

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 FALLER MAN"
Golden Text—"Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." (Ephesians 5:14)

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
2:00—for 8 years and under.

The Presbyterian Church in Canada
MACKAY PRESBYTERIAN CHURCH
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 Cashing B.A., L.Th.
11:00 a.m.—Morning Prayer
3:00 p.m.—Sunday School
4:15 p.m.—Baptisms
7:00 p.m.—Evening Prayer
Holy Communion on 1st Sunday of month at 11 a.m., on 2nd and 5th Sundays at 8:30 a.m.; and on 3rd Sunday at 7 p.m.

Trinity United Church
Schumacher
AND
Porcupine United Church
Minister: Rev. Loris 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
See that your children are at Sunday School

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

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
You are invited to attend these Gospel Services.

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Care and protection in modern warehouse. Spectacular piano room.
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INSURANCE IN ALL BRANCHES—REAL ESTATE
Call and see us regarding New Low Rates on all Automobile Insurance
20 PINE STREET NORTH Timmins
78 BRUCE AVENUE South Porcupine Ont.

CONSUMER'S RATION COUPON CALENDAR
MAY
COUPON VALUES
BUTTER - 1/2 pound
TEA - 1/4 pound
COFFEE - 1 pound
SUGAR - 1 pound
CANNING SUGAR - 1 pound
SUN MON TUES WED THURSDAY FRI SAT
7 8 9 10 11 Butter Coupon 61 Tea-Coffee Coupon T-32 Preserves Coupons 19, 20 Sugar Coupons 32, 33 Valid 12 13
14 15 16 17 18 Butter Coupons 62, 63 Valid 19 20
21 22 23 24 25 Tea-Coffee Coupon T-33 Canning Sugar Coupons F 1, 2, 3, 4, 5 Valid 26 27
28 29 30 31 Butter Coupons 58, 59, 60, 61 Expire

A WEEKLY EDITOR LOOKS AT Ottawa
Written specially 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 same time benefit themselves by laying away a nest egg for the future), it's probably timely to give a brief resume 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 Parliament soon.

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 in farm population, which has been decreasing steadily.

Housing, it would appear, is considered a dominant factor in getting people back into agriculture, particularly 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.

B'nai Israel Synagogue
Cedar Street North
ISRAEL I. HALPERN, Rabbi
W. LINDER, Cantor
United Church
South Porcupine, Ont.
BLOOM 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

Helpful Hints on Flowers and Gardens
Before attempting to plant a Victory garden for the first time it would be advisable to plan the layout roughly on paper with an eye to exposure. No vegetables will flourish in the shade, and—assuming that your Victory garden 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 neat, businesslike appearance but it tends to shed water unnecessarily, when—during the hot days of July and August—every effort should be made to conserve moisture. A path is necessary around its four sides; that is so much unused space. Plants along the edges of a raised bed are not only too well drained, they lack proper support.

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 be fitted in between rows of cabbage or other large vegetables that need more room when full grown than they do at planting time. Small quantities of seed sown at intervals will maintain a continuous supply of radish until the heat of summer sets in. Radishes grow pithy in hot weather, but there are summer and winter varieties that produce again in the Fall. Winter radishes grow to large proportions and take seven or eight weeks to mature. Sow in the middle of June and again in July for winter storage.

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 vegetables are especially rich in Vitamin A. Swiss chard can be harvested from the time it is ready to thin out in early Summer until the ground freezes tight but spinach has a much shorter growing season. It attains full growth in about forty or fifty days and it is better to pull it up by the roots than to depend on a second cutting. Spinach bolts to seed very readily in hot weather, although there are a few strains 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 by the end of August.

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 January and February this year the Bureau got more employers' enquiries for technically trained persons than at any time since November, 1942. There are five vacancies for every three available, although 31,050 persons so listed are now engaged in essential work. A large number of the 1944 engineering and science graduates have already been spoken for by Army, Navy and Air Force.

