

Where to Leave Blankets for the Red Cross Drive

When the Nazi aerial blitz strikes a British city, the most welcome relief to bombing sufferers is the bales of blankets and quilts sent by the Canadian people, according to advices received from the overseas branch of the Canadian Red Cross.

Since the Red Cross Society's last appeal for these useful articles, 138,137 blankets and 101,234 quilts have been distributed to bombing victims, military hospitals and for the relief of distressed merchant seamen.

That supply is now exhausted, Red Cross officials announce, and there is an urgent need to replenish stocks so that hardship among the bombed out people of Britain may be kept to a minimum during the long winter months.

British relief authorities are loud in their praise of the Canadian people for their splendid support of the last appeal for these vital necessities, and stress the fact that the blankets and quilts have been the means of saving many lives.

Blankets must be woollen and new or as "good as new." Those unable to provide blankets or new quilts may aid the appeal by contributing \$2 for the purchase of a single blanket.

Contributors are asked to get in touch with their provincial or local branch headquarters of the Red Cross for directions as to where the blankets, quilts and donations may be sent.

At Timmins blankets may be left at the Red Cross rooms in the basement of the Post Office building, or phone 1995 if it is necessary to have the blankets called for.

At Schumacher the blankets may be left at the Red Cross rooms in the McIntyre Community building, or phone Mrs. Robson, 2155.

In South Porcupine the blankets may be left at the Red Cross rooms.

Over \$600,000,000 Insurance in Force With Mutual Life

Members of the Field Force of The Mutual Life Assurance Company of Canada were congratulated in a recent Head Office bulletin on having achieved the objective set for 1941 within the first nine months of the year. The objective was \$600,000,000 of business in force, representing an anticipated increase of \$15,000,000 for the year. At the end of September business in force had already exceeded \$600,000,000 and a further strong increase for the remainder of the year was indicated.

A steady forward movement in insurance buying has been noted throughout the year, reflected both in improved production and increasing business in force. Comparing the present situation with that in the last year, Mr. W. H. Somerville, General Manager of the Company, has pointed out that there was a slight reduction in new business in 1915, with a gradual recovery in 1916 and a sharp increase in 1917. In the present situation there has been no reduction since 1939, and indications are that the upward movement is beginning to accelerate rapidly.

The healthy position of insurance at this time is attributed by Mr. Somerville to the rapid expansion of industry and the fact that many people formerly idle are now fully and gainfully employed. Curtailment of luxury and instalment buying, and increasing pressure for greater saving are also likely to prove factors in future progress.

Exchange—Many a wife frequently sees her husband while other wives have a husband who plays golf.

Women's Institute Plans Activities for Coming Month

Remembrance Day Wreath to be Purchased by Members.

Plans for the coming month's activities were made at the special meeting held by the Women's Institute in the Hollinger Hall on Thursday afternoon, among the first of which was the arrangement to buy a wreath for Armistice Day, and have it laid by the president, Mrs. P. G. Howard, and the vice-president, Mrs. J. McChesney, who has three sons on active service overseas.

The members also decided to pack parcels for the sons and relatives of the members, now on service with Canada's armies, here or overseas.

It was decided that more quilts would be made this winter to send to England, as they were so necessary in helping the people of that war-torn land. Conveners of the quilt-work were appointed as follows: Mrs. D. Ellis, Mrs. Harnden, Mrs. Turner, Mrs. J. Holson, Mrs. F. Henderson, and Mrs. Wm. DuFeu.

Plans were completed for a dance to be held on November 5th in the Hollinger Hall, with music by Smitty and His Vagabonds. It was decided that the last dance held by the members had been so successful that these events would be continued throughout the winter months.

A rummage sale to be held in November was discussed, and final plans were completed for the Halloween Tea held on Wednesday, October 29th, with the door-prize, a blue silk bedspread sent from England by Bruce McChesney, son of the first vice-president. Mrs. W. Rowe was to read characters at this event.

Young-Davidson Mines - Continues Making Profits

In the quarter ended September 30th the Hollinger-controlled Young-Davidson Mines won an operating profit of \$87,842, bringing operating earnings for the first nine months of 1941 to \$240,277. In the third quarter 89,010 tons were treated for a recovery of \$345,481 an average of \$3.88 per ton. Expenditures amounted to \$257,639. Daily tonnage averaged 998 for the 92-day period.

