

# Dropped Between Stitches

By Phyllis

As a little reminder to dance-fans... Don't forget to attend the Eighth Annual Intercollegiate Dance, to be held to-morrow (Friday) night in the McIntyre Auditorium, dancing beginning at 10 p. m. The proceeds of the affair are for a good cause folks, for the Legion Fund, so why not drop around and have loads of fun at the same time as helping out such a worthy cause. The hall will be uniquely decorated for the occasion, and colours will be handed out to all at the door, so "no corsages, please." Music by Gene Crocco and his orchestra will provide the best in music, presenting also novelty numbers with appropriate prizes for the winners. Tickets (programmes) may be obtained from Wilson's drug store in Schumacher, or at Gene Crocco's Barber Shop, on Pine St. North. Dress will be semi-formal.

The bridge and dance held at the Timmins Golf Club on Friday evening last for the members of the club was a great success, all present (and that included a very large number of enthusiastic members) "having a wonderful time" and adding, that they hoped another similar social would be held in the near future. On Friday afternoon, ladies' day at the club, twenty-two players played through the showers in the flag competition. Mrs. R. E. Osborn won the first flight, Mrs. Robt. Barringer won the second flight, and Mrs. Anent, a guest from Toronto, won the 9-hole competition. Next Friday afternoon the finals for the Club championship will be played off as well as driving, putting and approaching competitions.

An engagements of local interest took place last week when Flight Lieutenant R. J. Demers placed a beautiful diamond on that all important finger of Miss Gerlie Plouffe. The ring consists of a large square solitaire flanked on either side by two tiny heart-shaped diamonds, all in a beautiful yellow gold setting. Gerlie is known to many, and her numerous friends join us in extending our best wishes. She is the daughter of Mr. and Mrs. W. Plouffe, 172 Elm St. South, and is the lovely brunette working on the second floor ladies' dress salon at Bucovetsky's. Flt. Lieut. Demers, or "Rolly" as he is known to his friends, is a member of the R. C. A. and returned to Canada in February of this year after completing more than three years active service overseas. He is the son of Mr. O. Demers Birch St. S. and the late Mrs. Demers. The wedding will take place some time in October, and the couple plan to reside in Calgary where the groom is stationed.

The regular monthly meeting of the Women's Institute was held last week in the Hollinger Hall, with president Mrs. W. Jackson in the chair. A quilt was donated to the Aid to Russia Linen Shower and it was reported that two cases of jam were being forwarded through the Wagstaffe Co. to Great Britain. Plans were made for the Welfare Federation Carnival to be held, beginning September 4th. It was decided to hold a picnic at the McIntyre park on August 23rd, at 2 o'clock. Mrs. R. McTaggart was in charge of the programme for the meeting and gave several readings which were very interesting.

Congratulations and best wishes are extended to Mr. and Mrs. Clair

Baker who were married on Saturday at St. George's Anglican Church, Barrie. The groom is son of Mr. and Mrs. V. H. Baker, 165 Spruce St. North, and is very well known in town, having attended school here, and having made numerous friends here before leaving to take up residence in Brownsburg. The bride is the former Constance Spearn, of Barrie, who also made a number of friends up here while on a visit last summer, that will join us in our sincere good wishes.

A large number of ladies attended the Ladies' Auxiliary of the Canadian Legion Comfort Tea held yesterday afternoon at the home of Mrs. R. Hardy, Power Line St. During the tea it was noted that the Auxiliary is holding their picnic next Wednesday afternoon, August 2nd, at the McIntyre Park, and all wishing to attend are asked to meet at the park at 12 o'clock. Among those present yesterday were: Mrs. J. Shaw, Mrs. R. Hardy, Mrs. F. Curtis, Mrs. A. Kety, Mrs. B. Richards, Mrs. W. Wilkinson, Mrs. J. H. McGarry, Mrs. Margaret McGarry, L.A.W. Rosa Nicholson, and Mrs. Les. Nicholson.

