

Dropped Between Stitches

Some one says, "A beastly day!" You don't feel a bit that way. Look around in swift surprise, day looks pleasing to your eyes—you've sunshine within.

In your heart a bubbly feeling, most exciting yet so healing. People telling tales of woe doesn't seem to hurt you though—you've sunshine within.

Daily work that pleases you, strength enough for all you do, time enough for needed rest every day brings joy and zest—you've sunshine within.

Glad each morn that you're awake, glad you've will and power to make lasting joys from little things (listen how that robin sings—you've sunshine within).

Self respect and peace of mind, looking forward not behind. Purged of discontent and hats, laughing at a hostile fate you've sunshine within.

—Wilhelmina Stitch.

Shssssssss! Don't look now folks, but it's snowing like the very dickens! What a shock to waken up this morning and find that we had to bring out winter overcoats (after saying a few fervent words of thanks for early spring, as there are holes in both heels) and put on a winter coat again. After working so hard last week to further the cause of the local Board of Trade in boosting the weather so that prospective visitors would not consider it necessary to bring fur coats and skis to the North country as late as July 4th, we feel this is a shameful "let down". However it's here again several inches of snow and a raw wind. The unseasonable weather of the last two weeks was simply grand while it lasted but to break, as it did, on Easter Sunday seems to be almost unfavorable for the frenzied shopping that took place the previous week. It was almost like Christmas in the stores on Easter Saturday, especially around the "accessories" counters. Can't quite figure this thing out, there seemed to be all kinds of money being spent on Easter finery, Easter gifts, flowers, potted plants, lilies and so on but still Timmins is about \$2,000 short of her quota for the Red Cross drive. It will be an awful reflection on the community if our quota is not reached when folk appear to be able to spend so much on other things, the majority of which could be done without in most cases. We hate to admit it but facts and figures make it appear as though people of the Porcupine have not yet realized what what total war means, we have a long way to travel yet before we could convince anyone, even ourselves, that we are right behind the people who have made every sacrifice even that of life itself. We have made a contribution second to none, when it comes to talking and "lip" service but the true test comes in the giving, especially when it means sacrificing something of our own personal comfort and vanity or pleasure. What about it, ladies? It isn't too late to make a start.

Wedding at Church of Nativity on Monday Morning

Miss Delores Sullivan and Leonard Belaire, R.C.N.V.R., United in Marriage

A pretty wedding was solemnized by Rev. J. R. O'Gorman at 9 a.m. on Monday, March 31st, in the Church of the Nativity when Delores Sullivan, niece of Mrs. Charles Roach, 70 Hemlock Street, became the bride of Leonard Belaire, R.C.N.V.R., son of Mr. and Mrs. S. L. Belaire of Ottawa. Given in marriage by Dr. A. P. Murtagh the radiant bride chose as her wedding costume a two piece peach wool crepe suit with dyed lynx fox collar and blue accessories. She carried a nose-gay of violets and carnations. The gift to the bride from the bridegroom was a strand of pearls. The bride was attended by her sister who chose a two-piece navy blue suit with pink accessories and carried a bouquet of carnations and daffodils. The bridegroom was attended by his brother W. I. Belaire. Following the ceremony the newlyweds, relatives and immediate friends attended a wedding breakfast at the McHenry Coffee Shoppe in Schumacher. The bride's aunt, Mrs. Charles Roach, received the guests, attired in a two-piece purple crepe dress and wore a corsage of daffodils. Also receiving was the groom's mother who wore an orchid two-piece dress with a corsage of roses. Out-of-town guests were the groom's parents Mr. and Mrs. S. L. Belaire; Mrs. M. Belaire the groom's grandmother, and brothers "Pat" and Master Freddie Belaire, all of Ottawa. The bride and groom left on the noon train on Monday to spend a short honeymoon in Quebec.

Brother Jonathan sat by the kitchen fire, Nursin' his foot on his knee. "It's a terrible fight they're havin' out there. But they can't give over to me" And Jonathan jingled the coins in his han'.