Per ton recovery at \$3.88 was lower than in the two first quarters when the average was \$4.11 per ton. The reason for this is that it was decided to clean up a substantial tonnage of subnormal but still profitable grade in September which reduced recovery to \$3.42 per ton in that month. July recovery was \$4.01 and August \$4.24.

TALK ABOUT TURNIPS!

Sandy McLean, of Tomstown, is credited by The New Liskeard Speaker, with recently harvesting a turnip that weighed 25½ pounds.

Workers' Council Set Up at the Sylvanite Mine

The following is from The Northern News of Kirkland Lake in its issue last Friday:—

"A strong delegation of miners from the District Mine Mill and Smelter Workers Union picketed the area in front of the Sylvanite Recreation Hall last night when members of Sylvanite's Workers' Council held a meeting to discuss events rising out of the latest developments in the local labor dispute. Actual figures were not obtainable but estimates placed the union delegation at between 150 and 200. Many carried placards.

Inside K. C. Gray, Manager of Sylvanite, addressed the men of the council. He re-affirmed the intention of the mine operators not to recognize the C.I.O. or any of its affiliates.

"He made it clear that the operators would willingly meet and negotiate with the workers through their own representatives, elected in any way best suited to the men themselves.

"The recommendation of the Conciliation Board that the union be recognized would not in any way change the decision of the mine operators, the workers' council was told. Signed agreements with mine committees would be entered into, and collective bargaining observed strictly, but there would be no alteration of the operator's stand with regard to recognition of a C.I.O. controlled union. The mines, the men were told, would continue to operate with men available for the purpose."



That Body of Yours

By James W. Barton, M.D.

The Extra Few Minutes of Eating One Cause of Overweight

Three adults can eat the same amount of food, get the same amount of rest, and do the same physical work, and one will gain 5 pounds in 30 days, another will lose 5 pounds, and the third will remain the same weight.

It is known also that an overweight will eat the same amount of food as an underweight and gain steadily whereas there is no change in the weight of the one who is underweight.

It is this fact, that some overweights do not eat any more food than underweights, that causes some overweights to give up a reducing diet, believing that it is not the amount of food they eat but some gland disturbance that is responsible for their excess weight. What they forget is that although they do not eat more food than underweights, they nevertheless eat more food than they need so that to lose weight they must eat less than they are eating at present.

However, "weight" specialists all know that the great majority of overweights really eat much more than those of normal weight or underweight. The reason for this is that while they may not feel any more hungry than those of normal weight when they sit down to eat, they apparently do not feel "satisfied" as soon, and continue to eat for some minutes longer. It is these few minutes longer, when the dessert or double dessert is being served, that has much to do with increasing weight in those with a tendency to overweight. It is because desserts appeal to the eye and "invite" use, that cafeterias have desserts placed first in the row of foods. If the desserts were placed last and the individual saw that his plate or tray was already filled or nearly filled, he might forego dessert.

The point, then, is that nearly all overweights eat more than those of normal weight, that they do not feel "satisfied" as soon, and that it is eating for these extra few minutes, during the dessert course, that has much to do with causing their excess weight.

To get a "satisfied" feeling sooner, overweights should "fill up" on bulky foods - salads - which take up much room in the stomach but are not rich in food or calorie value. Such foods as cabbage, celery, asparagus, lettuce, tomatoes, cucumbers and other green vegetables.

Leaflet on overweight
A new leaflet entitled "Diet Suggestions in Obesity (Overweight)", prepared by Dr. Barton is now available to readers who send a stamped, self-addressed envelope to The Bell Library, Post Office Box 75, Station O, New York, N. Y., and ask for leaflet by name. Other leaflets also available on receipt of a stamped, self-addressed envelope are: Mucous Colitis Diet

You may have Dr. Barton's new leaflet entitled, "Diet Suggestions in Mucous Colitis," if you will write to Dr. James W. Barton, Post Office Box 150, Times Square Station, New York, N. Y., and enclose a stamped (3-cent) self-addressed envelope. (Registered in accordance with the Copyright Act).

War Beavers Hold Five Hundred and Bridge Event

A successful bridge and five hundred was held on Wednesday evening, October 22nd, in the Hollinger Hall under the auspices of the War Beavers.

Seven tables of bridge were played, the winners were first, Mrs. Furness, a ham; second, Mr. Glenn Bean, a ham; third, Mrs. W. King, a package of 100 tea bags.

Three tables of five hundred were also played the winners were, first, Mr. R. Currie, a ham; second, Mrs. W. DuFeu, a ham; third, Mrs. C. Pournier, a ham.