A record number of people gathered Tuesday night at the Hollinger Ball Park to hear the famous Women's Military and Pipe Bands. Despite the inclement weather, the parade took place as planned, stopping off at the park to present a concert which won the enthusiastic acclaim of all who thronged the stand. This is the second tour of the Dominion made by the bands, and their first visit to Timmins. There were seventy C.W.A.C.'s making up the two bands, 44 in the Military Band, and 26 in the Pipe Band. Each member played received most enthusiastic applause from the audience, who were especially pleased with the Pipe Band as they paraded back and forth in front of the stand as they played. The girls left yesterday on the 1.15 train, their next stop being Toronto.

Present with the two Bands here in the Porcupine was a special C.W.A.C. recruiting Detachment. This branch was sent to accompany the Bands on their tours, by the National Defence Headquarters. The detachment is under Lieut. Nora Dawes Bothe, of Montreal, who made a number of friends here in the North on a previous recruiting campaign. This time the staff is making contacts with the girls in various towns and cities they visit, and is making a survey to find out the views of individuals, and to impress on them the great need for 5,000 more recruits. Present on the recruiting staff were: C.S.M. Greer, of Calgary, Sgt. May, of Kingston, Cpl. Rathbone, of Vancouver, Cpl. Patterson, of Toronto, Cpl. Legrice, of Toronto, Cpl. James, of Niagara-on-the-Lake, and Cpl. Rooney, of Oitawa.

An engagement of great local interest appeared in Wednesday's Globe and Mail, and read as follows: The engagement is announced of Agnes Ruth, daughter of Mr. and Mrs. William Lucas, to the Rev. Ernest Gilmour Smith, of Timmins, Ont., son of Mr. and Mrs. B. J. Smith, Toronto, the marriage to take place at St. James' Cathedral on July 29th at 3 o'clock.

Meanderings of the luscious strawberry—Generally speaking Western Canada depends on British Columbia for supplies. Ontario berries are usually marketed in Ontario and Quebec, and only on rare occasions are any shipped to the West or Maritime destinations. Quebec berries are usually marketed within the province. New Brunswick ones are sold locally, with some shipments to Nova Scotia and to Montreal. Nova Scotia berries mostly are sold within the province. Maturity starts in earliest sections about June 1, and the latest start about a month later.

## CANADIAN TRENCH MORTAR CREW IN FRANCE



The crew of a trench mortar used so effectively in the Canadian Advance in France, shown as they dug in and set up their weapons in Normandy. Left to Right: Rifleman D. E. Cortvriend;

St. Boniface, Man., Rifleman A. V. Renwick Maltstone, Ont., and Rifleman W. R. Powell, Edmonton, Alberta.

### May Exchange Canning Coupons for Preserves

"Where are my coupons for canning sugar?" This question has been a frequent one asked by consumers calling the offices of the Wartime Prices and Trade Board in Northern Ontario. The canning sugar coupons are to be found in ration book No. 3 and they are numbered F1 to F10. Each coupon will allow a purchase of one pound of sugar. Householders who do not do home canning may exchange their F coupons for preserves coupons on a one for one basis. The exchange must be made at the Local Ration Board or at the Ration Administration at North Bay. Canners may use preserves coupons which are good for 1/2 pound of sugar.

### I. O. D. E. Festival Last Wednesday Great Success

Many Attend Strawberry Festival at Home of Mrs. H. W. Darling

Despite the rainshowers which fell last Wednesday afternoon, the "Strawberry Festival" which was held by the I.O.D.E. at the home of Mrs. H. W. Darling, 134 Wilson Ave., was a great success. Numerous visitors dropped in during the afternoon for tea and refreshments, and although the intermittent showers kept all inside, the day was as pleasant as though the spacious gardens were the scene of the event. Conveners for the Festival were: Mrs. Ed. Robinson and Mrs. R. S. Anderson, first and second Vice-Regents, and Mrs. Mamie Shaheen.

