

# TEN YEARS AGO IN TIMMINS

From data in the Porcupine Advance Files

Remembrance Day was most fittingly and impressively observed in Timmings, Nov. 11th, 1932, Armistice Day. The Timmings Branch of the Canadian Legion, B. E. S. L., had their plans well prepared and the result was the largest turnout ever witnessed on any similar occasion in Timmings. The parade fully half a mile in length, assembled at the town hall, and mustered as follows:—Chief of Police H. Jones and the Timmings police force, Fire Chief A. Borland and Timmings Firemen, Hollinger Police force, Timmings Citizens band, Sons of Scotland, pipers, colour party of the Canadian Legion and the Ladies Auxiliary, about 200 strong, the Boy Scouts, the Girl Guides, the Italian Veterans, the fraternal organizations, the St. John Ambulance Brigade, the Loyal Finnish Society, the White Eagle Society of Polish people, the Loyal Ukrainian Society, the School cadets of Schuamacher. Upon arrival at the memorial on Spruce street, a crowd of 2,500 or more was found to have assembled for the service at the cenotaph. The standard bearers lined up on each side of the pathway leading to the memorial. The two minutes of silence opened the proceedings at the cenotaph, followed by the sounding of the "Last Post" and "Reveille," by Buglers P. Cherry and F. J. Hornby. "The Flower of the Forest," a Scottish lament, was the melody sung by the Sons of Scotland pipers. Adjutant Jones of the Salvation Army led in prayer. Then following the hymn "Nearer My God to Thee," sung by the large gathering, the Timmings Citizens band playing the accompaniment. Addresses were given by the following:—Austin Neame, president of the Timmings Branch of the Canadian Legion B. E. S. L., His Worship Mayor Geo. S. Drew, E. L. Longmore, and Rev. Bruce Millar. "Onward Christian Soldiers," and "God Save the King," brought the service to a close.

tel on Monday, Nov. 14th, 1932, Dr. H. H. Moore, the president occupied the chair in his usual pleasing way. The speaker for the day was E. H. King, postmaster at Timmings, who spoke on photography, dealing with the subject largely from the standpoint of those who would enjoy it as a hobby. The new secretary appointed for the ensuing year was the old secretary, W. H. Wilson, who had successfully carried along the duties for several years.

There was very general and sincere sympathy extended to Mr. and Mrs. S. J. Regan in the death on Nov. 10th, 1932 of their little girl, Jean Helen, aged only five months. Death was due to pneumonia which followed an attack of one of the minor complaints of childhood. The baby was ill only a few days but all that care and skill could do proved unavailing to save the child's life. The funeral took place on Friday afternoon at 4.45 to the Church of Nativity, and thence to the Timmings Cemetery.

Among the local and personal items in The Advance ten years ago were the following:—"Mrs. Wilfred W. Tanner will receive for the first time since coming to Timmings, on Wednesday next Nov. 23rd, at her home, 10 Maple St. south, from 2.30 to 5.30." "Born—in St. Mary's Hospital on Tuesday, Nov. 15th, to Mr. and Mrs. Patrick Nolan, (nee Gladys Fitzpatrick) of 36 Commercial avenue, Timmings—a son, Both doing well." "Her many friends in town and district will regret to learn that a day or so ago Mrs. Fred Charbonneau had the misfortune to fall and break her arm. All wish her a speedy recovery from the injury." "Mr. and Mrs. Andrew J. Davidson, of Montreal, were visitors to the camp over the week-end." "Miss Doris Poppleton, of St. Mary's Hospital, is in Haliburton for a few weeks' holiday at the home of her parents Mr. and Mrs. G. Poppleton."

## WATER AND POWER "GO DOWN THE DRAIN"



Next to actual household lighting, the largest percentage of electricity going into Canadian homes goes "down the drain." If the water supply in the locality is not pumped by electrical power, then the pumps are operated by power derived from coal. At the present time coal is involved in transportation difficulties and is also in short supply. The young wife, pictured above, is wasting water as she washes out tea cloths under a running tap. While wasting water she is also wasting power that might better be used by war industries.