Home and School Clubs Deals With Matters of Health

Preventative Measures Emphasized in Regard to General Health.

A large number of parents attended the October meeting of the Home and School Club which was held in the Central School on Thursday evening. Mr. Transom, president of the club was chairman for the evening.

The meeting opened with the singing of "O Canada" following which Mrs. Burt, secretary, read the aims and policy of the club and the parent's code and ethics.

Mildred Jackson and Vera Gedoryka entertained with a colourful Ukrainian dance in national costumes, and Mildred Jackson performed a solo dance. They were accompanied by Lois Skelly at the piano.

Following the reading of minutes for the September meeting, Dr. Graham Lane, Medical Health Officer, gave a very enlightening and comprehensive talk on the health of the school child, pointing out in detail the thorough methods of the health supervision of the school child and showing the advantages of preventive measures against communicable diseases. In addition the board of Public Health are responsible for the sanitation of the school, for the testing of local milk, butter and meat, and for the observation of all public restaurants on health and sanitation, etc.

Mrs. Hall, gave an interesting talk on her experiences in England as school mistress during the first year of the present war. She told of such wartime nuisances as gas masks, black-out, air raid shelters, and food rationing, and of the difficult problem of evacuating the school children to safety zones pointing out that preventative measures should be doubled during war time to avoid lowered vitality and the increase in nervousness and disease, etc.

The most interesting type of work by the Victorian Order of Nurses, the prevention of disease and the promotion of good health, was discussed by Miss Florence Greenaway, local superintendent of the V. O. N.

The meeting was adjourned, and refreshments were served to those present.

The Lady of the North

(By Roscoe R. Miller)

Canadians love Canada,
Its beautiful peninsula
Through noble streams and endless lakes—
A land that high respect awakens.

Her central waist starred by fine towns,
With steeped grace and tailored grounds,
For her cause reverence to grow—
This Canada fair in her snow.

Gently around great Hudson's Bay
Her back-bone swings its vertebrae
And gives our lady strength and poise
With natal grace her realm enjoys.

Her lordly acres in the east
And patient culture give increased
Abundance of fruits large and small—
These on our heart strings purely call.

Her rugged grandeur in the west
In mountains of white cape possessed
Nurse stately highlands and great plains—
That love of Canada maintains.

Chorus

Go east, go west, we love her best—
This Canada-Dominion ours;
Go south, go north, she does call forth
A prayer that peace shall weld her powers.
—Suggested by the screen play, "Hudson's Bay."

Kirkland Lake Ace Dies in an English Hospital

On Saturday, October 18, Kirkland Lake's flying ace, Sergeant Pilot George McClusky, died in an English hospital.

According to advice received by his mother, Mrs. Jessie McClusky, Cunningham, his death resulted from injuries sustained in a flying accident.

Sergeant Pilot McClusky had been attached to a bombing squadron for some time and recently was mentioned in despatches from Britain for his part in a number of raids over Germany and Nazi-occupied countries.

He is survived by his mother and by his father, in Kirkland Lake. He was employed for some time at the Lake Shore mine.

Early in October he downed a German plane that struck at a squadron of Blenheim bombers McClusky was escorting. Still later he downed another but details of this exploit are vague and gained only through a story written by D. R. Rogers, of the Regina Leader Post, who saw McClusky and some of his companions come in from a successful foray over Germany. Said the Regina editor of McClusky:

"If ever there is in truth a happiest of all warriors, McClusky of Kirkland Lake must be. He came back after one of the narrowest shaves he had ever had—and they say it was a miracle he ever got through—he was positively magnificent in his good cheer. . . . "I hope the camera before which he posed while I shook hands with him in silent admiration, caught some of his grand spirit. . . . "Very gloriously he symbolizes the spirit of Canada's winged knights."

Guelph Mercury—An egotist is a man who always talks about himself when you want to talk about yourself.

Suggested Special Menus for the Buffet Supper

Creamed Chicken, Hot Biscuits and Chocolate Cake Ideal for Birthday Celebration and Other Special Events. Recipes for Chicken Tetrazzini and Chocolate Cake.



(By EDITH M. BARBER)

High teas went out about the same time that the words living room and den replaced parlor and sitting room. Instead of the high tea today we have the buffet supper. The foods we serve are not unlike those which were spread so bountifully upon the high tea table.

The greatest differences is in the fact that no formal places are arranged at the table. We help ourselves but take our plates to the living room and look hopefully for small tables upon which they can be balanced. Nests of tables are most convenient when you like to entertain buffet style.

