

# Local and Personal

Miss Carmel Fasano, of Cochrane, was a week-end visitor in town.

Pilot Officer George Walker, of R.C.A.F., is visiting his wife in town.

Clifford Carpenter of the Canadian Army, is spending several days leave in town.

Lieutenant Jack Sparrow, R.C.E., is spending a short leave in town with his wife.

Helen Milne, C.W.A.C., spent a few days in town this week at her parental home.

Mr. "Mickey" McGrath of Kirkland Lake, returned to his home on Saturday after spending a few days in town.

Mr. John Barabas left on Friday for Ottawa where he is reporting for duty with the R.C.A.F.

LAW, Ella Mae White, Women's Division, R.C.A.F., is spending a short leave in town.

Pte. Paul Blain, of the Canadian Army in Toronto, is at present visiting at the home of his mother, 78 Birch street south.

Jim Lacasse of the R.C.A.F., Brantford, arrived on Monday to spend a few days in town with his family.

Ross Ralph, of the R.C.A.F., returned on Monday from Toronto to his home here, after a few days' visit in the city.

Pte. Hollis Collishev, of the R.C.O.C., Simcoe, Ontario, spent the week-end at his home at 5 Hart street.

Mrs. E. Korman left this week for Detroit, where she will visit her daughter for several days.

Mervyn Barnes of the R.C.A.F., and Mrs. Barnes, are spending a few days in town this week.

Pte. Faust Frapporti returned to his post at Brampton on Sunday, after spending several days in town.

LAC, Henry Donovan, R.C.A.F., of Island Airport, Toronto, arrived on Monday, to spend several days in town.

Vincent Lafraniero, R.C.A.F., Jarvis, Ont., spent a few days in town last week at his parental home.

Dr. L. Dupuis arrived this week from Toronto, where he was spending a few days.

Miss Ann Poberecz was a week-end visitor in Cochrane visiting friends and relatives.

John Amadio of the Canadian Army, stationed at New Brunswick, is spending several days in town visiting his family.

Fusilier Alfie Marinacci, of the Scots Fusiliers, returned on Sunday to Niagara, after a few days spent in town visiting friends.

Lieutenant Leslie Redford, returned to his post at Petawawa, on Sunday, after spending a few days in town visiting his wife.

Sergeant Conrad Lavigne returned to St. Jerome, Quebec, to take an officer's training course, after spending a few days in town this week.

AC Doug, McKinnon, R.C.A.F., of Manning Depot, Toronto, is spending several days' leave with his wife in town.

Miss Margaret Keeley and Mr. Alex Fulton, Dominion Junior Pair Skating Champions, left on Sunday for a tour of exhibition skating to southern points, the first stop to be at Sault Ste. Marie.

Trooper Paul Gauthier, Tank Corps, returned to his station at Camp Borden, after spending several days in town.

Pilot Officer Marcel Everard, R.C.A.F. Ferry Command, of Montreal, is spending a few days in town with his wife, and his parents.

Signalman Murray Morrison, who has been home on leave for a few days visiting his parents, Mr and Mrs. John Morrison, 64 Elm street south, left last night to resume his duties with the Royal Canadian Signal Corps.

## To Visit Timmins



Major R. Raymer, the Divisional Commander of the Northern Division of The Salvation Army, who will visit Timmins this coming week-end. He will be conducting special services in The Salvation Army Hall, 12 Birch St. S. He will also be addressing the Kiwanis club.

Major Raymer has been a Salvation Army Officer for 35 years and had charge of a large number of corps in Ontario.

Major Raymer has the supervision of Red Shield War Service activities at Camp Borden, as well as the directing of all Salvation Army Work in Northern Ontario.

## Each Canadian Should Take Part in Building Canada

(Continued From Page One) approved are expecting something for nothing?

Are we to wake up some morning and find that our difficulties about this life here, and the one hereafter have been satisfactorily adjusted? In this connection, incidentally, we find that our British friends are most particular about the mode of transition. They are almost unanimous about the desirability of a respectable funeral.

Is it expected that we shall all fight all the enemies all of the time or are we to confine our slaying assaults to the one that is vulnerable to our particular weapons? Should we hope to gain social security without sacrificing some privilege now enjoyed?

Provided we are successful in our fight against want, idleness, disease, ignorance, and squalor are we to enjoy leisure or will there be a continual fight to retain them as there is for other prized possessions?