Greeting the guests at the door were Mrs. F. Carriere, Regent, and Mrs. H. W. Darling. Tea, strawberries and ice cream, cakes and cookies made up the delicious lunch, and during the afternoon the Croatian String Orchestra under the direction of Mrs. Sauve, was in attendance and offered many pleasing selections. The I.O.D.E. have received many compliments from the guests regarding this group of young and talented musicians who gave their time freely and willingly, adding much to the occasion.

Treasurers for the tea and draws were Mrs. S. Wheeler, Mrs. C. Chase and Mrs. A. Shaheen. Tea, served from a lace-covered table centred with a bouquet of beautiful summer flowers, and pink tapers in tall silver holders, was presided over by Mrs. J. Keene, Mrs. L. E. Dorway, and Mrs. A. Booker. At the serving table were Mrs. W. T. Meneer, Mrs. Taylor, Mrs. Tomkin and Mrs. C. Pozzetti. Serving were Mrs. A. Morin, Mrs. J. Huxley, Mrs. Halperin, Mrs. J. Brady, Mrs. T. E. Pritchard, Mrs. J. J. McKay and assisting were Mrs. D. Maxwell, Mrs. R. S. Anderson, and Misses Judith Halperin, Mazell Meneer, Dolores Hodgins, and Dorothy Devine. A home-bake table laden with a variety of delicious-looking home-baked articles was quickly sold out, and in charge of this were Mrs. H. McGarry and Mrs. W. A. Devine.

The tickets for the draws were drawn by Dorothy Devine, and the winner of the luncheon cloth was Mrs. David Moore, 11 Patricia Blvd. The gate prize was No. 275, and winner of the sandwich tray, donated by Mrs. Louis Halperin of the Chapter, was Mrs. DeWolfe. Winning the bean-guessing contest were Mrs. M. Daher, and Mrs. Elsie Martin.

Many thanks are extended to Mrs. Darling for the use of her home and garden and for her many courtesies, by the members of the Chapter, and the many guests who attended and had such a pleasant afternoon.

#### GOOD IDEA

An ambitious young man heard of the death of the junior partner of a big firm. Being full of self-confidence, he hurried to the offices of the firm, whose senior partner was a friend of his father's.

"How about my taking your partner's place?" he asked. "Excellent!" said the senior partner. "If you can fix things with the undertaker."—North Bay Nugget.

### Pretty Wedding In Barrie of Local Interest

Miss Constance Spearn Becomes Bride of Mr. Clair Baker

A wedding of great local interest took place in Barrie on Saturday, when Mr. Clair Baker took as his bride Miss Constance Spearn. The bride visited here last summer and made a number of friends who will offer their best wishes. The groom is the son of Mr. and Mrs. V. H. Baker, 165 Spruce North, and is well known in town, having attended Public and High School here, later leaving to attend University at Toronto. The following appeared in the Globe and Mail on Monday: Baker—Spear

St. George's Anglican Church, Barrie, was the setting for the marriage of Miss Constance Marion Spearn, daughter of Mr. and Mrs. George Spearn, to Mr. Clair Lawrence Baker, Brownsburg, Que., son of Mr. and Mrs. V. H. Baker of Timmins. Rev. A. B. Cathcart officiated.

A gown of white moire with tiered skirt was worn by the bride, with fingertip veil held with a net halo outlined with pearls. She wore a single strand of pearls with matching earrings and carried Bianchi roses, Miss Georgina Spearn, maid of honour for her sister, was frocked in mauve tulle; Miss Jean Baker and Miss Ruth Scott chose blue. They carried nosegays of roses and sweet peas. Little Miss Ann Butler, niece of the bride, was flower girl, wearing a long frock of peach taffeta, and carrying pink and white sweet peas. The groomsmen were Lieut. C. A. Pritchard, Camp Borden, and the ushers, Mr. Jack Butler and Mr. Cecil Sutton.

The reception afterward was held at the Corner Cupboard. The couple will live in Brownsburg.

