

### Helpful Hints on Flowers and Gardens

Sweet Wivelsfield is a hybrid strain of Sweet William and Pinks. The strain was developed within quite recent years and although it favoured the Sweet William at one time it is swinging more and more toward the Pinks; so much that some varieties are very difficult to distinguish from Pinks. Sweet Wivelsfield, however, has a branching habit that is fairly distinctive.

Sweet William is an old favorite; a very showy and quite hardy biennial. African Daisies could be grown more extensively in this district. Surprising as it may seem, when you consider the country of their origin, they are infinitely more hardy than many of our general favorites grown locally. There are several distinct varieties and species to choose from.

Dimorphotheca comes in golden orange with a black, central disc. The hybrid varieties range through many shades from white to apricot, including some fine pastels. Dimorphotheca blooms in masses and carries its flowers well above the foliage. Grows vigorously to about a foot in height and make a good cut flower.

Ursinia Anethoides, another African, grows to about ten inches high and carries its orange-yellow flowers on thin, wiry stems.

There are obviously too many species and varieties of plants suitable for a small garden to deal with every one in detail in an article of this kind, and their numbers increase annually as horticulturists improve on old varieties and originate new strains. We will, therefore try to keep these discussions confined to plants most likely to succeed with a minimum amount of coddling.

It must be borne in mind, in this connection that the requirements of plant life are very much the same the world over, regardless of climatic conditions. Given fertile soil, all the other elements necessary to promote and sustain growth (moisture, warmth and sunshine) are available in their season, here as elsewhere. Many people assume off-hand that because of our geographical position gardeners suffer a grave handicap. Do not let that thought deter you from making a start. It has been proved by repeated experience that the hazard of frost to tender plants can be overcome with reasonable care. The others can look after themselves.

Marigolds in general are not a hardy species but they are rich, showy and very popular. The tall African and French varieties provide massive background but sometimes they are inclined to run too heavily to foliage in rich garden soils. Then we must look to the dwarfs and miniature (Tagetes) to supply more colour.

Dwarf Marigolds and Tagetes are of symmetrical, compact habit, comprising a fine range of colours, including orange, some lemons, bronze and mahogany. Some varieties are very gorgeous

and make splendid edgings or bedding plants. Burpee's Crown o' Gold and its many derivatives makes an admirable bedding plant and flowers earlier than the tall Africans or French. It is a comparatively recent development and, because of its odorless foliage, can be used as a cut flower; a point very much in its favor. It appears to be more hardy than the usual run of Marigolds. The sponge type, very double African produces a smooth, closely petalled exhibition flower but it is not very lavish with its bloom. Few of them flower true to type, unfortunately. You are liable to get a throwback. Not many produce a perfect double.

—J. H. Kneil

### Places Blame for Recent Tragedy on the Beer Traffic

Writer Says Municipal and Provincial Governments Should Face the Issue Involved.

104 Elm Street North, Timmins, Ont., March 25th, 1944

The Editor, The Porcupine Advance, Timmins, Ontario

Dear Sir: Horrifying is the very thought of the loss, through suffocation, of the four innocent little children belonging to Mr. and Mrs. Walter Gillies, of Schumacher. What a sacrifice! True, the actual tragedy occurred beyond Timmins boundaries. But the immediate preface to the tragedy was written in Timmins. Yes, the death warrants for the four unfortunate children were sealed while their unfortunate mother, accompanied by a Canadian soldier, was in a Timmins hotel. There the mother was informed, by police of the tragic death that had befallen all her children.

For years Ontario provincial and Timmins municipal departments have been empowered to uphold, and maintain, law and order in and around Timmins beverage rooms. Yet never before have these departments had such a cruel agonizing summons challenging them to appear before the bar of provincial-municipal justice, as the circumstances which enveloped the Schumacher family catastrophe.

Because of this happening Mayor J. E. Brunette, of Timmins council, seemingly has developed a troubled municipal conscience. So much so that His Worship sent a pilot letter to the Children's Aid Society.

In his letter the Mayor requests the Society to prepare a report of its superintendent's investigation of the Schumacher tragedy. He writes, in part: "The recent tragedy in Schumacher, where four small children lost their lives, has resulted in an outspoken expression of public opinion."