Would a change of Government, a generation hence, deprive the people of this inheritance? Would the individual initiative of our people be destroyed or weakened if their problems were removed? Is it a business deal wherein we purchase some "less responsibilities" and pay for it with a slice of citizenship?

Probably we are all agreed that there has been something tragically wrong with our social order wherein a million people were unemployed at one time. Where the nation's health is in a deplorable state; where, for years, our young men were chased from town to town as they sought to fulfil their need of food, clothing, and employment; where our system of education failed to achieve its goal, as it did not lead the child to identify himself fully with the society in which he lived; where our housing conditions were such that the resultant squalor was a reproach to our people. Surely no Canadian is happy about social conditions that he has seen, and perhaps suffered, under during the past decade.

Now for a personal attitude. I am a duly qualified member of Canada's Health services. The present condition of the patient's health is such that numbers of the medical and dental services are dumfounded. About forty per cent of the young men applying for military service are not physically fit, twenty-three per cent of that figure, or over half, are dental cripples. Whoever speaks for Dentistry will have this to say — the personnel of this profession

will be fully occupied for a generation to some changing the dental health picture to one that is presentable. It will not have time or inclination to point an accusing finger at those responsible for lack of employment, proper teaching, housing, and other amenities of life. Obviously our dental ills are largely due to faulty diet. Is it not deplorable that a country which exports a huge annual surplus of food should find it necessary to record that 500,000 children under sixteen years are undernourished. With regard to the diet of our adult population — health experts report that ninety per cent of the time lost from illness in Canada could be prevented by proper nutrition. It is not lack of money or of food that is responsible for this grim picture of an undernourished Canadian race but just our poor eating habits.

We shall diverge here to have a brief description of food. The Medical dictionary describes it as "anything which, when taken into the body, serves to nourish or build up the tissues or to supply heat". Many years have passed since science first pointed to the cause of tooth decay and linked it with improper balance in the food ration.

Food may be divided into four parts: (1) Carbohydrates, some of which are starches, sugars, cellulose, and gums, and which supply us with energy and heat. They are a high content of such foods as sugar, white bread, potatoes. (2) Proteins, which supply our body with muscle, repair tissue and enzymes. They form a large part of such foods as meat, eggs and milk products. (3) Fats, which as you suspect, would be found in bacon, lard and butter. If taken in larger quantities than the individual requires for his particular needs, it is stored in the body and sometimes results in overweight. (4) Mineral Salts, such as calcium, phosphorus and iron are found in dried beans, cauliflower, celery, milk. The average human is about 15% calcium, 1% phosphorus, and 0.04% iron. Incidentally, we may here add that our bodies when divided up into the elements are 65% oxygen, 18% carbon, 10% hydrogen, 3% nitrogen and twelve other elements of lesser percentage. If these are the facts what has our Government done about it? Under the department of Pensions and National Health we have had established recently a director of Nutrition Services. The man chosen to fill this post is Dr. L. B. Pett, M.D., Ph. D., an Albertian who has spent several years studying under European nutritionists. Dr. Pett was authorized first to investigate present conditions and secondly to direct action.

You are all familiar with the old proverb about leading the horse to water. The horse would probably respond similarly if you led him to dinner. People are the same and in a democracy it is expedient to educate in this matter of diet. Dr. Pett and his staff are educationalists. They have nothing to sell but knowledge. Their job is to advise the populace what they should eat and our duty as citizens is to give this information our careful attention. Fifty thousand Canadian workers are absent from their places each day, in factories and shops because of ill health. Ninety per cent of this is believed to be due to faulty diet. An interesting experiment with respect to diet was carried out in England recently when 834 men rejected by the army were sent to Canterbury, placed in a Camp, given regular work and a special diet! As a result eighty-seven per cent were later accepted in the army. Food had a large part to play in that change. This is but a part of the story of diet and its effect, also an indication of where dentistry may be of service.

Gentlemen of Kiwanis — in this great programme of rehabilitation and reconstruction an obligation devolves upon every Canadian. Each man must function at his post if the future new democracy is to be a success. We need not worry about the future government, whether it is one of the old and familiar parties or one of the new "isms". We will have the government that we deserve. Our problem is for each one of us to survey his battle equipment; examine the enemies arrayed against us, without underestimating them — Want, Idleness, Disease, Ignorance, and Squalor. Decide which to attack and be prepared to press forward en masse with faith in the ability of our fellow-fighters of the left and right wings. At this time we might also do well to remember that a favourable decision does not go to the faint-hearted. We might also remember Benjamin Franklin's rule laid down for his personal direction, "desirable ends do not come of themselves, men must conceive them, believe in them, further them and execute them". Surely every Canadian is resolved to contribute something for the betterment of his country. In the call for better personal service we express no new ideas — nearly two thousand years ago a prisoner in Rome, being anxious about those that he had left behind in Greece, expressed himself to them in a letter, thusly, "I beseech you, therefore, that ye walk worthily of the vocation wherewith ye are called."