## Gold Mines Retain Priorities in U.S.

### Second Thoughts Prevail in Washington as Question Studied.

When the United States gave the order that gold mining in that country should be suspended as a non-essential industry, it was feared by many that a similar attitude towards gold mining in Canada would have very serious results for this country. On second thought, however, it would appear that the United States is not altogether sure that the suspension in that country was entirely a wise move. It looks from many angles as if the small number released for the base metal mines and for other direct war work was considerably too small in proportion to the economic dislocation and the hardship imposed upon the mines and the miners. There is reason to believe that the actual situation even in the United States in regard to gold mining will eventually prove to be much less drastic than at first announced.

As for the attitude of the United States in regard to gold mining in Canada, it seems to be the accepted fact that the United States authorities realize that the Canadian gold mining industry is in an altogether different proportion to general economy and to industry at large. Gold mining in Canada is evidently believed at Washington, is much more a vital factor in the Dominion's economy than the gold mines are in the United States. Another fact that seems to be generally accepted in the United States is that priorities for gold mines in Canada should have as little drastic interference as possible. The question is well dealt with in the following article in last week's Northern Miner:—

situation in British Columbia is rapidly reaching a highly critical point. As reported elsewhere, the mines have petitioned the government for relief from employment restrictions, pointing out that unless something is done more mines will have to close within a few months.

There was an announcement by the Quebec Prime Minister that he had been assured by the Minister of Justice that gold mines in his province would not be closed unless it were possible to supply war industries to maintain gold mining communities.



By James W. Barlow, M.D.

## That Body of Yours

If you were to ask your physician about the right weight for your height he would consult his height and weight table usually hanging on his wall or desk and tell you the average weight for your height. He would then explain that as you were of the slender type you could be 5 to 10 pounds lighter than the average and be the right weight for your height. If you were of the long body, heavy type, you should be 10 pounds heavier for your height than that given on the table.

Once you know the ideal weight for your height and build you can then decide whether you should try to reduce or increase your weight. How much over your "ideal" weight would be considered overweight? Most physicians do not suggest reducing weight if it is 5 to 10 per cent overweight but 15 per cent above your ideal weight stamps you as overweight—(obese).

Once you and your physician decide you are overweight the next thought is to put you in your proper class of overweight.

What are the classes or types of overweight?

I have spoken before of the "usual" types, (a) overweight from overeating and underexercising, (b) overweight due to gland conditions, and (c) overweight due to overeating, underexercising with some gland condition also.

In her book, "Foods in Health and Disease", Lulu G. Graves, Honorary President, American Dietetic Association, classifies Overweight by its causes.

1. Alimentary Obesity due to injudicious eating, too little exercise, or both.
2. Constitutional Obesity due to heredity or constitutional tendency.
3. Obesity associated with improper functioning of the endocrine glands, chiefly thyroid, pituitary and genital (sex) glands.

In overweight due to overeating and underexercising and also in the hereditary or constitutional type in which overweight "runs in the family" cutting down on the food intake will reduce weight in every case. The reason that overweight runs in the family is usually because there is a family liking for starch and fat foods. The amount of exercise may vary with different generations but the liking for fat and starch foods practically always follows down the generations. Gland extracts are of little or no use in reducing weight in the constitutional type of overweight. Even increasing the exercise is not usually sufficiently effective as they have a healthy hearty appetite which increases in proportion to the amount of exercise taken. As to the rate at which the excess fat should be removed it is generally agreed that from 1 1/2 to 2 pounds per week should be the most removed. Too sudden reduction of weight may cause shock, rapid heart, nervousness and other disturbances.

The idea behind all reducing diets is not to interfere with any of the structures or working processes of the body, heart, lungs, kidneys, blood vessels, stomach and intestines, but to remove excess fat, excess fuel that is stored away for future use, which in this present civilization is not likely to be needed.

## Canadian Christmas Festivities Held on the Rhine in 1918

### Timmings Soldiers Figured in Concert and on Toast List.

In his Armistice Night address at Golden Beaver Lodge last week Mr. W. H. Pritchard made reference to a programme of Christmas festivities of "A" Company, Sixth Battalion Canadian Engineers, held at the Hotel zur Linde, Rheidt (on the Rhine) Germany, Dec. 25th, 1918. Mr. Pritchard explained that the printed programme had been sent to him by a friend then serving overseas, and he expressed the hope that some other friend, serving in the present war would in an early Christmas send him a similar programme from Berlin.

