

Organizers Express Thanks for Help in Victory Loan Drive

All work in connection with the Victory Loan campaign in the district was concluded last week. The office at 16 Pine street north was closed on Saturday. Mr. E. W. Brooks, unit organizer, and Mr. A. A. Ferland, assistant organizer, and in charge of publicity here, have returned to Toronto after a very successful period of work here.

Before leaving here both Mr. Brooks and Mr. Ferland expressed the greatest satisfaction over the outcome of the campaign in the Cochrane district. They wished expressly to thank all persons who had any connection whatever with the work. Special thanks, they said, were due the chairman for the district, Mr. R. J. Ennis, for his wonderful work in making the loan such a success; likewise Mr. R. E. Dye, vice-chairman, and all the other chairmen, vice-chairmen and workers in the organization. The organizers made special mention of such organizations and individuals as:—the firmen of the town of Timmins; Retail Merchants' Association; The Porcupine Advance; Timmins Daily Press; Radio Station CKGB; the various mines who contributed the fireworks used daily and during the blackout; Hill-Clark-Francis, who contributed the shaft-indicator; Ken Hulme, who did the painting and other sign work; the various service clubs; the persons who supplied the cars for the Torch Day ceremony, including Mr. George Jamieson whose car was used to convey the Torch; the various bands which supplied such excellent music throughout the campaign; the Canadian Legion, Boy Scouts and Girl Guides; the various schools which took part in the Pledge Flag raising daily; the management of the McIntyre Community building; the Hollinger Mine for its radio program and the use of its aeroplane; Mr. Nathan D. Adams of the McIntyre Mine who prepared special maps of the canvassing areas; Mrs. Thomas Wilson, of South Porcupine, who contributed the Victory Loan office free of charge; Mr. W. Adamson, Manager of the Northern Ontario Light and Power Company who contributed power free to the office; Mr. Jack Wilder, Manager of the Northern Telephone Company, South Porcupine, who contributed telephones free of charge; Spruce Falls Power and Paper Company who maintained the demonstration platoon during their visit to Kapuskasing.

The Cochrane Victory Loan Organization is also grateful to Miss Betsy Dodge and Miss Doreen Murphy, of the clerical staff, who donated their services free of charge.

"If we have forgotten to mention anyone—and in a big undertaking like this it is possible we could"—said Messrs Brooks and Ferland to The Advance last week "we ask you publicly to a knowledge our general thanks to everyone. The people in the District of Cochrane have been wonderful to us. We enjoyed our stay with them and hope most sincerely, if there is to be another loan, we shall be fortunate enough to come back to Timmins."

Permits Obtainable for Firearms for Tourists Here

(From National Revenue Review) 1. Under the Defence of Canada Regulations aliens are not permitted to carry firearms in Canada or to have them in their possession, but by a recent amendment by Order in Council, tourists who wish to come to Canada for hunting, trap or gun club shooting, etc., are given the opportunity of obtaining a special permit issued by the Royal Canadian Mounted Police at Ottawa.

2. Tourists who wish to take advantage of this concession are advised to communicate a sufficient period in advance of their proposed visit to afford ample time for inquiry as to their bona fides (should this be considered necessary), and for the permit when issued to be forwarded to the Collector of Customs at the Canadian frontier port prior to their arrival.

3. Applications should be addressed to the Commissioner, Royal Canadian Mounted Police, Ottawa, and should state in each individual case: (a) Name, residence and occupation; (b) Purpose and duration of visit; (c) Destination in Canada; (d) Canadian frontier port of arrival and date, and; (e) Description, make and serial number of each firearm for which a permit is required.

4. Permits will be issued by the Royal Canadian Mounted Police, in duplicate, and both copies will be forwarded direct to the Collector of Customs at the Canadian frontier port of arrival designated in the tourist's application. The original permit will be given to the tourist at the time Form E-29 (or E-50 as the case may be) is prepared, and is to be kept by the tourist with Customs Form E-29 (or E-50) and must be surrendered by the tourist to Customs at the Canadian frontier port of exit along with the Customs form.

5. No permit will be issued for automatic firearms.

6. Revolvers will be admitted only when the owner intends to take part in a competition sponsored by a reputable Canadian shooting club.

7. The firearms permit issued under this provision does not replace the usual hunting or game permit, which must be obtained from the proper Provincial authorities as heretofore.

