

Annual Fire Fighter's Hallowe'en Ball at Pavilion Very Successful

Gowns, Costumes and Afternoon Wear Worn by Ladies. Hall Filled. Novelties Handed Out and Paul Jones Enjoyed by Crowd.

The Riverside Pavilion was the scene of a gala affair on Friday night, when the Timmins Firemen played hosts to a number of people of Timmins and throughout the district at their annual Firefighter's Hallowe'en dance. The pavilion was filled to capacity with ladies in formal gowns, costumes and afternoon wear, with their escorts, making the dance an outstanding event of the year.

Music was supplied by Jack Galloway and his band, vocal refrains being rendered by Evelyn Clarke. Novelty numbers and selections were played by the orchestra to add to the enjoyment of the evening. Assorted hats and various other novelties were passed around to the people, and to complete the evening, a Paul Jones was enjoyed where parties mixed to make the dance a gay affair.

A great deal of credit should go to all the Firemen who arranged the program to make the dance a successful one, and for the excellent lunch they served during the evening.

Included among the dancers were: Chief Borland and Mrs. Borland, Deputy Chief Stanley and Mrs. Stanley, Captain Morris Daher, Captain G. Pooley and Mrs. Pooley, Fireman J. Cronmiller and Mrs. Cronmiller, Fireman Oscar Giroux, Fireman W. Leberon and Mrs. Leberon, Fireman W. Martin and Mrs. Martin, Fireman Lawrence Sheehan and Mrs. Sheehan, Fireman W. Orr and Mrs. Orr, Fireman Alvin Leach, Fireman J. Avoitte and Mrs. Avoitte, Fireman A. Audet and Mrs. Audet, Fireman J. Gratton and Mrs. Gratton, Mr. and Mrs. L. M. Shettler, Mr. and Mrs. T. O'Connor, Mr. and Mrs. F. Rousseau, Mr. and Mrs. Bill Cocklin, Mr. and Mrs. D. Reid, Mr. and Mrs. E. Souliere, Mr. and Mrs. R. McCormick, Mr. and Mrs. A. Elles, Mr. and Mrs. A. Barnett, Mr. and Mrs. R. Risto, Mr. and Mrs. R. Pare, Mr. and Mrs. A. McArthur, Mr. and Mrs. V. James, Mr. and Mrs. C. Edney, Mr. and Mrs. J. Edney, Mr. and Mrs. M. Kurkel, Mr. and Mrs. Phil Laporte, Mr. and Mrs. J. W. Spooner, Mr. and Mrs. J. Romaine, Mr. and Mrs. L. Parent, Mr. and Mrs. L. Chenier, Mr. and Mrs. J. Zernuke, Mr. and Mrs. W. Doyle, Mr. and Mrs. W. Chapman, Mr. and Mrs. C. G. Allen, Mr. and Mrs. H. Brunette, Mr. and Mrs. H. DeMille, Mrs. Fitzpatrick and Mr. Bergeron, Mr. and Mrs. A. Lacasse, Mr. and Mrs. J. Logan Kerr, Councillor and Mrs. W. Roberts, Councillor and Mrs. Karl Eyrre, Mayor and Mrs. E. Brunette, Mr. and Mrs. Greg Evans, Mr. and Mrs. Jerry VanRassel.

Eleanor Bortolotti and John Nora, Eida Barrette and Fred Chenier, Viola Chenier and Rene Barrette, Jean Cowan and Pte. Tony Klowaty, Ani a Villeneuve and Pte. Jim Cowan, Rita St. Amour and Leo Lapierre, Germain Boisvert and Earl Crull, Gordon Audet of Earlton, Peggy Shaw and Eric Ormston, Jackie Sullivan and Florene Desjardis, Luella Kendall and Jerry Dolan, Alice Desjardin and Roy Melver, Margaret Gentile and Carl Petroni, Tav Pierini, Charlotte Ogilvie and Frank Chase, Ellen Harkness and Sergeant Russ Joyce, Jean McChesney and Sergeant Ted Lupton, Ruby Simpson and Sergeant Ted Devlin, Alice Rochefort and Ernie Kennedy, Irene Rochefort and Jordan Cauley, Doris Haggerty and Noble McCoy, Velma Daly and Doug Chapman, Ann Volechuk and Eddie

Proulx, Kay Hawes and Eddy Karpovitch, Frances Stewart and Leo Thibault, Margaret Macdonald and Earl McNeil, Rita Larouche and Charlie Alatalo.