Mr. Pritchard was kind enough to loan this interesting memento to The Advance and it is given in full herewith, because of its general interest at this time, and the fact that several names on the list were those of former residents of Timmings.

The programme is printed in heavy cream antique laid paper in double folder style. It may be said that A Company, Sixth Battalion Canadian Engineers did a better job of the material for the programme and of the menu, toast list and concert than the printers, whoever they were, did of the typographical work.

The front page of the programme reads as follows:—

**Programme**  
A Record of the MENU : : TOAST LIST and SMOKING CONCERT  
A Part of the CHRISTMAS FESTIVITIES of A Company, 6th Battalion Canadian Engineers held at the HOTEL ZUR LINDE RHEIDT (on the Rhine) GERMANY Dec. 25th 1918

The second page contains the menu for the banquet, together with a number of humorous references. The following was the menu:

- Menu**  
French Mat Cocktail  
PICKLED SAPPERS Dead Beets  
Soup  
Mulligan a la Engineers  
Consomme a la Wizz-bang  
Fish  
Absentee with Can't Tackle Sauce  
Roasts  
Young Turkey with Chevron Gravy  
Roast Rookis Pig with Undressed Pomme Sauce  
Consolidated Pomme de Terre  
Silvo Polished Peas  
Strafed Turnips Corporal Cabbage  
Desserts  
Iced Screams Ye Olde English Pudding  
Plain Apple Pie Pontoon Cake  
Nix Nuts and Raisins  
(See our N.C.O.'s They are Raisins enough for Nuts)  
Sledge Hammer Hard Tack  
Motor Cycle Cheese  
Tea Coffee

On the third page of the programme the Toast List is set out in full detail, as follows:—

**Toast List**  
Chairman—Sapper Frank J. Beech  
The King—proposed by the Chairman—"God Save the King"  
Our Fallen Comrades—a Silent Toast  
"They died that we might live."  
Major K. Weatherbee, M.C. (the Iron Duke)—"Where he leads we'll follow."  
—proposed by Sapper T. Thompson.  
Our Officers—"Our leaders in action; our friends in peace."—Proposed by Lance-Corporal Stanhope; response by Capt. W. T. Curtis.  
The Loved Ones at Home—"Be it ever humble, there's no place like home."—Proposed by 2nd Cpl. R. Adrian; response by Lt. J. W. Solloway.  
Our Visitors—Proposed by Major K. Weatherbee; response by Capt. Miall.  
Sergeant-Major Stackhouse ("Good old Stack")—"His bark is worse than

ed. By using this excess fat as part of the daily food supply, an overweight body can do all its necessary work by taking in small amounts of starch and fats (the fat forming foods) and large amounts of proteins, fruits, and leafy vegetables because of the minerals they contain.

The body needs some fat foods and some starch foods every day for energy, but it requires more than energy foods, as it has to build worm tissues, and supply materials for the various juices or gland extracts which govern or control the body processes.

For a normal safe reduction of one to two pounds a week, the following menus may serve as a guide.

Breakfast; 1 orange or 1/2 grapefruit; or other fruit in season (except grapes) taken with cream and very little or no sugar; 1 egg or 2 slices of bacon, or small serving of cereal with milk, 1 thin slice of buttered toast; coffee or tea clear.

Luncheon—Consomme, bouillon, or clear soup, 2 saltines, 1 small serving cottage cheese or fish or poultry.

Dinner—Soup as above, 1 serving of lean meat, fish, or poultry; 1 small potato or 1 slice of bread; 2 servings of green vegetables; salad of lettuce, watercress, etc., without oil dressing; dessert as for luncheon; coffee or tea clear.

**The Common Cold**  
One of the most dangerous ailments is the so-called common cold because it may develop into bronchitis and pneumonia and may be the forerunner of tuberculosis. Send for Dr. Barton's helpful booklet "The Common Cold" (No. 104), enclosing Ten Cents and mention name of this newspaper. Address request to The Bell Library, Post Office Box 75, Station O, New York, N. Y.

