Church Directory

First United Church Timmins Minister:

REV. W. M. MUSTARD, M.A., B.D. Morning Worship-10.45 a.m. Evening Worship-7.00 p.m. SUNDAY SCHOOL For all 12 and over-12.15 p.m. For all under 12-2.30 p.m.

Christian Science Society Oddfellows' Hall, Spruce Street North

SUNDAY, MAY 7TH, 1944 "ADAM AND FALLEN MAN" Golden Text-"Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." (Ephesians 5:14)

9.45 a.m.-Sunday School 11.00 a.m.—Sunday Service Christian Science Reading Room, Mc-Iinnis Block, 18 Pine St. North. Open every weekday except Thursday and holidays from 12 noon to 5 p.m.

Mountjoy United Church 100 Mountjoy Street S. Minister

REV. E. GILMOUR-SMITH, B.A. 11 a.m.—Morning Worship 7 p.m.—Evening Worship Sunday School 12.15-for 9 years and over

The Presbyterian Church in Canada MACKAY PRESBYTERIAN CHURCH

2.00-for 8 years and under.

113 ELM STREET SOUTH Minister: Rev. Dr. Geo. Aitken. Th.D. 11 a.m.-Morning Worship and

Sunday School. 7. p.m.—Evening Worship You Are Welcome

St. Matthew's Church Rector: Rev. Canon Casning B.A., L Th

11.00 a.m.-Morning Prayer 3.00 p.m.-Sunday School 4.15 p.m.—Baptisms

7.00 pm.—Evening Prayer Holy Communion on 1st Sunday of same time benefit themselves by laymonth at 11 a.m., on 2nd and 5th Sun- ing away a nest egg for the future), days at 8.30, a.m.; and on 3rd Sunday it's probably timely to give a brief reat 7 p.m.

Trinity United Church Schumacher

Porcupine United Church Minister: Rev. Lors W. Carlson, B.A. Morning Worship-Schumacher 11 a.m. Evening Service-Golden City-7.00 p.m.

SUNDAY SCHOOL Golden City-1.30 p.m. Schumacher-2.00 p.m. Come to our friendly, inspirational Services

St. Paul's Church South Porcupine, Ont.

Ven. J. E. Woodall, D.D., Minister Sunday Services 10.00 a.m.-Sunday School 10.15 a.m.-Junior Bible Class 11.00 a.m.-Morning Prayer 7 p.m.—Evening Prayer Holy Communion on 1st Sunday at

2nd and 4th Sunday at 8 a.m. 3rd and 5th Sunday at 7 p.m. Baptisms and Marriages by arrange-

Schumacher Anglican Church BANK OF COMMERCE BLDG.

Captain Mitchell, C.A. 10.00 a.m.-Sunday School 11.00 a.m.-Morning Prayer

St. Luke's Evangelical Lutheran Church South Porcupine. Ont. (Missouri Synod)

Rev. E. Roth, Pastor

Divine Service at 8:30 p.m. in the Anglican Church South Porcupine. All are welcome.

The Salvation Army CAPT. and MRS. DOUGLAS CHURCH Services Sunday-11 a.m. and 7.00 p.m. Wed. 2.30-Home League Thurs. 8.00 p.m.-Public Meeting Your are invited to attend these

Gospel Services.



CONSUMER'S RATION COUPON CALENDAR

MON

SUN

MAY

COUPO	VALUES		
BUTTER		1/2	bound
TEA		1/4	pound
COFFEE		1	pound
SUGAR		1	pound
CANNIN	G		TO SERVICE
SUGAR		1	pound

TUES	WED		THURSDAY	FRI	SAT
2	3	4	Butter Coupon 60	5	6
9	10	11	Butter Coupon 61 Tea-Coffee Coupon T-32 Preserves Coupons 19, 20 Sugar Coupons 32, 33 Valid	12	13
16	17	18	Butter Coupons 62, 63	19	20
23	24	25	Tea-Coffee Coupon T-33 Canning Sugar Coupons F 1, 2, 3, 4, 5 Valid	26	27
30	The second secon		60, 61 Expire		

A WEEKLY EDITOR LOOKS AT

for the weekly newspapers of Canada

(By Jim Greenblatt) Having dealt with the Sixth Victory Loan wherein farmers, as others, were appealed to for support (and at the sume of the recently released Report on Housing and Community Planning by Canada's Committee on Reconstruction as affecting farmers generally. The recommendations are most interesting in view of the fact that the National Housing Act will come before Parlia-

The committee recommends the building of 188,000 new farm homes over a twenty-year period at an estimated cost of \$282,000,000, with 9,400 being built annually. The committee was moved, it is certain, by the important changes brought about by the war See that your children are at Sunday in farm population, which has been decreasing steadily.

