

WANT Ads

FOR RENT

APARTMENT FOR RENT—Four-room heated apartment; all modern conveniences. Apply 215 Spruce Street South, upstairs. —87-88p

FOR RENT—Six-room House; all modern conveniences. Apply to 166 Pine Street North. —87-88p

NOTICE TO CREDITORS

The estate of Daniel W. Cameron Deceased, Late of Timmins, Ontario, Insurance Agent.

NOTICE is hereby given creditors and others, having claims or demands against the estate of above-named deceased, that they are required on or before November 30th, 1940, to send, post prepaid or deliver to the undersigned, particulars in writing of claims and nature of security held, if any, therefor.

AFTER November 30th, 1940, the assets of the estate will be distributed according to law, having regard to claims filed, and Executor will not be liable for claims of which she shall not have notice.

HELEN C. MUNN,
Smooth Rock Falls, Ont.
Executrix
185186-87

FINANCIAL

Personal Loans

For Any Useful Purpose
Including Fuel Requirements

ONE YEAR TO REPAY
APPLY TO NEAREST BRANCH OF

The Canadian Bank of Commerce

MONTHLY DEPOSITS PROVIDE FOR REPAYMENT

If You Borrow	You Receive	You Make 12 Monthly Deposits of
\$ 60	\$ 55.87	\$ 5
\$ 96	\$ 89.71	\$ 8
\$ 144	\$ 134.80	\$ 12
\$ 192	\$ 179.92	\$ 16
\$ 300	\$ 280.94	\$ 25
\$ 492	\$ 430.87	\$ 41
\$ 1,068	\$ 1,000.86	\$ 89

Other Amounts at Proportionately Low Rates
YOUR ESTATE IS PROTECTED BY LIFE INSURANCE WHICH THE BANK ARRANGES.

YOU NEED OUR COAL

You'll appreciate the quality and the fine service we offer.

Phone 129
M. C. SULLIVAN



That Body of Yours

By James W. Barton, M.D.

Shaking the Liver Is Good For Mind and Body

A friend asked me to look at an "exercise" for which he had taken the agency. It consisted of a square box on which he asked me to sit or stand. I stood on the box; he touched a button and immediately the box and I began to vibrate.

I told him that this was the same idea as the mechanical horse found on shipboard or in a gymnasium which "shook up" the whole body.

What about these mechanical seats or horses? Can they help the body? There is no question but that the vibrating of the entire body in this manner is helpful. Movement of all kinds is stimulating which is just what many business men and others need after sitting for hours at a time at their desk.

For a long time I wondered how these men with country estates kept as well physically as they did, despite the fact that they were often heavy eaters. It was only when I remembered that so many of them did a lot of riding that I found the answer. The jogging of the horse was just what was needed to stir up their liver, empty the gall bladder, and stimulate bowel action.

For years it was believed that exercise that shook up or squeezed the liver would make the bile flow and this was proven a few years ago by research workers at McGill University. In fact,

ROOMS

ROOMS FOR RENT—Rooms for three in private home, opposite Hollinger Mine, at 56% Lakeshore Road Telephone 1719. —87

APPLICATION WANTED

Applications will be received by the Timmins Public Library Board for the position of Head Librarian.

Address applications to the Secretary of the Board in applicants own handwriting, stating experience, age, qualifications and salary expected.

Mrs. Digby Grimston,
Secretary.

SLIM'S TRANSFER
DRY SLABS
COAL and WOOD
MOVING and CARTAGE
PHONE 565

Hollinger Consolidated Gold Mines Limited

DIVIDEND NUMBER 238
EXTRA DIVIDEND NUMBER 67

A regular dividend of 1%, and an extra dividend of 1%, making 2% in all, have been declared by the directors on the Capital Stock of the Company, payable on the 2nd day of December, 1940, to shareholders of record at the close of business on the 18th day of November, 1940.

Dated the 9th day of November, 1940.
I. McIVOR,
Assistant-Treasurer.

I recently came across a rhyme in a little book "Byways to Health" by Wood and Dandell, as follows:
"A jaundiced young gent in an attic Once thought he had trouble hepatic (liver)

He brought him a flivver Which shook up his liver And now his mentality's ecstatic."

