

Timmins Restaurants to Feature Army Meals During Army Week Here

Meals Given Canada's Fighting Men Appear Tempting and Attractive. Canadian Army Diet Sheet, Presenting Menus for Meals for a Full Week.

As a feature for "Army Week" in Canada cafes, restaurants and hotels have been asked to use Canadian Army meals on their menus for one or more days in the week. Some Timmins cafes, after seeing the Canadian Army Diet Sheet, have been anxious to cooperate in this way, saying that the meals outlined are certainly pleasing and attractive.

The following is the Canadian Army Diet Sheet showing meals, as prepared and served to Canada's fighting men of the Army — approved by National Defense Headquarters, Lieut.-Col. R. H. Webb, Chief Inspector of Catering and Messing:—

MONDAY — BREAKFAST

1 orange
Rolled Oats
Fresh Milk
Scrambled Eggs
Toast & Butter
Apricot Jam
Coffee-Cocoa

DINNER

Bean Soup
Roast Beef
Yorkshire Pudding
Oven Browned Potatoes
Diced Carrots
Brown Gravy
Bread & Butter
Oatmeal Cookies
Stewed Rhubarb
Tea or Milk

SUPPER

Bean Soup
Macaroni & Cheese
Crisp Vegetable Salad
Cracked Wheat Muffin
Chocolate Bread Pudding
Tea or Coffee

TUESDAY — BREAKFAST

Grapefruit Juice
Rolled Wheat
Fresh Milk
Sausages
Hot Tea Biscuits
Butter
Raspberry Jam
Coffee-Cocoa

DINNER

Vegetable Chowder
Braised Mutton
Baked Potatoes
Diced Turnip
Bread & Butter
Apple Pie, Cheese
Tea or Milk

SUPPER

Vege. Chowder
Meat & Biscuit roll
Brown Gravy
Cole Slaw
Cottage Fried Potato
Jam Sauce with plain Cake
Bread & Butter
Tea or Coffee

WEDNESDAY — BREAKFAST

Tomato Juice
Mixed Cereal
Fresh Milk
Soft Boiled Eggs
Toast & Butter
Marmalade
Coffee-Cocoa

DINNER

Tomato & Vegetable Soup
Mook Duck with Dressing
Potatoes au Gratin
Bread & Butter
Buttered Cabbage
Butterscotch Pie
Sugar Cookies
Tea or Milk

SUPPER

Tomato & Vegetable Soup
Welsh Rarebit on hot tea biscuit with grilled bacon
Apple & Raisin Salad
Raisin Pie
Tea or Coffee
Fresh Apple

THURSDAY — BREAKFAST

Stewed Prunes
Cracked Wheat
Fresh Milk
Grilled Bacon & French Toast
Peach Jam
Coffee-Cocoa

DINNER

Cream Onion Soup
Baked Ham
Baked Jacket Potatoes
Buttered Beets
Chocolate Pie
Tea or Milk
Bread & Butter
Fresh Apple

SUPPER

Cream of Onion Soup
Boston Baked Beans
Raw Carrot Salad
Cheese Tea Biscuit
Pumpkin Pie
Tea or Coffee

FRIDAY — BREAKFAST

Grapefruit Juice
Rolled Oats
Fresh Milk
Griddle Cakes
Grilled Bacon
Corn Syrup
Toast
Coffee-Cocoa

DINNER

Split Pea Soup
Fried Haddock in Batter.

French Fried Potatoes
Creamed Carrots
Hot Molasses Cake with Applesauce
Tea or Milk
Bread & Butter

SUPPER

Split Pea Soup
Toasted Cheese, Warmed Tomatoes
Bread & Butter
Rice & Raisin Pudding
Tea or Coffee

SATURDAY — BREAKFAST

Rolled Wheat
Fresh Milk
Poached Eggs
Toast
Stewed Prunes
Coffee-Cocoa

DINNER

Fish Chowder
Meat Loaf
Lyonnaise Potato
Glazed Onions
Apple Rolled Oats Crisp
Tea or Milk
Bread & Butter

SUPPER

Fish Chowder
Scalloped Potatoes with Corned Beef
Bread & Butter
Plain Suet Pudding with chocolate sauce
Tea or Coffee
Fresh Apple
Cheese

