

The Porcupine Advance CLASSIFIED ADS

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WANTED

WANTED—Boarding Homes for Children of School Age. Apply to Children's Aid Society, Room 4, Municipal Building, Timmins.

Chicks For Sale

ORDERS PLACED NOW will insure your delivery date of our high quality Blood-tested, Government-approved Chicks. Free catalogue describing the breeding and selection behind our chicks gladly sent on request. Leghorn, Barred Rock, New Hampshire, Light Sussex, Hamp X Rock, Sussex X Hamp, breeds from which to choose. Ketterborn Poultry Farm, Milverton, Ont. 6-7-8-9

Notice to Creditors and Others

In the Estate of Frances Wilson Deceased

All persons having claims against the estate of Frances Wilson late of the Town of Timmins, Province of Ontario, who died on or about the 27th day of November A. D. 1944, are hereby notified to send in to the undersigned personal representative, or his solicitor, on or before the 24th day of March A. D. 1945, full particulars of their claims.

Immediately after the said date, the said personal representative will distribute the assets of the said deceased having regard only to claims of which he shall then have notice before the execution of all others, and he will not be liable to any person whose claims he shall not then have notice, for the assets so distributed or any part thereof.

Dated at Timmins, this 19th day of February A. D. 1945.

Adger Wilson 108 Spruce Street North, Timmins, Ont.
or Messrs. MacBrien & Bailey Barristers, Timmins.
Solicitors for the Administrator. 8-9

Graphic Sidelights on Mission Work in the James Bay Area

Rev. David Mitchell Working to Encourage the Indians to Action and Industry

Some interesting sidelights on the work and life in church missions in the James Bay area is given in a letter received this week by Rev. A. R. Childwick, rector of St. Matthew's Anglican church Timmins. The letter is from Rev. David Mitchell, formerly in charge of the Anglican mission at Schumacher, and for a time in charge of St. Matthew's church at Timmins. Last year he and Mrs. Mitchell went to Rupert's House, James Bay, to take charge of the mission there. Rev. Mr. Mitchell writes in part as follows:—

"We have had a busy time getting 'settled' here, but fortunately got the house 'habitable' for winter before the cold weather set in. Also managed to have electric lights in the house by November and have used them also in the church and school, and to show lantern slides. I have other improvements lined up for next summer.

"The dog team brought us 210 pounds of mail last week, so you can imagine how busy we are getting all our letters answered. We expect the mail plane any day now.

"We find our work here very interesting. Mrs. Mitchell looks after the school and I try to 'shepherd the flock,' keeping the 'wolves' away, teaching the people. That is the most important task and the most difficult. We are delighted that so many know English, and others are trying hard to learn it and, while you have to regard them as children, still I believe they are slowly but surely developing

FINANCIAL

Do you require a PERSONAL LOAN to meet Mortgage and Other Payments?

Apply to nearest branch of THE CANADIAN BANK OF COMMERCE

Monthly Deposits provide for repayment.

— Low Rates —

If death occurs while a Personal Loan is in good standing, Life Insurance arranged and paid for by the Bank provides for liquidation of the unpaid balance.

LOCALS

Mrs. Gaston Gauthier, of Cochrane, was a visitor to Timmins last week.

Mr. and Mrs. P. Johnson and Mrs. R. A. Dodds, of Clute near Cochrane, were visitors to Timmins last week.

Mr. and Mrs. G. H. Johnson, of Sarnia, were Timmins visitors during the week-end.

Don Frisby is the new president of the Kirkland Lake Conservative Association.

G. J. O'Rourke, manager of the Kirkland Lake branch of the Bank of Commerce, is the new president of the Kirkland Lake Board of Trade.

Mr. W. A. Jardine who has been a patient in Queen Alexandra Sanatorium, London, returned to his home on Cedar Street North, last week end.

Mrs. George Gedge and daughter, Peggy, have returned from Toronto where they spent three weeks' vacation.

Mrs. F. Saxton, of Halleybury, who has been spending the winter with her son, Mr. Stan, Saxton, of the Aunor Mine, was called to Montreal last week owing to the illness of her daughter, Miss Mildred Saxton, R.N.

Among the local and personal items in The Northern News of Kirkland Lake last week was the following paragraph of local interest:— Mr. and Mrs. Judge and daughter Doris, of Timmins, spent a few days in town visiting Mr. and Mrs. A. St. Cyr, Premier avenue, before going on to make their home in Toronto.