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

KEEP
Plenty of milk handy,
And here's a health tip:
Milk tastes dandy,
And gives you more zip!

If you're on the lookout for more energy and vitality, don't pass up fresh milk. It's the delicious way to store up stamina for when you need it most. Serve the whole family fresh Timmins Dairy milk every day. It's the one way you'll know they're getting a sufficiency of nutritional element so necessary to good health.

Timmins Dairy
Telephone 935

An atmosphere of Spring pervaded the hall, where flowers and Easter motifs were used for decoration. Pretty flowered cloths and dainty china added to the brightness of the setting. Winner of the afternoon tea cloth was Miss Carmen Guidice with ticket No. 39.

Serving at the tea tables were Mrs. Shaw, Mrs. Smith, Mrs. G. Starling, Mrs. C. Davidson, and Mrs. Wilkinson. On the kitchen committee were Mrs. J. Wilson, Mrs. C. Boyd, Mrs. Bert Richards and Mrs. J. H. Feltmate.

In charge of the well laden bake table was Mrs. Carrie Borland and Mrs. L. Mason.

Mrs. R. Hardy and Mrs. E. Tilley convenered the apron and novelty booth.

Congratulations and best wishes to Mr. and Mrs. Leonard Belaire who said "I do" in the Church of the Nativity last Monday morning. The newlyweds are spending a short wedding trip in Quebec and we join their many friends in wishing them much happiness and the best of luck!

The Twixters Club of St. Matthew's Anglican Church will be holding a social evening and sale of work in the church hall on Monday, April 9th, at 8 p.m. On the programme is a quiz contest and many good prizes, including a Silax coffee maker will be awarded to winning contestants. There will also be community singing, and refreshments will be served. This is the first venture of its kind to be sponsored by the club but a good evening's entertainment has been planned and an enjoyable time is promised for all who attend.

Canada's Foods for Health

1. Milk—Adults, 1/2 pint to 1 pint. Children, 1 1/2 pints to 1 quart.
2. Fruit—One serving of citrus fruit or tomatoes, or their juices, and one serving of other fruit.
3. Vegetables—At least one serving of potatoes; at least two servings of other vegetables, preferably leafy, green or yellow, and frequently raw.
4. Cereals and Bread—One serving of a whole grain cereal and at least four slices of Canada Approved Vitamin B bread (whole wheat or white) with butter.
5. Meat and Fish—One serving of meat, fish, poultry or meat alternates such as beans, peas, nuts, eggs or cheese. Also use eggs and cheese at least three times a week each and liver frequently.

While I believe that by giving the above information to readers I am helping sufferers from diabetes generally, I have in mind the fact that this organization stresses the dangers of overweight in those with a family history of diabetes and in others also. Some of the "gems" regarding overweight in The Diabetic Digest published by the Philadelphia Metabolic Association are: The Well Trained Diabetic is headed for a long comfortable life and is an economic asset. The Poorly Trained Diabetic is headed for catastrophe and is soon an economic liability. Shorten the Belt Line—Lengthen the Life Line. "Girth Control" pays big dividends: Longer, healthier life promoting freedom from diabetes, high blood pressure, and heart and blood vessel diseases. There are more rejections for life insurance for obesity than anything else.

The thought then is that overweights who have a family history of diabetes are actually inviting the coming of this ailment. Even when there is no history of diabetes, overweight not only invites diabetes but heart, blood vessel, and kidney diseases also. (Registered in accordance with the Copyright Act.)

Successful Spring Tea Given by Ladies' Auxiliary

On Easter Saturday, March 31st, the ladies of the Canadian Legion Auxiliary held their Spring Tea in the Legion Hall. This social affair was largely attended and visitors were welcomed at the door by Mrs. L. Nicholson, the president, and Mrs. McGarry.

Ottawa Sees Danger of Shortage of Firewood

OTTAWA—Ontario, Quebec, and New Brunswick are faced with a serious shortage of firewood for next winter. Munitions Minister Howe warned last week.