8. A reasonable quantity of ammunition may be allowed for each firearm admitted, after payment of duty and taxes thereon in the ordinary course and without provision for refund in

respect of any quantity thereof unused and returned.

9. Firearms and ammunition must on no account be admitted as traveller's samples.

10. Supplement No. 4 to Memorandum Series D No. 12 is superseded, effective on and after June 1, 1941.

\$50 Presented to Bomb Victims' Fund at Band Concert

Large Crowd Enjoyed Concert by Timmins Citizens' Band Last Night

The Timmins Citizens' Band gave another of its outdoor concerts in the band stand on Spruce street on Sunday evening, before a large crowd. The bandmaster, F. J. Wolno, directed.

During the concert Mr. Wolno presented a cheque to Mr. F. Kitcher and Mr. Tomlinson of the Bomb Victims Committee, to add to that fund. The cheque was for \$50.00 the proceeds of a special concert given by the band in aid of the fund. Mr. Kitcher thanked the members of the band for their splendid effort for this worthy cause, and wished the band every success.

Success of Chlorophyll in Treatment of Colds

In the American Journal of Surgery, Dr. Benjamin Gruskin announces that 1200 cases of infection ranging from peritonitis to pyorrhea and the common cold had been treated with a large amount of success by chlorophyll. Green and red are the colors of life. Chlorophyll is the green of plants and human beings eat green plants to the benefit of their health.

Dr. Gruskin says that for lung and brain abscesses, abdominal infections such as peritonitis, a solution of chlorophyll in salt water was supplied directly to the infected surfaces either in wet dressings or through soft rubber tubes. Indolent ulcers and weeping skin diseases were treated with a paste of chlorophyll and lanoline. Even floods of the green stuff do no harm to living tissues.

The most spectacular results were obtained in the treatment of sinus infections and common colds. In more than 1000 cases treated at Temple University Hospital, Philadelphia, there was "not a single case recorded in which either improvement or cure did not take place." Patients with mild colds sniffled chlorophyll nose-drops once a day. Those with severe sinus infections wore chlorophyll packs or had large amounts pumped up their noses once every day for a period even as long as seven months.

Chlorophyll seems to act (1) by increasing the resistance to bacteria; or (2) by releasing oxygen which prevents bacteria from forming poison. Chlorophyll is bland and soothing and thus has a great advantage over antiseptics many of which are harsh and irritating. It is usually obtained from nettles.

Britain Wants 50,000 More Men to Work in Coal Mines

London, June 25.—The government has announced an urgent situation has developed in coal mining and that an additional 500,000 tons weekly must be produced during the next few months. It appealed for oldtime miners to volunteer for work in the pits.

A statement issued jointly by Labor Minister Ernest Bevin and Mines Secretary D. Grenfell said: "It is the patriotic duty of every former miner to find out whether he ought to return to the mines and the way to do that is to go to the nearest employment exchange and ask for advice."

The government is prepared to pay all travelling and incidental expenses of men going to the mines.

Meanwhile representatives of the Leicestershire operators and miners held a special conference at which they agreed to bury differences over ages until "the period of acute demand" is passed.

Announcement that coal stocks are diminishing was first made by Mr. Bevin in a broadcast. He said 690,000 men are employed in the mines but that 50,000 more are needed quickly.

He said the government would not release former miners from the army, however, as "the nation must have properly trained and adequately equipped forces if we are to be defended from invasion. We cannot afford to disorganize training—that way would lead to disaster."

APPLAUDED

One of the most applauded acts at the Chat Noir music hall in Oslo was the appearance a few days ago of Lef Juster dressed as King Haakon. He said nothing that was politically dangerous, but just the sight of this personification of their King set the audience wild with enthusiasm. Feet stomped the floor, hands clapped tirelessly. Returning for a curtain call, Lef Juster asked, cryptically: "Do you want me back again?"

"Yes! yes!" shouted the spectators. So the "King" went off stage and then returned. But the next day he disappeared for good from the Chat Noir program, being among the actors arrested by Nazi command.—News of Norway.

WILLIE DID IT

"Who gave the bride away?" "Her little brother, Willie. He stood right up in the middle of the ceremony and yelled: 'Hurray, Louise, you've got him at last.'—Globe and Mail.