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his bits."—Proposed by Sapper G. B. Crum.  
Our N. C. O.'s—"Always on the job"—Proposed by Sapper F. Abbot; response by Company Quartermaster—Sergeant R. Phayre.  
Our Allies—Proposed by Capt. W. A. Adam, M.C.—"Good Luck to the boys of the Allies."—Response by the entire Company.  
Canada—Proposed by Sgt. P. Hawkins—Response by all present—"We stand on guard for thee."  
The fourth page gives in detail the programme for the smoking concert, as follows:

**Smoking Concert**  
Pianist—Spr. J. S. Graham.  
Solo—"The Best Old Flag of All"—Spr. William MacFarlane MacGregor.  
Solo—"A Little Bit of Heaven"—Sgt. L. P. Pacey.  
Humorous reading—"The Jocks"—Lance-Corporal Farquharson.  
Chorus by Entire Company—"The Little Grey Home in the West—soloist Corporal J. M. Cuthill.  
Solo—"The Dear Land Far Across the Sea."—Spr. J. M. Cuthill.  
Monologue—"An Old, Old Story"—Spr. J. Nolan  
Solo—"Far, Far Away!"—Spr. G. B. Crum.  
Chorus by Entire Company.  
Solo—"Dear Land Far Across the Sea"—Lance-Corporal Stanhope.  
A few remarks by our Chairman  
Solo—"Annie Laurie" Spr. A. Young  
Solo—"Long Live the King"—Spr. William MacFarlane MacGregor.  
Auld Lang Syne—Entire Company.

**Committee of Arrangement**  
Captain W. A. Adam, M.C., Cpl. F. Corris, Cpl. H. G. Cook, Cpl. G. Pepper, 2nd Cpl. R. W. Adrian.

**Comments**  
It will be noted that four names on the above programme are former popular Timmings men—the late Capt. W. T. Curtis, C.Q.M.S. Richard Phayre, Corporal Frank Corris and the late Sgt. P. Hawkins.

Both before and after the war the late Capt. Curtis was a very popular and esteemed member of the Hollinger staff, being assistant underground superintendent at the time of his death last year.

Another of the four named who has passed on is Sgt. P. Hawkins, who was killed in an accident some years ago after leaving this part of the North. "Pete" Hawkins was of the true breed of the North—generous, genial, friendly and adventurous. He was for a number of years employed at the Hollinger and everybody knew and liked Pete Hawkins in the earlier days of the camp. "He was one of the best holistmen we ever had at the Hollinger," was the comment of Mr. Pritchard.

Only a few will recognize Company Quartermaster Sergeant R. Phayre. "Dick Phayre" would be more like it, but then not one in ten would recognize the last name, and only one in a hundred would be able to spell it. Yet before and after the war "Dick" was one of the most popular and esteemed residents of this part of the North. You remember "Dick at Ostrasser's" old-timer? Sure that was the gentleman. He won the title of "Dick" here by his geniality, his talent and his fine character, and the same qualities won him overseas the rank of "Company Quartermaster-Sergeant R. Phayre."

The fourth member of the quartette from Timmings in that company of the Canadian Engineers was Frank Corris, formerly at the Hollinger and now at the Coniarium. As much good can not be said about him as about the others—because he is still around here. But behind his back, there will be the same whisperings—a loyal man who did his bit in the last war—and in this—and a good citizen and a good fellow between times.

Just one more note. The Advance hopes that there was as much "Scotch" as there was "Scottish" at that banquet. Look at the names on that programme: Graham, Phayre, Adam, Farquharson, Cuthill, Young, and above all, William MacFarlane MacGregor! No wonder the entire company sang "Auld Lang Syne" at the close.

Globe and Mail: The Game and Fisheries Department of the Ontario Government boasts that it has made deer hunting easier for city folk. But those who are worthy to shoot a buck want, to do it the hard way. That is most of the fun.

Calgary Albertan: A scientist has traced man back to a fish. Looks as though he's on the right track at last.

