



VARIETY IN VEGETABLES

Harvest season brings a rich profusion of vegetables, but whatever the season, Canadian markets are filled with an excellent variety of vegetables. Eat them every day, cooked and raw, two or more kinds daily. Learn to eat new kinds, cooked in new ways.

WHY DIFFERENT KINDS

First on the list—dark green leaves, as kale, chard, spinach, beet and turnip tops, dandelion and mustard greens, rich in iron and vitamins.

Lighter green leaves—as lettuce and cabbage eaten raw—crisp and fresh—good for vitamin C.

Yellow vegetables—as squash, sweet potatoes, yams, carrots and pumpkin—fine for vitamin A.

Dried peas, beans, lentils—don't forget that they contain protein and can be substituted for meat one or twice a week.

Other vegetables—as green beans, green peas, lima beans, onions and celery—give you less minerals and vitamins but are good for you and are a change.

HOW TO BUY VEGETABLES

Buy vegetables in season—they are cheaper and fresher. Choose bright, firm, well formed vegetables. Buy best with fresh green tops thus having two vegetables for the price of one.

Buy by the pound rather than by the bunch, as carrots and broccoli it is less expensive.

Vegetables with little waste, as string beans and spinach, are cheaper than green peas or lima beans even though they may cost a few cents more a pound.

HOW TO COOK THEM

Wash thoroughly, particularly leafy varieties, but do not soak in water for this removes some of the vitamin and mineral content.

Cook in the smallest possible amount of boiling salted water. Leafy vegetables usually have enough water clinging to them from the washing for others about one-half inch in the bottom of the kettle is enough.

Vegetables are better undercooked than overcooked. Most people overcook. When you get used to undercooked ones you'll prefer them.

Whenever possible, cook vegetables in their skins; skin protects the mineral and vitamins.

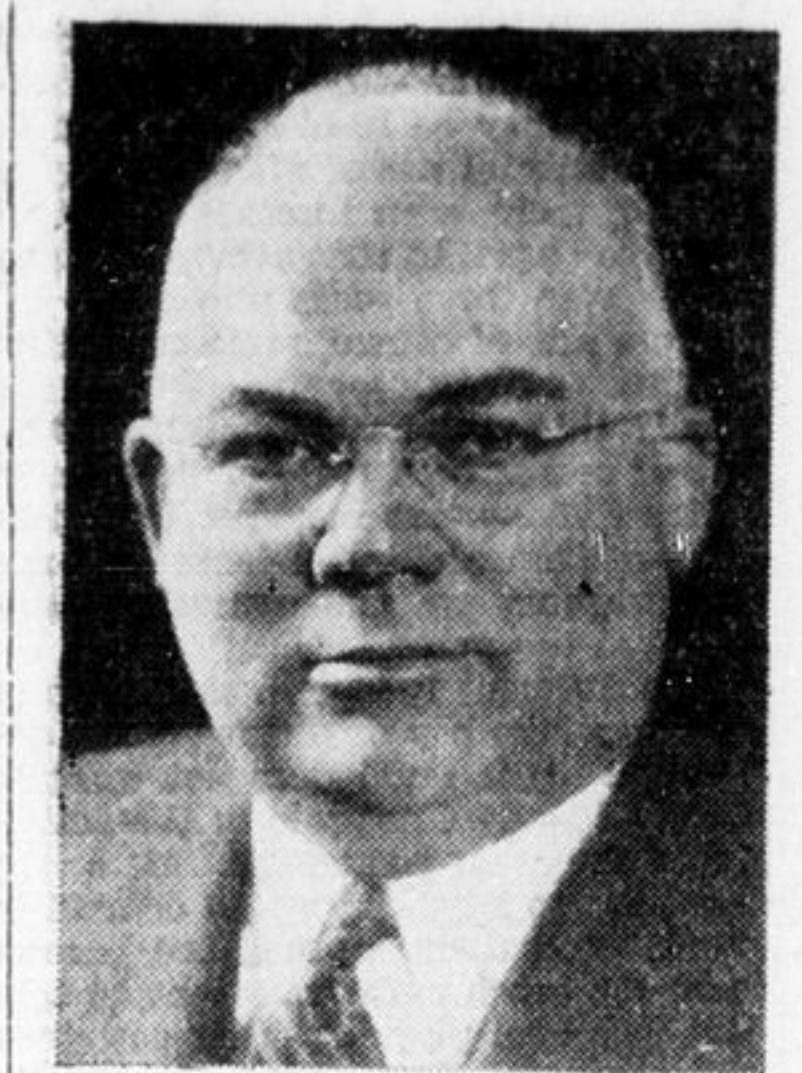
Never acid soda to vegetables; it destroys vitamins. Save the water in which vegetables are cooked as an appetizer mixed with tomato juice, in soup or gravies. It contains much of the vegetable mineral and vitamins particularly the B family and C.

