

# TEN YEARS AGO IN TIMMINS

From data in the Porcupine Advance Files

The following article was in The Advance ten years ago: "The annual meeting of the Timmins Hockey Club was held in the town hall on Monday evening. Owing to lack of public notice of the event the attendance was not as large as it would otherwise have been, but there was lots of enthusiasm and a general belief that this year the Timmins team in the N.O.H.A. will be a strong one and will make a good showing as well as providing lots of good sport for the winter. Most of the players who showed such fine sportsmanship last year and gave great promise are available again this year, and with the experience of past season will be the better able to put up a fine game this coming season. In addition there are some new players of fine reputation said to be available in town to further strengthen the Timmins team. At the meeting on Monday, Nov. 7th, the chair was taken by Chas. Roach, the vice-president, in the absence of the president, Dean Kester, who was out of town. Reference was made to the good work of the officers and executive during the past season and especially to the interest taken by President Dean Kester. A vote of thanks was passed to the treasurer W. G. McHugh."

There was a very interesting and enjoyable event at the McIntyre Recreation hall on Saturday evening, Nov. 5th, 1932, when honour was given to the McIntyre Baseball team, winners of the championship of the North that year and also winners of the Eastern Ontario Baseball Journal Cup. The event took the form of a complimentary banquet and was under the auspices of the McIntyre Athletic Association.

Ten years ago The Advance said that all would be pleased that the campaign for funds to aid the Canadian National Institute for the Blind had been successful in reaching the objective aimed at for Timmins and district. This objective was placed at \$500.00 and that week the pleasing news was given out that the objective had been reached. Of course that fact should not deter any who had overlooked sending in their donation to that good cause from doing so. Any contributions at that time would be gladly received by P. A. Burt, Dominion Bank, Timmins. That was the first appeal made for funds in the North Land, thought the Canadian National Institute for the Blind had done much in years past to help establish blind people here in life and train them to care for themselves.

The regular weekly luncheon of the Timmins Kiwanis Club was held on Monday, Nov. 7th, 1932, at the Empire hotel, the chief business being the election of officers for the ensuing year. In the absence of the president, Dr. H. H. Moore, the chair was taken by the vice-president Reg. Smith. The chief business of the meeting was the election of officers for the coming year. The following were the officers elected: President—Reg. Smith; vice-president, Vincent Woodbury; treasurer, G. N. Ross; New Directors: F. Feldman, Chief Harry Jones, Pat O'Neill.

Wednesday, Nov. 2nd, 1932, was business night at St. Matthew's A.Y.P.A. An election was the big item of the programme, as several of the officers had resigned. Those resigning were: S. G. Fowler, president; Mrs. W. D. Forrester, treas.; Miss E. Sinclair, educational convener; and Mrs. Richards, refreshment convener. Their resignations were accepted with regret. The president; Miss M. Jackson, treasurer; new officers elected were: Mr. J. Harris, Mr. F. Booker, educational convener; and Miss B. Bailey, refreshment convener. Everybody wished the new officers the best of success in their new duties. The following Wednesday was an outdoor night. There was a hike to the Whelpdale rocks, where refreshment were made over a camp fire.

A despatch ten years ago from North Bay said that J. H. McDonald, Sault Ste. Marie, was on Tuesday, Nov. 8th, 1932, declared elected president of the Northern Ontario Hockey Association with Chas. G. Roach, Timmins, assuming the vice-presidency and W. A. Thompson, North Bay the secretary-treasurer.

There was a number of hunting parties ten years ago from Timmins and district in various localities for the season. The Powassan district seemed to be a favourite with many. Among those going to this section for the hunting were Don Lough, District Engineer for the Northern Development Dept., Walter Ecclestone and Ken Fitzpatrick, who left here to try their luck. Another party going to the same hunting area included Dead Kester, J. T. White and F. M. McRea.