## Eino Olavi Ylijoki Laid to Rest at S. Porcupine

Funeral services for Eino Olavi Ylijoki who died at Muskoka Sanatorium, Gravenhurst, Tuesday, Nov. 10, were conducted in Finnish and English by the Rev. A. I. Heinenen at the home of the deceased, 6 Golden Ave., South Porcupine, Saturday, Nov. 14th, at 3.30 p.m. in presence of relatives and friends from South Porcupine, Schumacher, Timmings, Porcupine, Kirkland Lake and other communities in Northern Ontario. Five girls, Ina Niemi, Irja Holopainen, Alla Ukkola, Helma Niskala and Ada Mazzacato, sang beautifully "Abide With Me," in English.

Many beautiful floral offerings were received from relatives, friends and teachers of South Porcupine Public School and schoolmates. The pallbearers were Messrs William Rintamaki, Albert Lautamaki, Leoni Gauthier, Franklin Maki, Nilo Oksanen and Wilfred Toppari. The interment took place in Tisdale cemetery.

The young man was born at Kirkland Lake, Ont., July 28th, 1927. On Jan. 12th this year, he was taken to the South Porcupine General Hospital for treatment and on Feb. 3rd he was transferred to Muskoka Sanatorium. Until January of this year he was attending the Public School at South Porcupine.

To mourn his loss he leaves his parents, Mr. and Mrs. Oscar Ylijoki, and one sister, Annie, 13, two brothers, George, 9, and Raymond, 6 years, all living at 6 Golden Avenue, South Porcupine; other relatives at Kirkland Lake and other communities in the Porcupine Camp.

Funeral arrangements were under direction of Hunkin's Funeral Service.

## Lieut. Beatrice Munro Takes Up Duties Again

Lieut. Beatrice Munro, who did such effective and valuable work here at the opening of the Victory Loan drive, was able this week to return to her duties with the Canadian Women's Army Corps. At the opening of the Victory Loan campaign, Lieut. Munro offered her services to help the drive. In addition to her duties with the C.W.A.C., she was in great demand as a speaker for the Loan. Her address at the opening rally for the Loan was considered by all as one of the big features of the evening. On the following Sunday she spoke at four separate meetings, after a week of campaigning for the Loan. Her throat was affected by the strain and it was necessary to order her to hospital here, where she had to remain for a couple of weeks. The large circle of friends she made here will be pleased to know that she is now fully recovered and all here will be delighted if her duties permit her on future occasions to visit Timmings again.

## Trans-Canada Highway Barred from Traffic

Last week a reader of The Advance asked it it would be safe to venture on a trip to the West by way of the Trans-Canada highway. The answer was that it would be a very questionable proceeding. Even if all the regulations of the gasoline-rationing authorities and the tire boards, etc., were met, there would still remain the weather and the condition of the road, both matters in much question. Further answer to the question appears to be given by the following from last week's issue of The Cochrane Northland Post:—

"While motorists would probably be deterred by the snow in any case from rash undertakings, the Department of Highways is warning that use of the Trans-Canada link between Hearst and Geraldton is out of the question at present.

"Two contractors have not finished yet. The Department warns that there is a stretch of about twenty miles over which it is impossible to drive. The recent heavy storm left about two feet of snow, over which trucks have been operating. These trucks have left an ice ridge too high for a car to clear. There are gates at both ends of the road and all motorists are barred.

"The department has promised that if weather conditions improve so that traffic is possible, the public will be so informed. It is pointed out, however, that no gas is available for the entire distance of 154 miles.

"Blocking of the local highways at the beginning of the week brought a storm of complaints among them cries from settlers, particularly east of the town, that they had piles of wood ready for delivery and the town needed the wood, but it couldn't be brought in. The Department of Highways plough was sent to the rescue and did some cleaning east, west and south, but it is understood that this is positively the last road work which can be done this winter. When the roads block again they will have to stay blocked."

## Business Meeting of Ladies' Guild on Friday

Members of the Ladies' Guild, met on Friday afternoon in St. Matthew's Church hall to hold their regular business meeting. There was a fairly large attendance.

Plans were completed for the hot supper to be held at the Church hall, on Wednesday, Dec. 9th. A large attendance is expected.

The next work meeting of the Guild will be held on Friday evening, at the home of Mrs. H. Pope, 182 Spruce N.

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