A postal request to the Health League of Canada, 111 Avenue Road, Toronto, Ontario will bring you a free vitamin chart and a booklet "Canadian Vegetables for Every Day."

New President of International Lions Clubs

Chicago, July 29. (Special) — Edward H. Paine of Michigan City, Indiana, was unanimously elected president of the International Association of Lions Clubs at its 26th annual convention in Toronto, Canada, which closed July 24th. Paine succeeds retired president George R. Jordon of Dallas, Texas.

Paine congratulated the past Lion officers on the year's achievements outlined in the annual report of Melvin Jones, Founder and secretary general of Lions International, which indicated that the Toronto convention climaxed the Association's greatest year in achievement and in strength. The report showed that the addition of thousands of new members and 340 new Lions Clubs — more than one new club for



EDWARD H. PAINE
MICHIGAN CITY, INDIANA
1942 PRESIDENT
LIONS INTERNATIONAL

every week-day in the year — brought the total membership of Lions International to 147,909 and the number of clubs 64,995 activities were direct contributions to the war effort.

In accepting the presidency Paine stated that, "In these extremely perilous times, real and definite challenges confront us, and it seems highly significant that all the nations flying the proud banner of Lionism are allied in this titanic struggle for individual liberty and national freedom. It is also very significant that the Lions in these countries are wholly united for victory."

Forcefully stating the position of the Lions regarding the war, Paine said, "Our leaders, yes, in fact every member of every club in these countries in which we are represented has been in the past and does not stand ready to respond to any call for the preservation of this individual liberty and this national freedom.

The new Lion president is a member of the Michigan City, Indiana, Lions Club, in which he has held many offices. He is a 32nd Degree Mason, a Legionnaire, a Scout, and is very active in welfare circles in Michigan City, holding the office of director for the United Churches.

Paine was born in Albert Lea, Minnesota, and graduated from the University of Michigan. He has since been engaged principally in the banking and private investment fields, real estate and rentals.

He is a noted speaker and has travelled extensively in the Americas and in Europe.

Two years prior to 1939, the year in which he became third vice-president of Lions International, he served the association as a director. He was elected second vice-president in Havana, Cuba, in 1940, and first vice-president in New Orleans, Louisiana, in 1941. Before serving as a director he held the office of deputy district governor and later district governor of the Lions Clubs in Indiana.

Paine is a widower and lives with his sister and his son at Long Beach, Michigan City, Indiana.

Bears Kill Three Sheep on Farm Near Liskeard

Some time ago there were numerous references to prowling bears in the area around New Liskeard. More recently the bears appear to have moved elsewhere or at least failed to show themselves.

Last week, however, Mr. T. L. Sweeney, a farmer of Henwood township, in the New Liskeard district, report to Elgin Binkley, game warden, New Liskeard, that bears had killed three of his sheep on his farm. Mr. Sweeney says that some bears raided his flock of twenty-five sheep. Three of the sheep were found dead at varying distances from the farmstead, the bodies of the sheep being partly eaten. Four other sheep are missing and it is expected that their bodies will be found in the neighboring bush. It is thought that there were three bears taking part in the raid. Conditions suggested that the sheep were driven against a wire fence, and when they forced this down in their efforts to escape, they were pursued by the bears, though the sheep seemed to scatter in different directions.

Fewer Buttons Here; and More Cheese for Britain

Which would you rather have, buttons, cheese or airplanes? Great Britain would rather have planes and cheese and that is one reason why the Wartime Prices and Trade Board has cut out the use of 20,000,000 buttons on clothing. Many buttons are made from casein, which is a milk product, and it is also used in airplane manufacture. It is estimated that enough casein has been saved under the clothing simplification orders to supply Britain with 25,000 pounds of cheese.