Several letters from readers have been received this week asking for suggestions for menus which are to be served buffet style. The first is for a small Sunday evening supper which is to celebrate a birthday. The husband in the house has asked that the hot dish be creamed chicken in patty shells. Not all men are as fond of this dish as he seems to be, so I suggest that some sort of cold meat such as tongue or ham be offered also.

I like hot biscuits better than I do patty shells. The creamed chicken may be placed in a casserole sprinkled with cheese and browned lightly if you like. If cooked spaghetti is placed in the bottom of the casserole, this becomes chicken Tetrazzini. With a chicken dish of this sort you will, of course, serve a bowl of mixed green salad. On the table there may be jelly, mixed pickles and relishes. Unless hot biscuits are served, there should be hot rolls or thin buttered slices of bread, or instead hot buttery bread.

For birthday suppers the cake will be the most important part of dessert and may be served with or without ice cream, as you like.

Chicken Tetrazzini

4 tablespoons butter
3 tablespoons flour
½ teaspoon salt
½ teaspoon paprika
3 cups chicken stock
1 cup cream
6 large mushrooms
1 tablespoon butter
3 cups diced cooked chicken
2 ounces sherry wine
½ lb. spaghetti.
Parmesan cheese.

Prepare a cream sauce from first six ingredients. Slice mushrooms and saute in butter. Add chicken, sauce and wine. Boil spaghetti—drain and place in casserole or use as border for a platter. Fill with chicken mixture. Sprinkle cheese on top. If casserole, is used it may be placed in oven to brown the cheese. Yield: Four to six servings.

Chocolate Cake

2 cups sifted cake flour
3 teaspoons baking powder
½ teaspoon salt
½ cup shortening
1 cup sugar
1 egg, well beaten
2 squares chocolate, melted
¾ cup milk
teaspoon vanilla extract

Mix and sift flour, baking powder and salt. Cream shortening, add sugar slowly and cream until fluffy, stir in well beaten egg. Add melted chocolate and blend thoroughly. Add sifted dry ingredients alternately with milk, stirring well after each addition. Add the vanilla extract. Bake in two nine-inch layer cake pans in moderate oven (350 degrees F.) about twenty-five minutes, or bake in one greased eight-inch square pan in slow oven (325 degrees F.) about fifty minutes. Cool and frost as desired. Yield two layers or one square.
(Released by The Bell Syndicate Inc.)

Classes in English for Finnish-Speaking Adults

As noted in The Advance last week, the fifth school year of the free English Language School for Finnish-speaking adults of Timmins, Schumacher and South Porcupine will open in Timmins on Monday, Nov. 3rd, and in South Porcupine on Tuesday, Nov. 4th. Registration will be at the residence of the teacher, Rev. A. I. Heinonen, 53 Rea street south, at 7 p.m. on Monday, Nov. 3rd, and at the high school at South Porcupine at 7 p.m. on November 4th.

Hundreds of Finnish-speaking people from all over Timmins, Schumacher, South Porcupine and district have taken advantage of this opportunity during the past four school years. The school, of course, is free to all.

During the past four school-years, the school in Timmins was conducted in the Finnish United Church building,



(By EDITH M. BARBER)

corner Elm street and Sixth ave., and in the residence of the teacher, the Reverend A. I. Heinonen. This year, however, the school in Timmins will be conducted only in the large living-room of the residence of the teacher, 53 Rea street south. And if this will prove too small, an effort will be made to secure the use of a class-room in a public school or the high school building.

In South Porcupine the school was first opened in the old South Porcupine United church building and was continued in the High school building. This year the school will be continued in the South Porcupine high school building, where a large class-room has been provided for this purpose.

Bride-to-be Honoured at Shower at Schumacher

Schumacher, Oct. 29—(Special to The Advance)—Mrs. Vic Mullen and Miss Alex Bugera were hostesses at a nicely arranged kitchen shower held Monday evening at the home of Mr. and Mrs. Bugera, Second Ave., in honour of Miss May Fowler. A nice social time was enjoyed. The hostesses served a delicious lunch and during the evening the guest of honour was presented with a hamper filled with useful kitchen gifts. The bride-to-be thanked the ladies for their lovely gifts. The following ladies attended:—Mrs. Ken Young, Mrs. C. Bryers, Mrs. P. Smith, Mrs. Reg. Stewart, Mrs. W. Chisholm, Miss Elsie Sullivan, Miss Juan Davis, Miss Evelyn Holmes, Miss Muriel Phillips, Miss Mary Urbanic, Miss Jean Bugera, Miss Ethel Fowler, the guest of honour, Miss May Fowler, and the hostesses, Mrs. Vic Mullen and Miss Alex Bugera.