The Minister appealed to all municipalities in wood-burning areas to canvas their own local situation and make all necessary arrangements for sufficient production. He said that farmers and other fuelwood producers should cut as much as possible during the balance of this spring and in the early summer.

"We are faced with a situation similar to that of two years ago," said Mr. Howe. "Because of the shortage of labor, and because early snows shortened the normal winter cutting season in many sections not more than half as much firewood was cut as in

New Books Added to South Porcupine and Dome Library

Fiction

The Spy in the Room Clift D.
Turn to the Sun Duffield A.
Community Nurse Hancock L.
Carrying Place Mowat A.
The Colonels Lady Montgomery H.
Roger Sudden Raddall
Great Son Ferber E.
The Merrivals Colver A.
A White Bird Flying Aldrich E.
Keep Your Quilt Mary Ann, Beaton M.
Cluny Brown Sharp M.
Oasis Robertson W.
The Rat Began to Gnaw the Rope Grafton C.
Date With Danger Vickers R.
My Family, Right or Wrong Sousa J.
Song After Midnight Miller H.
The Saint on Guard Charteris L.
Hard Facts Spring H.

Non-Fiction

In Spite of All Wallace A.
We Live in Alaska Helmericks C.
When the Boys Come Home, Senior C.
All Our Tomorrows Reed D.
How Never to be Tired Ray M.
First Steps to Tokyo Griffin D. F.
Night is Ended Wallace J.
Primer of the Coming World Schwarzschild L.
Invitation to Health Johnson M.
Also some books for boys and girls.

That Body of Yours

By James W. Barton, M.D.

Most Rejections by Insurance Companies are for Overweight

Insulin was discovered by Drs. Banting and Best only twenty years ago and it has not only saved thousands of lives, but many of those lives have in turn contributed much to the happiness and prosperity of the world. Before the discovery of insulin, diabetics during the short span of life allotted them lived a miserable existence as they sought vainly to live on the starchless foods. To-day the diabetic can eat practically everything and many gradually get to the point where they can do without insulin.

For years before the discovery of insulin, Dr. E. P. Joslin had been teaching his patients, other physicians and the public generally that overweight was a cause or forerunner of diabetes and that where diabetes seemed to run in families, the members of the family could avoid diabetes by not allowing themselves to become overweight. Physicians giving annual health examinations who found that diabetes ran in the family of the patient were advised to point out the dangers of overweight and to assure the patient that by faithfully following a prescribed diet, he need not worry about diabetes.

I have spoken before of how H. G. Wells, the British author, (himself a diabetic), has contributed to the knowledge of diabetes and to its prevention by his numerous articles and helpful personal services to diabetics.

In Philadelphia was formed a few years ago the Philadelphia Metabolic Association whose membership consists of "anyone" interested in the problem of diabetes. Metabolic means the study of the building up and tearing down processes of the body. The objects of the Association are:

- (a) To educate the laity on recent advances and study of the management and control of diabetes.
- (b) To manage and help sponsor camps for diabetic children.
- (c) To arrange for public talks and discussion on the problem of diabetes.
- (d) To fully co-operate with the Committee on Diabetes of the County Medical Society.
- (e) To publish from time to time a journal for distribution to members and others interested in the disease.

The general membership fee is One Dollar per year, but associate, professional and contributing memberships allow those who wish to do so to contribute up to One Hundred Dollars. The address is Philadelphia Metabolic Association, 1530 Spruce Street, Philadelphia, Pa.

Canadian Red Cross Nutrition News

EAT THE RIGHT FOODS
(From Canadian Red Cross)

What are the right foods? Are they the foods we want to eat because we like them best? Possibly, but not probably; however they are the foods that nutrition authorities, after thoughtful study, have selected on a weekly basis as a pattern for a balanced Canadian diet. At the start of the war, the Canadian Council on Nutrition at Ottawa drafted a set of Food Rules to better our country's health standards, for now it is time to begin to prepare an efficient young Canada for the role she must fill in the future.