TEN YEARS AGO IN TIMMINS
From data in the Porcupine Advance Files

At the regular meeting of the town council ten years ago Mayor Geo. S. Drew was in the chair and Councilors R. Richardson, J. T. Chenier and A. P. Dooley were present. By unanimous vote the council passed a resolution favouring the establishment of a broadcasting station in Timmins, either by the Government or by others. It was pointed out that Timmins was a long way from a broadcasting station and that there was an unusually large number of radio fans in the town and district to whom a station would be of service. Mayor Drew pointed out that a 100-watt station was hardly powerful enough to be of general use here, though it would no doubt be an improvement over being without a broadcasting station altogether.

In the Advance of Thursday, July 29th, 1932: "About 140 this morning some excitement was created in town when from different parts of the town a serious blaze seemed to be in progress for a few minutes in the central part of the town. From one part of the town it appeared to be a fire at the Hollinger Stores or nearby. From another section the blaze seemed to be at the rear of the Gordon Block. From all points of vision for a minute or two the flames could be seen leaping up into the air and those noticing the glare were sure it was a building that must be causing the reflection of fire. As a matter of fact it was a car on fire. Constable Gauthier in his rounds at 140 noticed the shooting flames and for a minute or so thought it was one of the waste burners outside in the block that was causing the appearance of a fire. On entering the lane from Cedar street to investigate he soon noted that it was an automobile that had taken fire. He ran to the fire hall and gave the alarm. The brigade was at the scene instantly and at once had a chemical tank playing on the burning car. It only took a few minutes to put the fire out and save danger to neighbouring buildings.

The funeral took place at St. Anthony's Church, Timmins, ten years ago, of J. Joannisse, for many years prominent in Timmins and Cobalt as an architect and business man. The death of Mr. Joannisse took place on Saturday morning July 23rd, 1932, and his passing was greatly regretted by wide circles. He had been in poor health for health for some four years past, but previous to that he had held a prominent place in business life in Cobalt and Timmins. He was the architect for many business places in town and in the district.

Chief Wilfred Perrault, of Noranda, (Formerly of Timmins), Chief Lapointe, of Rouville, and Staff Sgt. Turnbull, of the Quebec Provincial Police, were in Timmins ten years ago in connection with cleaning up the charges arising from the May Day disorders in Rouyn during which Chief Lapointe was shot in the arm by one of the communist agitators when the police attempted to stop an illegal assembly. The visiting officers were after a local man and his son, who were alleged to have been leading figures in the affair at Rouyn on May Day. Here the visiting officers were joined by Chief Jones and members of the local police force. The man's home in town was visited and the son placed under arrest. The man himself was away, but it was learned that he was at Kirkland Lake and a raid of the Kirkland police resulted in his arrest as well. The two men were taken to Quebec to be tried on charges of being members of an unlawful assembly.

The motion pictures taken the previous winter of the town of Timmins were shown ten years ago at the Goldfields and New Empire theatres. The theatres thus fulfilled their implied bargain in the matter. In deed, had it not been for the theatres the public would have missed the event of seeing the town in the movies, the company taking the pictures having themselves passed out of the picture some time previously. There were good crowds at the various shows and if they went to see the town pictures specially they got the worth of their money for the crowds evidently were interested and much amused. Some of the pictures were not bad while other parts of the film were crude, despite the evident effort of the theatres to do the best possible with them.

Local items in The Advance ten years ago included: "Mrs. H. R. Pare and children are spending a holiday visiting friends and relatives in Windsor and Detroit." "Mr. A. F. McDowell was a business visitor to Toronto this week." "Mrs. P. C. Clark is on a holiday visit to Windsor and Detroit." "Mrs. Clemmensen was a visitor at Wyborn, near Hearst, last week." "Wm. Desjardins, of Kapuskasing, was a Timmins visitor last week." "Mr. Gordon Roy, is spending his annual vacation 'camping at Temagami.'" "Mr. and Mrs. Jas. Cran, of Toronto, motored here for a holiday." "W. L. Booth was a Toronto visitor this week." "Miss Joy Fitzgerald is spending her holidays with Mr. and Mrs. J. C. Doran, North Bay." "Mr. Robt. Martin, of Sherbrooke, Quebec, was a visitor to Timmins, last week." "Mr. and Mrs. Jos Belanger, of Kapuskasing, motored to Timmins last week on a business visit here." "Mr. Wm. Murray, of Hull, P. Q., is visiting friends and relatives in Timmins." "Mr. A. Jamieson of New Glasgow, N. S., is the guest this week of Mr. and Mrs. A. Schomberg, Timmins." "Born — in Timmins, Ont., on Tuesday, July 26th, 1932 to Mr. and Mrs. John Gregson, — a daughter." "G. Brown is visiting friends in Carleton Place, and other Ottawa Valley points this week." "Mrs. Walsh and family, Hornepayne, were visitors to Timmins, being the guests of Mrs. Walsh's sister, Mrs. Jos Landers." "Mr. and Mrs. Burwell and daughters, Misses Bertha and Frances, Renfrew, are the guests of Mr. and Mrs. J. C. Burwell, Timmins." "Mr. and Mrs. P. Godin and Misses Claire and Hilda left this week on a three-months' holiday trip to Ottawa and other eastern

