

### New Liskeard Boy in Iceland Wants Corn on the Cob

#### Also Thinks Camp Borden Sand Superior for Digging Trenches.

(From New Liskeard Speaker)  
"Mom, if you can get some of that nice corn on the cob in a can send me over a couple tins, it just makes my mouth water to think of it," writes Pte. Maurice Soucie in a letter to his mother, Mrs. A. Soucie, from far away Iceland. Mrs. Soucie received a couple of letters last week from her son, the first dated July 13th saying that he had arrived there about a week before.

Maurice says: "Things could be a lot worse than they are. Up here you can see the sun mostly all the time and it is just setting around 12 o'clock. The boys are a little mixed up about the money, but in a week or two more we will know what it is all about. You can see how small the money is when you need five 'aureas' to make up one cent and when you give them a bill you hold out both hands for your change. Everything is quite expensive here, having to be imported, and cigarettes are very expensive—so don't forget to send me some, also some things for shaving and some toilet soap and a few more pairs of socks. I have never seen nicer little places than around here. Everything is so nice and clean. The only thing I don't like is that we cannot understand what they are saying, but we do manage to learn a few words once in a while."

The second letter, dated July 23rd, says that he has not as yet had any letters but expects to get them in a few days. He had been into one of the nearby towns, the name of which was obliterated by censor. "That life is not so bad as it is made out by," "I have found out that there are quite a number of things you can do to enjoy yourself. At all the (censored) you can go in and drink beer, also there is good music and lots of nice girls to dance with, only very few of them talk English; so you don't do much talking."

"The weather here has been very nice with only a couple of days of rainy weather. The sun here is not as hot as it is at home at this time of the year. The nights get quite chilly, especially if you are on guard, but I put on a couple of extra sweaters and do not find it so bad. I certainly wish I was back home to get some of your nice meals; we get good meals, with lots to eat at camp, but they don't taste as good as you can make." (And here was inserted the request for corn on the cob).

That army life is not all fun and that there is hard work to do, too, is borne out by the remark that "if I could get in and dig around in the garden it would only be play for me now, as we have been digging trenches here, just in rock—sometimes I wish we had some of that old Camp Borden sand to dig into."

### STATE ALUMINUM WORKS BOMBED IN THE REICH

A report today from Basle, Switzerland, stated that British aircraft last night bombed an aluminum works, across the German border from Rheinfelden, Switzerland.

### Mayor of Haileybury Joins for Active Service

(From The Haileyburian)  
S. J. Mason, serving his fourth year as mayor of Haileybury, has enlisted with the Algonquin Regiment for active service and will leave with the headquarters company in the near future. He has been gazetted as a Lieutenant in the First Reinforcement Company of the regiment, which has been recruited up to normal strength of 155.

The duties of a soldier will not be new to Mr. Mason. He saw nearly four years' service in the last war, with the Imperial forces, after enlisting in the London Regiment in July, 1915, when he was just 17 years of age. In November of that year he received a commission in the Suffolk Regiment and went on active service to France in August of 1917, in time to have a hand in the battle of Passchendaele, where he was wounded but remained on duty with his battalion until February, 1918. He then applied for a transfer to the Flying Corps when that important arm of the service was beginning to play a big part in the war. Failing to pass the strict medical test, Mr. Mason returned to France as Battalion Intelligence Officer and Assistant Adjutant of his unit later being made Adjutant. He continued in that post until January, 1919, when he returned to England for demobilization of the regiment.

It was in September, 1919, that Mr. Mason came to Canada to join the Norfolk & Rochester Hardware Company, now the Haileybury Hardware Company and he has resided in Haileybury since that time. He was a member of the town council in 1936 when Mayor O. J. Thorpe moved to Beamsville in October and was made acting mayor for the balance of that year. At the municipal election in 1937 he was elected mayor and has been returned as head of the municipality each successive year since that time.

Mayor Mason, who decided on Tuesday to join the active service forces, said yesterday that any arrangements for his successor in office, or for leave of absence, would be left in the hands of the other members of the council. A special meeting may be necessary in view of the fact that the regiment may receive orders to move on short notice. Mr. Mason's parents, Mr. and Mrs. F. W. C. Mason, live at Ipswich, in the southeastern part of England where the war is pretty close, and he hopes to visit them in the not too distant future. This entire community will join heartily in wishing him the best of luck and a safe return when the war is brought to a successful conclusion.