Those of you who read The Porcupine Advance more frequently than the other gospels would more readily recognize this one, a quotation from the nominal head of our Empire, — and with it I close — "Put into your task all the courage and purpose with which you are capable. Keep your hearts proud and your resolve unshakable. Let us go forward to that task as one man, with a smile on our lips and our heads high and by God's help we shall not fail."

Unusual Address of Thanks As the speaker for the day concluded his impressive address, Dr. Honey was on his feet to move the customary vote of thanks from the Club. Like the introduction and the address itself this particular vote of thanks took an original line. Dr. Honey said: —

"It has been the custom of this club in times past to thank the person who makes the address of the day. I have been allotted that duty. On this occasion there seems to be some doubt as to whether or not we have had it yet. If we have had it the speaker, no doubt,

wishes to thank those whose ideas he has expressed such as Dr. Pett, of Ottawa. Among those who supplied material and who are well and favourably known locally are my friend and neighbour Ed. Pritchard, Tamarack St., the Apostle Paul of Tarsus, that very good friend of Kiwanis, Ted Rowe of Spruce St., and our esteemed sovereign, King George of Buckingham Palace, London. The food that you see here was the speaker's own idea. And now Mr. President if you will ring the gong for O Canada it will probably terminate an awkward situation."

Additional Notes Then Dr. Honey sat down. Kiwanian Karl said:—"Well, I'll be so-and-so! But it was a whale of a good address anyway!"

Kiwanian Karl Eyre gave a humorous report on the recent bonspiel.

The community singing for the day was led by Kiwanian F. Woodbury.

Kiwanian A. G. Irving won the weekly War Savings draw.

Chairman for the day was Past Lieut.-Governor W. O. Langdon. In a report on the work of the Public Relations Committee, the chairman pointed out how well the committee had functioned during the bonspiel last week.

Attention was directed to the fact that the Boy Scouts will hold a special gathering on Feb. 26th at 9 p.m. in the Masonic Hall, Timmins, in connection with the celebration of Baden-Powell Week.

Visitors for the day included Wallace Young, Timmins; P. A. Boyce, Schumacher; Ted Rowe, Timmins; Flight Lieutenant J. C. Laffoley, R.C.A.F., North Bay; Dr. J. Martin, Timmins; Rev. Ernest E. Long, Kirkland Lake; Dr. R. Byers, Toronto.

Fit-Lieut. Laffoley reported a most successful week in Timmins for the R.C.A.F. mobile recruiting unit from North Bay. They had over 300 visits from men and women making enquiries about joining the R.C.A.F. They expect, as a result of the visit, to enlist eighty men in the R.C.A.F. Many women also enlisted in the R.C.A.F. Women's Division, Porcupine District is very well represented in the Canadian Air Force. The Timmins Air Cadets are rated very high in the province. Air Cadet Flying Officer F. Woodbury has been appointed as Liaison Officer for the R.C.A.F. at Timmins.

Theatres Here Collected Over 700 Pounds of Fats

At Monday's council meeting it was incidentally announced that last week the Palace and Broadway theatres collected between 700 and 800 pounds of fat. The admission fee for the Saturday matinee was two pounds of fat in a can instead of the usual cash price. The youngsters responded with a will.

## Letters from Armed Forces Read at Meeting of W. I.

Monthly Meeting of Women's Institute Held at Hollinger Hall on Wednesday.

The regular monthly meeting of the Women's Institute was held on Wednesday afternoon at the Hollinger hall, with the president, Mrs. J. Harnden, in the chair.

The roll call was taken, and was answered by each member donating an apron for the sale which is to be held on Saturday afternoon.

A vote of thanks was given to Mrs. D. Ellis who opened her house to a card party a few weeks ago, the proceeds used for the Aid to Russia Fund. The evening was very successful.

Donations of several quilts were sent in to the Salvation Army.

Letters from members of the armed forces were read, acknowledging parcels received from the Women's Institute.