SUNDAY — BREAKFAST

Grapefruit Juice
Cracked Wheat
Fresh Milk
Grilled Bacon
Warmed Tomatoes
Strawberry Jam
Fried Bread
Coffee-Cocoa

DINNER

Potato Cheese Soup
Breaded Pork Chops
Scalloped Potatoes
Butterscotch Pie
Tea or Milk
Bread & Butter

SUPPER

Potato & Cheese Soup
Sausage Roll & slice of cold Roast Pork
Potato Salad
Cole Slaw
Raisin Tea Biscuits
Tea or Coffee
Apple Tapioca

War Industries Should be Established in the North Along T. & N. O.

Amply Electric Power Here, While South has Danger of Power Shortage. Men Could be Housed Here. Would Save Time and Materials. Use Also Should be Made of Airfield Facilities.

A thoughtful editorial in The New Liskeard Speaker last week is well worthy of the closest consideration. In his editorial The Speaker suggests the establishment of war industries in the North Land, adjacent to the T. and N. O. Railway. In the editorial columns of The Advance further reference is made to this editorial from The New Liskeard Speaker. Here is the article, in full:

War Industries for the North
One wonders, in these days of decentralization, why there have not been war industries established in that area of Northern Ontario adjacent to the T. & N. O. or in Northwestern Quebec. Much has been heard about a threatened shortage of power in the southern section of Ontario, and the steps and expenditures being taken to rectify the situation, which, with the plans for the future, make northerners wonder why the facilities of the north are not being used to the fullest extent. Looking at a map of that section of Northern Ontario lying along the T. & N. O. one sees the entire country criss-crossed with transmission lines from a dozen power plants, including Ontario's big Abitibi development.

In the older sections of Ontario and Quebec housing of employees is presenting so serious a problem that it appears to be money foolishly spent in building new plants and extensions in old, to manufacture war equipment and then have to build houses for the workers, while in the north, particularly in the larger gold mining centres, there is accommodation for both man and factory. Kirkland Lake could probably accommodate the families of a plant employing from 700 to 1000 persons, Timmins and adjacent communities could also absorb the employees of a moderate-sized factory, while in Halleybury, Cobalt and New Liskeard families of another war plant could be housed, and it is quite possible that a factory building could also be found.

The Speaker does not argue that industries using material which must be brought into the country for manufacture should be taken farther inland than is economically feasible, and realizes that transportation difficulties might have to be overcome. It is quite possible that by routing freight supplies over existing railways, an industry could be established in the north which

CANADIAN DENTAL CORPS SERVES ARMED FORCES



The large photo shows a type of permanent dental clinic where the armed forces in Canada receive dental treatment. The service dentists, however, use mobile dental clinics, for taking their equipment right up to the battle lines. Inset is Col. F. M. Lott, Director of Dental Service, D.D.S., M.Sc. (Dent), Ph.D. F.I.C.D. (Canadian Army and Karsh Photos)

War Pictures Shown at Timmins Impress Large Audience Sunday Night

Films Include Motion Pictures Captured from the Nazis, as Well as Pictures Showing the Remarkable Battle of the British People. Inspiring Address by Sergt.-Major Dymond.

The Palace Theatre was packed to the doors on Sunday evening, when the War Films and the captured Nazi propaganda films were shown. The films were sponsored by the Bomb Victims' Fund of Timmins, and the Timmins Legion and Community Fund (the latter being the Legion Cigarette Fund, which now operates under a Dominion Charter). Sergt.-Major Dymond of the R. C. E., and Sergt. Moore of the Toronto Scottish were in charge of the show which is touring Northern Ontario by permission of the Minister of Information and O.C. M. D. 2. With the able assistance of James Cowan, Bert Kletley, Walter Devine and Chas.

Surman, of the Timmins Branch of the Canadian Legion, a record was made in this special Sunday collection, around \$225.00 being generously donated to the above worthy causes.

Before the pictures were shown, Sergt. Major Dymond sang several numbers with W. A. Devine at the piano. His strong voice and pleasing manner made a great hit in "Bless 'Em All," a popular number of the present-series of war hits "The White Cliffs of Dover" was another favourite.