### Nazi Send Police with Airmen to Assure Action

A Southeast Coast Town, Eng., Aug. 16—No one is swearing that its true but Britons are chucking over the story credited to the crew of a downed German bomber that Heinrich Himmler is packing Gestapo agents in raiding planes to be sure Nazi fliers try hard.

When a raider splashed into the sea Wednesday three of the crew were observed pushing a fourth off their rubber boat every time he tried to climb in the story goes.

Rescuing Britons asked the trio why they tried to drown the fourth and were told: "Because he belongs to the Gestapo."

### MARRIED HERE YESTERDAY



Mr. and Mrs. Jack Aaron Weinstein, whose marriage took place at the bride's home yesterday. Mr. Weinstein, B.Sc., is a graduate of McGill University, the son of Mr. and Mrs. Louis Weinstein, of Montreal, and the bride was formerly Miss Evelyn Goldie Halperin, daughter of Mr. and Mrs. Louis Halperin, of Timmins, and a student of Albert College.



By James W. Barton, M.D.

### That Body of Hours

#### We All Need Fat in And on Our Body

One of my fellow students at high school was some years older than the rest of us as he had been out of school for some years. He was unusually strong and spent much time in the school and in the Y.M.C.A. gymnasium. It was not unusual to see him pulling away at the chest weights and raising heavy dumbbells while other members including myself liked apparatus work and the gymnasium games. I noticed him gradually losing weight and despite my youth asked him if he didn't think he was working too hard.

"No," he said, "I've found out that there is fat not only on the outside under the skin but in almost every other part of the body and I'm going to keep on working until I've got rid of every bit of fat in my body."

The physical director pointed out that he was getting "stale" and was too slow to play in the basketball team, and he finally eased up. A little covering of fat gradually accumulated on his body, his eyes grew brighter and he regained his speed in games.

The point here is that everybody should have "some" fat in and on the body.

Nature meant that fat should form from 10 to 15 per cent of the body weight in man and a little more in woman. This means that a man of average height, 5 feet 7 inches, and weight of 150 pounds should have about 15 to 20 pounds of fat, and a woman 5 feet 4 inches in height weighing 125 to 130 pounds should carry less than 20 pounds of fat.

Nature meant this fat to be a reservoir of fuel or energy to be used when food ran low and to prevent loss of heat from the body. Heat is life.

Fat is found everywhere in the body, in every organ and cell, but in certain regions there are actual stores of fat. In some of these storehouses or depots the fat lies in an inactive condition and in other places it acts as a support for more active organs and tissues. Fat forms soft pads between various organs. The kidneys, for instance, are held up in place by masses of fat. When some of this fat is removed by starvation or a greatly reduced diet, the kidney does not remain in its place and is spoken of as a "floating" or dropped kidney. Other organs supported or sheltered by fat are the heart, and the organs in the abdomen. Any great loss of fat may cause the abdominal organs to drop so that the stomach in some cases has been found in line with the hip bones instead of three inches above the umbilicus (navel). The wearing of these cases, others may require a surgical operation to lift and hold certain organs up in their right position.

Most of the fat on the outer side of the body under the skin is found in the abdominal wall, in lower part of back and the buttocks, but some fat is found under the skin in practically all parts of the body. It is this fat immediately beneath the skin that regulates the temperature of the body, helping to keep the body warm in the cold weather and cool in the hot weather.

Most health writers, including myself, write much about the dangers of excess fat. It interferes with the proper working of the various organs, not only by crowding them but in some cases fat cells actually replace the normal cells of the organ. Excess fat interferes with heart action, greatly increasing the amount of work it has to do. Surgeons consider very fat persons poor risks. Insurance companies make overweighters pay a higher premium than those of normal weight or reject them altogether. And physicians find that overweighters are more likely to develop infections.

Notwithstanding all these objections to excess fat, I am trying to point out that a normal amount of fat—10 to 15 per cent of the body weight—is an asset to health and not a liability.

**Gonorrhoea and syphilis are the two most dreaded social diseases. Know the truth about them and save endless distress. Address your request to**

### Reduction Current Revenue Results From Mines Tax

Town of Timmins representatives to the Ontario Municipal Association convention which will be held in Toronto on Tuesday, Wednesday, Thursday and Friday, August 27 to 30, inclusive, will be Councillors Spocner and Roberts, B. Ryan, Relief Officer, A. L. Longmore, Assessor and A. L. Shaw, Clerk.

At Friday's meeting of council it was decided to allow each man \$75 for expenses incurred in connection with the trip.