Helen Fox and Peter Bowie, Norma Monahan and Paul Joliceur, Margaret Keeley and Pete Ostrosker, Tinkle Sharp and LAC Lloyd Durkin, Henrietta St. Clair and Earl Alkenbrack, Edith Fantin and George Shaheen, Jennie Gillgrass and Pte. Stan Yuskow, Georgette Gallipeau and A. Gosselin, Jean Gosselin and Edgar Lavallee, Mr. Ernie Towell, Jean Aude and Chris Wren, Nadine O'Connor and Warren Burritt, Janet Fisher and Jerry Morin, Fern Brazeau and Michael Pera, Gladys Carr and Alec McDougall, Irene Pexton and "Chuck" Turvey, Peggy Williams and Frank Dawson, Margaret Edmonds and Lawrence Gibson, Sophie Donil and Paul Blain, Lorraine Boudanger and Bill Martin, Connie St. Louis and J. O. Roy, Miss A. Chartrand and Mr. H. Brunette, Annette Stefano and P. Sylvester, Nelma Johnson and A. Kivi, Irene Ross and Bill Salo, Hazel Lacombe and Eugene Merikallio, Ora Kulja and Jim Silver, Ann Hill and Mr. Art Wright, Hellen Mille and Frank Febbo, Gladys Melver and Chris Killeen, Jean Myles and Lance-Corporal Courtney Drew, Elsie McFadden and LAC Elmer Demeza, Rachael Gauthier and Ted Owens, Lorraine Charron and Bob Menard, Yvette Boileau and Galten Philon, Jean Baker and LAC Ted Fitzgerald, Doris Brimascombe and John Everard, Julie Swam and Louis Roy.



That Body of Yours

By James W. Barton, M.D.

Every overweight knows about the disadvantages of overweight as far as his own feelings are concerned. He knows that he is slow perhaps awkward in getting about, is heavy and slow footed, gets tired easily and puffs on even slight exertion. He is embarrassed, sensitive, lacks ambition and may be sluggish mentally also. The overweight knows also, because he reads about it daily, that the overweight's life span is shorter, he is a poor risk for surgical operation, and is more likely to have heart, blood vessel and liver ailments than those of average weight.

What, about the underweight individual, is he free from embarrassment and other disadvantages?

No.

As a matter of fact to be greatly underweight has also its dangers and disadvantages.

How much below average or ideal weight for height and build means real or serious underweight?

Generally speaking about 5 per cent of underweight is not considered a real or serious disadvantage; it is considered so if 10 per cent below underweight, particularly in children, as a little extra weight at this time is considered an advantage. Children's specialists point out that a little excess fat during the growing period is a sort of buffer or protection in fighting off ailments or in fighting ailments that do occur. Nature during childhood, is building up the body, widening it, enlarging the various organs, increasing the amount of work of the various body processes, and needs an increased amount of food to do all these things. Also there must not be anything interfering with this building up process such as lack of sleep, too much exertion or the presence of any infection—teeth, tonsils or other organs.

If then the individual is underweight he will not have strength and vigor, and if much underweight, because of this lack of strength, he may be a ready victim of pneumonia, tuberculosis, or anaemia. There is often poor appetite, poor digestion, and constipation all of which lower the resistance of the individual.

Dr. Jean Bozert in her book Nutrition and Physical Fitness, outlines the disadvantages of slight underweight.

"Scrawny appearance; chill easily; irritability and nerve strain; lack of ambition (in child no desire to play); lack of ability to concentrate; tire easily; digestive disturbances and constipation; more likely to have colds, sore throat, bronchitis, pneumonia, and skin infections".

If the underweight is excessive, that is as much as 15 to 20 per cent, there is real danger to health and to life itself. These dangers are anaemia—thin blood, sagging of the abdominal organs, nervousness and nervous exhaustion (nerves not protected by normal amount of fat tissue), serious infections such as pneumonia and tuberculosis, and the general vitality is lowered.

While the first thought might naturally be to increase the food intake, there may be a real cause present, which would prevent little if any gain in weight if cause is not removed.

The cause aside from not enough food may be an overactive thyroid gland which drives the body processes too rapidly, thus creating too much heat and no chance to store fat.

Another cause is infection of any kind

—teeth, tonsils, gums, sinuses, — which "use up" a certain amount of the food eaten and prevent it being stored as sugar or fat.

The underweight may be of the very active type (child or adult) and does not get enough rest or sleep.

With the causes removed, the diet can then be prescribed, which in a general way, means enough proteins — meats, eggs, fish, cereals—to maintain the body structure, and a great increase in fats — butter, cream, fat meats, — and an even greater increase in starches — bread, potatoes, sugar, cereals.