Capt. Countryman of the local recruiting staff introduced Austin Neame president of the local branch of the Canadian Legion. In a short but highly interesting address Mr. Neame outlined the work of both committees and how the money collected is devoted to help civilians and soldiers in Great Britain. "Every cent goes eventually to those for whom it is given." He thanked the large attendance for their support and assistance and hoped this would continue for the duration. In closing Mr. Neame urged all to see the Legion show this week at the McIntyre Arena

The pictures shown gave graphic description of the attacks on Great Britain—"Churchill's Island" was titled. One witnessed a massed German dive bombing attack, and anti-aircraft guns manned by Home Guards, British and Canadian gunners, the A.R.P. workers rushing the people to shelter, the firemen fighting fierce blazes under heavy bombardment, etc. One part of this film showed the Germans firing the great guns shelling Dover; (this was a portion of captured film); then a British Tommy was shown, and he said: "You hear the bang; you see the flash; you count 60 and here it is." With that a shell crashed through a roof of a row of houses. All through, the showing vivid scenes of actual warfare thrilled the audience.

"London Can Take It" and "Australia at War" were other features showing what total war means and the efforts being made to win in the final victory. The Nazi picture was full of boastfulness and showed the might of the Hun war machine. During its entire length the picture featured the human touch (which all have learned to know does not exist). The audience were silent during its showing, but in the other features loud bursts of applause broke out when the screen showed some outstanding action and the men and women carrying on their heroic stand.

Sergt.-Major Dymond in an address pleaded for more young men to enlist in the Active Forces. He gave a graphic description of Army life. "For \$1.30 a day the Army tells you when to get up; gives you the signal when to eat—three times a day; takes you for a walk; gives you all the clothes you need; this includes brushes, razor, etc.; and to complete a perfect day, tells you when to go to sleep. You get the best of food and all attention." He said the going was hard in Great Britain, "but we'll have the same here if we don't get the men." Speaking on the cigarette supply overseas he said "you just can't get them, so keep sending cigarettes."

All who witnessed the show have been able to speak of nothing else and it is expected that a return engagement may be arranged at some future date.

North Bay Nugget:—We doubt if you'll be able to buy any more of that bottled Eau de Cologne—as they'll need all the water at home to put out the fires!

Hours of Service at Timmins Post Office, July 1st

A letter from Mr. E. H. King, postmaster at Timmins, this week says that as Dominion Day, Wednesday of next week, July 1st, is a statutory holiday in Canada, the Post Office Department advises that the service to be given on that date at Timmins will be as follows:—

Letter carrier delivery — none.
Parcel post delivery — none.
Wicket service — 9 a.m. to 11 a.m.
Public lobby will be open — 8 a.m. to 6 p.m.
Special delivery service — as usual.
Receipt and dispatch of mails — as usual.
Collections from street letter boxes — as usual.

Postmaster at Bay to be Superintendent of Postal Services

To Take Place of the Late J. C. Ross.

North Bay, June 24 — Word of his appointment as district director of Postal Services, North Bay district, has been received by J. P. Allen former city Postmaster. The district which will come under his supervision is one of the largest in Canada extending from Matawa to Port Arthur, and from Parry Sound to Moosonee.

Under the new appointment, which was officially announced last week, Mr. Allen will carry out the duties of both postmaster at North Bay and district superintendent of the two offices having been amalgamated. Formerly, the position of district superintendent was held by the late J. C. Ross. Following his death, however, it was decided to amalgamate the positions of postmaster and superintendent into one office, that of the district director. This policy has been carried out in many other Canadian cities already.

Experienced Official
Mr. Allen has had 33 years of experience in the postal service. Joining it in 1909, when North Bay was included in the Ottawa district mail service, he was a railway mail clerk between North Bay, Englehart and Cochrane until 1915 when the North Bay district of the railway mail service was first opened. At that time he transferred to the North Bay—Fort William route where he remained until 1927 when appointed Postmaster at North Bay.

Born in Prescott in 1890, Mr. Allen first came to North Bay in 1909, and he was married to the former Miss Olive Walden of London, Ontario, in 1911.

One of North Bay's best known citizens' he has been a member of the Separate School Board for the past 12 years and before entering the postal service taught school for more than a year.