> Housing, it would appear, is considered a dominant factor in getting people back into agriculture, particularily young people now in the armed forces, who will be making their first start in working life after the war. To get a proper perspective of the situation you must know that at the time of the first census of 1891, over 80 per cent. of Canada's population were farmers. By 1941 this had dropped to only 45 per cent. Between August 31, 1939 and January 31, 1943, over 430,000 men and boys left their farms, some into the forces others into industry.

> It is interesting to note, too, a shift in farming is slowly taking place. During the '30's both Ontario and Nova Scotia showed 20 per cent decreases in their farm populations. New Brunswick and Saskatchewan reported 10 per cent. fewer farmers; while Prince Edward Island, Manitoba and British Columbia indicated 5 per cent. declines. Only in Quebec and Manitoba did the number of farmers increase, and by less than 10 per cent. There have been further losses in the last three years.

Then take abandoned farms, rising in number from 32,800 in 1931 to 52,500 in 1941 (and, of course, higher to-day) all reflecting the flight from the farm. Farm values over the same period decreased from an average of \$7,200 in 1931 to \$5,700 in 1941, mainly on land and buildings, for there has definitely been an increase in value of implements, machinery and livestock.

The Report makes no forecast as to future growth of Canadian farm population, but does visualise a great increase in mixed farming. The recommendations, based on careful study and analysis, would seem to prove one

B'nai Israel Synagogue Cedar Street North ISRAEL I. HALPERN, Rabbi W. LINDER, Cantor

United Church South Porcupine, Ont. BLOOK AVENUE. REV. J. C. THOMPSON

11.00 a.m.-Morning Service Evening Service- 7.00 p.m. SUNDAY SCHOOL 10.00 a.m.-For all 12 years and over 11.00 a.m.-Dome Sunday School 2.00 p.m.-For all below 12 years

BEFORE

Fire Threatens, Let Us Help You Check Your Fire Insurance.

Simms-Hooker & Pickering INSURANCE IN ALL BRANCHES - REAL ESTATE

Call and see us regarding New Low Rates on all Automobile Insurance 78 BRUCE AVENUE 20 PINE STREET NORTH Phone 30 McInnis Block South Porcupine

thing, farming must be made more attractive and housing is one of the prime considerations. In addition the Report recommends besides the homes, erection of farm labourers' cottage and community centres, and the donation by the Federal Government of electrical, plumbing, heating and refrigeration equipment to farm housing projects, in return for the labor of instal-

plus the extension of rural facilities such as electrification, schools, etc.

Notes from the Services: More than 2,000 British airmen trained in Canada married Canadian girls . . . The Canadian Women's Army Corps is making an appeal for 5,000 recruits . . .

With a staff of only 130 airmen, the salvage section of the R.C.A.F. Repair Depot at Scoudouc, N.B., in 1943 recovered 320 aircraft valued at \$50 million dollars, of which 229 were repaired returned to service on Canada's east coast . . . Warning is again issued of the serious housing situation at Halifax.

tients in Canadian hospitals. From 1939 to 1942 the number of patients in our public hospitals increased by 230,783 drained, they lack proper support. or 27 per cent; in mental institutions 3.286 or 6 per cent. In private hospitals the increase was 11,459 or 31% Tuberculosis sanatoria patients were more by 2.572 or 13%. Figures show that average length of stay in public hospitals was 12.2 days, 16.6 days in private, 226 days for tuberculosis sanatoria and five to six years in mental

There is a tremendous demand for engineers and science graduates for war industries and essential civilian services, as shown by an analysis from the Department of Labour's Wartime Bureau of Technical Personnel. In Jantime since November, 1942. There are now engaged in essential work. large number of the 1944 engineering and science graduates have already been spoken for by Army, Navy and

As close as can be reckoned by the responsible department there should be at least 8,000,000 bushels of apples for fresh consumption in Canada for about 12.885.00 bushels.