points." "Miss Elsie Pierson has returned to her home in Ottawa after an extended visit to relatives and friends in Timmins and Schumacher." "Mr. and Mrs. H. L. Traver and son, Leonard, are away on a two weeks' vacation to the south, motoring down last week." "Miss Edith Rickman, who spent the past two weeks the guests of Mr. and Mrs. P. Shinehoff, has returned to Toronto." "Messrs. W. W. White and J. Goodman were the Timmins representatives at the meeting of the Grand Lodge A. F. and A. M. in Ontario held at Kingston last week." "Mr. and Mrs. Leslie Mason and family, also Bandmaster Arthur Wilford, left on Tuesday morning to visit Mr. Wilford's son in Scranton, Pennsylvania." "Mrs. A. Gregory left this week for a short visit to Cobalt, after spending the past few weeks the guest of friends in Timmins, before returning to her home in Belleville, Ont."

Civilian Defence Committee Asks 200 Women Volunteers

At a recent meeting of the medical division of the Timmins Civilian Defence Committee, it was decided to form an Auxiliary Nursing Service here to be ready for any emergency that may arise involving sickness, injury or accident in Timmins. This service to be of value to Timmins will need 200 women at least. These women must be sixteen or over, and the volunteers are asked to send in their applications by mail to Mrs. R. B. Goodings, 167 Hemlock street, Timmins, or call at the Public Health Rooms in the town hall and file application there.

The Civilian Defence Committee feels that preparedness is the very essence of safety and success today. They have noted the panic in so many places when bombs fell or war's other effects were felt, but there was no panic in London, England, for instance, the reason being that the people of London had been prepared and people do not panic easily when they have their work to do and know what to do and how best to act. The Nursing Auxiliary Service is designed to prepare, to be ready, for any emergency. If the emergency does not come, the training is still all to the good and of practical value. If there should be any emergency arise here, the Nursing Auxiliary Service will be invaluable.

How to deal with panic and how to be of use in any emergency, whether epidemics or bombings, or anything else, will form the basis of the lectures and demonstrations which are being prepared for the Timmins Civilian Nursing Service. It is hoped that all women in Timmins who have the time to spare to train for the Auxiliary Nursing Service will make application at once.

Lectures will begin in September. There will be lectures and demonstrations by graduate nurses in Home Nursing, a series of lectures given by a doctor, illustrated by films shown, etc., and a first aid course given by the St. John Ambulance Brigade.

Brother of Godfrey Proulx Passes Away at Bonfield

Bonfield, July 30 — Funeral services were held in St. Philomena's Church for the late George Proulx, a pioneer citizen of Bonfield, whose residence here dates back 50 years. His death occurred on Wednesday, July 22, at his home following an illness that had lasted for six months. He was 74 years of age.

Born in Masham Mills, he came to Bonfield in 1892, and was active in municipal affairs, being reeve for a period of 32 years, an unusual record. During his many years in office he won many friends throughout the entire district.

Surviving him are his widow, six daughters, Mrs. A. Gagne, Mrs. W. Pellerin, Mrs. J. B. Gagne, Mrs. A. Tremblay, Mrs. R. Beaudoin, all of Bonfield; Mrs. A. J. Seguin, North Bay, and two sons, Henry of Temagami and Tony of Bonfield.

He is also survived by three sisters and two brothers, who are Mrs. E. Hurtubise, Corbell; Mrs. P. Gagnon, Rouyn; Mrs. John Seguin, Toronto; Godfrey Proulx Timmins and C. Proulx, Corbell.