### Appreciate Shipments of Jam Sent by the Red Cross

TORONTO, July 26, 1944. "I know if our little ones could write, you would get twenty sticky happy letters." Thus did the matron of Great House Nursery, in Chippenham Wilts, England, acknowledge a shipment of jam and honey, made through the Red Cross and Women's Institutes. Since 1940, over 840,000 pounds of jam and honey have been sent from Ontario, to the children's nurseries, and hospitals, in Britain Shipped in cases whose four sides bear the Red Cross, every case arrived safely. This experience has been duplicated annually until an official remark: "It would be wise to ship some of the 'babies' jam' in every ship; some Mother-Mermaid guards it from storm, fog and sub, safely ashore."

Letters from the war nurseries arrive continually at the headquarters of Ontario Division of Red Cross, bearing the grateful thanks for this treat, stating quite plainly that this is a valuable dietetic contribution to the children of women war workers of England, important to their health and morale.

The matron of the Waifs and Strays sent "one big thank you" because the children were all too young to write a letter.

Grapes are grown under glass in England, and for the children at the S. S. Peter and Paul Home at Treemans, Horsted Keynes in Sussex, it was their first sight and taste of grape jelly. They had never seen grape jelly before the matron wrote.

This year, objective in Ontario is 250,000 pounds jam and honey for Britain. Red Cross provides the W. I. with cases, tins, label and transportation to Britain. Some Branches of W. I. and Red Cross outside the fruit belt, find it is not practical to make their own jam; send contributions for the purchase of factory-made jam. To date over \$3200 has been received at Ontario Division headquarters for this purpose.

North Bay Nugget:—They say that khaki and blue are the popular colors on the French beaches this summer.

Sudbury Star:—Worry about the past and you miss the present that might be spent in looking forward to the future.

### Pretty Wedding Solemnized on Thursday Last

John E. Montgomery Weds Christine E. Brown at St. Matthew's Church

Colourful summer flowers decorated St. Matthew's Anglican Church Thursday afternoon last, for the wedding at 2 o'clock of Christine Ellen Brown, daughter of Mr. and Mrs. William T. Brown, Montgomery Ave., and Sgt. John Eugene Montgomery, R.C.A.F. son of Mr. and Mrs. John Montgomery, Wende Ave. Rev. Canon R. S. Cushing officiated at the ceremony, and the wedding music was played by Jean Macgregor.

Given in marriage by her father, the bride was gowned in white sheer over taffeta fashioned with a fitted bodice, and full skirt sweeping into a short train. A deep neckline with white sheer inset, and long tapering sleeves completed the bridal dress. A tiny flower headdress caught her fingertip veil and she carried a bouquet of red and white roses. She wore a double strand of pearls, gift from the groom.

Irene O'Grady, was maid of honour, in a gown of rose pink sheer over taffeta, fashioned with fitted bodice full skirt, bishop sleeves, and draw-string neckline. She wore a tiny headdress of pink veiling falling to shoulder length and she carried a bouquet of pastel sweet peas.

Bridesmaid was Lois Montgomery gowned in blue sheer over taffeta, fashioned with long torso, short sleeves and sweetheart neckline accented by dainty ruffling. Matching blue headdress and a bouquet of pastel sweet peas completed her ensemble.

Groomsman was AC2 Reginald C. Hagerman, and usher was Roy Jenkin. A reception was held following the ceremony at the Empire Hotel, the bride's mother receiving in a figured silk daytime-length dress, and a corsage of red roses. Assisting was the groom's mother in a figured navy sheer dress with white accessories and a corsage of red roses.

The couple left for a trip to Midland, the bride choosing a wine dress, with blue tailored coat and matching blue hat, for travelling.

Gifts to the organist and maid of honour were earrings, to the bridesmaid, a necklace, and to the best man and usher, wallets.

#### MUSIC BEFORE MORALS

Having only recently moved into the district she was determined to impress the neighbours. She arranged for a musical at Home, and told her husband to see to the booking of a musician to entertain the guests.

"Have you engaged the pianist yet?" she asked her husband a few days before the great evening.

"Yes, my dear," he replied, "A great virtuoso."

She looked annoyed.

"Never mind about his morals. Can he play?"—New Yorker.

