

Beauty and You

by PATRICIA LINDSAY

Pretty Opera Singer Tells How to Have a Pretty Neck.

"Never neglect your neck," says Virginia Pemberton, lovely soprano of the Chicago Opera Company. "For your neck, more than any other feature, will tell the story of its neglect."

"As a singer I must, of course pay considerable attention to my throat, taking meticulous care of its inner mechanism," continues Miss Pemberton who is currently touring the country with the Columbia Opera Company, "but as a woman, I give an equal share of attention to the outer appearance of my neck, throat and chin."

The prima donna points out that most women, even those considered to be very lovely and perfectly groomed could not actually stand the test of bright spotlights on their profile. Bad chin contours, lined throats and sagging skin tissue are common deficiencies which can, for a short time, be hidden, but with a bit of effort can be very effectively eliminated.

"The first step in the right direction for throat care is analyzing your own posture," explains the singer, who is known for her statuesque beauty, and the grace of her carriage. "If you walk with your chest sunk in, your head pushed forward and your back rounded the throat and chin muscles will be stretched out of proportion and when you relax your position, the skin will have a tendency to sag. Likewise, if you tuck your chin way back against your neck, the muscles become shortened and tighten up so that you cannot assume an easy hard position and bulky layers of flesh develop."

Miss Pemberton suggests that correct posture, with back straight, tummy held in and head held way up high, as if someone were pulling you upward from behind your ears, will eliminate muscle tension and allow the flesh of the throat and chin to assume a normal symmetry. "Massage is also very helpful," says Miss Pemberton. "But the motion should always be an easy firm upward movement, never down. Patting and slapping, incidentally, are practically useless. They simply break down the tissue. What we want to do is build it up."

The diva also suggests the use of a tissue cream or neck oil left on overnight and applied with the massage motion to create the proper muscle tone.

"Since it's so easy to have a really lovely throatline," concludes Miss Pemberton, "don't stick your chin out by neglecting it!" (Released by The Bell Syndicate Inc.)



A throat and neck blend is used to relieve skin dryness and to banish aging lines. It is left on overnight.



LAC Vince Gavan, R.C.A.P. is spending a few weeks in town.

Miss Thora Engley, of Toronto, is visiting her parents here for a few weeks.

Mrs. M. Shaheen, visited relatives in Cochrane over last week-end.

Dan Onica, of the Canadian Army, returned on Saturday to his post.

Mr. and Mrs. P. Sherry, of Timmins, spent a few days in Cochrane last week-end.

Sergeant and Mrs. Henry Lumpkin, of Cochrane, visited in town over the week-end.

Miss Peggy Howard, of Cochrane, was a week-end visitor at the home of relatives.

Sergeants Frank Poeschel and Bill Coley, U.S. Army, spent the week-end in town.

Ptes. Walter Briggs, Jim Donnelly, and Eddy Wilson, U.S. Army at Cochrane, were week-end visitors in town.

Mrs. J. Hamilton, of Schumacher, is visiting her parents, Mr. and Mrs. J. Gardiner, Cochrane.

Misses Sally Frapporti, and Eleanor Miglioranza spent the week-end in Irquois Falls.

Lieutenant Les Redford, R.C.E., is spending a leave in town visiting his wife.

Manny Abrams of the R.C.O.C., is visiting his wife in town for several days.

L-Cpl. Arthur Hopkins, stationed with the Veteran Guard at Montith, spent week-end leave in Timmins.

Mrs. J. R. Bateman and daughter, Beverley, returned home on Sunday, after spending the past two weeks visiting in Englehart.

Gunner David Holland, of the R.C.A.P., stationed at Moncton, New Brunswick, is spending a few days' leave in town with relatives and friends.

Lance-Corporal Armand Caron, R.C.O.C., returned to his post on Thursday, after spending several days visiting his mother in town.

Born — on Saturday, March 20th, 1943, to Mr. and Mrs. George Teen, Windsor, Ont., at St. Mary's Hospital, Timmins. — a son.

Mr. and Mrs. J. Lingenfelter and Ramona Lingenfelter, of Kirkland Lake, are spending the week in town attending the wedding of Walter Lingenfelter to Ann McPherson, which took place on Monday.

Twenty-four Rinks in the Porcupine Bonselpiel

South Porcupine, March 24th. Special to The Advance.