The Mayor ill-advised himself when he sent his letter to the Children's Aid Society. He deluded himself, "specially is this true if he thought he could guide the "outspoken expression of public opinion" (of which he writes) to search in the extreme opposite direction, from that of beer drinking, for a more direct cause of the children's tragic death. For there is no more direct cause, than beer drinking. And Mayor Brunette surely must know this. But, what an ugly attempt to cook-up such a putrefied red herring letter, and, push it across the beaten trail leading to beer shops, for the purpose of dishing it on to a platter in the sublime home of the Children's Aid Society.

Such a letter can only stink in the nostrils of all common-sensed people. It must do likewise in the nostrils of some members of Timmins council. Yes, and if Mayor Brunette has read the evidence of the Children's Aid Society superintendent, and that of others, given at the first hearing in the trial of Mr. and Mrs. Gillies, the sending of his letter to the Children's Aid Society will smell rotten in his own nostrils too.

Much better, and more sensible, had the Mayor first addressed his letter to the Ontario Provincial and Timmins Municipal departments requesting them for a report on the pros and cons, and results, of beer drinking in and about Timmins beverage rooms.

However, the Children's Aid Society shouldn't stand idly by pondering over

Mayor Brunette's letter and be bullied into the role of being the "pro-verbial goat"—please excuse use of the latter phrase.

The Society should appoint a delegation to meet with Mayor Brunette and Timmins Council, also with the Ontario Provincial department concerned.

On going there the delegation should put the boot where it belongs—squarely on the foot of the Mayor. It should demand from His Worship and members of Council (exclusive of the newer members) an accounting of their past stewardship in helping to stamp out every type of degradation that has surrounded some Timmins beverage rooms, for years past. And to know if this has been done to the limit of Timmins municipal regulations and law.

Proceeding now to the Ontario Provincial Department the delegation should seek accounting of its part in cleaning out the chasms of hell-holes, associated with some licensed and unlicensed places.

The obscene language and related filthy conduct of girls and adult women, youths and adult men walking out; staggering out; falling out or thrown out of some beer shops, on to the streets most torture the ears and eyes of some citizens. As it has done to hundreds of citizens. Many have, long since, become disgusted with the weak-kneed exercising of provincial-municipal authority over gaping iniquities bartered into the very set-up of different licensed places.

Another the bubbling bursting bowels of such places and Timmins town will go well on its way to finding a policy that will determine the salvation for preventing little children from tragic end, to their sweet little lives, as was unfortunately the case in Schumacher.

Thanking you, Mr. Editor, for the generous space in The Advance.

Yours very sincerely, William Stewart.



### A WEEKLY EDITOR LOOKS AT Ottawa

Written specially for the weekly newspapers of Canada by Jim Greenblatt

It costs money to play the national host, a question answered in the House shows. The total cost to the Canadian government of the Quebec conference last summer, including President Roosevelt's visit to Ottawa, was \$366,596. The important Swedish Trade Mission has finished its conference in Ottawa out of which will come a trade agreement between the two countries with big post-war implications undoubtedly; on the Swedish mission were some of the foremost industrialists of that country. Dr. Liu Shih Shun, who has been Chinese Minister to Canada for two years has now presented the Governor-General his credentials as Chinese Ambassador to Canada.

Few of us appreciate that the cost of living during this war is much easier to take than in World War I days because of subsidies. It costs plenty of money, but folks will probably think it worth it. Some interesting figures in this behalf were tabled in the House of Commons.

Wartime Prices and Trade Board operations including import and domestic subsidies of reimbursements totalled \$115,378,235, with subsidized imports amounting to \$53,568,887. This covers the period from December 1941 when ceilings were introduced to December 31, 1943. On imported animal, agricultural products, fish and provisions the subsidies amounted to \$6,718,456, including: tea, \$1,251,491; rice, cleaned and uncleaned, \$1,143,335; cocoa beans, \$698,359; potatoes, \$811,174; prunes, \$514,411, and oranges \$1,163,004.