Unable to attend but sending gifts:—Mrs. L. R. Cooper, Mrs. Heath, Mrs. Fowler, Miss Eileen Sullivan and Miss Mary Villeneuve.

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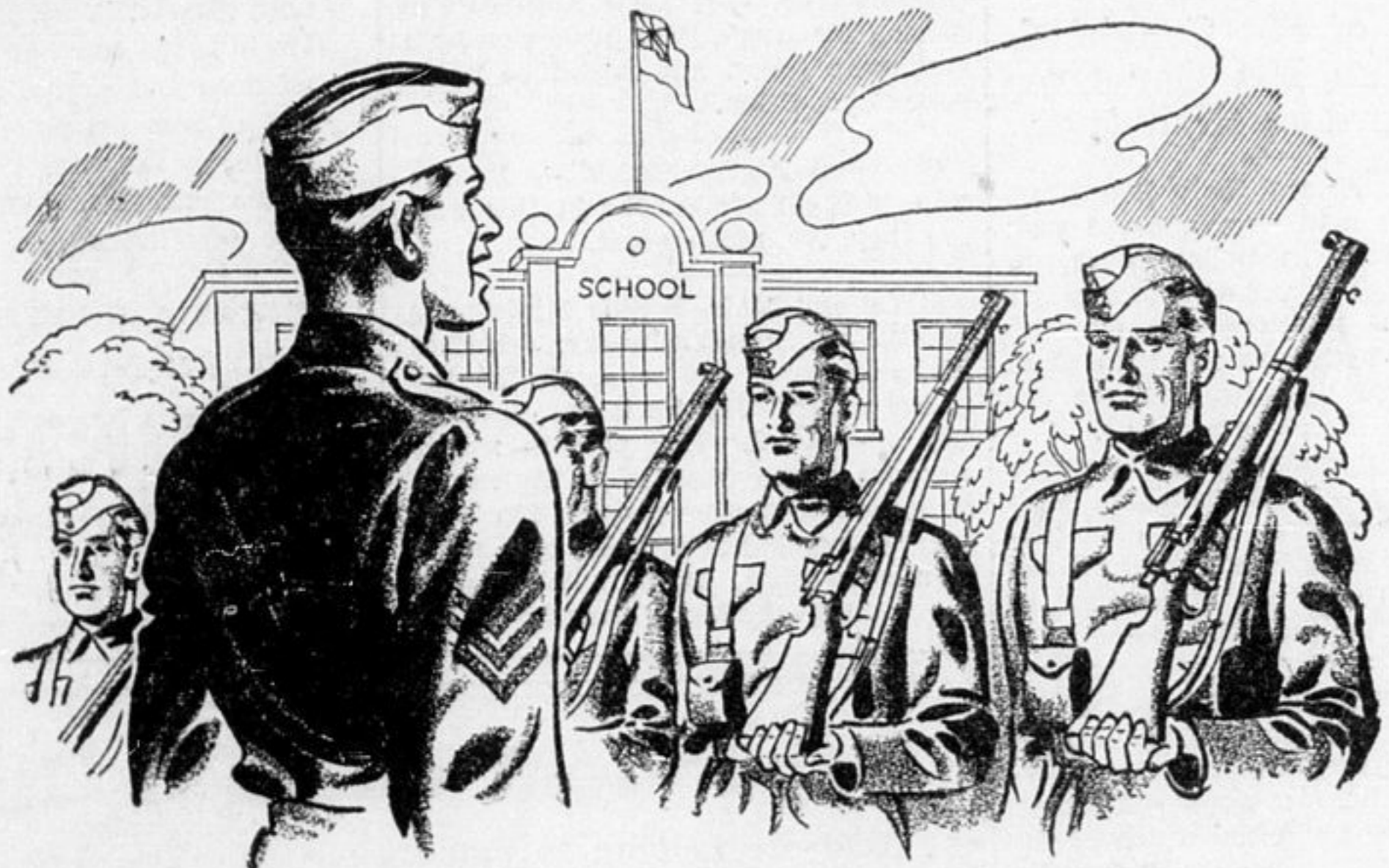
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we can? That's one thing we can all do . . . one thing we must all do. We must all buy more War Savings Certificates.

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