Canadian farms showed fine increases in all types of livestock, the official survey of December 1, 1943 showed. Cattle on farms were up by 672,500 head or 7.6 per cent. Saskatchewan had the highest increase, Ontario showing little. There were 3,953,000 milk cows in the country at the above date. There was a quarter million head in- by the end of August. crease in sheep all benefitting in this population of hens and chickens (57,512-500) was up by 7,731,200 birds. Saskatchewan and Nova Scotia lead with 20 per cent. increases.

This and that: Volunteer workers a six hundred local ration board distributed 11,500,000 new ration books . . Savings deposits in our chartered banks touched a new all-time high end to be cut down to the narrower size . . . when the stems grow coarser.

As an extension of the nation-wide check-up on all civilian men of military age subject to call-up, in future all male applicants for unemployment insurance benefit will have to present proof they have complied with mobilization regulations. Birth or marriage certificate would be considered proof

Recently compiled figures indicate

Helpful Hints on Flowers and Gardens

and price policies designed to keep up vegetables will flourish in the snade. farm prices, immigration policy, and and-assuming that your Victory garthe scope of farm amenities program, den has a southern exposure-all the tall material should be placed in the background so that the low growing plants will get their fair share of sunlight. This applies whether you plant in straight rows across the plot or in raised beds. There is nothing to be gained by building beds high above the ground level unless the land is exceptionally heavy or poorly drained; rather the reverse. A raised bed, has a -during the hot days of July and August- every effort should be made to !

Our growing season is too short to carry out anything like a full system of rotation, but there are a few vegetables that mature rapidly enough to be replaced by a second crop. Early Spring radishes germinate and grow large enough for use in three weeks from the date of seeding. These can befitted is between rows of cabbage or other large vegetables that need more room when full grown than they do at planting time. Small quantities of see sown at intervals will maitain a continuous supply of radish until the heat of summer sets in. Radishes grow pithy in hot uary and February this year the Bu- weather, but there are summer and reau got more employers' enquiries for winter varieties that produce again in technically trained persons than at any the Fall. Winter radishes grow to large proportions and take seven or eight five vacancies for every three available, weeks to mature. Sow in the middle of although 31,050 persons so listed are June and again in July for winter

Many gardeners mix a little radish seed with carrots, beets, parsnips, to mark the rows and assist in weeding before the slower growing plants are up. The radishes should be out of the way in time to avoid injury to the main crop through overcrowding.

Spinach, swiss chard, and all leafy 1944-45, or about 35 pounds per head vegetables are especially rich in Vitamin of population against an average of A. Swiss chard can be harvested from 26 pounds in the two years just before the time it is ready to thin out in early all about each one of these factors if April 22nd, at the home of his daughthe war. The prospect is given as good Summer until the ground freezes tight we are to keep well or free from disfor a healthy demand at or close to but spinach has a much shorter grow- ease? ceiling prices for best varieties and ing season. It attains full growth in packs. There were short crops in 1940, about forty or fifty days and it is better Foods and Nutrition", Drs. Henry C. 1941, 1943, but the near normal crop to pull it up by the roots than to de- Sherman and Caroline Sherman Lannow predicted for 1944 is estimated at pend on a second cutting. Spinach ford, Columbia University, state: "We bolts to seed very readily in hot wea- do not consider it necessary for the ther, although there are a few strains practical purposes of our study of of spinach reputed to resist the heat of Summer. A second crop could be started for Fall use or the row could be seeded to Early Snowball or Milan turnips. These mature in about forty days and if sown in the middle of July should be in prime condition

There is a two-fold advantage in sowregard except British Columbia while ing carrots and beets as soon as the Saskatchewan with an up of 127.8 per ground can be prepared for planting. cent. was leading. Hogs went sky- The young carrots from the first thinhigh as to figures with a record of 22 ing out provide a welcome addition to per cent. reaching 9,473,000 head, an the menu when vegetables straight increase of 1,723,000 over 1942. The out of the garden are at a premium and carrots at no time ever taste so well (C) and vitamin D. as they do when they are just large enough to cook, besides, Junior enjoys them raw. Carrots can stand more crowding than any other root crop and should be sown fairly thick and make up our daily diet. left to grow until they attain finger size. When young beets are thinned out the root and top should all be used. of last February with \$2,123,821,000 as One other advantage in seeding early against \$1,795,469,000 same period year lies in the fact that you have the jump ago . . . things are holding up; 80,000 on the cut-worm before he gets really pairs of police-type suspenders are voracious. Cut-worms attack carrots being released from military stores for and beets readily while still in the civilian use; 28,000 of these will go back seedling stage but seem to lose interest

J. H. Knell.

Magazine Digest: A soldier just home from the Solomone reports that the mosquitoes grow so big there that one night a refueling crew put 100 gallons of gasoline in one before they found that it wasn't a Liberator.