Major subsidy payments have been made for domestic dairy products; the report showed. Butterfat subsidies prior to May 1, 1943 when responsibility for payment was taken over by the Agriculture Department totalled \$12,977,776. Subsidies to keep down milk prices to the consumer totalled \$19,009,699.

The low down on reasons for a suspension of meat rationing may be explained in part by the fact that during the first 6 weeks of 1944 inspected packing plants of Canada slaughtered 780,000 more hogs, 50,000 more cattle, 10,000 more calves and 30,000 more sheep and lambs than in the same weeks of 1943. The tremendous impact of this on the handling facilities of packing plants can be measured by the knowledge that the increase in hog slaughtering was 80% over 1943. It is reported that there were over 102,000,000 pounds of meat in cold storage at that time, nearly twice as much as last year. It would be well

to "have your meat coupons" as cautioned, because one day we may be in a position to ship lots more meat across the Atlantic where its badly needed.

In connection with civic or municipal elections, regulations now are that members of the Armed Forces may participate, but no special leave will be given for campaigning or other reason, and if elected no special consideration insofar as leave is concerned will be given to attend meetings or other duties entailed in holding office.

Hog producers will be interested in the estimate that marketings are expected to be heavy throughout the first half of this year. The highest level in history was reached when at Dec. 1, 1943 there was a total of 9,473,000 hogs on Canadian farms, an increase of 22 per cent over 1942. The increase was more marked in the three prairie provinces and common to all others but Ontario.

The bringing of venereal disease into the open has made the fight a winning one in Canada. Once it was a hush-hush subject. Now public bodies in about all communities in the nation are co-operating with authorities to fight this social disease. Figures from the army, navy and air force, for instance, show that whilst in the Great War, of 1914-18 one man in six was infected with either gonorrhoea or syphilis, by 1943 (for the first six months) the figure was one man in every 35. In 1940, the pooled figure showed that one man in every 18 was infected. The cost has been tremendous. The Army alone, they tell us, could have equipped completely 32,000 infantrymen with the \$5,309,324 it spent on venereal disease. The incidence is down, but the fight must go on.

The Prices Board recently issued an order that fur garment styles will not be restricted any longer. The only thing is that the 1943 styles have to prevail for 1944. After that the sky's the limit.

While the boys overseas have a constant date with the enemy, in their spare moments it's reading that counts most with them. So now we learn that unwrapped magazines can be handed in to any post office in Canada for forwarding to troops overseas. Zone collection and forwarding depots have been set up. Present plans call for shipment of 80,000 current issue mags each month. If you're through with your favourite detective, movie, western or sports magazine, give the boys a break.

Women are certainly doing their part in this war; active on the home front in a hundred and one ways; latest figures show that there are more than 39,948 in the armed forces of Canada. On a per capita basis of total female population (ages 18-45) in December, 1941, there were 1 in 1250; in December, 1942, one in 134 and to-day one in 66.

If you are worried about the right kind of flag to fly when a distinctive Canadian flag is required, take Prime Minister King's word for it. The Red Ensign is correct dress for the occasion, he told the Commons.

You'll probably hear more about the health insurance plan, recently revised and submitted to the Social Security Committee of the House of Commons, a plan purported to give complete health services to the people. In a nutshell the maximum levy will be \$50 for married folk, \$30 for single persons. It will cost adults 12 dollars a year plus a percentage of income from those in the income tax class amounting to 3 per cent for single and five per cent for married persons.

Regulations in connection with restrictions on construction are being eased to some extent, says a release by Munitions and Supply department. Construction, repair or alteration of plants, previously exempted from license up to \$2500 is now exempt up to \$5000. Applications for Construction Control license for one and a half or two-storey dwellings not exceeding 1,000 square feet in area, will not be considered. Apartment or multiple-dwelling constructions will no longer be restricted to specific number of suites, but to three-storey and basement-walk up type. If you want information, write them. Local conditions and the need for housing must at all times be considered, and of course there is always, these days, the matter of labour and material shortages.