Included among the local and personal items in The Advance ten years ago, were the following: "Rev. Fr. Cornelius Zak, who has been at Timmins for some time past, has gone to Kirkland Lake as priest for the Polish people there being assigned to the Holy Name parish at Kirkland Lake, as curate to Rev. Roy McMahon." "Mr. and Mrs. Chas. MacLeod, of Cochrane, were Timmins visitors last week." "Born—In Timmins, Ont., on Sunday, Nov. 5th, 1932, to Mr. and Mrs. Herbert Stewart, 289 Tamarack street—a daughter, Miss May Rushton, of Toronto, is visiting friends in town." "W. Rinn was called this week to Creemore, owing to the death of his mother, who passed away at Tottenham some days ago and who was buried this week at the family home town, Creemore." "Mrs. R. Richardson and Miss Patricia Richardson left to-day to spend the week-end in North Bay. They will visit Miss Mabel Richardson who is attending Normal School in that city; they will also visit other acquaintances, including Mrs. W. J. Edwards, formerly of Timmins."



By James W. Barton, M.D.

## That Body of Ours

A medical examiner for a large insurance company on finding an applicant to have a rapid pulse and high blood pressure, yet no physical signs of heart, blood vessel, or thyroid disturbance explains to the applicant that he is so tensed that he is causing his pulse to be too rapid. He has him sit down and read something light, perhaps the "funnies", the applicant relaxes and pulse rate and blood pressure return to normal. That nervousness, and emotional disturbances can increase the pulse rate, and also raise the body temperature has been definitely established. Another discovery that is becoming more completely established is that nervousness and tenseness also increase the metabolism rate; that is the rate at which the body processes work.

For many years, physicians engaged in the special work of reducing and increasing weight have made use of the metabolism test to find out if the patient's over-weight was due to an under-active or overactive thyroid gland. If thyroid is not active enough, not manufacturing enough thyroid juice, then the individual is overweight and also mentally and physically sluggish. If too much thyroid juice is being manufactured the individual is underweight and very active mentally and physically. When not enough juice and over-weight is present then thyroid extract is given daily to bring the metabolism rate up to normal, increase the activity of the body processes and increase the mental and physical alertness. This causes loss of weight.

When too much thyroid juice is being manufactured and so more activity, mental and physical, present, the individual is advised to take more rest if possible, and if this is not sufficient, the thyroid gland is removed. Now, just as an excited or an upset individual is found to have an increased pulse rate, blood pressure and temperature, so also can this nervousness or upsetment increase the metabolism rate.

What does this mean in the case of the individual with underactive thyroid who is greatly overweight.

Despite the fact that his overweight is due to this underactive thyroid his nervousness or disturbance while undergoing the metabolism test actually increases metabolism, so that the rate is up to, or even above, normal. And because the rate is above instead of below — plus instead of minus — the patient and the physician also may feel that the overweight is not really due to an underactive thyroid.

As an everyday instance of this fact that nervousness in a sluggish or nervous individual can increase the metabolism rate, Dr. Broda Barnes, Denver,

## Carload of Seed Potatoes Shipped South to Growers

### Cochrane - Grown Potatoes Classed as Finest in World.

Years ago many settlers in this part of the North had difficulty in securing just the right type of seed potatoes for the soil and climate here. To show how times have changed, last week a carload of Cochrane-grown seed potatoes was shipped to the South to be distributed among growers in Old Ontario. Of course this is not the first time that this has happened, but last year no such order of seed potatoes was filled from Cochrane. In 1940, however, two carloads of seed potatoes were shipped from Cochrane to Southern growers and proved highly satisfactory. It is taken for granted that Southern growers may have imagined that they could secure better seed potatoes closer home, but this order this year suggests that they decided otherwise after fair trial. The shipment last week was to the same group of growers who made the purchase in 1940. That fact should tell its own story.