That Body of Yours

Diet Treatment for Vomiting, Dizziness and Buzzing Ears

When a person complains of nausea, vomiting, and dizziness, it is usually due to some disturbance of liver, gall bladder, or stomach. If, in addition to the nausea, vomiting, and dizziness, there is head noises, buzzing ears, and partial loss of hearing, it is called Meniere's disease.

While rest and correction of any ear defects is part of the treatment, ear specialists and general physicians are now treating these cases with special diets, the underlying idea being to lessen the amount of sodium in the tissues of the inner ear.

I have spoken before of this low sodium diet used to relieve the symptoms of Meniere's disease and outlined the diet used by Lahey Clinic, Boston, in the treatment of cases.

What is known as the low sodium diet, the Furstenberg diet, omits foods rich in sodium, cuts down on food with a moderate or medium amount of sodium, and, as far as possible, does away entirely with table salt with meals and in the cooking of food. At the same time, large doses of ammonium chloride are given to remove sodium from the tissues by having it separated out by the kidneys and pass out of the body in the urine.

The Furstenberg diet is as follows: Foods that may be eaten daily as they are low in, or contain but small amounts of sodium:

- 1. Eggs, milk and fish. 2. Bread as desired. 3. Cereal, one of the following: farina, oatmeal, rice, puffed rice or puffed wheat. 4. Potato and one or more servings of the following: (a) macaroni, (b) spaghetti, (c) rice, (d)

corn, (e) cranberries, (f) prunes, (g) plums. 5. Milk as desired. 6. Butter, cream, honey, jellies, jams, sugar, and candy permitted as desired. 7. Tea, coffee as desired.

Foods to be avoided: All salt meats and fish or bread, crackers and butter prepared with salt, carrots, clams, condensed milk, raisins, olives, spinach, cheese, oysters.

Foods to be taken no more than twice weekly: Lima beans, beets, buttermilk, canteloupe, cauliflower, celery, chard, dried coconut, dry currants, dates, figs, horse radish, limes, musk melons, peanuts, peaches, mustard, pumpkin, radishes, strawberries, turnips, turnip tops, watercress.

Eating Your Way to Health

Send today for Dr. Barton's useful booklet entitled 'Eating Your Way to Health' (No. 101). It contains much information on the various types of food stuffs and what and how much you should eat to obtain an all-round diet. Address your request to The Bell Library, Post Office Box 75, Station O, New York, N.Y., enclosing Ten Cents to cover cost of handling and mailing and mention this newspaper.