### Eleven Births Recorded in Timmins Last Week-end

Born—On March 10, 1944, to Mr. and Mrs. D. Shallon, Elm South—a daughter (Janet Grace Mary).  
Born—On March 4, 1944, to Mr. and Mrs. D. Lynch, Carling Avenue—a daughter (Veronica Bernadette).  
Born—On February 27, 1944, to Mr. and Mrs. G. Lacourriere, Val Gagne, Ont., at St. Mary's Hospital—a son (Jean Guy).  
Born—On February 28, 1944 to Mr. and Mrs. A. Beaulne, Commercial ave.—a son (Albert).  
Born—On March 17, 1944 to Mr. and



### That Body of Hours

By James W. Barton, M.D.

Planning the Reducing Diet  
What is known as the 1200 calorie diet to reduce weight has now become standard although a 1500 calorie diet is used for those slightly overweight and as low as a 400 to 600 calorie diet for those greatly overweight.

Formerly a reduction diet meant simply that the total amount of food must be reduced and then a little later the fats and starches were to be reduced, to a greater extent. To-day, however, the dietician preparing menus for overweights takes into consideration the fact that every kind of food-stuff is needed by the body for one or more purposes and must be in certain proportions if weight is to be reduced and the overweight kept in good health.

The first thought then is to figure out just what the overweight's best or ideal weight should be according to type of build because some overweights have long bodies and short legs and others short bodies and long legs. With the ideal weight known, the amount of excess fat that must be removed is known and a time limit of 4 to 12 months is set where this is needed, from the standpoint of safety, and sometimes the wishes of the "overweight. The loss of about two pounds a week is the amount considered satisfactory in the majority of cases and this two pounds of fat is counted as part of the daily amount of food used so as to make up the difference in calories needed by the body.

For those overweights who can arrange the daily menus themselves, suggestions in the planning of the menus outlined by Katherine Mitchell Thomas, B.A. in her book "Food in Health and Disease" should be of help.

1. Avoid fat as much as possible, not more than 10 to 20 grams (1 and 1-3 level teaspoons) should be included each day.
  2. Emphasize vegetables and fruits—especially those that are low in starches (leafy vegetables). (a) They are a good source of minerals—iron, calcium, phosphorus. (b) They are a good source of vitamins—A, B, C. (c) They are bulky and help to satisfy the appetite without adding many calories to the total food intake.
  3. Use 8 ounces (1/2 pint) of skimmed milk or buttermilk every day. (a) A necessary source of calcium (lime). (b) A good source of protein. (c) Low in calories.
  4. Eggs may be used. (a) Good source of protein—the body building food. (b) Good source of iron.
  5. Lean meats may be used. (a) Good source of iron. (b) Makes all the body processes work faster and thus helps to burn up excess fat on the body.
  6. Avoid concentrated carbohydrates (starches)—potatoes, sugar, bread, pastry. Use carbohydrates in the form of fruits and vegetables. Vegetables low or poor in carbohydrates are: asparagus, cauliflower, cabbage, Brussels sprouts, celery, onions, cucumbers, lettuce, green, olives, green peppers, squash, tomato. Whole grain cereals may be used in small amounts.
  7. All food eaten must be included in the 1200 (800, 1500, 600) calories daily.
- The average patient on a reduction diet of 1000 to 1200 calories will lose weight slowly if the diet is conscientiously followed, but sometimes he grows discouraged when the loss of weight is slow and he then becomes careless about his diet. If the diet is reduced to 600 or 800 calories, loss of weight will be more rapid.
- The important point about the reduction diet is to keep the protein foods—meat, eggs, fish—always up to the full amount because they rebuild worn tissue and have a more "dynamic" effect than other foods in stimulating all the body processes to increase their activities. This increased activity burns up fat stored in and on the body.