**\$1,000 on Market**  
Payment of \$1,000 was ordered for W. H. Severt, builder of the town market building. The building is seventy per cent completed. It is to be finished by September 15 and will cost a total of approximately \$2,500.

Council passed a resolution ordering the Clerk to write a letter to Lieutenant-Colonel George Masson, extending to him the sincere thanks of the town administrators for the work he put in assisting the Chief of Police to organize and train the Auxiliary Police Force. Colonel Masson has been called to rejoin his unit. He was scheduled to leave Sunday for Windsor.

**Asks Compensation**  
Oscar Robertson wrote a letter to the council in which he explained that while swimming recently in the Mattagami he saw a small boy drowning. He went after the lad, who proved to be Ebby Urquhart, and pulled him out of the water. In doing so, said Mr. Robertson in his letter, he struck his foot on a stump which was under the water—the remains of an old diving board installed by the town. He broke a bone in his ankle and wanted the town to pay the doctor's expenses.

Councillor Eyre: "I don't see that this is our responsibility."

It was decided to defer the matter for a week for further investigation.

**Reduction in Revenue**  
A reduction of \$8,000 in current revenue this year will have to be absorbed by the council. The Hollinger wrote to say that its assessment under the Mining Tax Act was \$3,913,399 this year. As that is a reduction, revenue to the town will amount to approximately \$74,500 instead of \$82,500 as last year.

Councillor Eyre asked for and received three weeks' holidays for the fire chief. The chief will attend the Dominion Fire Chiefs' convention in Brantford on August 27, 28, 29 and 30.

### SERIOUS CHARGE LAID

A charge of attempted rape was laid against Nicholas Pluta by provincial police this morning. Pluta lives in Timmins where he is employed by a local dairy, but the charge was laid by provincial police as the offence is alleged to have occurred in Mountjoy Township.

### Company Orders "D" Co. Second Batt. Algonquins

"D" Company 2nd Battalion Algonquin Regiment, N.P.A.M. Company Orders issued by 2nd Lt. G. W. Gingell, A.O.C.

**Part One**  
Monday—19, 8, 40—1930 Hours—Recruit Training.  
Tuesday—20, 8, 40—1000 Hours—Recruit Training.  
1930 Hours—Lectures Officers and N.C.O's.

Wednesday—21, 8, 40—1930 Hours—Recruit Training.

Thursday—22, 8, 40—100 Hours—Recruit Training.  
1930 Hours—Lectures Officers and N.C.O's.

Friday—23, 8, 40—1930 Hours—Recruit Training.

Note—Camp Date has been moved forward to Sunday, August 25th, 1940 (25, 8, 40).

Anyone unable to attend at this date must notify Headquarters Monday, Aug. 19th, 1940 (19, 3, 40).

Everyone must be medically boarded and the Medical Board will sit on Monday, Tuesday and Wednesday evenings.

Comp from August 25th to September 7th, 1940.

The Bell Library, Post Office Box 75, Station O. New York, N.Y., enclosing Ten Cents to cover cost of handling and mention the name of this paper. (Registered in accordance with the Copyright Act).

### Navigation of Air Made Humble Start In France of Old

#### References to Early Days and Early Methods in Flying.

(By Percy Ghent)

Some years ago when a daughter of ours was a child of three, she was "helping" in the garden when a lot flying airplane roared overhead. There was an expression of bewilderment on her face as she gazed upward and asked, "What are those things for anyhow?" It was a commendable thing for knowledge, we thought, and the answer was made along fairly comprehensive lines. Airplanes were for carrying passengers and mail a great speed; they were used for patrolling the forests for the discovery of fires; they had a hundred uses in time of peace, and were terrible fighting ships of the sky in time of war. At this valuable information left Nancy cold. "Well," she declared, "I don't think so." "Of course," we admitted, "that might have been expected. And what, pray, do you think they are for?" Her answer was made with genuine reverence: "I think they are for carrying the groceries to Jesus."

What are those things for? Recent history telling of the initiative, the courage and conquests of British airmen, brings assurance that Britannia will rule the sky ere long as effectively as she rules the sea. And aircraft will be a mighty factor in deciding the victory for civilization and sanity over the Beast of Berlin.

### Hot Air in France

In the 150 years or so since its birth aviation has progressed to an efficiency majestic and terrible. And it was in stricken France that navigation of the air, with all its ensuing blessings and horrors, had its humble start. There is a timely interest, perhaps, in those days of aerial warfare in the story of the pioneer balloon flights that gave men confidence to soar to the clouds on wings.