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 1944-45, or about 35 pounds per head of population against an average of 26 pounds in the two years just before the war. The prospect is given as good for a healthy demand at or close to ceiling prices for best varieties and packs. There were short crops in 1940, 1941, 1942, but the near normal crop now predicted for 1944 is estimated at about 12,885,000 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 increase in sheep all benefitting in this regard except British Columbia while Saskatchewan with an up of 127.8 per cent. was leading. Hogs went sky-high as to figures with a record of 22 per cent. reaching 9,473,000 head, an increase of 1,723,000 over 1942. The 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 at 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 of last February with \$2,123,821,000 as against \$1,795,469,000 same period year ago... things are holding up; 80,000 pairs of police-type suspenders are being released from military stores for civilian use; 28,000 of these will go back to be cut down to the narrower size...
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.
Magazine Digest: A soldier just home from the Solomons 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 Triquet was briefly a guest of King George at Buckingham Palace and received from him the Victoria Cross, two gallant gentlemen met in unique circumstances.

That Body of Ours
By James W. Barton, M.D.
Lengthening Our Life Span By Proper Eating
Research workers on food and nutrition tell us that there are about forty "nutritional factors, each one of which is needed by the bodily chemical processes on which our lives depend."
Does this mean that we must learn all about each one of these factors if we are to keep well or free from disease?
In their book "An Introduction to Foods and Nutrition", Drs. Henry C. Sherman and Caroline Sherman Lanford, Columbia University, state: "We do not consider it necessary for the practical purposes of our study of 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 cannot 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 B2 or G), niacin (nicotinic acid), ascorbic acid (vitamin C) and vitamin D.
The Research Council means that we should eat daily the above ten essential or necessary food factors in sufficient amounts and vegetables that make up our daily diet.

Death of S. K. Anderson at Swastika on April 22nd
(From The Northern News)
Mr. Svenny Kristain Anderson (better known by his friends as Andy) died, Saturday morning, at 9:36 a.m., April 22nd, at the home of his daughter, Mrs. John Carlson, Swastika.
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 Frederick 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 Cemetery. Pall bearers were: Edward and Svenny Anderson, Roy Boyes, Nelson Engberg, John Carlson, Gordon Carlson. Mourners his loss are his wife, three daughters, Mrs. John Carlson (Kay) (Lacey) of Timmins and Mrs. Roy Boyes (Rose) of Kirkland Lake; also three sons, Cpl. Frank Anderson, Provost Corp. (overseas), Svenny Anderson, Hamilton and Bdr. Edward Anderson, R.C.A. 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.

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!
YOU'RE CLEVER TO MAKE SUCH MARVELOUS BREAD
I'M CLEVER TO USE SUCH MARVELOUS YEAST!
ROYAL YEAST CAKES
NEILSON'S JERSEY BRAND COCOA
1 lb. 29c, 1/2 lb. 19c

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 time to determine to get it. And you 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 exercising. Close the room door against all your obligations and exercise for fifteen or twenty minutes—you will whip through your tasks the quicker if you exercise! Begin with these:
1. Lying on your blanket stretch every muscle. Twist and turn and pull and push and roll - wiggle your toes and fingers. Let your body tell you where it wants exercising. Then relax, 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, rhythmic motion (three times each) then relax. Repeat three times.
3. Flat on your back again. Clasp hands behind neck. Push elbows forward and let your hands lift your head and pull it forward. Holding it tightly, give it several gentle tugs. Let it drop and relax. Repeat three times.
4. Up on your feet with arms dangling limply and head falling forward. NO TENSION, PLEASE! Hop on your left foot and shake the right leg as a dog would; hop on to your right foot and shake your left leg. Keep your arms and head flopping limply as if you had no control of them whatever, begin your refashioning exercises.
Rehearse these for seven days; then begin your refashioning exercises. (Released by Bell Syndicate, Inc.) CAPTION FOR PICTURE: Slender GRACE McDONALD, young lovely of Universal Studio, demonstrates the beginning of Exercise 2.

STACK OF DISHES and WATER WON'T RUN OUT!
POUR IN GILLETT'S!
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 yet to have a clean, sweet-smelling house without breaking your back. Ask for Gillett's today.
Never dissolve lye in hot water. The action of lye itself heats the water.
MADE IN CANADA

SHOPPING
is a tiresome chore. When you come home, relax and enjoy a cup of Neilson's delicious Chocolate Cocoa.
1 lb. 29c, 1/2 lb. 19c