For those that are unable or unwilling to ride, and for those who are unable to take active exercise, anything that will shake up the liver will help them mentally and physically.

That is why massage, electric vibrators, electric rollers, can all be helpful where more active exercise cannot be taken.

For the vast majority of the middle-aged who do not play golf or other games, a daily walk at a brisk pace, some bending exercises with knees straight, and not eating heavy meals, should keep liver and bowels active and the mind free from depression.

Eating Your Way to Health

Send today for this helpful Barton Booklet entitled "Eating Your Way to Health" with suggestions as to obtaining the best all-round diet, etc. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents, and mentioning the name of this newspaper.

(Registered in accordance with the Copyright Act.)

CUT STRENGTH IN HALF

Effective battleship strength of the Italian fleet was said cut in half by the action of British planes in damaging three cruisers in Taranto Harbour Tuesday.

Sudbury Star:—"The one man for her will be the one who can offer her the most."

Had His "Little Joke"



Lt.-Com. Gunther Kray, 30, of the German navy, sat in Toronto police headquarters and told how he gained 16 hours of freedom from a Muskoka area internment camp. "I have had my joke, now I will go back," he said. He was recaptured in Toronto after escaping by hiding in a packing case.

MISCELLANEOUS

SUPERIOR FUELS Phone 2120 for good coal and dry wood. 43 Commercial Ave. —82p

Church Directory

St. Matthew's Church

Rector: Rev. Canon Cushing, B.A., L.T.
10:00 a.m.—Adult Bible Class
11:00 a.m.—Morning Prayer
3:00 p.m.—Sunday School
4:15 p.m.—Baptisms
7:00 p.m.—Evening Prayer
Holy Communion on 1st Sunday of month, at 11 a.m.; on 3rd Sunday, at 7 p.m.; and on 5th Sunday, at 8:30 a.m.

The Presbyterian Church of Canada

Oddfellows' Hall, Spruce Street
The Rev. K. W. House, B.A., Minister
Sunday School at 1:30 p.m.
Public Worship at 7 p.m.
You Are Welcome

United Church, Timmins

Cedar Street and Fourth Avenue
Minister
Rev. W. M. Mustard, M.A., B.D.
Associate
Rev. E. Gilmour Smith, B.A.
10:45—Morning Worship.
12:15—Sunday School for 12 and over
2:30—Sunday School for under 12
8:30—Friendship Hour.
7:00 p.m. Evening Worship
A Cordial Welcome To All

Christian Science Society

Oddfellows' Hall, Spruce Street North
Sunday Service—11 a.m.
Sunday School—9:45 a.m.
Wed. Evening Meeting—8:00 p.m.

SUNDAY, NOVEMBER 17th

Subject
"MORTALS AND IMMORTALS"
Golden Text: "He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal." (John 12:25).
A Cordial Welcome to All

The Salvation Army

Major and Mrs. J. Cornthwaite
Officers in Charge.

Sunday—11:00 a.m.—Holiness Meeting.
Sunday—2:30 p.m.—Sunday School.
Sunday—7:00 p.m.—Great Salvation Meeting.
Monday—7:00 p.m.—Corps Cadets.
Tuesday—7:00 p.m.—Young Peoples' Meeting.
Tuesday—8:00 p.m.—Soldiers and Adventurers.
Thursday—8:00 p.m.—Public Meeting.
Strangers Welcome, Come and Worship.

Presbyterian Church in Canada

(Meeting temporarily in Harmony Hall, Fourth Avenue).