The carload of seed potatoes shipped from Cochrane last week were of the Chippewa variety. The Chippewas have been fully proven out by farmers in the Cochrane area, and are classed as the most acceptable potato for this area. Agricultural Representative D. J. Pomerleau, of Cochrane, claims the Cochrane-grown Chippewas are "the world's best potatoes. He bases his claim on the high quality of the potato, its freedom from disease and its general excellence. "Cochrane-grown Chippewas cannot be beaten anywhere," says Mr. Pomerleau.

When the seed potatoes were being shipped at Cochrane there was a government inspector present to examine the bags before loading. The previous shipment gave every satisfaction to the growers in the South, and it is only to be expected that the same will prove true of the shipment last week.

In the shipment last week there were 425 bags. The Cochrane district farmers supplying these were as follows: Ernest Genier, of Genier, P. O. 100 bags; H. Kalometz, 178, and H. Tutka, 60, W. Biruk, 60, all of Florida, near Cochrane; and Geo. Hackett, of Cochrane, 27 bags.

The price received by the Cochrane farmers for these seed potatoes will be of general interest to all concerned with the development of the Cochrane clay belt for agricultural and market garden uses. The price to the local farmers was \$1.75 a bag delivered at the car. It is noted in the despatches from Cochrane that half a dozen of the best growers of the district contributed to the shipment.

## Four Lashes Ordered for Wife-Beater at Sudbury

Often reporters and others who have occasion to be at police court and note the unpleasant sight of some woman badly beaten up are frequently much irritated by the fact that almost without exception the wife at the last minute insists on withdrawing the charge and refuses to give evidence, the magistrate and police thus being powerless to do anything. No doubt, because of all this, the police court reporters and others, took particular joy in a case at Sudbury last week. Some time ago Adam Krus, of Gatchell, near Sudbury, was in court charged with wife-beating. His wife "begged him off" as is usual in these cases. The court gave him suspended sentence, and recently the police heard that he was making a hobby of beating his wife, according to the neighbours who complained about the noise resulting. Last week the police went to the man's place and found the wife beaten up again. They arrested the man, but the police this time having other evidence than that of the wife alone laid the charge against

in the Journal of the American Medical Association gives this illustration.

"A freshman from the School of Commerce had been referred by the personnel office because of a failure in English and insubordination to one of the teachers. His physical examination and below normal temperature left no doubt that his metabolism should be below normal. During his first test it was quite evident that he was not relaxed although he lay quietly without moving. At the end of his test, he was assured that the machine would not bite and was then told a funny story. A hearty laugh helped him to relax and a second test was run within five minutes. The result of the first test figured plus 16 per cent and that of the second test was minus 24 per cent."

Just think of this for a minute, an individual whose thyroid gland was underactive was so nervous, so upset, and consequently so tense that he appeared to have an overactive instead of an underactive thyroid. The thought, then, is that where the signs and symptoms present — overweight, and mental and physical sluggishness — point to underactivity of the thyroid, yet the metabolism test shows overactivity, further tests should be made (which in themselves will cause tenseness) and means to get complete relaxation before and during the metabolism test.

**Overweight and Underweight**  
This handy booklet by Dr. Barton contains many helpful suggestions for those who are too thin and those who are fat, including diet suggestions, exercise, various types of overweight and underweight. To obtain it just send your name and address and Ten Cents to cover cost of handling and mailing to The Bell Library, Post Office Box 75, Station O New York N. Y. and ask for booklet No. 105 — Overweight and Underweight — mentioning the name of this paper

Registered in accordance with the Copyright Act)

Krus. When the case came to trial the wife was very earnest in asking that the charge be withdrawn. She even went to the lengths of saying that she started the fight with a crack over the skull for her husband. Magistrate McKessock, however, told the lady it was beyond her power this time to withdraw the case, and the charge was laid by the police, and the police did not think the case should be withdrawn. The crown attorney pointed out that the man had been repeatedly warned. "This is a condition that cannot be allowed to continue," the magistrate said in noting that Krus appeared to have the idea that he could beat his wife any time he wished. Ten days in jail and four strokes of the strap was the penalty imposed in this case.

