

## Dropped Between Stitches

Salute to the Union Jack  
It may not be much to look at,  
But it flutters on land and sea,  
But it's Freedom and all that it stands for,  
That matters to you and me. —(Anon)

Four very special visitors at the afternoon tea and bazaar which the ladies of the Legion Auxiliary were most pleased to welcome last week were Mrs. Donald Hardy, Mrs. Bergstrom, Mrs. Frank Roberts and Master Michael Roberts. These ladies are recent arrivals from overseas and are the wives of local men now serving with the forces. We join the ladies of the Auxiliary in welcoming these new friends and sincerely hope that they will find true friendship and happiness in their new homes in Timmins.

The Senior Catholic Women's League held their meeting in the basement of the Church of the Nativity with Mrs. T. McAleavy presiding. Reports were read and passed. A Red Cross report showed that 5 ditty bags had been filled and sent to the Sailors' Club in Montreal. A further donation of \$10.00 was sent to the Canadian Legion and Community Fund Cigarettes were sent by the Senior Catholic Women's League to the following boys in the armed forces:— Dave Banning (Prisoner-of-war) Cpl. Chas. Burgoyne, Pte. A. Cushing, L. Cpl. Don Carlin, and Pte. Gerald Dillon. Ten more names of soldiers were drawn for parcels this month.

Knitting for November was reported as very satisfactory but the members were urged to knit more if possible.

The following articles for the Red Cross were completed in Nov. 16 pairs Seamen's 26 in. stockings, 13 pairs mitts, 13 pairs gloves, 4 round neck sweaters, 4 turtle neck sweaters, 1 sleeveless sweater, 1 pair plain 11 in. socks, 1 child's sweater, 1 lady's sweater and 23 wash cloths.

This is indeed quite an accomplishment on the part of the Senior Women's League and it is noteworthy that they are asking their members to increase their efforts for the Red Cross as the chairman of our local groups continues to emphasize the need for more workers and an increased output of woollens and winter clothes for civilians and service personnel.

Nowadays when the equality of men and women has reached a new high on the horizon, this seems to be an excellent opportunity for the ladies of the district to make a very determined effort to visit the polls on December 14th and exercise their franchise for the good of the community. No use to sit over that game of afternoon bridge and discuss what we think should be done or who should be elected as our next mayor and councillors. The most tangible and practical way to express one's opinions is to go and vote. Don't forget this is one of the privileges of living in a democracy under the British flag and one of the things which our men are now fighting, so make the most of your opportunities and vote.

Santa Claus seems to have arrived a little ahead of schedule for at least one young lady in Timmins. A very attractive young ledger keeper in the Bank of Nova Scotia is wearing a pretty engagement ring. Can't give you any more details at the present but the young lady certainly looks very happy about the whole thing. Congratulations.

There are very broad smiles on the faces of the ladies of St. Matthew's Anglican Church Guild today and

they certainly have something to smile about. Yesterday they held an afternoon tea and Christmas bazaar. There were over 200 ladies present, including Mrs. R. J. Renison and several other out-of-town visitors. A complete sell-out is reported and a very substantial increase in the finances of the Guild, which of course goes to the church funds. These ladies certainly deserve much credit as there was much time and effort spent in making the many novelty and practical articles which were so attractively displayed for sale at the bazaar.

Receiving the visitors were Mrs. Percy Reid and Mrs. A. R. Chidwick. Presiding at the tea table were Mrs. Melville and Mrs. W. Kevan. The bazaar was in charge of Mrs. Maxwell and Mrs. J. Webb. Needlework and fancy goods booth was in charge of Mrs. T. Glaister and Mrs. J. Knell.

The doll table was convyed by Mrs. McTaggart and the Altar Guild booth was in charge of Miss Eva Hansen. Poinsettias, made and donated by Mrs. Albert Atkinson, adorned the tea tables which were convyed by Mrs. R. Jackson. The ladies who so capably assisted in serving tea were Mrs. S. Wheeler, Mrs. H. Gridley, Mrs. Frank Burt, Mrs. Reg. Cooper and Miss Peggy Melville.

The ladies who worked "behind the scene" and did such a splendid job of keeping the refreshments "rolling" were Mrs. Peterson, Mrs. Mason, Mrs. Fred. Read and Mrs. Culver.

Music for the afternoon was supplied by Miss Ann Osborne.

