

Get Ready NOW! WINTER IS ON THE WAY!

Clothing is an Important Item in Preparing for Winter

All Can be Assured of Up-to-date and Attractive Clothing Warm and Comfortable. Just as Necessary to Prepare for Winter in Clothes as in Homes.

Modern clothing has taken most of the disadvantages out of winter. The man who likes to dress well may be as fashionable in winter as in spring, summer or fall. Still more, he can be as comfortable. Merchandizing these days is more a matter of service, than the mere selling of goods. Merchants seek the real needs of their customers, and pay attention to comfort, safety, convenience, as well as fashion and design. Timmins stores have a very complete array of stocks of all kinds of winter goods for sale. Reference to the advertisements on these pages is well worth while. The ladies have the wise practice of preparing early for each new season in the matter of clothes. Men very often leave this detail a little later. It is not too late yet to prepare for winter in the matter of clothing. Certainly it is not so early either. Any day now winter may settle down for the season. Be ready for it. Watch health, comfort, safety, as well as fashion, in winter clothes. These pages are designed to give some useful hints and suggestions along this line. Look well! Be well! Feel well! In a new, comfortable, fashionable winter garb!

About the History, Objects, Methods, of Canadian Red Cross

Outline of Aims and Purposes and Efforts of the Red Cross.

Red Cross is a permanent organization of national societies with more than 15,000,000 adult members in 65 countries recognized under the Geneva Convention and by international agreement as the sole body which becomes in war time an auxiliary of the Army Medical Corps. As such, it is the agent to which requests for supplies, materials and assistance are directed by the Corps which cares for the sick and wounded of the national forces.

Through a permanent international committee, with offices in Geneva, it remains in war time the communication channel through which information about missing persons, prisoners of war and other nationals in foreign belligerent states are located, identified, supplied with food, clothing and other supplies, and exchanged despite the severance of diplomatic relations. For instance, the Prisoners of War Department in the last war manned by Red Cross voluntary workers, was officially authorized to handle and care for prisoners in Germany—after this department had been created by Red Cross and had launched the work. Another instance is that all exchanges of prisoners were negotiated through Red Cross' international office.

It is a volunteer organization seeking to co-ordinate the efforts of all persons who undertake voluntary war work, such as the manufacture of hospital supplies, the knitting of garments, the packaging of this material, and the shipment of these packages to the depots from which they are distributed by His Majesty's forces. Because of its automatic appointment to the official position of an army auxiliary by a declaration of war, it is the recipient of the official information as to needs, and of instructions as to packaging, shipment and distribution.

Because during peace time it maintains its organization for emergency action in event of disasters, and also maintains far-flung services such as out-post hospitals, home nursing departments, etc., it possesses the ready machinery of organization at the outbreak of war. So prepared, in fact, is this machinery, that the Canadian Red Cross Society entered the sphere of international action before Canada had declared a state of war on September 10, 1939, by cabling \$10,000 to Britain for relief of Athenian survivors, and by having ready at hand the hospital, nursing and medical facilities to meet first arrivals at Halifax. In this instance, it is noted, this action followed intimation from the Canadian Government that need existed. In other words, Red Cross was the one agency to which the government turned for immediate action.

Red Cross organization is erected on

TRIMMED—BUT NO CASUALTIES



When soldiers get "trimmed" it isn't usually as painlessly as this. These French poilus are getting a haircut in this official barber shop of the front, literally, in an open-air barber shop on the

experience. The Geneva Convention provides that a national committee must exist to represent it in international relations. Under this national committee, provincial divisions, self-administrative, function as a close tie-up with district committees. The latter are the clearinghouse for local, or municipal branches. The whole is a democratic union, based on principles analogous to the British Commonwealth of Nations.

Within 24 hours after Canada declared war, representatives of the Provincial Divisions met in Nation-Council in Ottawa. Within another 24 hours, a national war council had been formed. Details were simultaneously arranged for the formation of provincial, district and local war councils. The incentive for the formation of the latter rests largely in the hands of citizens—in other words, their willingness to cooperate. It was the desire, or objective, that all groups giving voluntary assistance along lines similar to those of the Red Cross should utilize Red Cross facilities, official position, information and experience.

Through this structure, information is being promptly disseminated to provincial divisions and local branches, and thence to the war councils. It affords a swift means of determining how materials and supplies shall be transported and distributed, because official requests can be complied with through the advices released by the national office.

Red Cross first came into existence when a conference of representatives of 16 nations met in October, 1863, in Geneva, and there laid down the fundamental bases which have governed the organization ever since. A short and simple draft was accepted which provided for the formation of national committees in each country, to act as auxiliaries of the army medical services of their respective governments. The summoning of this conference had followed the publication of a book entitled "A Souvenir of Solferino," by Henri Dunant, after he had visited the battlefield of Solferino and seen wounded and dying men lying unattended. He outlined his ideal for "some international principle formulated in terms of a convention and recognized as inviolable, which, once agreed upon and ratified, should serve as the basis for activity of societies for the relief of the wounded in different countries in Europe." With this object in view, M. Gustave Moynier, president of the Geneveve Societe d'Utilite Publique, summoned the meeting of the 16 nations.