# Blended for Quality "SALADA" TEA



By James W. Barton, M.D.

## That Body of Yours

### REST, FOOD, AND HIGH BLOOD PRESSURE

While there are drugs that temporarily control high blood pressure by keeping the patient relaxed—less tense—the best treatment known at present is to help the patient view high blood pressure as a challenge to him to use his common sense about his living habits. And the living habit of most importance is keeping himself from fearing his high blood pressure. Fear and anxiety, both raise the blood pressure and thus the elastic tissue of the blood vessels is kept on the stretch and must in time lose some of its elasticity.

Two of the safeguards of blood pressure are food and exercise. Too much of either is dangerous and not enough is likewise dangerous.

One of the best forms of treatment for high blood pressure is mental and physical rest, but if too much rest is taken together with too much food for the amount of exercise is eaten, then overweight is likely to result.

In speaking of the value of rest in high blood pressure, Dr. Irvine H. Page, in his book "Hypertension" (high blood pressure) states: "Most high blood pressure patients must learn to sleep, or doze, whenever opportunity occurs. This is a habit that can be formed and may be almost life saving. The blood pressure tends to rise steadily as the day goes on. For this reason it is desirable to break this rise in pressure about every four or five hours. To make a break in the rise in blood pressure it is not necessary to take a long rest; ten minutes may be enough."

Dr. Page's advice is: Rise at eight or a little later; work until eleven-thirty. Take a nap or twenty-five minutes rest period before twelve. Quit work at three-thirty or four. Moderate exercise outdoors until five. Bath and nap from five to six-thirty. To bed at ten o'clock.

Another point about rest and high blood pressure is that rest should be taken regularly and according to some sensible plan, so that it does not make an invalid out of the patient. Some business men who are apparently "in conference" are quite wisely taking a rest at 11 a. m. and 4 p. m.

Getting these few minutes away from their work not only means physical rest for the heart and blood vessels but the constant activity of their work and surroundings of their work is constant stimulus to body and brain preventing the needed relaxation.

Diet is the second important point in the prevention of overweight and resulting high blood pressure. "Perhaps the most important point to remember about food is that it should be nutritious, free of fats and not taken in too great quantities. If you are getting overweight, you are eating too much. Overweight must be scrupulously avoided. The reason for this is that every pound of flesh means extra weight which requires more blood to nourish the tissues, and which, in turn, means that the heart must pump that much harder."