Globe and Mail: When Canadian Paul that retail price of beef in the past Triquet was briefly a guest of King year contributed half a point to the George at Buckingham Palace and retotal increase of two points in the cost ceived from him the Victoria Cross two of living index, that is from Feb. 1943 gallant gentlemen met in unique cir-

Beauty and You

by PATRICIA LINDSAY



Slender Grace McDonald, young lovely of Universal Studio, demonstrates the beginning of Exercise 2.

Wake Up for Springtime-Refashion your Figure

This is the month you should make resolutions. There is something about spring which makes us want to change our figures and our faces and our wardrobes. We want beauty; it is a good sure that she is getting the ten "essentime to determine to get it. And you tials" in their proper amounts? begin, my dears, by adopting an exercise program!

Reserve a nice thick blanket to fold on the floor for an exercise mat. Keep your swim suit handy to wear while ciety of New York suggests: exercising. Close the room against all your obligations and exercise for fifteen or twenty minutes-you will whip through your tasks the quick- cheese, cream and ice cream. er if you exercise! Begin with these:

1. Lying on your blanket stretch poultry and eggs. Before attempting to plant a Victory every muscle. Twist and turn and pull Other factors of importance in at- garden for the first time it would be and push and roll - wiggle your toes tracting farmers back to the soil are advisable to plan the layout roughly and fingers. Let your body tell you land settlement schemes, production on paper with an eye to exposure. No where it wants exercising. Then re- and food adjunts or "extra and mislax, go limp. Repeat.

2. Now lie on your back with arms parallel with body. Pull both knees up to the chest. Kick right leg out straight with heel pointed and try not to let it touch floor as you hold left knee in mid-air;; then bend right leg back to chest and kick out left leg. Do in continuous, rhythmical motion (three times each) then relax. Repeat

3. Flat on your back again. Clasp vegetables (green vegetables). 7. Cookhands behind neck. Push elbows forward and let your hands lift your head tatces, bananas. neat, businesslike appearance but it and pull it forward. Holding it tightly, tends to shed water unnessarily, when give it several gentle tugs. Let it drop suggests seven groups very similar to and relax. Repeat three times.

4. Up on your feet with arms dangconserve moisture. A path is necessary ling limply and head falling forward Figures have been released on pa- around its four sides; that is so much NO TENSION, PLEASE! Hop on your unused space. Plants along the edges left foot and shake the right leg as a of a raised bed are not only too well dog would; hop on to your right foot and shake your left leg. Keep your arms and head flopping limply as it you had no control of them whatever. begin your refashioning exercises.

Rehearse these for seven days; ther begin your refashioning exercises. (Released by Bell Syndicate, Inc),

CAPITON FOR PICTURE: Slender GRACE MCDONALD, young lovely of Universal Studio, demonstrates the beginning of Exercise 2.



Pours

That

Body

By James W. Barton, M.D.

Lengthening Our Life Span By Proper Eating

Research workers on food and nutrition tell us tha there are about forty 'nutritional factors, each one of which s needed by the bodily chemical processes on which our lives depend."

In their book "An Introduction to nutrition to consider in full detail the extent of our need for each of the forty or more nutritional essentials. What we do is to give special study to the qualities required of such of the nutritional essential factors as we can-

not safely leave to chance." The National Research Council is recommending the amount of food to be eaten daily gives the quantitative figures for ten of the above food and nutrition factors, namely calories, proteins, calcium (lime), iron, vitamin A value, thiamin (vitamin B or B1), riboflavin (vitamin E2 or G), niacin (nicotinic acid), ascorbic acid (vitamin

The Research Council means that we should eat daily the above ten essential or necessary food factors in sufficient amounts and vegetables that

How should the average housewife spend her "food money" to get the most nourishing food for her family, making Cemetery.

ing the daily allowance of money for food into five equal parts. Miss Lucy Gillet of the Community Service So-

One fifth, more or less, for fruit and

One fifth, or less, for meats and fish, R.C.A.