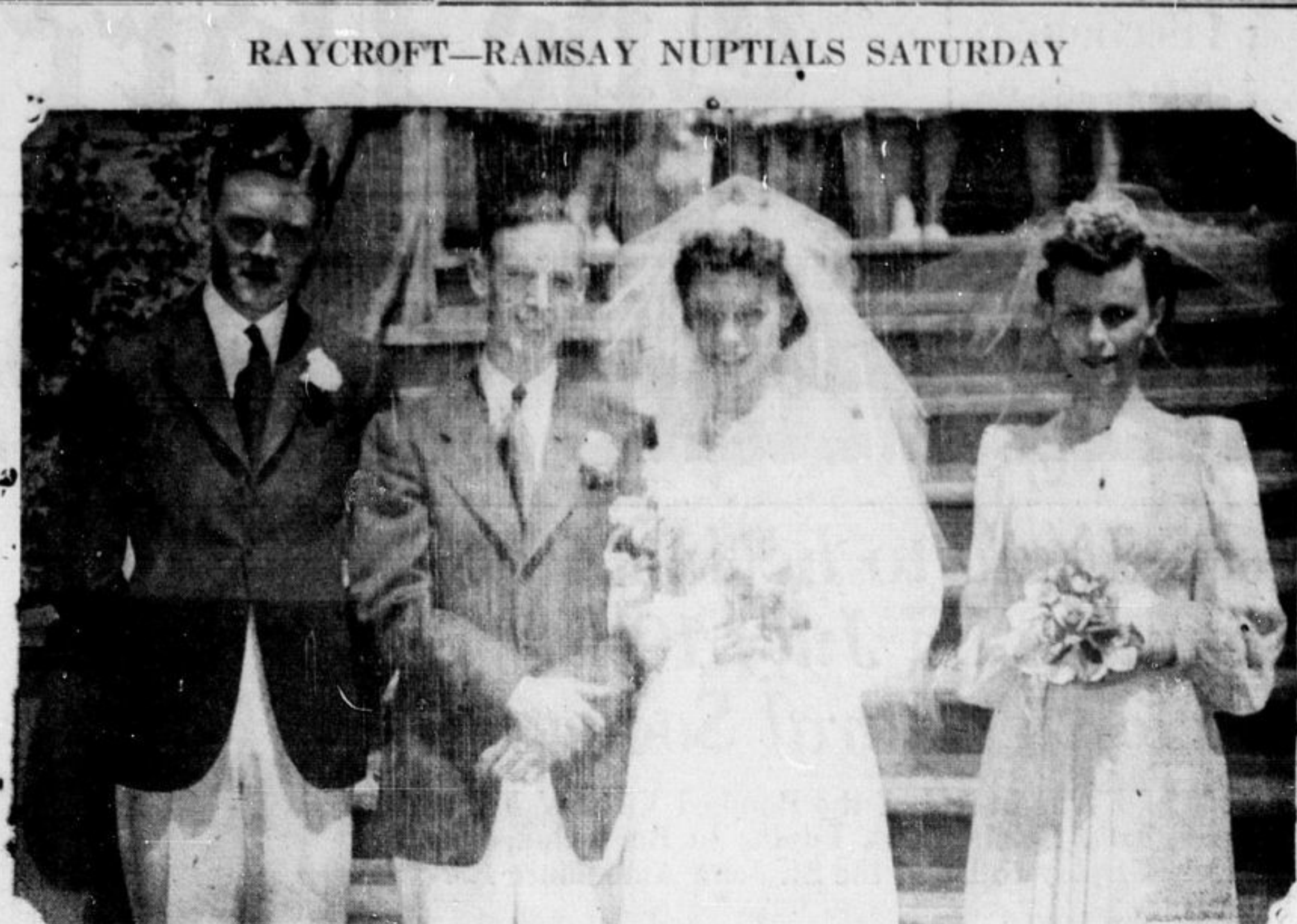
(Registered in accordance with the Copyright Act.)

Police Court Case Sequel to Fight Thursday Night

Fighting and swearing on the north end of Pine street north on Thursday called the police to that end of the town and the police in turn have called A. MacKay to court on the grounds that he was under the influence and was disorderly in his conduct.

District Governor of Lions Visits Timmins Club

District Governor W. H. Wylie, of the Lions International paid his first official visit to Timmins Lions on Thursday night and officiated at the installation of the officers of the club for the ensuing year. At the conven-



tion of the Lions Club held some weeks ago Lion W. H. Wylie, who is a past president of the Schumacher Lions, was elected District Governor of Ontario and Quebec Lions.

Another guest at the meeting was Lt. J. R. Worthington, the new district recruiting officer for this district. He relieves Lt. Hall.

The following were the officers installed:—

- First vice-president—Stan Fowler. Second vice-president—Gil Chenier. Third vice-president—Jos. McGrath. Treasurer—Ted Byck. Lion Tamer—Mansell Napper. Trail Twister—Harold Collins. Directors—Alex Ross, Harry Herman, Emile Brunette, Wendell Brewer. The Past President's button and certificate were presented to the Past President Alex Allen by District Governor Wylie. The retiring president thanked the club for the co-operation given during the past year.

Lion Stan Fowler, in the chair for the report, gave a review of the recent convention—the most successful held to date. There were over 700 registrations.

with my cheque for \$50.00. Yours truly, F. Feldman.

Over \$326 Taken in at the I.O.D.E. Tag Day Here

A number of taggers worked hard on Thursday for the I.O.D.E. tag day and the neat sum of \$326.51 was netted from the day. One difficulty encountered by the taggers was the fact that many believed they had already contributed to the I.O.D.E. in the war services drive some months ago. It is true that the I.O.D.E. was included in the list of war services, but it was specifically stated at the time that this was only for the Western Chapter. Ontario Chapters of the I.O.D.E. have to maintain their war and other

Mr. and Mrs. Maynard Rayercroft are shown above with their attendants Mr. Mervyn Keyes and Mrs. D. C. Richmond of Kirkland Lake as they left the Timmins United church after their wedding at 11 o'clock on Saturday morning. Mrs. Rayercroft is the former Miss Mary A. Ramsay, elder daughter of Mr. and Mrs. William Ramsay of 109 Maple Street South and Mr. Rayercroft is the youngest son of Mrs. Rayercroft of Timmins and the late Mr. Rayercroft.

work from other sources. Even with this difficulty to overcome, the tag day was a success, thanks to the hard work of the taggers, \$326.51 being a good sum from a tag day at this time when there are so many calls.