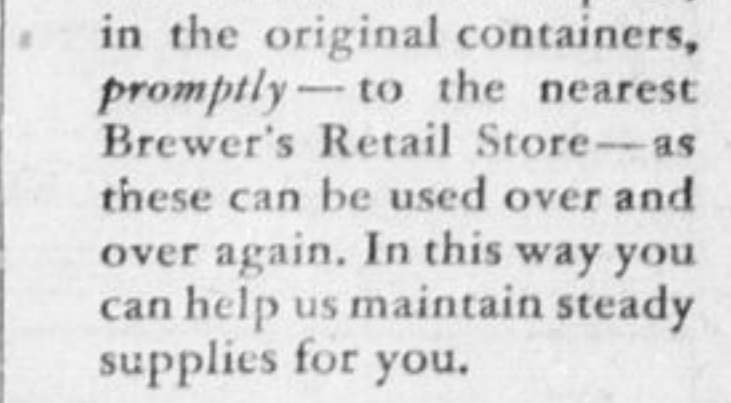
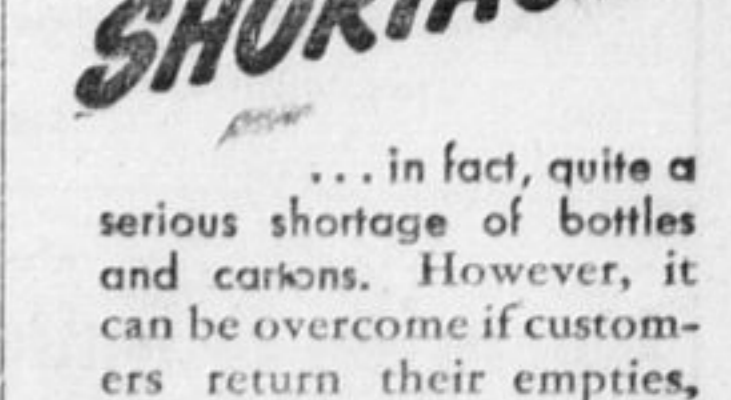
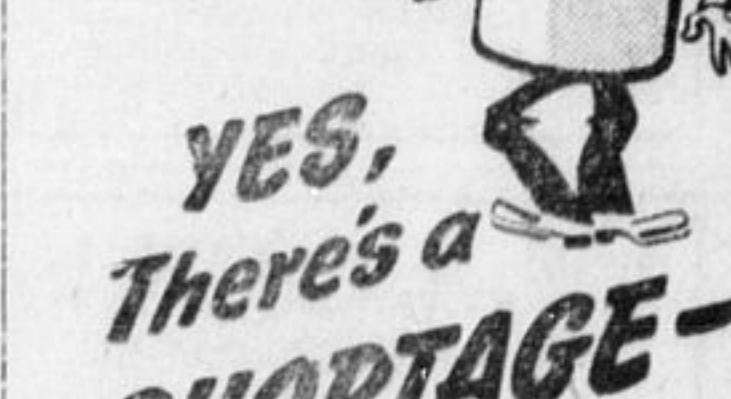
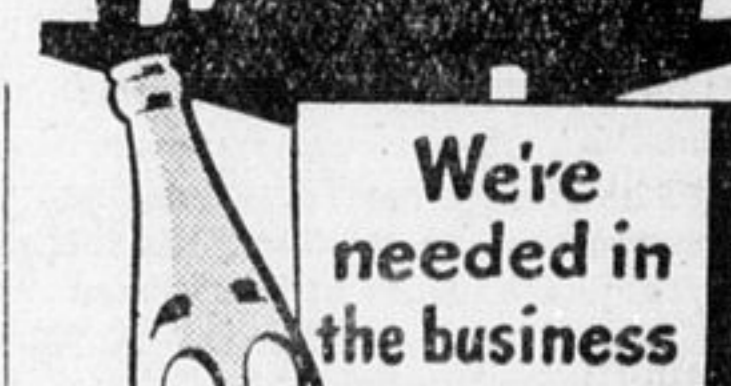
I have spoken before of the danger to heart and blood vessels of eating large meals especially if exercise, however light, is to be taken immediately after meals. Four light meals a day are more desirable than three and possibly five or six are better still. While red meat was formerly forbidden in high blood pressure, it is now allowed in moderate amounts by practically all heart specialists. Ordinary amounts of table salt are allowed but too much salt must be avoided as it holds too much liquid in the tissues which raise the blood pressure.

(Released by The Bell Syndicate, Inc.)

### Eight Births Registered in Timmins Last Week-end

Born—On July 17, 1944, to Mr. and Mrs. E. Caron, Sandy Falls,—a son (Joseph Daniel Denis).  
Born—On July 7, 1944, to Mr. and Mrs. Herve Charette, Pine South—a son (Joseph Herve Donald Gerard).  
Born—On July 13, 1944, to Mr. and Mrs. M. A. Ford, Tamarack St. at St. Mary's Hospital—a son (James Peter).  
Born—On June 29, 1944, to Mr. and Mrs. P. J. Burke, Cedar South—a son (Peter David).  
Born—On July 13, 1944, to Mr. and Mrs. A. E. Patry, Windsor Ave.—a son (Robert Donald Joseph).  
Born—On July 10, 1944, to Mr. and Mrs. E. Phillon, Bannerman Ave.—a son (Joseph Hubert Adrien).  
Born—On June 23, 1944, to Mr. and Mrs. F. Mills, Elm. South, at St. Mary's Hospital—a daughter (Dianne Louise).  
Born—On July 17, 1944, to Mr. and Mrs. R. Beauchamp, Pine N.—a daughter (Marie Rachel Claire).

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