Twenty-four rinks have been entered in the three-day (or night) bonselpiel now in progress at the South End and Dome Curling Rinks.

This mixed bonselpiel will probably mark the end of the curling season, as the ice is now just beginning to show the effects of the sunshine of the past few days.

Three events with good prizes are being competed among Dome, South End, Pamour and Aunor Club teams.

Results and prizewinners will appear in the next issue of The Advance.

Exchange: Gold-diggers' version: Nobody loves a flat man.



WEEKLY ROUTINE ORDERS

Issued by A.C. Flight Lieutenant P. F. Moisy, C.O. No. 10, Timmins Boys' K' Club Squadron

Part I—Administration

WEEK OF MARCH 29 TO APRIL 2

WEEK OF MARCH 22 TO 26

1.—PARADES

Flight 1:

1.—Monday, 1930 hrs., K Club Hall 1930 hours—Aircraft Recognition 2000 hours—Signals 2030 hours—Armament

2.—Thursday, 1915 hrs., K Club Hall 1915 hours—Administration 2015 hours—Navigation

Flight 2:

Tuesday, 1915 hrs., K Club Hall 1915 hours—Knots and Splices 2000 hours—First Aid

3.—Thursday, 1915 hrs., K Club Hall 1930 hours—Navigation 2015 hours—Administration

Flight 3:

1.—Wednesday, 1930 hrs., K Club Hall 1930 hours—Anti-gas 2000 hours—Hygiene & Sanitation 2030—Meteorology

2.—Thursday, 1900 hrs., K Club Hall 1930 hours—Transportation to McIntyre for Flight Drill

Flight 4—Section A.

1.—Thursday, 1930 hrs., K Club Hall Section B—

1.—Friday, 1930 hrs., K Club Hall

Administration, P. T. and Drill

Part II—Personnel

B.—AIR CADETS

1. Strength Increase—Enrollment 141, ACC Maloney, Gerald, enrolled No. 10, ACC effective 25-3-43.

2. Strength—Discharge

1. ACI, Ankray, Ted, struck off strength No. 10 ACC, effective 24-3-43 F. A. Woodbury, A.C.F.O., Adj. for C. O.

Legion Honours Held for Late Fred Walkley on Saturday

Body Shipped to Windsor, Ont., for Interment.

Legion honours were held for the late Fred M. Walkley, who was killed on Thursday morning at the Hollinger Mine. A member of the Legion for a great number of years, short funeral services were held at the Legion Hall by Reverend E. Gilmour Smith, Saturday morning, and members of the Legion, escorted the body to the station, where the body was shipped to Windsor, Ont., for interment. Pallbearers were Comrades Jack Farrah, Sullivan, R. Russell, and W. Orr, of the Legion and Private MacMillan and P. Sanford, of the Veteran Guards.

Accompanying the body to Windsor, were Mrs. Walkley, and daughter, Phyllis. Mrs. Walkley's sister, of Flint, Michigan, who came to Timmins, also accompanied the body to Windsor.

The deceased was a veteran of the last war, and had been a resident of Timmins for about 18 years. He came to Canada from Somerset, England.

Surviving him are his widow, Mrs. Walkley, one daughter, Phyllis, and two sons at Windsor, Ont., Jack and Cecil. His mother and brothers and sisters reside at Somerset, England.

Prior to shipping the body to Windsor, it rested at Walker's Funeral Home.

Dr. A. P. Murtagh on Standing Medical Board at Ottawa

(By Sergeant Pat Slattery, Ottawa) Since the start of the present global conflict, thousands of young men, either enlisting or called up in the Ottawa Area Command, have passed through the portals of the Standing Medical Board offices at 60 Queen Street.

It is here the men present themselves for the all-important medical board, which will tell them if they are physically fit for overseas duty or must be content to fight this war on the home front. The efficient and businesslike manner in which a recruit is boarded leaves no doubt in his mind as to his future in the Canadian Army.

When a recruit presents himself for a physical examination his personal particulars are given to a clerk. Following this he passes through to a checking clerk who takes his clothes gives him a check while he proceeds to have his examination.