North Bay Nugget: The reported arrest in Germany of Prof. Karl Haus-hofer ranks as a mystery with the flight of Hess to Britain.

AUTUMN TERM OPENS SEPTEMBER 10th, 1941

Preparatory School: 8 to 14; Upper School: 13 to 18. Situated in a residential suburb of Toronto, Upper Canada College prepares boys for University and for Business Life. It is inspected and granted standing in Matriculation grades by the Ontario Department of Education and administered in trust by a Board of Governors. Close connection with scientific, artistic, industrial and commercial centres makes possible full use of the educational advantages of the city. Twenty-five acres of playing fields. In addition a five hundred acre estate and camp a short distance from the city give younger boys opportunities for week-end nature study, skiing and camping. For prospectus and information about fees, curriculum, entrance requirements, scholarships and bursaries, apply to the Secretary. T. W. L. MACDERMOT, M.A., (Oxon.), Principal. UPPER CANADA COLLEGE TORONTO

Appreciates the Good Work of Timmins Firemen

The following letter sent by Mr. Frank Feldman to the Timmins Fire Dept. explains itself and speaks again for the Timmins Fire Dept.:

Timmins, June 27th, 1941 Timmins Fire Dept.

Corner Cedar street and Fourth ave. Timmins, Ont. Gentlemen:—In appreciation of the good work you did at No. 6 Riverside Drive in putting out such a nasty fire in this house and being able to save the adjoining buildings, I enclose here-

Beauty and You

by PATRICIA LINDSAY



RITA HAYWORTH attributes her eye and hand beauty to meticulous daily schedule. She is never too tired to go through her sensible beauty routine.

Eyes and Hands Add Years to Age If Not Cared for Regularly.

When a woman becomes middle-aged, or if she has been ill over a long period, she should diligently care for her eyes and hands to prevent signs of old age appearing. For it is a known fact that hands and eyes reveal one's age or lessened vitality more quickly than does one's skin or hair.

The clear sparkling eyes of youth depend upon cleanliness, lubrication and rest. The eyes accumulate a formidable amount of dust every day and should be carefully washed morning and evening. A soothing, gentle wash is to be preferred to the more astringent formulae, unless your eye physician prescribes one of the latter for you. These washes are easy to use as they come with a little eyecup which must be kept sanitary.

The tissues around the eyes are extremely delicate and sensitive and must be treated with special gentleness. Spread a fine film of a special eye cream or a reliable rich face cream around the eye with the cushions of your fingers—no pulling or rubbing. The technique is truly a fingerprint technique. Leave the lubricant on overnight, remove in the morning with tissues and splash cold salted water in your eyes if you prefer that to a prepared eyewash.

For a quick, refreshing treatment lie with moistened herbal pads over your eyes for a quarter of an hour, remove and wash eyes again.

For protection in the sun use a drop or two of herbal eye oil on your lids and wear clear-lense sun glasses or a hat with a wide brim.

Care of Hands Hands are neglected all too frequently with the result one sees very old hands on young looking women! One of the best protections for hand

YOU CAN'T AFFORD TO BE WITHOUT IT! TIME TO GET an Electric Refrigerator. Hot weather days are here—you can't afford to take chances with food. Inadequate food protection is both dangerous and costly, because without proper refrigeration, food will spoil. Spoiled, contaminated foods that are eaten are a serious threat to health, and foods that are spoiled and must be thrown away are costly, wasteful, extravagance! Get Electric Refrigeration today! Every day you are without modern, adequate Refrigeration, is another day of wasting! Our budget plan makes it easy to buy and you save as you pay. REDDY SAYS: "I'll keep your victuals fresh and cool, I'll make food safe to eat, With cubes of ice and dainties nice, Each meal will be a treat." NORTHERN ONTARIO POWER COMPANY LIMITED