An independence of thought and some day will take their place as true citizens of the community, I think that one of the greatest drawbacks to this in the past is the fact that they have never learned to govern themselves, as some tribes of Indians have done. Here they are free, live close to nature and have come to rely too much on the white man, and also the accept charity too quickly, taking it for granted. Now however, times are changing in this district by means of the Beaver reserve scheme. The H.B., too, and the Government, are endeavouring to help the Indians by putting them on their feet financially, and teaching them to provide for the future. So they are learning gradually to save their money. For the first time in history here an Indian died last year leaving a credit balance. And in the last Victory Loan drive an Indian of this place bought a hundred dollar bond. These instances may not seem very convincing at first, but they are a definite proof that the Indian is learning the idea of saving and the value of money, whereas before he spent it all carelessly on food-stuffs and clothing, and never tried to improve his lot in life or think in terms of the future. Only a few of them live in houses here and I think that if they were encouraged to build and own their homes, it would be a long step forward in making them really good citizens with a community spirit. When they are taught and shown the way I think they would steadily progress toward that ideal.

"Now I have rambled on, but what I really meant to say when I started out was that we shall be very glad to have you come and see us whenever you can. You may get some ideas for pictures, both from the natural scenery and the inhabitants. The place has rich historic associations, too. It is quite easy to get here from Moosonee at different times in the summer. Gordon Mitchell, the pilot of the Austin Airways plane which calls here is always glad to have passengers, and there are boats calling here several times. We shall be glad to have you stay with us if you don't mind roughing it a bit. Our quarters are small, but you will always find a warm welcome so don't be afraid to come along. : : : Our kind regards to everyone around St. Matthew's."

Try The Advance Want Advertisements

Boy Scout and Girl Guide Week at South Porcupine

Other Items of Interest from South Porcupine and the Dome.

South Porcupine Feb. 21st. Special to The Advance.

This is Scout and Guide Week and our South Porcupine Boy Scouts, Cubs and Girl Guides and Brownies attended services at St. Paul's Church in a body on Sunday morning. The boys were in charge of their Scoutmaster, Harry M. Martin, and accompanying the girls was Divisional Commissioner, Mrs. B. H. Harper. All were in uniform. Rev. H. G. Cook, who took the service, gave a special talk to the young people stressing the fact that good Scouts or Guides who lived up to their promises, were also good Christians.

This week the Scouts "break flag" each morning at the Public School at 8:45 a.m. and lower it with ceremony at 6:30 p.m.

Our Scouts are entering exhibits in the Hobby Show held in Timmins this week. Scout craft, wood craft models, etc., will be shown.

Patrol leaders planning to attend the banquet in Timmins on Thursday, are: Clark Mason and Vernon Green, and "Seconds" Robt. McNeill and Norman Harper.

The Canadian Legion plans to hold a "bingo" on Friday night in the Legion Hall. They will welcome a large attendance. Proceeds go towards enlarging the hall for service men.

Coder Clayton Kavanagh, R.C.N.V.R. from St. John's is home on 28 day leave with his parents on Strachan Ave.

Lawrence Dillon R.C.N.V.R., left on Sunday for his ship after spending a few days with his father and sisters at Dome Extension.

Mrs. Harry Turner, of Hamilton, is in town and will attend the Ladies Curling bonspiel held this week in Kirkland Lake.

Miss Elaine Dague, who has successfully completed her training as nurse in Ottawa Civic hospital, is home on holiday with her parents on Connau-ght Hill.

A.C. Harry Coot, R.C.A.F., of Centralia, is home on leave with his parents on Bloor Ave.

Mr. Wm. Fairhurst left on Sunday to compete with the curlers at the Granite Club in Toronto. He is on the rink of Dr. Stahl from Timmins and with Mr. Reg Smith, also of Timmins.

Mr. Henry Kohtela, of St. Catharines, who came to South Porcupine to attend the funeral of Eero Kohtela, left on Monday for his home.

P.-O. Wilfred Gervais, recently gaining his commission in the R.C.A.F. is home on leave with his parents in Porcupine.

Lt. Cecil Fowle, R.C.E., returned to Halifax on Sunday after spending a few days in town renewing acquaintances.

P.-O. Marshall Hamilton R.C.N.V.R. is in town from Newfoundland visiting relatives and friends.

E.R.A. Alex McGinn (R.C.N.V.R.), with Mrs. McGinn and baby from Nova Scotia are visiting at the home of his parents at Dome Ex.

P.-O. J. Wilson R.C.N.V.R., is visiting his parents on Main St.

At the euchre party held in the Moose Hall on Thursday last prize-winners were: 1. Mrs. Beauchamp; 2. Mrs. R. Richards; 3. Mr. R. Dickson; and Mrs. C. A. Libby.

A euchre party held last Friday in the Masonic Hall under Rebekah auspices resulted in Mrs. R. Richards and Mrs. B. Webb being prize-winners.

The regular monthly meeting of the Porcupine General Hospital Auxiliary will be held on Thursday next (March 1st) in the Masonic Hall.

P.-O. Inglis R.C.A.F. (former Public School teacher here) is in town visiting.

A carnival (Public School Annual) will be held on Saturday in the Arena.

