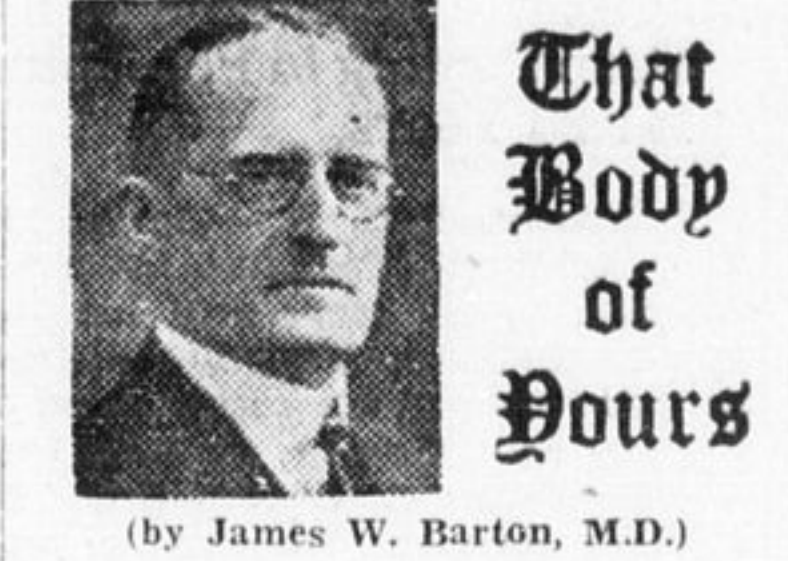
When you feel a cold coming on inhale the vapors from Olympene. The penetrating vapors of this powerful antiseptic liniment break up the congestion—let you breathe more freely and comfortably.

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4 oz. 50c. 10 oz. \$1.00



That Body of Yours



(by James W. Barton, M.D.)

Importance of Rest in Bed

During the 1918 and 1919 'flu epidemic I happened to be Senior Medical Officer of a large military hospital and was in a position to watch the effect of different types of treatment—the use of fever reducing drugs, the use of various heart stimulants, the effect of getting patients to bed the first day of the attack (and also three or four days after the attack first occurred), the effect of removing blood from patients who had recovered and injecting it into others, particularly those who with a high temperature or where there was a complication of broncho-pneumonia or pneumonia.

Our records showed that our death rate was much lower than the average for the general population and this was believed to be due to the fact that every soldier was checked over daily and these with influenza were placed in hospital a day or two sooner. It was this getting the patient into hospital, "a day or two sooner" that brought about early recovery and prevented the dangerous complications—broncho-pneumonia and pneumonia. These two ailments, not influenza, were responsible for most deaths because they overtaxed the heart.

That early rest in bed is more important in preventing complications than the form of treatment is shown by a report of Dr. Alfred M. Glazer, Cincinnati, in the Ohio State Medical Journal. There were four groups of patients.

Group 1 was given aspirin compound, phenobarbital, best rest, forced fluids, and light diet.

Group 2 was given the same treatment as Group 1 plus fifteen grains of soda bicarbonate—baking soda—every four hours.

Group 3 was given same treatment as Group 1 but quinine was used instead of aspirin.

Group 4. No medicine of any kind except rest in bed, was given but a gelatin capsule of glucose (sugar) every four hours.

The results of these methods showed that the temperature, the stay in hospital, and the complications were not any higher, longer, or more numerous in the cases where rest in bed was the only method of treatment than when medicine was used. Dr. Glazer stated that, however, those who did receive medical treatment seemed to "feel better" on leaving the hospital than did the others.

I believe the above records teach two things. First, getting to bed and remaining in bed is more important than medicine; second, that all of us "like attention" when we're sick and the use of simple remedies may help the morale or well being of the patient.

The Common Cold

Are you bothered with colds three or four times a year? Have you ever stopped to consider the consequences? Send for Dr. Barton's illuminating booklet entitled The Common Cold. Ask for Booklet No. 104, enclosing Ten

cents to cover cost of handling. Send your request to The Bell Library, 247 West 43rd St., New York, N.Y., mentioning The Advance, Timmins.

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Driving Over North Roads an Expensive Business

(From New Liskeard Speaker)

The expensiveness of driving over Northern Roads, or, at least, one section of these Government roads, was brought to light over the week when a New Liskeard citizen undertook to drive from Elk Lake recently. He admits he was told the road was in bad condition and he took the precaution of ascertaining that a truck would be making the same trip at the time he undertook it.

He had to be towed out just ten times. On eight of these times he had to pay \$1 for each pull. One trip cost him two bucks, while another one ran to an additional five spot, or a total of \$15. On top of this he gave one man another dollar to pay for some break to the harness of the team used, and, we believe, another five or six dollars had to be spent on car repairs.

This young man tells us that he is of the opinion the man who did most of the towing, at one dollar a tow, knew he was a supporter of the Hepburn Government and soaked him on that account. Maybe so. Unfortunately, however, friend and foe have been getting the same treatment so far as roads are concerned, and it is to be hoped the work carried out during the winter will greatly improve past conditions.