Because the first conference was composed of persons unable to give practical effect to their recommendations a second conference was held in 1864—this time a diplomatic conference of accredited government representatives. The result was the signing of the famous Geneva Convention, the spirit of which has faithfully upheld in the subsequent conferences of 1906 and 1929. This conference also laid down the established basis that a red cross on a white ground should be used not only of the medical services of the various armies, but also by duly reorganized relief societies constituted at this time as auxiliaries to the medical services, and that these services were to be known as Red Cross Societies. Their emblem was to be recognized as the sole neutral insignia during the war, the nations pledged, and to be free from attack.

Among the 12 principles of the Red Cross, and to which the governments have subscribed themselves in so far as their acceptance is concerned, are that these societies "must be recognized by the government as auxiliary to the army medical corps"; must adopt as emblem a red cross on a white ground; must be open to all nations without any distinction, particularly as regards sex, religion or political opinion; must be pledged to prepare themselves in peace time for war time work, and "must be so formed as not to exclude any appropriate branch of medical work in connection with the fight-

ing services." Red Cross is an efficient organization, with leading industrialists, financiers, newspapermen and members of other professions on its executive committees. It is operated in a business-like way, with every action passing under the scrutiny of these voluntary active executives. Its administrative personnel has been trained by experience, and by the very fact that this personnel functions during peace time as an efficient, competent organization.

It enlists voluntary assistance for every purpose. The offices maintained overseas during the World War were manned by volunteers, who operated numerous services such as Prisoners of War Department, preparation of casualty lists, notification to relatives of men arriving in hospitals, and the supplying of these men with any needs, and countless other functions apart from its primary duty of co-operating with the Army Medical Corps.

Through its efforts, \$9,073,485 was raised for its purposes, in addition to \$6,250,000 for the British Red Cross. Supplies totalling a value of approximately \$20,000,000 were sent overseas, in addition to the funds which were devoted to financing hospitals, equipping and manning them, purchasing and operating ambulance units, etc. The finest hospital in France, according to army medical authorities, was the Red Cross hospital built and equipped by Canada at Vincennes, near Paris.

The record of the last war was accomplished only by the goodwill of the Canadian people, the willingness of other organizations to co-operate with the Red Cross and eliminate confusion overlapping and duplication, and the generosity of donations from rich and poor. The Red Cross again faces a similar task. And this time it faces this duty with the added responsibility of a peace time programme which has become an important factor in Canadian life and must be continued.

Says "Acute Indigestion" Often Used Incorrectly

(By J. W. S. McCullough, M.D., D.P.H.) Acute indigestion is a much-abused term. Very few die of it. One reads in the newspapers that an important man of business has suddenly died of acute indigestion. It is a doubtful diagnosis. One thinks that he died of some heart affection, aggravated possibly by too heavy meals, too much tobacco or alcohol. The newspapers are, on occasion, inclined to be charitable. Perhaps it is as well.

The heart and stomach are close neighbours. They obtain their nourishment from the same source, the blood. They get their "pep" from a common origin, the nerves; if one organ is healthy, the other shares in this health as well as in the ill-health of one or the other.

Both acute and chronic indigestion are abominable. They make the victim uncomfortable and morbid. He is apt to think of heart disease, cancer or other serious ailments.

Acute indigestion is invariably due to the ingestion of too-much food, improper food or food that is "spoiled."

A man (or woman) eats a hearty dinner at his favourite restaurant or club. Six or seven hours later, he is fearfully ill. He has fever; pains in the stomach, nausea, vomiting and perhaps diarrhoea. He has a feeling of impending death. Occasional cases of this food poisoning are fatal in 24 hours. Usually the attack is over in a day or two. The food poisoning is commonly derived from the use of foods such as milk, meat in the form of hamburgers, sausage and salads or other foods subject to much handling. Other acute stomach attacks are due to food toxæmia. Botulism belongs to this class. Botulism has usually a short period of incubation. Vomiting is the earliest symptom and this is succeeded by nervous signs, paralysis and constipation without fever. While the fatality rate of ordinary food poison-

ing is but 2 per cent, that of botulism runs to 50 and 100 per cent.

The heart affection most liable to be confused with acute indigestion is the one where the blood supply to the heart has been more or less completely cut off. This blood supply is carried by the coronary arteries. If one of these vessels is plugged up the person has coronary thrombosis. There is ghastly pain; he has nausea, vomiting and gas. The victim is prostrated. He may die in a few minutes, in an hour or two, or he may survive for a year or two until the heart's blood supply becomes completely shut off.

The so-called acute indigestion is often a serious matter. It calls for careful medical examination and attention. The symptoms may be due to a heart condition for which absolute rest is the best remedy.