The Reverend Kenneth House, B.D.,
156 Tamarack Street
Church Services 11:00 a.m. and 7 p.m.
Sunday School 10:45 a.m. During June

United Church

South Porcupine, Ont.
BLOOR AVENUE.
Rev. James A. Lytle, Minister
11:00 a.m.—Dome Sunday School
10:00 a.m.—Sunday School for all twelve years and over.
2:00 p.m.—Sunday School for all under twelve years.
11:00 a.m.—Morning Service.
7:00 p.m.—Evening Service.
All Are Welcome

Trinity United Church

Schumacher
Rev. F. J. BAINE, M.A., B.D., Minister
Rev. 83 First Ave. Phone 1094
11:00 a.m.—Morning Worship
2:00 p.m.—Sunday School
7:00 p.m.—Evening Worship

St. Luke's Evangelical Lutheran Church

South Porcupine, Ont.
(Missouri Synod)
Rev. E. Roth, Pastor
Divine Service at 8:30 p.m. in the Anglican Church, South Porcupine. All are welcome.

Schumacher Anglican Church

DAFFODIL HALL, 19 FIRST AVE.
Captain W. VOLLICK, C.A.
Assistant Minister St. Matthew's Timmins.
10:00 a.m.—Sunday School
11:00 a.m.—Morning Prayer

St. Paul's Church

South Porcupine, Ont.
Ven. J. E. Woodall, D.D., Minister
Sunday Services
10:00 a.m.—Sunday School
10:15 a.m.—Junior Bible Class
11:00 a.m.—Morning Prayer
7 p.m.—Evening Prayer
Holy Communion on 1st Sunday at 11 a.m.
2nd and 4th Sunday at 8 a.m.
3rd and 5th Sunday at 7 p.m.
Baptisms and Marriages by arrangement.

ANTONESCU ARRIVES IN ROME; MET BY MUSSOLINI

General Antonescu, head of the Roumanian government, arrived today in Rome. He was met by Premier Mussolini.

Toronto Telegram: Simile: As exposed as a hidden tax.

LOCALS

Mrs. H. G. Laidlaw spent Wednesday with friends in Kirkland Lake.

Mr. Jean Louis of Cobalt, is visiting friends in town.

Mr. Bill Mason spent the week-end with friends in North Bay.

Mr. Adams spent the week-end in Halleybury.

Mr. Cecil McCarthy, of the Kerr-Addison mine spent the week-end visiting friends in town.

Mr. R. Fauteaux, of Cobalt, arrived here on Monday to visit relatives and friends.

Mr. A. D'Arcy returned on Tuesday after a holiday spent in the United States.

Private Amie Levesque is spending leave from Lake Superior Camp at his home in town.

Mr. and Mrs. Gerry Van Rassel, and baby, of Kirkland Lake, are visiting relatives in town this week.

The Arbutus Chapter Eastern Star is holding a rummage sale on Saturday in the Masonic Hall.

Miss Jean MacDonald and Miss Jean Jordison were guests at the Schumacher C. G. I. T. on Monday evening, and spoke on camp songs and camp experiences.

Mr. and Mrs. J. L. Carnegie, of Pembroke, were recent visitors to Timmins making a tour of part of the North Land as part of their wedding trip.

Mr. Max Cullen left on Saturday to return to his home on Prince Edward Island after a holiday spent visiting Mr. and Mrs. Reg. Peters.

Mr. and Mrs. John Ashton of Lindsay, Ontario are the guests of Mr. and Mrs. S. B. Hansuld, of Balsam street north. They are Mrs. Hansuld's parents.

Mr. and Mrs. Leonard Traver of the Thompson-Cadillac Mine were visitors in town this week, spending a few days with Mr. and Mrs. H. L. Traver, of Toke street, and Mr. and Mrs. Johnson, of Middleton avenue.

Her many friends in town and district will regret that Mrs. J. H. Cornthwaite, 12 Birch street, south has been quite ill, but will be pleased to know that she is now making excellent progress to recovery.

In the list of wreaths placed on the cenotaph on Remembrance Day, The Advance inadvertently omitted the name of the Timmins Firefighters Local, which includes the men of the volunteer brigade as well as the salaried firemen. The name of the Timmins Fire Dept., was mentioned as placing a wreath on the cenotaph but the Firefighters Local also should have been included.

New R. A. F. Chief



Appointment of Air Marshal Sir Charles Portal as chief of the Royal Air Force was announced in a surprise shuffle. Formerly head of the bomber command, Sir Charles succeeds Air Chief Marshal Sir Cyril Newall, credited with building the modern R. A. F., who now becomes governor-general of New Zealand.