Another afternoon tea, Christmas sale of work and sale of home baking is to be held by the Home League of the Salvation Army on Wednesday afternoon, December 13th, from 3 to 6 p.m. The bazaar will be opened by Mrs. A. R. Chidwick and everyone is cordially invited to attend. There will be a booth displaying aprons, fancy work and knitted articles which are all so very practical and acceptable for wartime gifts. The ladies of the Home League are already reputed for the excellent work they do and everyone who visits the bazaar is sure to see something that will help them to solve at least several of those harassing gift problems.

Too much emphasis can never be stressed on the very fine work which is being done by the Salvation Army on the home front as well as the battlefronts of the world. Just ask any of our men who have returned from overseas, they cannot find words sufficient to express appraisal of Red Shield work. So ladies, please help the Salvation Army and yourselves by visiting this afternoon tea and bazaar next Wednesday afternoon at the Hall, 12, Birch Street South.

"Faith is the evidence of things unseen." From South Porcupine comes the story of a woman who refused to give up hope after her son was reported "missing". She is the mother of P. O. Robert Hurtle, of Porcupine, whose plane was shot down in flames over France and after a miraculous escape from death (he was the sole survivor of the entire crew) and who was sheltered by the French underground until D Day. When P.O. Hurtle eventually was returned to England there were thirty-seven letters awaiting him from his mother. She had continued to write to him and had requested the Commanding Officer not to return any of her mail as she was convinced that her son would return safely. This is a wonderful example of faith and courage which many of us could learn to follow during the days of appreciation through which so many people on the home front are passing nowadays.

### WEEK END

A high school principal says that he had heard the song "More and more I'm less and less unwilling to give up wanting more and more of you," five times over the week-end. He asks us to break it down for him because it is more than he can stand. He means that it is more and more than he can stand.

The only thing we can say is that it seems quite an appropriate song for a week-end. —North Bay Nugget.

## Music Teachers Enjoy Interesting Meeting Programme

The wives and husbands of members of the Porcupine Music Teachers' were present at the December meeting, which was held at the home of Mr. and Mrs. E. C. Keeley, Buffalo Ankerite Mines.

The President, Mrs. A. Gamble, welcomed the guests and made a few business announcements, after which Mr. T. Carbone, who was program convener, announced each number in order.

Mrs. R. A. Vary gave a talk in which she described the three operas, "The Barber of Seville," "Manon," and "Lucia di Lammermoor," which she attended when they were presented by The Metropolitan Opera Company of New York, in St. Dennis Theatre, Montreal.

As Mrs. Vary related the story, giving her impression of each artist and scene, she used recordings by Lily Pons, Giuseppe De Luca, and Lawrence Tibbett as illustration. This was made possible through the kindness of Mr. Wallace Young, Mr. J. Silver and Mr. F. Admo, who loaned the records for the occasion. Other illustrations from the score were given at the piano by Mrs. E. W. Tyndall, Mrs. C. D. Stevenson and Mrs. T. R. Wearing.

Mrs. P. H. Carson then sang a Christmas song, "Night of Nights" by Beardsley Van de Water. She was accompanied at the piano by Mr. H. Trener.

The third item on the program was a piano solo, "Concert Etude" by Franz Liszt, played by Miss Clair Vachon. Following this, Mr. Trener returned to the piano to accompany and conduct the members and guests as they sang a group of Christmas carols.

The last item on the program was a clever game which was submitted by Mrs. F. Woodbury.

Lunch was served, with Mrs. R. P. Kinkel and Mrs. P. H. Carson pouring the tea and coffee.

Mrs. Gamble thanked Mr. and Mrs. Keeley, and all left for home feeling that they had spent a very pleasant evening.

The next regular meeting will be held at the Central School in Timmins on January 9, 1945.

## Girl Guide News



"Last week was Guide and Brownie week in the Porcupine camp. On Wednesday, November 29th the Brownies—St. Matthews and 56 I.O.D.E.—presented a 15 minute programme of songs and stories over CKGB.

On Thursday, November 30th, the Porcupine and South Porcupine Guide Companies journeyed to Timmins. The high-light of their programme was an enrollment conducted by the Divisional Commissioner, Mrs. Harper. Peggy Goedblood was enrolled as a Guide and Jane Louch as patrol leader.

On December 2nd the 51st I.O.D.E.—St. Matthews'—and 1st Timmins Guide Companies presented a very enjoyable programme of singing under the direction of Mrs. Carson, an interview and a summary of Guiding, by District Captain B. Bailey.