Charles McDermott, lumberman, aged 41, residence 41 Bruce Ave., died in Porcupine General Hospital on Feb. 9 and was buried in Tisdale cemetery on Feb. 12th. He had no known relatives.

Born—To Mr. and Mrs. John Beaton of 156 Evan St.—a son—on Feb. 15th in Porcupine General Hospital.

Born—in Porcupine General Hospital on Feb. 18th—a daughter, to Mr. and Mrs. P. J. Macdonald, of Pine St., Timmins, in Porcupine General Hospital.

Mrs. R. C. Mitchell, of Crawford St. has been bereaved by the death of her father Veteran Richard Gregian who died at Port Arthur on Friday last aged 70 years. He was buried on Monday with military honours. He came from Cornwall to Canada some years ago—was a Boar War veteran, served from start to finish in the first world war and joined the Veterans Guards in Timmins in the second month of the present war. One son and two daughters in England survive and Mrs. Mitchell Canada.

Friends of Mr. T. Gibbons, of Bloor Ave., will wish him a speedy return to health. He has been ill for some time at his home.

Mrs. R. Singleton returned on Monday to her home in Toronto after visiting friends here.

Wren Audrey Jamieson from Nova Scotia is home visiting her parents on Main Street.

Mrs. Moore, of the Township office staff, is back from two weeks' holiday in Kincardine.

Seventy Charged With Lacking the 1944 Radio License

Sixty Paid \$2 and Costs Each in Addition to the Costs of the Licenses

The police court docket on Tuesday was one of the largest for some time. Seventy of the cases however, were for failure to have radio licenses for 1944. Mr. Empey a representative of the Radio Dept., was in town last Oct. and made what seems to be a very close check-up. The charges were apparently laid at his convenience or at the convenience of his department, not coming up in court here until Tuesday. In the meantime, however, some of the parties charged, brought licenses some of them doing this last October, right after his visit of inquiry. This did not save them from fine and costs the charge being that at the date of the visit here they did not hold the licenses as they should have done. A few fought the cases on this ground but they were treated the same as the others. The only variation was in the case of soldiers' wives who were charged. Their cases were remanded till called. There were eight of these two others being withdrawn, and sixty paying the fine of \$2 and the \$2.50 costs, a total of \$5.50 each.

Failing to stop at a stop sign cost \$1 and costs.

No chauffeur's license cost a man who operated a motor car \$10 and costs.

Three common garden variety drunks were assessed \$10 and costs each.

Illegal possession of liquor cost John Nowaska \$100 and costs.

Jules Roberge, in uniform, pleaded guilty to being drunk in charge of a car and was given ten days and his license to operate a motor car suspended for six months.

Two men were charged with illegally wearing the king's uniform when had a full uniform, but the law cov-

ers that point, it being illegal to wear anything that might be mistaken for the king's uniform unless a man is actually in one of the services. Both men claimed to have bought the uniforms, and this feature is being investigated. In the meantime the men paid \$25 and costs. One of them was fined \$50 and costs but the magistrate called this gentleman back and said that he was reducing the fine to \$25 and costs for each of them. "I'll give you \$25, that's all I've got," the man said, but he could not get away from the costs that way, as there are no bargain days in police court.

A charge of having a dog at large was dismissed.

Nick Barliko was remanded for a week on three charges of assault. One of the men alleged to have been assaulted by the accused was in court in apparently seriously injured condition. He had to be assisted up and down stairs, apparently being hardly able to walk.

On a charge of assaulting Mr. Geo. Alton, caretaker of the Reed block, Leo Cardinal was fined \$10 and costs.

That Body of Yours

By James W. Barton, M.D.

How the Body Handles Fat

When the overweight looks at himself in the mirror and sees how the shape of his body has changed from that of his youth he naturally thinks of fat tissue as something entirely useless in addition to being embarrassing. And excess fat is useless because it is not active, not performing any useful service to the body.

While it is true that excess fat is useless, a real disadvantage and danger, nevertheless fat tissue in normal quantities in and on the body is a valuable tissue; in fact of great value to the body.



When man was first created, he hunted and fished and then later began to eat grasses and herbs, later cultivating them. Because food was necessary to maintain life, food was the most important thing in a man's life, as it really is to-day. Nature therefore prepared man so that if he did not get food to-day, he could live on what he ate yesterday, that is on the fat stored in and on his tissues.

That Nature considers fat valuable is shown by the care taken by the body to use as much fat daily as is needed, and stores more fat first in the liver and later in fat depots in different parts of the body.

In his book, "Obesity" and "Leanness" Hugo R. Roney, M.D., tells how fat that is absorbed by the blood from the food is carried by the blood, (a) first to the tissues cells to be used at once, (b) then to the liver to be stored temporarily and acted upon chemically, (c) to the fat depots for lasting storage.