The thought then is to increase weight and avoid the disadvantages and dangers of underweight is to remove cause (if possible), give proteins daily, increase fat foods 25 per cent, and increase starch foods about 40 to 50 per cent.

Eating Your Way to Health

Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled "Eating Your Way to Health." It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York, N. Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.

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First Fall Meeting of Syrian Ladies

Mrs. A. Shaheen Hostess to Club Sunday Evening. Plans for Card Party Made. Next Meet on Nov. 24th.

The first fall meeting of the Syrian Canadian Women's Auxiliary was held on Sunday evening at the home of Mrs. A. Shaheen, 53 Birch street south.

The minutes were read and moved by Miss Louise Abraham and Mrs. F. Elles.

The election of new officers for the ensuing year took place. The former president, Mrs. A. Shaheen, was re-elected; vice-president is Mrs. D. Essa; treasurer, Mrs. A. Sahnany; and secretary, Mrs. Geo. Elles. The entertainment committee, whose chairman is Mrs. F. Elles, is composed of

Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.

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Visiting committee:— Mrs. S. Moses, and Mrs. M. Ansara.

The president, Mrs. A. Shaheen, thanked the members who had been attending Red Cross all year.

It was decided that a card party would be held on December 6th, at the home of Mrs. D. Essa, 5 Birch street south.

The next meeting will be held on November 24th, at the home of Mrs. F. Elles, 3 Wilson avenue.

A social period followed when the hostess Mrs. A. Shaheen served a delicious lunch to her guests.

The meeting closed with the National Anthem.

Monthly Meeting of Ladies French-Federation, Sunday

The Ladies of the French Federation met on Sunday evening in the basement of St. Anthony's Cathedral. There was a large gathering, and throughout the evening business was taken.

The ladies sent this week, cigarettes to thirty boys overseas.

Their next meeting will take place on December 6th, in the basement of St. Anthony's Cathedral.

Try The Advance Want Advertisements

French-Canadian Committee Hold Another Big Rally

Under the auspices of the French-Canadian Committee for the "Third Victory Loan" in the District of Cochrane, a bumper meeting was held in the Cartier Theatre on Sunday November 1st, at 8:30 p.m., a double capacity crowd jammed the theatre entrance trying to gain admittance and hundreds were turned away disappointed. The

Committee responsible for the event had arranged everything and the audience were delighted with some sparkling entertainment. Speakers on behalf of the Third Victory Loan urged everyone to buy to the limit. An enthusiastic reception was given to all phases of the meeting.

Exchange: They might say it is wrong to hate but how is one to get fighting mad unless he hates?

Buy the New Victory Bonds

YOUR SAFEST INVESTMENT

"Canada never has failed and never will fail to meet her obligations promptly and in full"

Our country urgently needs every dollar we can spare from our savings and from our earnings. Canada will pay back every cent with interest.

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A Fighting BIRTHDAY

OUR 125TH ANNIVERSARY 1817 * 3rd NOVEMBER * 1942

Glorious deeds for humanity have brightened the years of the century and a quarter through which the Bank of Montreal has lived and served Canada. Sordid deeds of treachery and tyranny cannot detract from the record of courage, faith and achievement made by democratic, freedom-loving nations and peoples.

Canada, in the 125 years of the Bank's existence, has grown from a pioneer colony to a state great among nations in wealth, world-wide activities and influence.

Born when Canada was still a wilderness, with here and there a town, the Bank of Montreal has marched, worked and fought beside Canadians of all generations since 1817, assisting in every field of endeavour to build and preserve the nation.

As on our 100th Birthday, in 1917, we now find Canada, together with her sister dominions and her allies, fighting with all her strength, but confidently, for freedom and all that freedom holds.

We re-dedicate on this our 125th Birthday all our accumulated experience, knowledge, technical skill and financial strength to the service of Canada and her citizens.

ALWAYS SERVING CANADA

When the Bank of Montreal began business on November 3, 1817, the only transportation in Canada was provided by horse, wagon, stagecoach, canoe and river packet. There was no means of communication, excepting letters delivered by courier. There was no common currency.

In 1942, the picture of Canada presents a modernly equipped nation with gigantic industries, networks of railroads and motor highways, great steamship lines, continental airlines,

instantaneous communications between all parts of the country and with all parts of the world, and a stable system of banking which gives wings to commerce.

In this picture, builded into it for twelve and a half decades, generation after generation, stands the Bank of Montreal, now with hundreds of branches, strong with youth, experienced with age—still serving Canada, in this latest time of crisis.

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