During the whole time of the recruit's inspection he is being examined by men whose job is to pay close attention to any physical defect. Eyes, nose, mouth, teeth, heart, lungs, chest, stomach, legs and feet are closely checked. Weaknesses are recorded and at the completion of the examination medical officers have a full and concise report to work from including X-ray examination results.

The Standing Medical Board is composed of Major R. M. Cairns as president with Major M. J. Howard and Major Joseph P. Gilhooly as members. This board is ably assisted by Officers of the Active Force and also by veterans of the former war as follows: A. P. Murtagh of Timmins, Major Neil McLeod, of Ottawa; Major James Seager, Lt. Col. W. T. M. MacKinnon and Major J. C. Macfarlane, of Ottawa.

It is the responsibility of the board to be sure of all their examinations because once a recruit starts training he must be in fit condition. The board fully realizes that Canada wants only tough physical specimens for front line duty. Those with lower categories are needed, however, to relieve "A" category men for active service.

Wartime Prices Board Order to Reclaim Fats

An order by the Wartime Prices and Trade Board designed to reclaim a substantial portion of the 150,000,000 lbs. of various household and scrap fats wasted annually in Canada becomes effective March 25.

The order makes it compulsory for the removal of pelvis fats, kidneys and other internal fats at the time of slaughter. Slaughterers of all beef cattle, sheep, pigs and horses are effected by the order.

Butchers, slaughterers, salvage committees and restaurant and hotel keepers are permitted to send, transportation charges collect to their renderers or packer, bulk collection of fats and bones amounting to 100 pounds or more. Renderers in turn, will be able to collect from Wartime Salvage Limited, all transportation charges paid by them in excess of 50 cents per 100 pounds.

Prices authorized for the salvaged fats and bones when sold to the processors and collectors are at least five cents a pound net weight for rendered fats and two cents a pound net weight for unrendered fats, and a quarter of a cent a pound for bones.

Provisions of the order do not apply to carcasses or parts of carcasses which have been frozen prior to March 25.

Death of Mrs. J. Hume Sunday at the Hospital

Funeral services were conducted on Wednesday, at 9.15 a.m. at the Church of Nativity for Mary Helen Hume, wife of John Hume, who died on Sunday, March 21st, at St. Mary's hospital, at the age of 24 years. She was ill for about 3 weeks. Interment was held at the Roman Catholic Cemetery.

The late Mrs. Hume was born at Connaught, and for the past two years, had been living in Timmins at 170 1/2 Spruce street. She is survived by her husband, and two children.

Funeral services were under the direction of Walker's Funeral Home.

Ration Book No. 1 Only Souvenir After March 31

Ration No. 1 becomes history on March 31, when it will be of no further use to consumers other than to place it among their souvenirs. All coupons in the book have no value after March 31, according to the ration administration of the Wartime Prices and Trade Board.

Mr. and Mrs. Consumer may destroy their ration book No. 1 or keep it as a souvenir to show the young ones, when they grow up, on how inflation was checked in World War No. 2 and how every one had a share in the available supply.

The last coupon for butter, No. 9, expired on March 14, and hence the book will have no further value. Remaining coupons were placed in the book for emergency, but these will not be required now, with the issue of ration book No. 2.

Brewery Pays Fine of \$1,000 and Costs on L.C.A. Charge

Two Agents of Brewery Fined \$250 Each and Costs. Other Cases at Tuesday's Court.

Tuesday's police court session was a comparatively short one, though a number of cases were disposed of. There was a full house for the event, there being several cases of popular interest. Probably the most important cases before the court were three charges against the Union Brewery. One of these charges was that the company through its agent or servant delivered beer illegally contrary to the Ontario Liquor Control Act regulations. To this charge, S. C. Platus, K.C., pleaded guilty for the company, intimating that the Union Brewery was technically guilty, though the deliveries had been made directly contrary to the instructions of the company in such matters, but that being made by agents of the company, the Union Brewery was liable.

Magistrate Atkinson imposed a fine of \$1,000 and costs in the case. Two other charges—one of keeping for sale and another of selling illegally—were withdrawn.

Two of the agents of the Union Brewery were charged with canvassing or soliciting orders contrary to the Liquor Control Board regulations. In these cases also plea of guilty were entered. Magistrate Atkinson imposed a fine of \$250.00 and costs in each of these cases. Other charges laid against the same agents and other agents of the company were withdrawn.