One fifth, more or less, for bread-One fifth, or less, for fats, sweets

cellaneous" items. The New York City Board of Health has set up eight groups, not covering all foods, but recommending that some

of each of these eight groups be eaten 1. Milk and its products - butter cheese. 2. Breadstuffs and cereals, 3 Meat, poultry, eggs, or meat substitute. 4. Citrous foods- oranges, lemons. grapefruit. 5. Other fruits. 6. Salad

The United States Government

the above groups. There is no question but that our knowledge of food and nutrition has grown very rapidly in recent years as most of us can remember when bread. meat and potatoes were only "essentials" fruit and other vegetables being "extras" just for variety. Because of our increased knowledge of food and nutrition, insurance and greseasth workers state that the life span has been extended not less than ten years And, these extra years are inserted at the peak of the prime of life. The reason life is longer is because it has been lived on a higher health level throughout; somewhat as a cannon of superior range and power throws its projectile both higher and farther".

Cancer:

Its Symtoms and Treatments Remember, cancer is curable if found early. Send today for Dr. Barton's latest booklet entitled "Cancer: Its Symptoms and Treatment", (No. 110) Address your request to The Bell Library, Post Office Box 75, Station O. New York, N. Y., enclosing Ten Cents to cover cost of handling and maining and mention the name of this news-

(Registered in accordance with the

Death of S. K. Anderson at Swastika on April 22nd

(From The Northern News) Mr. Svenneny Kristain Anderson (better known by his friends as Andy) Does this mean that we must learn died. Saturday morning, at 9:30 a.m.

(Mr. Anderson had been in poor

health for the past year and two months ago he was confined to his bed, death was due to heart condition. He was born in Denmark 62 years ago and in 1906 he married Miss Fred-

erick Peterson, also of Denmark. In 1913 they arrived in Canada and settled in Montreal for a short time before moving to Northern Ontario

in 1914. They resided in Timmins for the past seven years,

Mr. Anderson was a carpenter and had been employed at Moneta Mine, Timmins, and spent six months at Ontario Nickel Mine near Sudbury; and last October he and his wife moved to Swastika to live with their daughter, Mrs. John Carlson.

The body rested at Symington funeral parlours till Wednesday afternoon when the funeral service was held at 3 p.m. in Swastika United Church with the Rev. H. Martin officiating.

Interment took place in Kirkland

Pall bearers were: Edward and Svenning Anderson, Roy Boyes, Nelson Eng-In a previous article I spoke of divid- bery. John Carlson, Gordon Carlson.

Mounring his loss are his wife, three daughters, Mrs. John Carlson (Kay) of Swastika; Mrs. Nelson Engberg (Lucy) of Timmins and Mrs. Roy Boyes (Rose) of Kirkland Lake; also three sons, Cpl. Frank Anderson, Provost One fifth, or more, for milk and Corp (overseas), Svenning Anderson, Hamilton and Bdr. Edward Anderson,

Those from out of town attending the funeral were: Mr. and Mrs. S. Anderson, Hamilton; Bdr. Edward Anderson. Labrador and his wife of Timmins, Mrs. Frank Anderson, Mr. and Mrs. Nelson Engberg, and son Phil, Timmins and Mrs. Stoltz, Bourkes.

STACK OF DISHES and WATER WON'T RUN OUT!



WHEN THE GREASY MESS that clogs your drain pipe meets up with Gillett's Lye it's a goner! Fast! In no time water's running freely again. And remember drains stay clear when you pour in Gillett's full strength once a week.

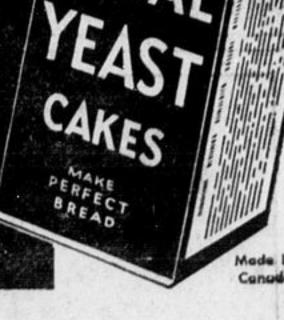
Use Gillett's in solutions to get floors spotless without hard scrubbing, to lighten the load of all your heavy cleaning. Grandest way yet to have a clean, sweet-smelling house without breaking your back.

Ask for Gillett' today. · Never dissolve lve in hot water. The action of tye

itself heats the

YOU'RE CLEVER I'M CLEVER TO MAKE SUCH TO USE SUCH MARVELOUS MARVELOUS BREAD YEAST ROYAL makes baking easy - ensures light, even-textured bread

that's tasty, delicious 7 OUT OF 8 CANADIAN WOMEN WHO USE DRY YEAST USE ROYAL!



is a tiresome chore. When you come home, relax and enjoy a cup of Neilson's delicious Chocolate Cocoa.

1 lb. 29c, 1/2 ib. 19c