Always deeply interested in all postal work, Mr. Allen says that after 33 years of experience, he still finds his work as diverting as when he first started as a railway mail clerk in 1909.

Nottingham, England, Has This One for Mr. Ripley

From Nottingham, England, comes this story of a tooth, stolen with violence. A strange man walked into the home of Mrs. Foulkes. Said that a friend had sent him to examine her teeth. Before she could understand what it was all about, he thrust her into a chair, plunged forceps into her mouth, yanked out a tooth, and raced from the house shouting, "What a beauty!"

Mrs. Foulkes' sister ran for help. Mrs. Foulkes fainted.

The police have nervous prostration.

Thorold News:—Young and inexperienced father (looking at triplets the nurse had just brought out): "We'll take the one in the middle."

Big Programme is Planned for Dominion Day by the Army Week Committee

Parades Will Feature Whole Week but it is Hoped to Make Dominion Day Parade One of the Year's Outstanding Events. All Organizations Asked to Take Part.

The programme for the celebration in Timmins on Dominion Day this year was planned and released for publication last week, by Mr. Austin Neame, and the Army Week Committee. Various organizations have been asked to take part and help to make this Dominion Day one of the best that Timmins ever celebrated. Any other organizations that are not listed among those mentioned and who wish to take part are asked to get in touch with the chairman of the Army Week Committee, Mr. Austin Neame, at the Mines Rescue Station and they will be included. The committee hopes to have a representative of every organization in Timmins taking part in the celebration.

The whole thing will start with a gigantic parade that will form up on Cedar Street, between First and Second Avenues, under the direction of Parade Marshal, George Nippers, Assistant Parade Marshalls, Les Nicholson and Art Jenkins. The parade will be composed of the Mayor and Council who have been invited to attend followed by the members of "D" Company of the second battalion Algonquin Regiment, members of the Canadian Legion, members of the Ladies' Auxiliary of the Canadian Legion, Boy Scouts and Cubs, Girl Guides and Brownies, Air Cadets, Ontario Volunteer Constabulary along with the various police organizations, and any other organizations that wishes to take part in the parade.

The parade will march along Second Avenue to Birch Street, along Birch Street to Third Avenue, along Third Avenue to Pine Street, along Pine Street to Fourth Avenue, along Fourth Avenue to the highway and to the Hollinger Ball Grounds where the celebrations and programme will be put on.

At the Ball Grounds it is expected that a long and interesting programme will be put on with a large number of

organizations taking part with national dances and singing in their national costumes.

Organizations that have already been invited to take part are the Croatian, Slovenian and Serbian organizations under the chairmanship of Mr. Martin Bayuk who will put on a display of national dancing in national costumes with their own orchestra; the Ukrainian Slovac Committee with Fred Wasyluk as their chairman with a string orchestra and national dancing in costume and possibly a choir; the English Maypole dance and the Scottish Feet under the direction of Mr. Fred Kitcher; Russia will be represented by a choir of 14 or 15 voices under the direction of Mr. E. Awdeyehuck; The Miners' Union will arrange some sort of programme under the chairmanship of Mr. Stanley Jenain; an athletic gymnastic display will be put on by the Finnish Young Ladies; the St. John Ambulance Brigade under Supt. Les Bailey have been asked to arrange for a first aid display and drill; the French-Canadian organizations have been asked to arrange for a display of dancing and singing; the Nursing Division of the S.J.A.B. have also been asked to take part; the Chinese organization has been asked to prepare some sort of programme for themselves.

Any other organizations who have not yet been asked to join in the parade are asked to get in touch with Mr. Neame and to join in the parade and celebration.

The stores and homes along the route of march are asked to decorate their homes with flags for the Army Week and all other homes in the town are asked to decorate their homes for not only that day but for the entire week.

Army week will open in Timmins this (Thursday) evening when a parade of all organizations will take part in a parade from Timmins to Schumacher where the parade will dismiss at the McIntyre Arena.

Juvenile Ball by Pupils of Miss Mae Watts is Exceptionally Beautiful

Precision, Clear-Tapping and Charm Highlight Performances of Dainty Stars Who Range in Age from Two and One-Half Years to the Teens. Presentation is Credit to Teacher, Pupils and Parents.