Gino Mariscotti pleaded guilty to a charge of serving beer to persons not registered guests of the hotel and in a room apart from the beverage room. He was fined \$100.00 and costs. A charge against the Lady Laurier hotel of supplying liquor to unregistered guests was withdrawn. Five men who were said to be drinking beer in a room in the hotel were also charged, but the cases against them were withdrawn. The

Mrs. J. Paquette Dies at the Age of Eighty-seven Years

Funeral Services on Monday at St. Anthony's Cathedral Interment at Buckingham, Que.

Mrs. Jeremie Paquette, respected resident of Timmins for several years, died on Saturday at the home of her daughter, Mrs. Emery Hamelin, North Road, Timmins, after an illness of two weeks. At the time of death she was eighty-seven years of age. She is survived by two sons, Eugene Paquette, 79 Balsam street south, and Wilfred Paquette, 88 Birch street south, and five daughters; Mrs. Emery Hamelin, of Timmins; Mrs. Alfred Paquette, Espanola; Mrs. Denis Auclair, Sudbury; Mrs. Alfred Lasalle, Montreal; and Mrs. Francis Couillard, Montreal. One brother, and two sisters, resident in Quebec, also survive. There are also a number of grand children and great-grandchildren.

The late Mrs. Paquette was born in Papineauville, Que., in 1856. She lived for many years in Buckingham, Que., before coming to Timmins. The body rested at the home of her son, Wilfred, 79 Balsam street, south, until the funeral on Monday. The funeral service was at St. Anthony's Cathedral at noon on Monday, the body being taken on the early afternoon train to Buckingham, Que., her old home, for interment.

There were a number of remands made to next week. Leo Desroche, a taxi driver charged with robbery with violence by one of his customers was remanded to next week. Similar remand was made in the case of Archie Minor charged with assault. Sam Grimaldi, charged with disorderly conduct, also was remanded a week. Remands were also made in the cases of Percy Labrash and Jos. Guiseppe, charged with common assault. Peter Kotze, of the Maple Leaf Hotel, charged with having beer in a room other than his private residence, was remanded to next week. One drunk charge was also remanded to next week.

One common garden variety run of the mill drunk paid \$10.00 and costs for getting that way. Two men for speeding over forty miles per hour were fined \$15.00 each and costs or ten days. A dollar each and costs (\$4.50 in all) was paid by each of four persons for illegal parking in town.

Provincial Police at Kirkland Cost \$136,637

Kirkland Lake, March 24—The Ontario Government spent \$136,637 in maintaining provincial police and special police constables at Kirkland Lake during the mine strike there more than a year ago, Premier Gordon Conant, in his capacity of Attorney-General, said yesterday in a return tabled in the Ontario Legislature.

The police were maintained there from Nov. 23, 1941, until Feb. 17, 1942 and at one time the maximum number of constables totalled 196. In response to another query, the Premier said there were three murders, 10 manslaughter cases and one

KNIGHTS OF COLUMBUS Timmins Council No. 2403 Meets 2nd and 4th Sundays of each month. Church of the Nativity Parish Hall 8.30 p.m. J. P. HANLEY, Rec. Sec. 371 Birch Street South



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Esteemed Resident of Burk's Falls Dies at Hospital Monday

After Short Funeral Services Here, Body Shipped to Burke's Falls.

Ill for the past six weeks, Hamilton Brown died Monday, March 22nd, at the age of 67 years at St. Mary's Hospital.

Funeral services were conducted on Tuesday, at 12.15 at the home of his daughter, Mrs. R. Richardson, 74 Tamarrack street, by Rev. W. M. Mustard, and the body was shipped on the noon train the same day to Burke's Falls for interment.

The deceased was born in Nulmer Township, near Allison, on Feb. 12th, 1856, and for the past 22 years, had lived in Burke's Falls. For a great number of years, he was a farmer, but had recently retired.

Surviving him are his wife at Burke's Falls, two sons, Gordon, of Matheson, and Victor, of Manor, Saskatchewan, two daughters, Mrs. A. Black of Porcupine Junction, and Mrs. R. Richardson, Timmins. One daughter-in-law also survives, Mrs. Agnes Brown, of Antler, Saskatchewan.

Walker's Funeral Home directed the arrangements for the funeral.