### 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 send your name and address, enclosing Ten Cents and a three-cent stamp 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

Mrs. H. Lapierre, Avenue road, at St. Mary's Hospital—a son Robert Patrick Joseph.  
Born—On March 10, 1944, to Mr. and Mrs. G. D. Hall, Sixth avenue, at St. Mary's Hospital—a son (Terry Gordon).  
Born—On March 17, 1944, to Mr. and Mrs. L. Major, Wilson avenue at St. Mary's Hospital—a son (Joseph Eudore Andre).  
Born—On March 10, 1944, to Mr. and Mrs. W. McNulty, Floral avenue, at St. Mary's Hospital—a daughter (Patricia Agnes).  
Born—On March 10, 1944, to Mr. and Mrs. F. Clement, Preston N.—son (Joseph Armand Dennis).  
Born—On March 15, 1944, to Mr. and Mrs. J. A. St. Gelais, Elm St., at St. Mary's Hospital—a daughter (Marie Rejeanne).  
Born—On March 12, 1944, to Mr. and Mrs. Frank Pacone, Maple St. at St. Mary's Hospital—a son (Dennis Anthony, Louis).

### Funeral at Porquis Junction of Late Donald McMillan

The funeral took place on Thursday afternoon last at 2 p.m. in the United Church in Porquis Junction, of Donald (Dan) McMillan, who passed away in Anson General Hospital, Troquois Falls, on Monday, the 20th, after only a few days illness.

The late Mr. McMillan was born in Providence Bay, Manicoulin Island on June 2nd 1881. He enlisted in 1915 and served over three years in overseas duties. In 1925 he moved his family North to Porquis Junction, where he has resided ever since. He was employed on the T. & N. O. Rly for 18 years, resigning last year on account of his health. The past few months he had been on Guard duty at Twin Falls, coming home only a few weeks ago.

A private funeral service was held for the family at the home on Thursday afternoon, conducted by the Rev. W. F. Parrot, of the United Church, of which Mr. McMillan was a member.

The pall-bearers were John Bryan, Harry McAnsh, John Bailey, Wm. Bryan, John Harlock, and William Skelton. The casket was borne to the church, draped with the Union Jack, and escorted by members of the Canadian Legion, who formed a Guard of honour at the church. Capt. Joblin, of the Canadian Legion assisted Rev. W. F. Parrot in conducting the Military Funeral Service. Mr. McMillan's favourite hymn, "In the Shadow of the Cross," was sung by request. "Last Post" was sounded at the graveside. Burial was in the Union Cemetery at Porquis Junction.

Left to mourn his loss are his wife (the former Janet Bryan, of Manicoulin Isl.); two daughters, (Mary) Mrs. John Harlock, 4 Leblanc Ave., Timmins; (Ruth) Mrs. R. Anderson, of Toronto; and one son, William, overseas with the Canadian Army; 4 grandchildren; 5 brothers and 5 sisters.

The many beautiful floral tokens and letters of sympathy attested to the high regard in which Mr. McMillan was held.

Among the floral tokens were the following:—Family, Pillow; Mary, Joan and family; T. & N. O. Employees; United Church Women's Institute; Members of St. Stephen's Anglican Women's Assoc.; Women's Institute; John and Erma; Fred and Catherine; Christina, Alex and Effie; Hazel and George; Tina and Jack; Wilda and Armand; Jessie and Angus; Mrs. MacInnis; Mrs. Eade, Mrs. Johnson, Mrs. Ansell; Harry and Myrtle McAnsh; Russel Hopkins; Mr. and Mrs. A. Albert Hopkins and Mrs. Simms; Mr. and Mrs. Paddy Knapp and Mr. and Mrs. Verne Crozier; Mr. and Mrs. P. Dunne; Cashmore Family; Reynolds Family; Bailey Family; Mrs. Richardson and Eva; Scott McColeman; Bruce McColeman; McColeman Family; Mr. and Mrs. W. R. Elack and Family; Mr. and Mrs. Wes Bailord; Mr. and Mrs. Albert Bailord and others.

### Members of Women's Institute Hold Banquet Last Week

Honours Fifth Anniversary of Institute.

After five years of active work, the Golden Star Women's Institute celebrated their 5th anniversary, Friday last, March 24th, with a banquet for members and their husbands in the Hollinger Hall at 6.30 p.m.