Girl Guide Week ended Sunday—the Guides and Brownies of Porcupine and South Porcupine attended morning service at the United Church in South Porcupine. The Brownies had almost perfect attendance. The Guides were not so well represented.

The Guides and Brownies of Timmins attended a special Girl Guide Service at St. Matthew's Church Sunday morning. The service was conducted by Rev. A. R. Chidwick.

At their meeting on Wednesday evening the Guides of South Porcupine made further plans for tea to be held December 16th. Next week's meeting will be Parents' Night. The meeting will take place at the church.

On Monday evening the St. Matthews' Guides were taught compass points by Helen Channon, while Eileen Stickley reviewed Tenderfoot with the recruits.

Plans were made for a Christmas Party to be held next Monday evening. The South Porcupine Brownie Pack now has a membership of 33. They hold their meetings every Wednesday evening before the Guide meeting, under leadership of Miss E. Clathworthy.

The 56th I.O.D.E. Brownies will hold their usual meeting on Wednesday, December 6th.

On Wednesday, December 13th there will be a joint Christmas party for the 56th I.O.D.E. and St. Matthews' Brownies.

—E.H.

## Now It's Pansies Blooming in Timmins on December 4th

Mr. Bill Ryan, 11 Way avenue, Timmins, suggests that Mr. W. O. Langdon and Mr. T. A. Skelly, and anybody else who may have been boasting about picking the odd pansy or two outside in Timmins last week or the week before or the week before that, had better look to their laurels or their pansies, or something, for he has a whole bed of pansies in full bloom outside this week. All he has to do is push aside the snow and there are his



By James W. Barton, M.D.

## That Body of Yours

### Underweight May Be Dangerous In Children And Young Adults

We read and hear so much about the disadvantages and dangers of overweight that little or no attention is given to underweight and its disadvantages and dangers. This is because overweight is so common in the prime of life and many useful lives are endangered, whereas underweight is more common among children and young adults.

Underweight is a serious handicap and threat to health among children and young adults while it is at the growth period that this difficulty is most apt to develop.

We are all familiar with the reducing diets now so generally used which mean cutting down on all foods, particularly fats and starches, although many reducing diets now prescribe a decrease in all liquids and an increase in meat. A reducing diet does not supply all the energy needed by the body which makes it necessary for the body itself to supply the extra energy needed from the fat restored in and on the body.

"A fattening diet should supply energy considerably more than the body needs, so as to supply surplus fuel for storage as fat, and hence should be rich in foods of high fuel value such as those forbidden in the reducing diet—butter, cream, salad dressing, rich sauces and desserts, sugar and other sweets, breads, cereals, starchy vegetables, peas and beans, nuts, dried fruits."

What must be remembered, however, is that an individual may be thin yet not undernourished; he may have the race horse or greyhound type of build. On the other hand, some individual whose weight is up, or nearly up, to normal may be undernourished. They are flabby with poor health and little endurance or resistance. This is especially true of babies and children who are fed too much starch food which, while making them fat and normal in weight, fails to provide building up and good wearing qualities. These children do not get enough milk, eggs, fresh fruit and green vegetables, but "subsist mainly on meat, potatoes, highly milled cereals, white bread that has not been reinforced, fatty foods and sweets." Although they look fat and well nourished, it is because the fat tissues are holding so much water. They usually have thin blood, tire quickly, and are more apt to develop children's diseases and colds.

While overweight is a distinct disadvantage and danger in adults, being slightly overweight is a distinct advantage to children and young adults as this extra weight gives a surplus on which to draw upon in an illness. In her book "Nutrition and Physical Fitness", Dr. Jean Bogart points out that underweight is more common and serious during the growth period when the body requires extra energy and building materials for growing or manufacturing new tissues. "In general to be as much as 7 to 10 per cent. below the average weight for one's height usually mean lowered vigor and physical efficiency, while to be more than 10 per cent. underweight is apt to mean a reduction of vitality and stamina such as may be dangerous."

In adults, underweight may be caused by infection or wrong living. Infected teeth, gums, sinuses, tonsils, or overactive thyroid gland can use up much of the energy supplied by "sufficient" food. Others are underweight because they get insufficient rest and sleep for the amount of physical exercise taken during the day.

Generally speaking, underweights, free from infection and of normal living habits, should increase their food intake by 25 per cent. to gain weight. 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 underweight and overweight. To obtain it just send your name and address and ten cents to cover cost of handling and mailing to the Bell Library, P. O. Box 75, Station O, New York, N. Y. and ask for booklet No. 105—"Overweight and Underweight", mentioning the name of this paper.