Asks Liskeard Council to Hamper Transients

(From New Liskeard Speaker)

The New Liskeard town council should take steps to look after the "transients" now on the road. Many of these men are now passing through town on their way to the Northern mining fields, or on the way south from bush work or mines. Some homes are being visited every day by one or more of these men. Indeed there are citizens who believe transients are sent directly to their homes. No person likes to turn down a hungry man, but this continued request for a meal becomes monotonous even to the most liberal citizen, and our suggestion is that all householders be requested to discontinue the practice of feeding transients and that the town council makes arrangement for such food as they are entitled to at the expense of "rail" the ratpayers. Why hand this burden over to a comparatively few citizens?

It's a good idea to brush your hair for five minutes every night, says a beauty expert.

Surprise Farewell at South Porcupine

Other Items of Interest from South Porcupine and the Dome.

South Porcupine, April 9.—(Special to The Advance)—A delightful evening was spent on Friday in the new Scout hall, by a number of our young people, who gave a "surprise" and farewell party to Norman Bonter, who leaves on Sunday to work with the Department of Highways at Huntsville. Over thirty got together and arranged the affair, and tell us that the party was a wonderful success. They presented Mr. Bonter with a steamer trunk, and he was both surprised and touched with the gift and the feeling which prompted it. He has been one of them for some years now and has proved himself to be a good sport and a jolly good fellow. The party played games, sang, and had a grand time together before lunch was served at midnight.

Mr. J. Cuthbertson left on Friday to spend two weeks in Noranda.

The Town Girls Basketball team left on Saturday to play Cochrane team in

their High School on Saturday night. Miss Margaret Lloyd, Miss Irene Denoon, Captain Beulah Rayner, Mrs. Ken Myers, Mrs. Butts Dunn, Mrs. N. Woon, Mrs. Mayes and Mrs. E. Pelkie comprised the team.

A nice gesture on the part of the Girls Sewing Club (president, Dorothy Sharp) was a presentation to Mrs. W. S. Blake, who has been helping them this winter by teaching them how to do various branches of needlework, mending, tatting and raffia work. The girls have appreciated her kind interest and gave her a lovely handbag. Isobel Rapsey presented it with a few words of thanks, to which Mrs. Blake replied that she had enjoyed working with them.

This year's taxes in Tisdale will be paid in three instalments—first due on May 16th, second on 15th of June, and third on July 15th.

Miss Sybil Lunam is leaving for home in Ottawa on Sunday, after spending two weeks with her sister, Mrs. J. Ostrom.

Mr. and Mrs. T. W. Hall, of Ceel street, left on Friday to take up permanent residence in London, Ont.

Noris Orr, of Connaught Station, is spending the weekend with Bob Pearce at his home on Broadway.

Born—On April 5th in the Porcupine

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Iodine Plays Important Part in the Perfect Diet

Sea Food Furnishes Part of the Supply of Iodine Necessary in Food. Iodized Salt is Suggested for Children. Matter of Iodine in the Diet Dealt with by Expert.

It is a little less than two decades since it became known that iodine was among the minerals which must be considered in planning the perfect diet. For some time it had been suspected that the cause of simple goiter which was prevalent in certain parts of this country and in other parts of the world was linked up with the lack of sufficient iodine.



(By Edith M. Barber)

This was proved during the war years when physical examinations were given to young men from all sections of the country. The highest incidence was found to be in the Northern States which do not border on the Atlantic. This region was covered by glaciers in the last ice age. When they melted they took with them the upper stratum of the earth to which the water of the seas had contributed iodine. On the West Coast the mountains are so high that the clouds deposit little of this mineral (which they take from the sea) on the fertile land. In Michigan, where goiter was prevalent, it was found possible to prevent it by the use of iodized salt. This procedure has been followed in other places. We can count on sea food for a part of our supply, but the content of other foods is variable, depending upon their source.

Curried Oysters

1/2 cup minced onion.
2 tablespoons butter or margarine

3 tablespoons flour
3/4 teaspoon salt
Few grains pepper
1 1/2 teaspoons curry powder
1 1/2 cups milk
24 oysters
2 shelled, hard-cooked eggs, sliced.
Sauté onion in butter over direct heat until tender. Remove from heat, add flour, salt, pepper and curry powder and blend. Add milk; and cook over boiling water, stirring constantly, until thickened. Add oysters and eggs, and cook until the edges of the oysters curl. Serves six.

Scalloped Salmon

1 pound can salmon
2 tablespoons butter
2 tablespoons flour
1 1/4 cups milk
Salt, pepper
2 hard-cooked eggs
1/2 cup buttered bread crumbs
Shred the salmon and remove the bones. Melt the butter, add the flour and when well blended, add the milk slowly, stirring constantly until thickened. Boil one minute. Season. Arrange a layer of salmon in the bottom of a greased baking dish, add some of the sauce, some sliced eggs, then another layer of salmon and so forth, until all the ingredients are used. Cover the top with buttered bread and bake in a moderate oven, 375 degrees Fahrenheit, until the crumbs are brown.
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Earlton to Have Sub-Port on Trans-Canada Airway

The town of Earlton will have a "secondary airport" on the Trans-Canada airway, when the project is established this year, according to an announcement recently. There are some 13 points designated as "provincial airports" on the route between Halifax and Vancouver shown on an official map, one of these being North Bay, where tenders have been called for on the construction of the station in Widfield township. In the same class as Earlton is Porcupine Junction while Kapuskasing will be one of the main ports, according to the map. Intervening are a number of emergency fields, including Diver, Gillies, Round Lake and Ramore, in the T. & N. O. area.

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