The three long tables were tastefully decorated with the W.I. colours of blue

### PALACE

To-Day Friday & Saturday  
PAULETTE GODDARD  
FRED MacMURRAY  
EDWARD ARNOLD  
RONALD YOUNG  
IN  
Standing Room Only  
Sun. Mid. Mon. & Tues. and Wednesday  
Nine Girls  
AND  
Cowboy Canteen  
COMING SOON  
"HARVEST MOON"

and gold and a silver basket of blue and gold flowers formed a centerpiece for the middle table, small silver vases centering a table on either side. Streamers of the two colours decorated each table.

A very happy crowd was present, and the varied menu was most pleasing with its roast pork and cold meats, hot scalloped potatoes, salads, pickles, celery, home-made rolls, assorted pies and other delicacies.

When dinner was completed and the tables cleared, cards were played and the evening was completed with a hearty sing-song and dancing.

The Institute has had many changes in the past five years, and several of the first-year members are at present in war work. However the Institute has advanced and accomplished a creditable amount of work. An account of the War Work done, which exceeds the numerous well-filled boxes sent to the Institute's adopted ship "Gaspe", will be presented at a later date.

Visitors are always welcome to the regular meetings held every third Wednesday of the month at the Hollinger Hall, commencing at 2.30 p.m. The nominations for the new officers will take place at the next meeting on April 19th, when a full turnout of members, old and new is anticipated.

Present at the banquet were: Mr. and Mrs. W. Johnston, Mr. and Mrs. C. Briggs, Mr. and Mrs. P. Jeffrey, Mr. and Mrs. A. McDonald, Mr. and Mrs. C. DeLong, Mrs. Mary McIntosh, Mrs. W. Hawse, Mrs. W. Crispin, Mrs. A. McRae, Mrs. J. Holson, Mrs. R. McTaggart, Mrs. C. Surman, Mrs. A. McCharters, Mrs. T. Marriott, Mrs. W. Hobbs, Mrs. W. Bates, Mrs. A. Jack, Mrs. O. McCann, Mrs. E. Wellin, Mrs. Dan Tensk and several children of the members.

Readers' Digest: In Boston, William Allen arrived cautiously from the country with \$600 cleverly distributed over his person in six different wallets. He met a stranger who admired his build, felt his muscles, patted him, took his leave, got away with all six wallets.

DROP IN FOR A MILK SHAKE  
From Cottage  
- Goldfields -  
TODAY ONLY  
The Cross of Lorraine  
PLUS  
"SWEETHEARTS OF U. S. A."

FRIDAY & SATURDAY  
TEX RITTER  
RUSSELL HAYDEN  
in  
Marshall of Gunsmoke  
ON THE SAME PROGRAM  
1st Chapter of a New Serial  
"THE SECRET CODE"  
with  
PAUL KELLY  
ANNE NAGEL  
Timeliest of all Punch Packed Serial Thrillers!  
NEWS SHORT (Musical)

BROADWAY  
A FAMOUS PLAYERS THEATRE  
TODAY AND FRIDAY  
Two Big Truth Films  
Crime School  
AND  
Girls on Probation  
STARTS SATURDAY!  
Alfred Hitchcock's  
Production of  
LIFEBOAT  
by John Steinbeck  
TONITE IS FOTO-NITE  
\$225.00

ICE SKATING SCHEDULE  
FRIDAY—Public Skating Afternoon and Evening  
SATURDAY—Public Skating Evening Only—8.15 p.m.  
MONDAY—Public Skating  
TUESDAY Porcupine Skating Club  
WEDNESDAY Public Skating afternoon and Evening  
THURSDAY Public Skating  
McINTYRE Community Building

ANNOUNCEMENT  
THE COMBINED ARMY—R.C.A.F. MOBILE RECRUITING UNIT will visit RECRUITING OFFICE 39 - 3rd Avenue TIMMINS, ONT.  
April 3rd to April 7th (Inc.)  
The Canadian Womens Army Corps Urgently requires  
STENOGRAPHERS — TYPISTS  
SWITCHBOARD OPERATORS — COOKS  
Visit the Mobile Recruiting Unit for Complete Details.

RIVERSIDE PAVILION  
Enjoy Dancing to the Finest Music on the Best Floor in the North.  
Dancing Saturday Evening  
Music at the "PAV" by  
GENE CROCCO and His ORCHESTRA  
Gents—75c Ladies—25c