Hot air, shorn of its American interpretation, was the beginning of it all—hot air and paper bags. Late in 18th century two brothers the Montgolfiers were engaged in the manufacture of paper in the town of Annonay, near Lyons. Of an evening they amused themselves by filling paper bags with heated air and watching their ascent to the ceiling. They observed that when these toys reached that point they invariably capsized, lost the hot air, and dropped. Because the pastime fascinated them, means were discussed of maintaining the bags in a vertical position. Half in just one evening, a housewife suggested that a firepot, small and light, should be suspended from the little balloons. Not only would this keep them right side up, but, as long as the fuel lasted, provide the essential hot air. Models made on this principle

stature. And then the screamingly funny quip offered by Overman—enough said.

Newspaper clipping: Dorothy Lamour, Robert Preston and Lynne Overman were seated on the set during production waiting for the cameras to begin grinding, when the talk turned to castaways on uninhabited islands.

"If I were cast away on such an island," Doty said, "I think I'd like to have a radio with me more than anything else."

"I think I'd want a rifle, ammunition, a good axe and a box of dry matches," Preston said.

"Me—I'd like the Yankee Clipper, with a full gas tank." Overman mused.

One can see from the above conversation that the movie stars we hold up as little gods are persons of no mean intellect. The sparkling originality of topics as well as the brilliant commentaries by each of the trio indicate that they are persons of gigantic mental

actually worked and enthusiasm increased.

**Sheep, Rooster Went Up**  
On the 5th of June, 1783, all Annonay in its Sunday best turned out to see the first balloon flight on an ambitious scale. Filled with straw, wood and chopped wood, a fire-pot was placed in a pit. Around it, a wooden frame was placed to support the pot. On the ground a huge, flat parachute was the bag of cloth. When a torch was applied to the fuel, smoke and fitful flames shot up, the bag inflated, ropes were cut, and the first full-sized balloon was in flight. Miles away the fuel burned out and the big bag dropped in a field. Peasants, with scythes and pitchforks rushed to the spot and "slew" the monster from the sky. And at Annonay, excited flocks gaped or gesticulated in wonder, while two smiling brothers inscribed their names on the scroll of fame.

On the next flight "passengers" were carried—a sheep, a rooster and a duck. They reached an altitude estimated at 13,000 feet and came down safely, a feat, no doubt which the rooster at least considered worth crowing about. Since the farmyard stock had survived the flight an observer named Pilatre de Rozier volunteered to make an ascent.

### HUMANS, ASCEND

He did so, but on the insistence of friends confined his trip to the limit of ropes secured to the ground. In November of the same year, however, de Rozier and Marquis d'Arlandes ordered this anchorage cut, and the two valiant souls made the first authentic balloon flight. They drifted over Paris and its environs for nearly half an hour and descended without serious mishap.

Still in that historic 1783 a balloon furnished by the Montgolfiers, was, at the suggestion of a chemist named Charles, filled with hydrogen recently discovered by the English physicist Cavendish. It made a long and successful trip, and was the first balloon to be made of rubberized silk. Benjamin Franklin was a thrilled spectator at one of the Montgolfier flights. More skeptical another onlooker asked scornfully, "Of what use is a balloon?" Genjammin's response was a brief and caustic epigram—"Of what use is a baby?" And how that particular baby has grown!

### TENNYSON FORETOLD IT

Through Franklin's influence Jean Pierre Blanchard, French aeronaut, took a balloon to the United States in 1793. Blanchard with George Washington as an interested spectator, ascended from Philadelphia and stayed in the air for the then record time of six hours. He descended near Woodbury, New Jersey, and returned to Philadelphia on a wagon, his deflated balloon beside him.

Such were some of man's pioneer essays at the conquest of the sky.

Blairmore Enterprise:—To save money, a Scotch tombstone firm in Nova Scotia has turned out three thousand tombstones with the words "McDonald, McArthur, McPherson, McCormick," etc., completed ready for the initial.

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## Announcement

On account of construction of our new building, Monday, August 19th, the GROCERY DEPARTMENT of the Main Store on corner of Fourth and Birch Street will be TRANSFERRED to our Townsite Branch for an approximate period of TEN DAYS.

MEAT DEPARTMENT will remain open as usual. Grocery Orders may be left at this department for delivery from Townsite Branch.

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