Promising Showing of Scheelite at McWatters

A promising showing of scheelite is reported as being found at the 400-ft. level of the McWatters Mine in the Noranda area. Dr. Morley Wilson, a geologist from the Dept. of Mines, Ottawa was in Noranda last week, and inspected some of the samples and the showings and was much impressed. It is expected that another representative from the Dept. of Ottawa, who have given special attention to scheelite deposits will go to the Noranda area to inspect the McWatters deposits. Scheelite is in great demand at present as one of the strategic war metals the tungsten which it contains being essential for hardening steel and for several other purposes. The Hollinger for some months past have been recovering scheelite, the quartz formation at the mine bearing much of this mineral in certain places.

Former Factor With Hudson's Bay Co., Dies at North Bay

George Sackville Cotter was Born at Moose Factory in 1871.

North Bay, July 30. — George Sackville Cotter, a pioneer of the Far North, died at the Civic Memorial Hospital Wednesday night, following a paralytic stroke. He had been in poor health for a number of months and suffered the stroke early this week.

Born in Moose Factory 71 years ago, Mr. Cotter was the son of the late James Lawrence Cotter, of the Hudson's Bay Company, Moose Factory. Educated at Upper Canada College, he joined the company after graduating, working at the same post as his father for a number of years. He later served in various Northern posts and in 1917 left the Hudson's Bay Company for the Revillon Frere Company, taking charge of its post at Cumberland House Saskatchewan. He was with this company at Fort George and Moosonee until the time of his retirement in 1936. He moved to West Ferris in 1939 and had resided there until the time of his death with his wife the former Madeline E. Craig, of London, who survives him.

Families of Men on Service to be Aided by New Committee

Plan to Assist Dependents of Soldiers on Active Service.

Last week The Advance made reference to the plan to give supplementary allowance to the wives and families of soldiers on active service, when the need for this appeared necessary and urgent. Reference was made to the local men on the regional committee for this purpose. The following from The Sudbury Star of Monday of this week gives further particulars: — "To assist soldiers' dependents in cases of special emergencies, a Dependents Allowance Regional Committee has been set up in Sudbury. The committee, headed by H. P. McKeown, is to function for the entire district and representatives also have been appointed in North Bay, Sault Ste. Marie, Kirkland Lake, Timmins and New Liskeard to carry out the duties of the committee in those communities and their surrounding areas. Two members of the Children's Aid Society boards in each of these places have been chosen for the task.

"Formed by the Dependents' Allowance Board in Ottawa, in co-operation with the department of national defence, the local committee is made up of two members of the Children's Aid Society Board, Mr. McKeown and Mrs. W. J. Stewart; one member of the Canadian Legion, W. R. Moon and one other resident of the city, Leo Gauthier. Mr. McKeown, who is chairman of the new committee. Appointments for the committee were made by Dr. George M. Weir, chairman of the Dependents Allowance Board in Ottawa. "On Thursday of last week, R. J. Rogers, field representative from Ottawa met members of the newly-formed committee to acquaint them with the procedure employed in dealing with cases of illness, losses by fire, death, and so on, in soldiers' families. Financial assistance in such cases will be forthcoming only after thorough investigations have been made and a deci-

sion reached on the merits of each case.

"Before the committee even considers rendering assistance of any sort the member of the active forces whose family has made application must be making a regular assignment of part of his pay to his dependents. If the active service man is A.W.O.L. (absent without leave) the application of his family for special assistance cannot be considered.

"In cases of extreme emergency such as fire, the committee is authorized to spend up to \$30 on its own volition. Permission for the expenditure of anything over that amount must come from Ottawa."

Charges Dismissed Against Kirkland Lake Jeweler

A number of charges recently laid against John Edward Archer, Kirkland Lake jeweler, for breach of the town's early closing by-law have all been dismissed. The defence was that the by-law dealt only with retail selling and did not specify auction sales such as those conducted in the Archer jewelry stores on the dates of the charges. The only concrete evidence by the prosecution was that of Constable Liscomb who saw what appeared to be a sale in progress. The Magistrate commented that the Kirkland Lake early closing by-law seemed difficult to understand and of careless composition. Magistrate Atkinson also said that the evidence did not believe that the by-law included public auctions. He dismissed all the charges.

Change in Presidency of Spruce Falls Paper Co.