Plans were completed for the afternoon tea and apron sale to be held on Saturday from 3 to 5.30 p.m. in the basement of the First United Church. Mrs. Carl Briggs was the convener of the programme for the afternoon, the topic being "Canadian Industry." Later in the afternoon, the members went up to the Telephone office, where they studied the art of the telephone industry. This was greatly enjoyed by all, and proved both interesting and informative.

The meeting was brought to a close, the next meeting will be held on Wednesday, March 17th.

## Wedding of Olive Lafrenier and Henry Donovan

Wedding Takes Place This Morning at Church of Nativity. Reception Follows at Bride's Home.

Multi-coloured flowers banked the altar of the Church of Nativity this morning at 8.30 a.m., to form the setting for the very lovely wedding of Miss Olive Lafrenier, daughter of Mr. and Mrs. J. W. Lafrenier, of Timmins, and LAC. H. Donovan, R.C.A.F., stationed at Island Airport, Toronto, and formerly of Timmins, son of Mr. and Mrs. G. W. Donovan, of Moncton, New Brunswick. Father Murray officiated at the ceremony. During the signing

of the register, Miss Lillian Mascioli sang Schubert's "Ave Maria." Miss Shirley Thompson and Rose Kelly presided at the organ.

The bride, given in marriage by her brother, Cliff Laitranier, was daintily attired in a white alpine afternoon frock, fashioned on princess lines, with a short flared skirt, sweetheart neckline, three-quarter length sleeves. Her pillbox hat of the same material as the dress was pleated all around the side, with a shoulder length veil of white. She wore brown accessories, and a corsage of tallman roses, and carried a white prayer book.

Her only attendant was Miss Catherine "Cappy" Lang, who wore a pink silk jersey afternoon dress, long torso, with a high round neckline short puffed sleeves, and brown accessories. Her corsage was of sweetpeas and carnations.

Acting as best man was Mr. Gregory Evans.

Immediately following the ceremony, a buffet lunch was served at the bride's parental home, 64 Maple south, where the many friends of the couple assembled to congratulate them and add best wishes. The mother of the bride, Mrs. J. W. Lafrenier, received the guests wearing a black silk crepe afternoon dress, and was assisted by the bridal couple.

Mr. and Mrs. Donovan will spend several days in town, before returning to Toronto where they will take up residence.

Prior to her wedding, the bride was entertained at a shower by Miss "Cappy" Lang and Miss Anne McPherson, Mrs. H. Ball, and Miss Iris Tilley.

## Funeral on Monday at Sudbury of A. W. (Bert) Hornby

Former Resident of Town and Well-Known in the North.

Funeral services were held on Monday of this week for Mr. A. W. (Bert) Hornby who passed away at his home at 393 Whittaker St., Sudbury. He was in his 51st year. He had been in ill-health for some time.

Mr. Hornby was the eldest son of Mr. E. T. Hornby, of Haileybury, and came to Haileybury, Canada, from Leicester England in 1905 with his mother and sisters and brothers to join their father who had preceded them to Canada a year before.

He was well-known in Timmins as operator and manager of the Goldfields Theatre from 1923 to 1930, in the latter year being transferred to New Liskeard. In 1932 he took up a position as operator with the Regent Theatre in Sudbury, owned by Mr. Stevens, who by odd

coincidence passed away one hour after Mr. Hornby. At the time of his death he was employed at the Matachewan Theatre. He first started as an operator in the Theatrical in Haileybury in 1907. He was also a first-class sign painter.

He was married in April 1914 to Miss Jane Pearce, of Haileybury, who passed away in Toronto last November.

Left to mourn his loss are three daughters: Mrs. F. Paquette, Port Delhouise; Mrs. F. Musico, Sudbury, and Mrs. Wes. Rogers, Sudbury, and two sons, William Joseph, Sudbury, and Albert, of Niagara Falls; his father in Haileybury; two sisters, Lillian, of Toronto and Gladys, of Neustadt; two brothers, Fred of Timmins, and Arthur, of Toronto. He also has five grandchildren.

Floral tributes: The family, pillow; Wreaths: Mr. and Mrs. R. P. Ross; Mr. and Mrs. Watts, Sudbury; Mr. and Mrs. F. J. Hornby and Bert, Timmins; Sprays: Mr. and Mrs. Larocque, Mr. and Mrs. Plexmen, Mr. Elliott, Mr. and Mrs. Desjardine, Mr. F. Fara, Mr. M. B. Sullivan, Mr. and Mrs. J. Lidstone, the Boys of the Selenium Plant, all of Sudbury; Mr. and Mrs. A. Hornby, Mr. and Mrs. L. Kenney, Mr. and Mrs. F. Aldridge of Toronto; Miss Mary West, Welland.