## Tell the People All That Will Not Give Comfort to Enemy

### That was the Word of General McNaughton to the Weekly Newspaper Editors.

(This is the fifth of a series by Walter R. Legge)

Altogether, the Canadian editors met the guiding genius of Canada's overseas forces three times, the first time just before we began our itinerary in England, the second time at an inspection of new equipment, and the third time just before we left for home.

Some people seem to think that the editors were only told part of the story that something was hidden from us, or if we actually did see everything that we were told not to say anything about it. If these people could have been present at these meetings, they would realize just how far from correct their thoughts are. In General McNaughton's own words, the editors were told "to tell the people of Canada everything that will not give comfort to the enemy."

Actually the trip itself came as a result of a suggestion from the General that it would be an excellent way to bring a true picture to the people of Canada of what is going on overseas. Naturally the location of General McNaughton's headquarters is not easy for strangers to find. Our bus proceeded to a "rendezvous", where we were met by dispatch riders on motorcycles who guided us in to the place. The meeting was held in a large conference room, from the windows of which was a vista of peaceful English countryside.

General McNaughton came and sat down but soon he was sitting on top of the desk in a most informal manner.

Welcoming the Canadian editors, the general said that with young men away from Canada for months and years, everything should be done to keep up their contacts with their own country. When they are out of touch, they are out of sympathy, and things go wrong, and it is difficult to find the reason. "Go back and interpret us to the people of Canada. We in the army are the expression of the purpose of the people in Canada."

He went on to say that we are up against an extremely serious business. We started with a tremendous lack of preparation, and are not out of the woods yet, but in spite of disasters, we are now on the up-grade. "The mission of the press is to tell fully what is going on, and the people will give their backing materially and morally. The General believes in telling everything that can be told without hurting the Allied cause."

Speaking of the Dieppe raid, General McNaughton said that his uppermost feeling was pride in our officers and men. Replying to other questions, the General said that shipping was one of our greatest limiting factors that the threat of invasion is not over; that the young officer policy would be continued; that the average age of Lieut.-Colonels now is about 33, which is much younger than in the last war.

The last conference with General McNaughton was just as informal, and was more like a friendly fireside chat. It opened in a mess room at headquarters, with the General sitting on the broad sill of a bay window with the editors grouped around him while all partook of afternoon tea.

After talking in a conversational manner about many matters, including shipping problems, the manufacture of weapons, especially those made in Canada, transatlantic air transport, training and equipping of troops, food and army medical services, he suddenly leaned forward and asked, "Would you boys like to come upstairs with me?" he then led the way upstairs to his office.

Here the conversation was resumed for some time. After about an hour and a half had been spent in this way, an officer entered with a note and General McNaughton said he would have to confer with a visiting American officer but that if the editors cared to return later he would be glad to talk further with them.

Rising, he shook hands with each one as they left.

General McNaughton is tall, lean, and speaks in a quiet, confident tone that shows that he knows just what he is talking about. One cannot help but be impressed with his quiet, kindly manner, which at the same time shows his tremendous energy and ability. He is just as outstanding in his job as Prime Minister Churchill is in his.

Canadian may well feel confident that their army is in the best hands as long as General McNaughton remains at its head.

General McNaughton is a native of Saskatchewan born there in 1887. He received his Master's degree in science from McGill University and studied at the Royal Staff College, and the Imperial Defence College in England. He received the Distinguished Service Order and the Order of St. Michael and St. George, and many other honours.

He was for several years head of the

## Petawawa Camp

Up here in Petawawa Where the sand is two feet deep. And you never get a chance at all To grab a little sleep. Because you have to guard each day This place from all our foes, Regardless of the weather Be it Spring or wintery snows.

To-night we guard the places That they call the magazine, With all our rifles loaded Waiting for the foe unseen, But we are all good waiters And the job is not too hard For dear old sweats like we are Who belong to the Veteran Guard.