Long curls danced in time to the intricate steps of the pupils of Mae Watts' dancing classes as they made their way into the hearts of a large audience at the Harmony Hall on Friday evening. Hearty little smiles, and dainty little ways, characterized the dancing of each member of the talented group which presented the Juvenile Ball, the first complete performance by pupils of Miss Mae Watts in this district. The continuous applause of a delighted audience proved the great success of each number, and, if that audience had had its way, each number would have been encored.

Mrs. J. Wilkins, as the capable pianist and Mr. Fred Darling, as master of ceremonies, did their parts effectively in making the programme excellent, while the fine training given by the dancing teacher, Miss Mae Watts, showed in the precision and intricacy of each of the routines.

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"Donna Cripps, the "Baby Leopard," proved that the feet of a three-year-old are as nimble as those of her elders. In her brief leopard costume, she looked like a doll that had studied been granted life. Jennie Mills was the dancing rose, with a petal-like costume of red and green, and Anne Elliott, as the doll, was proud of her pale pink and blue party dress, with her long fair curls topping down the back of her costume.

The yellow and black of the daisy-flowers danced with Gwendolyn Johnson, while little two-and-one-half year old Monte Cripps practically "stole the show," as the "White Kitten", Monte, who is about the size of a kitten—at least, he appeared so on the stage—completed his dance routine without a slip or a pause. Throughout the first part of "dreamland", he would break out occasionally into a "rehearsal step" while the other dancers were going through their performances, and when his turn finally came, he was a pleased little laddie.

Ann Rieux, another very young member of the group, was the cuddly sand and brown teddy bear, while Pierrette and Pierrot, in mauve and pink checked costumes, with high Pierrot hats, were portrayed by Pearl Brochu and Kenny Watts. Rayette Brochu, who starred throughout the programme, was the type of "pink bunny" that any member of the audience would have volunteered to take into his or her home, while

Glenn Campbell was a sturdy and handsome toy soldier in the uniform that spoke of his profession.

When each little character of dreamland had performed the series of difficult steps assigned to them, the dreamer, Veronica Caesar, finally awoke to take the audience by surprise in a beautiful toe dance. Her frock of mauve sheer, her slenderness, her blonde curls and the pretty smile that lighted her attractive face, seemed to make of her another character such as mortals dream about.

Pale pink and lavender were made into pretty frocks for Margaret Malley and Joyce Dupont, as they tapped their way through "Double Trouble"—just to tell the onlookers that they would never have trouble in dancing. An interesting and unusual number was the "Toe Tapper" as danced by Shirley Kramp, another star of the show. Shirley looked especially attractive in her costume of metallic and red, with a bell-hop hat and a long cane.

"School Days" brought together Jessie MacIsaac, Marie Ledaceur, and Winsome Hobbs, who wore school-girl dresses of checked gingham, one in red and two in green. White sashes completed their simple ensembles, which were a contrast to the pale pink evening frock and formal dress suit worn by Dora Anderson and Jack Thompson as they made their first appearance with "Tea for Two", a number which made them favourites with the audience.

Veronica Caesar, in a bright red, green and white skirt, blouse and jacket, seemed to have winged feet as she clicked her castanets in "Tambourine". Joan Carson, the thirteen-year-old lady of the show, gave an exhibition of "clear tapping", each tap being distinct and carrying throughout the hall like the sound of a bell. In her "Swing Tap" she wore a brief mauve skirt, metallic blouse, and her fair hair fell in soft waves around her face.

Ten little Dutch girls and boys flattered the "Dutch Clog" with their dancing and charm. They were Rayette Brochu, Glenn Campbell, Shirley Johnson, Alfred Rickard, Margaret Malley, John Girouard, Joan Proulx, Joyce Dupont and Shirley Kramp, with the first couple as the featured dancers. Mauve, green and yellow were the colours chosen for their trousers or dresses and each wore the cap that bespoke the country they represented.

"Baby Militaire" presented four of the finest stars of the show, Anne Elliott, Donna Cripps, Gwendolyn Johnson and Pearl Brazier, who were like little dolls in their mauve military costumes, with high hats. Each little girl bore proudly dozens of dainty curls, with high hat and, as they stood straight in a salute, the audience

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