EYES EXAMINED GLASSES FITTED

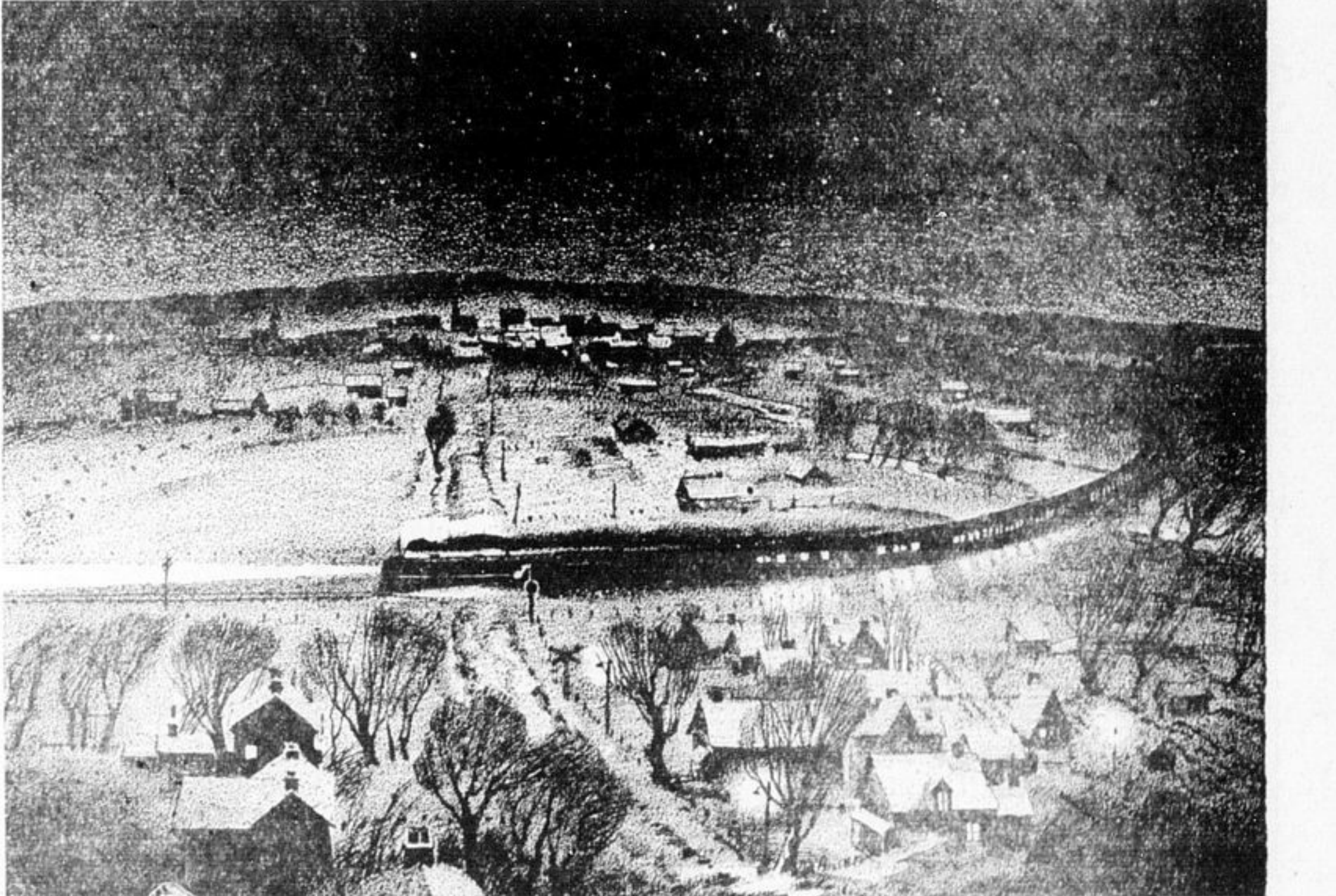
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YOU HEAR IT at all hours... that long-drawn cry of the locomotive whistle. It's the war whoop of the railways. It may be a troop train speeding to keep a date with a convoy... it may be a long freight loaded with tanks, guns and other materials of war, many of them built by the railways themselves... it may be another week's supply of raw materials to keep a war plant in production, or food, fuel and other essentials for the home front.

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