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### MEANING OF WORD

The teacher was explaining to the class the meaning of the word "recuperate."

"Now, Tommy," she said to a small boy, "when your father has worked hard all day, he is tired and worn out, isn't he?"

"Yes, ma'am."

"Then, when night comes and his work is over for the day, what does he do?"

"That's what Mother wants to know," Tommy explained quickly.

## Six Nominated for Mayor and Nineteen for Council Board

### Also Eleven for the Public School Board

Nomination for mayor, councillors and public school trustees were held at the council chambers of the town hall on Friday night from half-past seven to half-past eight, with Town Clerk A. L. Shaw presiding.

There were six nominations for mayor, nineteen for councillors and eleven for the public school board. Of this number, as will be noted by another article in this issue, three qualified for mayor, ten for the six places at the council board, and eight for the three vacancies on the public school board.

The following nominations were made, several being nominated more than once for the same office:—

### For Mayor

J. Emile Brunette, sales supervisor, by David Martin and J. P. Roy.  
E. W. Gladstone, real estate and insurance, by S. Fishman and S. J. Morgan.

J. W. Spooner, real estate and insurance, by Roy Hardy and A. DesRoches.

Karl A. Eyre, machine shop proprietor, by G. Aceti and C. L. King.

J. P. Bartleman, by A. P. Brennan and T. A. Skelly.

Dr. J. A. McInnis, by J. H. Jutras and A. P. Brennan.

### For Council

Miss E. M. Terry, Business College proprietor, by Mrs. C. Desaulniers and David Martin.

W. P. McDermott, mine captain, by Geo. Webber and L. Cousins.

E. W. Gladstone, by U. Aubry and A. DesRoches.

Karl Eyre, machine shop, prop., by C. Desaulniers and E. A. O'Callaghan.

Urban Aubry, by A. DesRoches and E. W. Gladstone.

Michael Karol, by H. Rigby and F. Wasyluk.

J. V. Bonhomme, by W. S. Ackroyd and Leo P. Lalonde.

Wm. Roberts, by G. Aceti and C. L. King.

Geo. Webber, by W. Roberts and W. P. McDermott.

Alex W. Stewart, by G. Aceti and C. L. King.

J. Morrison, by G. Aceti and C. L. King.

Mrs. Velda Billocki, by Mrs. Myrtle Malouin and W. S. Ackroyd.

H. W. Warren, by W. L. Roberts and L. A. Prete.

James H. Knell, by W. P. McDermott and W. Roberts.

W. S. Ackroyd, by R. St. Denis and A. E. Wadge.

Sam. J. Morgan, by E. W. Gladstone and J. Morrison.

Edmond Aube, by J. Arthur Servais and U. Aubry.

Arthur Servais by Sam Fishman and D. Stefanich.

Louis L. Pare, by Edward Cyr and E. For School Trustees

Mrs. Flora Osborn, by Mrs. Janet Brown and E. Beverley Weir.

T. A. Skelly, by L. Halperin and H. J. Curtis.

Geo. Webber, by K. Deraymond and W. Hargreaves.

S. J. Morgan, by G. Aceti and Karl Eyre.

Roy Hardy, by Gordon Strickland and D. W. Rusk.

H. J. Quinn, by F. W. Simpson and J. H. Knell.

Beverley Weir, by D. A. Moore and C. F. Huckerby.

J. R. Walker, by G. A. Macdonald and Geo. Jones.

E. L. Urquhart, by J. Morrison and L. Cousins.

Albert E. Cain, by E. H. Hill and S. J. Morgan.

Reeve Ann Shipley Returned by Big Majority in Teck

R. S. Skelly one of the New Members of Council at Kirkland Lake

Mrs. Ann Shipley was re-elected reeve of Teck township at Kirkland Lake on Monday. Her vote was close to three times that of her opponent. She received 3,055 votes, while F. J. Parry, who was on this year's council board, had only 1173 votes.

For the Teck township council Chas.

W. Tressider headed the poll with 2255 votes. Next was Geo. Nadeau with 2108, and M. T. McGuire with 1944. The other man elected to the council was R. S. Skelly, who had 1769 votes. Mr. Skelly is a former resident of Timmins, a brother of Messrs. John and Arthur Skelly, of Timmins.

Four other candidates (Norman Evey Mrs. M. McLeod, Doug. Oppenheim, and Ernest Reynolds) had votes totaling from 1606 to 725.