Mr. F. J. Sensenbrenner, of New York has retired as president of the Spruce Falls Paper and Paper Co. Mr. Charles H. Sage, of Neenah, Wisconsin, being elected to the presidency. Mr. Sensenbrenner will be much missed at Kapuskasing, his interest in that town being shown by his gift personally of the large and elegantly equipped hospital there and by other gifts of much value. The new president of the company has been closely associated with Mr. Sensenbrenner for several years and accordingly will likely follow the same general lines of support not only of the paper and paper company but also for the town in which the industry is located.

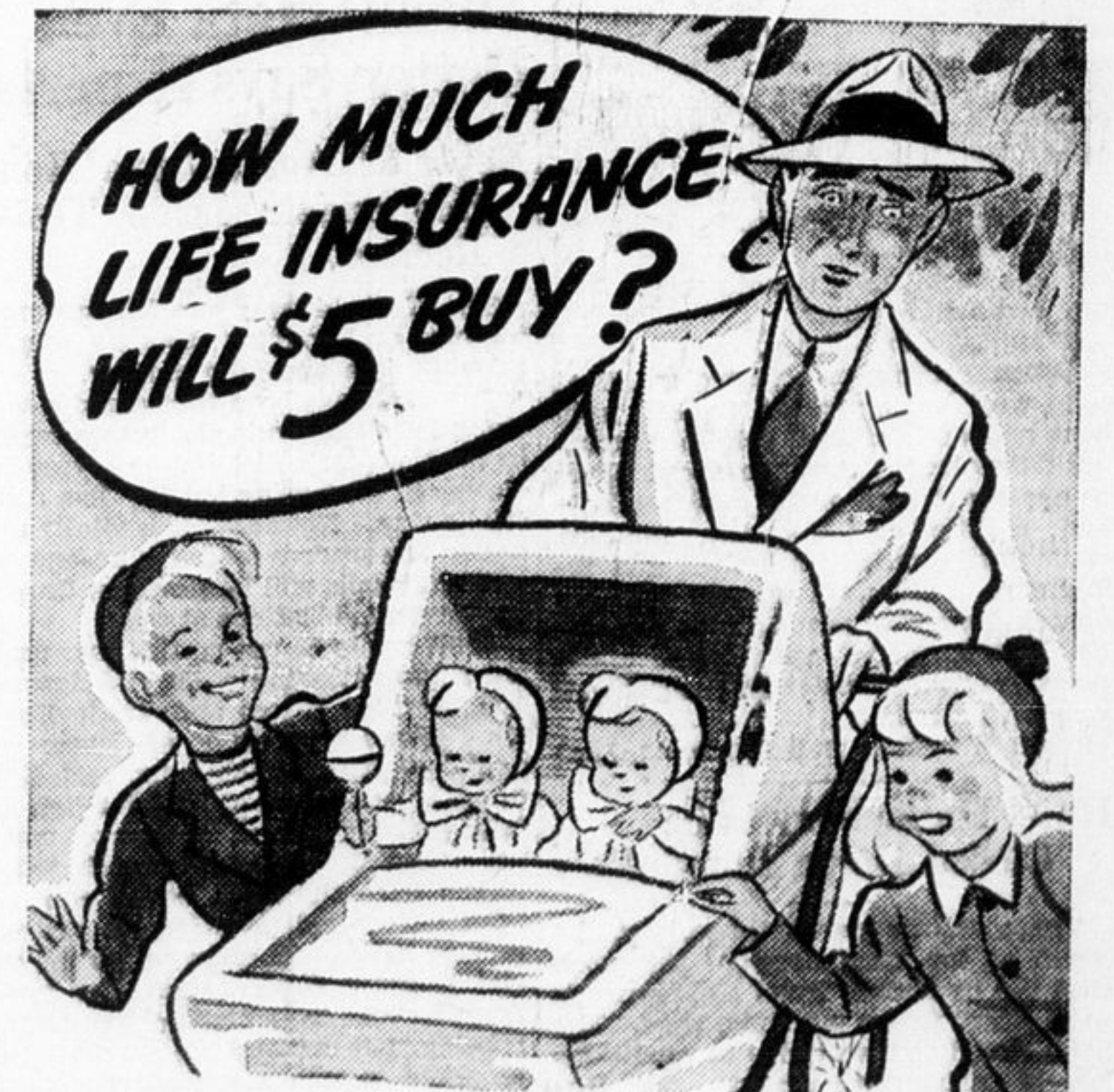
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Retailers to Show Prices of Goods Exclusive of Tax