Twelve Births Registered Here During the Past Week

Born—on October 6th, 1940, to Mr. and Mrs. Alphonse Decarie, of 154 Commercial avenue—a daughter.
Born—on September 14th, 1940, to Mr. and Mrs. William John Delaney, of 52 Riverside Drive at St. Mary's hospital—a son.
Born—on October 1st, 1940, to Mr. and Mrs. Thomas Murphy, of 19 Kimberley avenue at St. Mary's Hospital—a son.
Born—on October 22nd, 1940, to Mr. and Mrs. Annabelle Jolicoeur, of 11 Montgomery avenue—a daughter.
Born—on October 4th, 1940, to Mr. and Mrs. John McMullen of 118% Birch street south—a daughter.
Born—on October 7th, 1940, to Mr. and Mrs. Allan Edward Snider of 11 Windsor avenue—a daughter.
Born—on October 13th, 1940, to Mr. and Mrs. Clarence Hedley of 139 Oak street—a son.
Born—on October 20th, 1940, to Mr. and Mrs. Duro Duronovich, of Lot, 18, Birch street north—a daughter.
Born—on October 5th, 1940, to Mr. and Mrs. Henri Magnon of 18 Polaris road—a son.
Born—September 11th, 1940, to Mr.

NEW OFFICER COMMANDING TAKES OVER



Ten minutes after he arrived at military headquarters, Major-General C. F. Constantine, new officer commanding military district No. 2 at Toronto, had gone to work. He is shown here at his desk half an hour after he entered his new office.

and Mrs. Albert Pratt of 65 Hollinger avenue—a daughter.

Born—on October 27th, 1940, to Mr. and Mrs. George Jinne of 11 Moneta avenue—a son.

Born—on October 31st, 1940, to Mr. and Mrs. James Peter Wellman, of 27 Main avenue—a son.

Whitby Gazette and Chronicle: This slogan, "Be Bright, Be Brave, Be British," prize-winner in the patriotic slogan contest conducted by the Publicity and Morale Committee of the Whitby War Effort, Organization, by a young local citizen is the first of all expression of a boy's faith, and second a timely injunction to all local citizens, and, in fact, to all Canadians. It will take brave hearts, bright minds and the highest British courage and faith to carry all of us through this war. The slogan is a sermon in a nutshell and one that we all need. It is fitting that the Committee on Publicity and Morale should consider ways and means of using this and some of the other slogan entries in connection with various phases of Whitby's war effort.

LOST CHANCES

Wife (to husband inquiring what she thought of his speech): "You didn't make the most of your opportunities."
Husband: "What opportunities?"
"Why all the opportunities you had of sitting down."—Montreal Star.

Sudbury Star:—Prominent people who are not taking a Mediterranean cruise this year include Mussolini.

TOWN OF TIMMINS

Notice of Registration of By-law No. 733

Notice is hereby given that By-law No. 733 was passed by the Council of the Town of Timmins on the first day of November, 1940, providing for the issue of debentures to the amount of \$28,073.75 for the purpose of constructing waterworks, and that such by-law was registered in the Registry Office for the Registry Division of the District of Cochrane on the eighth day of November, 1940. Any motion to quash or set aside the same or any part thereof must be made within three months after the first publication of this notice and can not be made thereafter.

DATED this 12th day of November, 1940.

A. L. SHAW,
Clerk.

Symbols of Security

National security depends upon united effort.

In the matter of financial security, each individual is "on his own" and must provide for his safety.

Nothing gives the same sense of security to an individual and his family as does adequate life insurance. As evidence of this fact, *Canadians have purchased over ninety million dollars of life insurance from this Company during this past year of war.*

See a London Life representative.

London Life Insurance Company

ESTABLISHED 1874
Head Office - London, Canada

District Offices—Bank of Commerce Buildings, Timmins, Ont.

COAL AND WOOD

Highest Quality DRY JACKPINE
Western Coal \$12.50 per ton
12" per cord \$3.00
16" per cord \$3.50

J. VAN RASSEL

26 Wende Ave. Timmins Phone 583