Dr. Ralph Neelands headed the poll for the Collegiate Board, receiving more votes than polled by the reeve. On the ballot for public school trustees, Dr. R. W. McBain headed the poll with 2263 votes. G. A. Howse and Joe Murray the other two elected for the school board, while Mrs. C. Simpson (947 votes) was defeated.

## Generous Donations for Christmas by Princess Alice Club

Mrs. Henry Hudson, Publicity Convener, of the Princess Alice Club reports that the club's general meeting took place on Nov. 30th at the home of Mrs. O. Kenne with the new executive taking over for the first time. There were 22 members present. Christmas donations were allocated as follows:—Salvation Army \$25.00; Porcupine Squadron \$15.00; layettes for the baby clinic, \$25.00. The draw for the telephone bridge which has been taking place recently at the convenience of the various members, was made on Wednesday, Nov. 29th, and the winners were:—1st, Mr. Fred Davidson, Schumacher; 2nd, Mrs. Jack McDonald, Tamarack St. War Savings certificates were given as prizes.

## Grant Licenses on Land Under Night Hawk Lake

By an order-in-council of the Ontario government dated October 17th, 1944, Goldhawk Porcupine Mines Limited and The Mining Corporation of Canada Limited have been granted mining licenses of occupation, subject to the payment of an annual rental of \$1 per acre, on certain lands under the waters of Night Hawk Lake, Porcupine district.

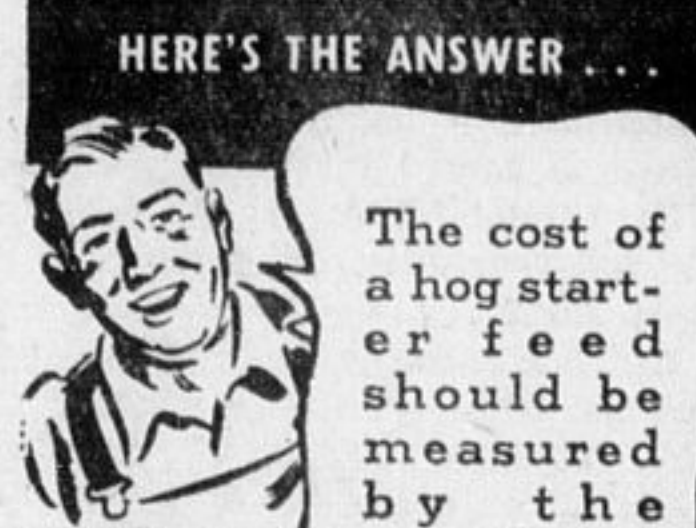
Licenses have been given to Goldhawk on Water Lot No. 7, containing 823 acres, more or less, in Macklin and Cody Townships, and on Lot No. 7A, in Macklin, containing approximately 185 acres. The Mining Corporation license covers Water Lot No. 8 in Cody Township, covering 951 acres.

## Community Fag Fund Ships 298,200 Cigs. in November

### Shipment Sponsored by Hollinger War Chest. Donations During Month

Timmins Legion Community Fag Fund shipped 298,200 cigarettes overseas in November. This shipment was sponsored by the Hollinger War Chest. During the month following donations to the fund were received and are gratefully acknowledged:—Ukrainian Canadian Association, \$5-00.

Mrs. A. Courtemanche, \$1.00.  
J. A. Landers, \$1.00.  
Mrs. A. J. Stanutz, \$5.00.  
McIntyre Baseball Club, \$10.00.  
Doris Stanutz, \$5.00.



health it gives baby pigs. With "Miracle" Hog Starter you will find your litters grow faster and become strong and healthy because "Miracle" Hog Starter is scientifically tested for exact balanced food value.

ASK FOR "MIRACLE" FEEDS

## VOTE and Elect a Man of Experience!

5 YEARS COUNCIL  
2 YEARS DEPUTY  
MAYOR



## W. (Bill) Roberts

For Council 1945

## Town of Timmins Election, December 14th

## RE-ELECT

## W. McDermott FOR COUNCIL

Four Years' earnest work in council. Seven Years Chairman of the Public Works Committee.

## For Honest Progressive Administration

### VOTE FOR

## Geo. W. Webber

FOR COUNCILLOR

**DIAMONDS**  
**WATCHES**  
**C. A. REMUS**  
Third Ave. at Cedar Street  
TIMMINS  
JEWELLER - OPTOMETRIST