Merchants selling goods subject to the retail purchase tax imposed by the recent federal budget are required to show, by price-tag or otherwise, the price of such articles exclusive of the tax. Whether or not they also display the amount of the tax or the price inclusive of the tax is optional with them. An order by the Wartime Prices and Trade Board prescribes the procedure as follows: — "Every person selling at retail any goods which are subject to the retail purchase tax... shall attach a price-tag to each such article or display prominently a card or other notice relating to each such article or group of articles of the same price, showing the price of such articles exclusive of the said tax and may, at his option, also show on the said price-tag, card or notice the amount of the said tax and (or) the price inclusive of the said tax and described as such."

Six Births Recorded at Timmins Last Weekend

BORN — on July 19th, 1942, to Dr. and Mrs. James Barrie McClintock of 64 Hemlock street at St. Mary's Hospital — a son.
BORN — on July 11th, 1942, to Mr. and Mrs. Oris Allan Jones of 21 1/2 Way avenue — a daughter.
BORN — on July 18th, 1942, to Mr. and Mrs. Thomas Croft of 84 1/2 Balsam street south — a daughter.
BORN — on July 20th, 1942 to Mr. and Mrs. Olivier Laferrriere of 443 Main avenue — a daughter.
BORN — on July 1st, 1942, to Mr. and Mrs. Aldege Beaulieu, of 119 Commercial avenue — a son.
BORN — on July 2nd, 1942, to Mr. and Mrs. Theodore P. Noel, of 60 Montgomery avenue, at St. Mary's Hospital — a son.

Canary With Two Tails is Remarkable Song Bird

Mrs. Cadarette, who now lives across the bridge west of the town, has a remarkable canary. Not only is the bird a notable songster, but it has the unusual structure of two distinct tails. The one tail is above the other, and in flying and even in singing the motion of the two separate tails give the little bird an unusual appearance. Mrs. Cadarette says that the bird was originally a wild canary and she caught it in a trap, keeping the bird at first simply because it was so small, and then later because it proved so excellent a singer. Still later the two distinct tails were noticed, and now there is triple reason for treasuring this canary.

Temiskaming Inspector Transferred to South

Announcement was made at Halleybury last week that Mr. W. L. Lovell, public school inspector for that district for the past five years, is being transferred to the Dufferin County Inspectorate and will take up residence at Orangeville. The change will be effective before the new school term. Mr. Lovell, previous to his appointment as inspector, was a science master at Kirkland Lake high school, and some years ago was principal of the English public school. He will be succeeded at Halleybury by Mr. P. H. Macklem, of Toronto.

Canary With Two Tails is Remarkable Song Bird

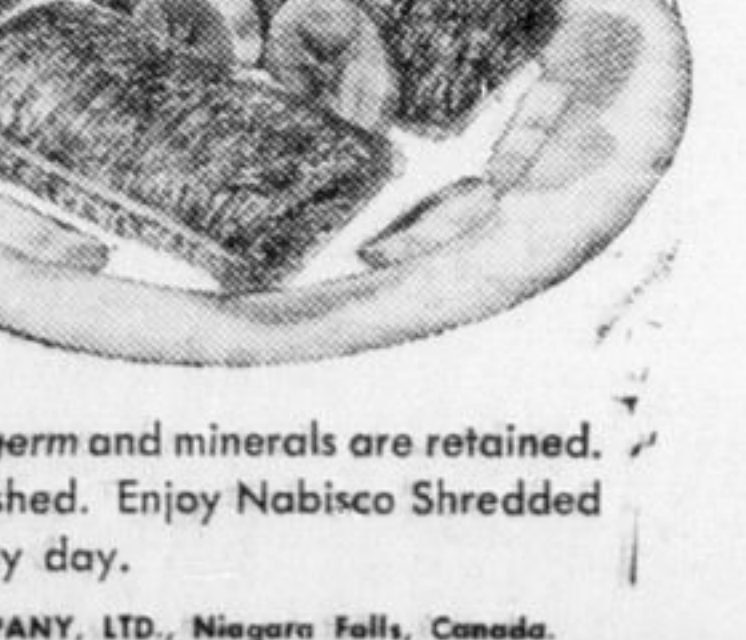
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