Now way down at the Pump House On the other side of town, Where we get our drinking water From cool springs in the ground They haven't got as much to do As we have 'way up here. But we enjoy their spring water At any time of year. Though I doubt if they would drink it If there was something hard. It's a habit some acquire When they join the Veteran Guard.

But this is all beside the point As far as we're concerned, And we're trying hard just now, to find A cook who is really learned Because we like our eats well done (We are not so young or hard) So give it to us tasty While we're in the Veteran Guard.

For instance, in the morning When we're bright and all in form And have something thrown at us That is never very warm The coffee pot is dirty And when their beans they're hard Now tell me true is that good food To give to the Veterans Guard?

And that's not all by any means. We seldom see an egg. And I don't suppose we'd get one If we started in to beg. And toast is never on the list Perhaps the jobs too hard Or perhaps the toaster's out of bounds To the men of the Veteran Guard.

Oh what a bloody Army! Oh what a bloody War! Are we fighting for a piece of toast Or what are we fighting for. We never kick about our job Or say that it's too hard So pass the milk and sugar To sweeten the Veteran Guard.

So up here at Petawawa Where the snow is two feet deep The biggest job we have to do Is find some grub to eat.

We're not a bunch of kickers As a general rule you know But we will eat most anything If it is cooked just so. Imagine bacon fried in Lux So the bally stuff won't stink. Or coffee made from toasted bread, And yet you try and drink Is it really any wonder That for cook's we make it hard When we catch them swiping rations That we're drawn for the Veteran Guard

And now my story's ended, For the night is almost spent, But I hope my time's not wasted As our time is only lent. I just wanted to remind you That the times are getting hard, And instead of using butter We may be using lard.

From B 35688 H. G. Allen No. 4 Active Coy. V. G. of C. Petawawa Camp Ontario, Can.

## DELICATE TASK

"You want your hair parted exactly in the middle sir?" asked the barber. "That's what I said, didn't I?" "Then I'll have to remove one, sir. There are only five. I'll pull the middle one out." — Globe and Mail.

National Research Council of Canada, and from 1929 to 1935 was Chief of the Canadian General Staff. He was given command of the first division of the Canadian Expeditionary Force and since 1940 has been Commander-in-Chief of the Canadian Army Overseas.

Canadian have every reason to feel proud of General McNaughton.

## Urgent Need Now for More Nurses in the Dominion

(From Canadian Nurses' Association)

War makes innumerable demands on the people of countries involved. Here, in Canada, with a relatively small population, we are faced with the serious problem of finding sufficient men and women for our armed forces, our war and industrial plants. Over and above these requirements there is one other — the shortage of nurses — that is causing considerable concern to those directly associated and it has reached such proportions that the Dominion Government has taken cognisance of the situation.

Normally, Canada numbers approximately 23,000 graduate nurses among her population, but since the war, at least 1,500 have enrolled with the forces and for service in South Africa while, it is estimated by the Canadian Nurses Association, the official organization wrestling with this problem, that at least 30 per cent of nurses marry within two years of graduation. With industry expanding to meet war requirements more and more nurses have enrolled in the ranks of industry. Today, therefore, Canada is confronted with an alarming shortage of competent nurses and, with the women power problem as it is today, the shortage will become more acute as the months pass.

The Canadian Nurses Association has suggested that the depleted ranks of nurses can only be filled if more and more young women of the age, and possessing the aptitude and disposition so essential for this honourable profession, enroll for training; that married nurses take refresher courses to fit them for return to their profession, that more and more competent instructors be found; that scholarships and bursaries be set up for training of nurses for special and instructional work.

It is an axiom that the nation's health is its most prized possession and in the preservation of health the graduate nurse fills an important role. Furthermore the training which a nurse receives adequately enriches her whole life, fits her for responsibilities which are a part and parcel of daily life and endows her with knowledge that is always useful.

Within the last few years the preparation of nurses has advanced considerably. Gone are the days when a graduate nurse worked twelve-hour stretches. Today the eight-hour day is definitely recommended and she receives a salary that enables her to live in reasonable comfort.