After a huge meal, the immortal Shakespeare said: "My grief lies onward and my joy behind." Perhaps the poet meant, that it is not safe to overlook one's stomach—especially if one has heart disease.

The English Dead

(By Anne Ryan) The darkened Abbey throws tonight No shadows, full and deep, And in the still Trafalgar Square The giant lions sleep. And sharing the uneasy night That lies on every hand, The men who died in other wars Are walking through the land.

They walk the Sussex down in sun, They walk in misty rains; Their spirits pace the Great North Road.

They rest in country lanes. They say to us: "Take up the torch, And face unease and pain; Small matter what the thoughtless say— We did not die in vain!"

As long as English hearts beat true, So long lives liberty! Freedom that keeps the flag unfurled Triumphant in the sky. And so we cry, we English dead,— Our graves on sea or shore,— Are well worth dying for!"

North Bay Nugget: — Canada shouldn't lose a moment in clearing up all sources of propaganda intended to embarrass the country in its present purpose.

Preparing for Winter For Comfort and Safety For Yourself and Family

Warm, Comfortable Residence with the Maximum Safety for the Days When the House is Most Used by All. Some Suggestions That May be Helpful.

There have been more or less gentle hints that winter is not far away. Now is the time to prepare for that season, to assure the maximum of comfort, convenience and safety in the home. Winter is the time the home is used the most—more than any other time in the year. Now is the time to prepare to have it offer the greatest comfort, convenience and safety.

Here are some suggestions— Make the house warm and cosy for the winter. Add the odd piece of furniture or equipment. Be sure that the home is free from all fire risks. Watch the little things that mean better health in the home. Look after your motor car for the winter.

Stock up with suitable clothing and supplies for the cold months. In all these things, these pages in The Advance will help you. Read the advertisements. Consult your local merchants and professional men. These pages are a special invitation to do so. The advertisers in this issue are particularly offering you their help in the matter. They have prepared to help you prepare for winter.

It is not a bad idea to check up on the house, outside and inside, from top to bottom. Check up on the roof! See that it is in the best condition possible. Examine all windows. Attention to the windows will save fuel bills as well as adding to comfort. Doors also may need attention.

It is a good idea also to save a thought for paint for the house—outside and inside. Paint preserves, as well as improves appearance. Insulation is always worth consideration. It may mean dollars saved. Weatherstripping on doors and windows is one branch of insulation that might well be given special note.

Of course the safety of the home is of paramount importance. Guard against fire risks. See that pipes and chimneys are safe, and properly guarded. Don't allow litter and rubbish to gather in yards, cellars, attics or elsewhere. As for the interior of the home, what about the heating system? Does it need overhauling, repairs, or is a new system really needed?

How about that stove? Does comfort or safety suggest a change? Are there some new articles of furniture or equipment needed? Do some of the rooms require remodelling, or repairs, or decorating?

For WINTER

Let Caron's Winter-proof Your Home

Storm Doors
Double protection against cold air and snow.

Storm Sash
For every window in the house. Will pay for itself in fuel savings the first year.

Insulation
Saves money on fuel costs.

Weather-Stripping
Retains the heat, keeps out the cold.

A New Roof
Avoid repairs caused by a leaking roof.

A. CARON
GENERAL CONTRACTORS
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Floral Park
PHONE 422

Winter-Proof Your Car for Safety and for Convenience

Action Now Will Prevent Damage and Delay.

Today, local Service Stations and Garages officially opened the "Get Ready for Winter" campaign to advise every motorist of the need for winter-proofing their cars.

Prevents Damage and Delay Because severe winter conditions—snow, ice and sub-zero temperatures—impose new demands on your car, it is imperative that it be conditioned to resist these hazards. Having it done now, will prevent serious delay and damage LATER! PLAY SAFE!

Onions in Strong Lead at Montreal Fruit Terminal

Montreal, October 18.—All the potatoes, sweet potatoes, peas and beans and spinach put together cannot equal the onions, more than 7,500,000 pounds strong, that go through the Montreal Fruit Terminal in a year. Less than 3,000,000 pounds of potatoes are received and despatched, according to the manager of the terminal, which is a subsidiary of the Canadian National Railways. And there is only half as much spinach as potatoes.

Estimated individually instead of by the pound, there are more than 10,600,000 radishes, nearly 7,500,000 shallots, more than 35,000,000 carrots; 2,800,000 heads of cabbage, nearly three times as many heads of lettuce.

In the terminal there are 15 ripening rooms for the convenience of the 16,000,000 pounds of tomatoes that are received every year.



Avoid the Danger Of Expensive Repairs And Serious Mishaps!

Don't pay the penalty of dead batteries . . . cracked radiators and water jackets . . . dangerous skids . . . accidents and possible injury! Let our experts get YOUR car ready for Winter! Our Guaranteed Service and Supplies are the economical way to safe winter driving.

WINTER CHECK-UP EXPERTS!

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REMEMBER! That this was purchased before the rise in price and we are passing these values on to you!

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Quality Clothes for Men
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