Those out of town attending the funeral were his sister, Lillian, Toronto, and brother, Fred, Timmins; his daughter, Emily, of Port Delhouise; and son, Albert, of Niagara Falls.

Funeral services will be conducted tomorrow afternoon Friday at 4.30 p.m. at the Schumacher United Church for Mrs. Harvey Tomlinson, Fourth avenue, Schumacher, who died this morning at St. Mary's hospital, following an illness of a week at the hospital. Rev. Lora Carlson will conduct the services. The body will be shipped on the Northland train in the evening, to Uxbridge, Ont. where interment takes place.

The deceased is survived by her husband, Harvey, town foreman of Schumacher, and two children Jack and Patsy. The family is well-known in Schumacher having been residents of that town for a long time.

Funeral arrangements were under the direction of Walker's Funeral home.

Exchange:—The demand for home safes is increasing. A fellow must have a secure place in which to lock the coffee and sugar.

Drop in for a Milk Shake

Fern Cottage

ORDER YOUR GARDEN SEEDS EARLY. A SERIOUS SHORTAGE EXISTS IN MANY VARIETIES



Our mixture of House Plant Seeds comprises 15 or more varieties and has been specially prepared to give a range of widely contrasting types, all easily grown in the house. We cannot give a list of varieties or undertake to include any particular sort as the list changes from time to time. A real money-saver for anyone wanting lovely House Plants. Plant now. (Per 15c (2 Pts. 25c) postpaid. FREE — OUR BIG 1943 SEED AND NURSERY BOOK — Better Than Ever 19 DOMINION SEEDHOUSE, GERRYSTOWN, ONT.

## CITIZENS

### The Community Fag Fund

Needs your support now. 650 men from this district are serving in the armed forces overseas. They ask us to send Canadian fags regularly. These men have offered their all for us.

### We Must Not Fail Them!

Contributions will be gratefully received. Organizations are invited to send a representative to our next meeting to be held at the LEGION HALL on MARCH 15th at 4.30 p.m. Bring this to the attention of your group. Avoid duplication in sending smokes. Make your contribution to

### The Community Fag Fund

BOX 250 TIMMINS

Chairman T. W. TOD Secretary H. MOORE

# NEW Gasoline Rationing Plan Goes into Effect APRIL FIRST

ON MARCH 31 the present gasoline ration licenses and coupons will expire, and no gasoline will be sold except upon the presentation of a 1943-1944 ration book.

In his own interests, every vehicle owner is asked to apply at once for a new gasoline license and ration coupon book for each of his vehicles.

Under the new system, effective April 1, all commercial vehicles will be rationed. All non-commercial vehicles will be granted a basic "AA" gasoline license and ration coupon book, containing 40 coupons for a passenger car, or 16 for a motorcycle. Owners of non-commercial vehicles eligible for a special category, who can prove their need, will be granted an extra vocational allowance, fixed in advance for the year ending March 31, 1944.

The extra allowance for a special category car will be tailored to meet individual needs. In determining this allowance the previous category and mileage of the car will not be considered. Instead the vocational allowance will be based on two factors: (1) The gravity of the oil shortage with which Canada is faced, and (2) the importance of the vehicle to its owner in a country at war.

The extra vocational coupons will be issued in books labelled "Special", and each such book will contain not more than 60 coupons. Only one "Special" book, or portion of such book, will be issued at a time, and hence the case history of each special category applicant will be under constant review.

Under provisions of the rationing order, the Oil Controller will have the right to refuse any application for a special category, or to suspend any ration book for an infraction of the regulations.

Every motor vehicle, other than a motorcycle, must bear on its windshield a sticker indicating its category. After April 1, service station attendants will not be permitted to serve gasoline to a car which does not bear the sticker which corresponds to the ration book submitted at the time of the purchase.

To obtain a gasoline license and ration coupon book, secure an application form at your nearest Post Office. Study the form and follow the instructions contained therein.

When you receive your ration coupon book, guard it carefully. It may not be replaced if, because of your negligence, it is lost or stolen. Do not leave it in your car; keep it on your person at all times.

## THE DEPARTMENT OF MUNITIONS AND SUPPLY

HONOURABLE C. D. HOWE, Minister