As Canada, in concert with other Nations moves towards the end of the third war-year therefore, this problem promises to be one of some magnitude and it remains to be seen whether the young women of Canada will realize its significance and effect on the life of the nation.

If, as Canadians, we do not solve this problem now, we shall undoubtedly have cause to regret; our dilatoriness within the very near future.

## Repairs Being Made to the Bridge at Uno Park

NEW LISKEARD, Nov. 11 — The bridge at Uno Park seriously damaged in the "slide" there some weeks ago is being repaired before the winter sets in, and another sign of the approaching season is the putting up of posts in exposed places where snow fences

**You start to LIVE!**

**When You Take**

**Dr. Chase's Nerve Food**  
CONTAINS VITAMIN B1



PHONE 935 For Delivery

## TIMMINS DAIRY

will soon be strung by employees of the Department of Highways. Plans for snow plowing the highways also are under consideration, and as far as he knows, this operation will be on lines similar to that of last winter. It was stated by V. H. Longstaffe, divisional engineer here.

That means that Highway Number 11 and the Timmins cut-off, the Larder Lake road to the Quebec boundary, the North Temiskaming road also to the inter-provincial line, Highway No. 65 into Elk Lake and Matachewan, with the West Road out of Haliburton, will be kept open during the winter.

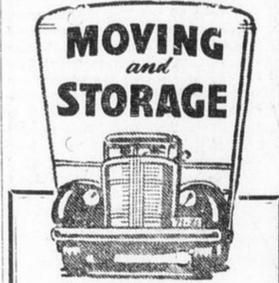
At the Uno Park bridge, timber spans, 20 feet long and two in number, will replace the "fill" which went into the Wabi river, and the west end of the steel and concrete structure, which was left "in the air" when the supports shifted, is resting on a crib meantime. The work, being carried out by R. A. Bilty of Toronto, who built the bridge, started last Friday and should be finished by the middle of the month.

## Present Day Meaning of the Old Words, "All Wool"

(From The Printed Word)

A young matron reports that one morning recently she hastened downtown to attend what was advertised as a sale of "all-wool" snow suits, her small daughter having outgrown such parts of her last winter's garment as she had not outworn.

The suits on sale were fair value at the price, but to the mother's experienced eye were obviously not all-wool. When she protested to the sales girl about the inaccurate advertising she received the reply: "Well, that's all the wool they put in them these days."



## PADDLED FURNITURE PULLMAN

## Storage . . .

Excellent accommodation is provided for your furniture and other valuable possessions in Star's heated warehouse. It is especially designed and built of concrete to give the utmost protection; insulated and maintained at the right temperature. Individual compartments. Special piano room to preserve the tonal qualities of musical instruments.

## Packing Crating . . .

Prevent damage when shipping by rail or steamship. Have your goods crated and packed by men with years of experience in protecting fragile pieces. Star's service will save you time, work, worry and loss.

## Shipping . . .

A world of experience enables Star to route your goods the most economical and satisfactory way and to take over all the troublesome details of freight payments, bills of lading, customs clearance, etc. Entrust everything to Star.

★ Every Load Insured For Free Quotation Write or Phone

**427**

★

**STAR**

**TRANSFER**

11 Spruce St. South

**Remember! FALCON SHOES ARE BETTER SHOES FOR LESS MONEY STEP OUT IN STYLE With Shoes Chosen from Our Complete Stock.**

**Falcon Shoe Store**  
Bardessono Block Timmins

**FIRE INSURANCE**

At the present low rates you should be fully protected. The new form of policy for household furniture covers, fire, burglary, theft and travel risks. Let us quote you rates.

**SULLIVAN & NEWTON**  
(Est. 1912)  
INSURANCE — REAL ESTATE

Phone 104 TIMMINS, ONTARIO 21 Pine Street North

**We Also Sell War Risk Insurance**