That some of the fat eaten at a meal is immediately used by the body is shown by the fat found in the blood and urine after eating fat food.

That the liver absorbs part of the fat just eaten is known from the fact that this organ which normally contains about 2 to 4 per cent fat, shows as much as 20 per cent a few hours after a fat meal; when "earmarked" fat is fed the fat of the liver shows characteristics of the earmarked fat. Twenty-four hours after fat feeding, the amount of fat falls back to what it was before the fat was eaten. This shows that the fat stored in the liver remains about the same but is changed with each meal containing fat.

That part of the fat eaten at a meal goes directly to the fat depots is known because again "earmarked" fat has been found in the fat depots a few hours after it has been eaten. Some fat goes directly to these fat depots even when but a small amount was eaten at the meal.

While it is interesting to learn that of every piece of fat eaten, some is used immediately, some goes to the liver to be stored temporarily, and some goes to the fat depots, it is more interesting to know just why in some individuals so much goes to the fat

depots and causes them to be overweight.

While much remains to be learned about why fat gets deposited in fat depots—under the skin, about various organs, covering the nerves, and in other parts of the body—it is known that the ductless glands and the nervous system affect the amount of fat deposited in these fat depots.

It has been found in shipwreck or other emergency that would deprive man of food, 90 per cent of the energy required to keep a man alive is supplied by this stored fat.

The lesson is plain. By eating less food, some of this stored fat in the depots will be used to maintain life and a gradual loss of fat is bound to occur.

NO SECOND THOUGHT

Somebody asked Bob Hope what went through his mind when he got his original view of Dorothy Lamour in a sarong. "I never gave it a second thought," he averred. "I was too busy with the first one."—Bennett Cerf.

NEW VEGETABLE SOYBEAN

Unquestionably the most valuable vegetable introduction of our generation is New Blackeye Vegetable Soybean, developed at Central Experimental Farm. Amazing merits already proven in thousands of Canadian homes by our customers since introduced in 1941. Without equal as a human food. Four times as much protein as wheat, rice or eggs, and twice as much as peas, pork or beef. Fat content equals best steak, and higher than pork.

Supplies more calories than any other common food, excepting butter. Approximately 20% fat and 40% protein. Either green or dry, is richer in food value than peas, beans or lima. Free of starch. Rich in calcium, iron, phosphorus, Vitamin A, B and G. You will be astonished at the many appetizing and delicious ways of preparing this wonderful vegetable. The extensive uses are described fully in our recipe folder sent free with your order.

(Pkg 10c) (¼ lb 18c) (lb 45c) postpaid. (Larger quantities by Express, not prepaid, at 35c per lb)

FREE—OUR BIG 1945 SEED AND NURSERY BOOK—Leads Again to DOMINION SEED HOUSE, GEORGETOWN, ONT.



How long is 3 weeks, Ivan?

• Hitler boasted he would smash Russia in three weeks . . . Ivan's courage, resourcefulness and fighting skill have already spun those three weeks into a third year.

What is three weeks . . . what is Time itself to Ivan but a succession of minutes, each one marked by the fall of a Nazi soldier.

We have helped Ivan destroy Hitler's time-table by sending planes, tanks, guns, shells, food. It is a proud thing to share even a little in Russia's triumph to this hour.

We who make high-proof alcohol for the smokeless powder in Ivan's high explosives also have a special way of measuring Time. In our plants, wholly converted to war production, we mark the passing of each hour by the thousands of gallons of high-proof alcohol flowing from our giant stills. Three weeks, three months, three years . . . it will go on flowing until the last Axis soldier has laid down either his body or his arms . . . in unconditional surrender!

THE HOUSE OF SEAGRAM

ALCOHOL FOR WAR IS USED IN SYNTHETIC RUBBER, MEDICINES, SHATTERPROOF GLASS AND OTHER PRODUCTS. EVERY SEAGRAM PLANT IN CANADA AND THE UNITED STATES IS ENGAGED 100% IN THE PRODUCTION OF HIGH-PROOF ALCOHOL FOR WAR.

Two years ago, we of The House of Seagram published this advertisement in tribute to the heroic Russian soldier. Today, we are repeating this message in renewed tribute to the millions of Ivans whose "courage, resourcefulness and fighting skill" have now freed Russian soil and beaten the enemy back to the very threshold of Berlin.

The House of Seagram

Boy Scout Hobby Show and Musicale

St. Anthony's Church Basement

Friday and Saturday, February 23rd — 24th.

ADMISSION:—Adults, 25 cents; Children under sixteen 10 cents. Children under Parents, Free

ONE WAY

Caller—"I never saw two children look so much alike. How does your mother tell you apart?"

One of the Twins—"She finds out by spanking us. Dick cries louder'n I do."—Sudbury Star.