Dietary surveys conducted throughout the Dominion in 1938 and 1940 showed a glaring need for a reform in food habits at all income levels. In view of this it was decided that a working knowledge and practical application of sound nutrition should be presented to every citizen, so the Council drew up this list of recommended protective foods.

Eat them all every day and you'll be getting the right foods!

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If you are interested in obtaining a wall chart to hang in the kitchen for a daily reminder of the best Foods for Health, city residents may drop a line to or call their local Medical Officer of Health. Residents of smaller localities may send requests to the Provincial Department of Health, Parliament Buildings, Toronto 2, and copies will be sent free of charge.

If you like recipes, watch this space next week for a tasty milk surprise!

(Any enquiries on food and nutrition may be directed to the Nutrition Department, Ontario Division, Canadian Red Cross Society, 621 Jarvis St., Toronto).

Globe and Mail:—Those who know and love little Moosonee, up on the tip of James Bay, will be glad to know that, while the thermometer has gone lower in other Northern Ontario sections, it holds the reputation of providing the most consistently low temperature for the winter months. The hamlet hasn't much else to keep it in the public eye.

the previous winter. Yet in the previous winter of 1943-44, the finest cutting season in 70 years, the output was below normal.

"The shortage can be overcome and distress avoided if fuelwood producers cut as much as possible in the next few weeks."

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The Minister appealed to all municipalities in wood-burning areas to canvas their own local situation and make all necessary arrangements for sufficient production. He said that farmers and other fuelwood producers should cut as much as possible during the balance of this spring and in the early summer.

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Twenty Years Ago

One of the big features of twenty years ago in Timmins was the big automobile display here—the first of its kind held in this part of the North. Fourteen different makes of motor cars of 1925 were shown, including Jewett Star, Durant and Overland, as well as other cars that retain popularity to this day.

J. Heppleston, manager of the Timmins branch of the Arthur E. Moysey Co., stock brokers, received word twenty years ago that he was being transferred to the Ottawa branch of the firm. J. W. Wray, then accountant at the local branch, was promoted to the management. Gordon Black was placed in charge of the accounting department, and Sol Shankman went on as operator. A. E. Riddell was transferred to Montreal.

The Caledonian Society of Timmins then going strong as a social and fraternal organization staged a masquerade dance twenty years ago at the halling hall. T. Young, R. H. Gray, T. Twaddle and R. Dunsmore were in charge of the arrangements for the affair, which was voted as one of the best events given by the Society up to that time. The prize winners were Mrs. Jas. Cowan, T. Young, Miss Jean Roberts, L. M. Harris and Miss Paterson.

The Advance of April 1st, 1925, had the following paragraph:—"The sad news was received in town this week of the death of Mrs. Angus R. Wilson, mother of Mr. W. H. Wilson. The death took place on March 11th at Didsbury, Manchester, England; the late Mrs. Wilson being 73 years of age at the time of death. Interment took place at Kilmants, Ayrshire, her native Scottish town, on March 18th. The late Mrs. Wilson was well known and very highly esteemed in South Porcupine during the years 1918 and 1919, which she spent visiting her son W. H. Wilson, then at South Porcupine. She will be remembered with special affection and regard for her faithful and effective work for the Red Cross."

The annual meeting of the Loyal-Conservative Association of Timmins was a big event twenty years ago. There was great interest and enthusiasm shown by the large crowd that turned out for the meeting. R. D. Robertson was the retiring president, and the officers elected for the ensuing year were as follows:—Honorary president, Hon. Arthur Meighan; honorary vice-president, Hon. G. Howard Ferguson and J. Ray O'Neill; president, Geo. A. D. Murray; vice-presidents, S. A. Caldwell, J. P. Bartleman, G. A. Macdonald, L. S. Newton, R. D. Robertson; J. K. Moore, secretary-treasurer; H. A. Hucklebone, R. Bannto, S. R. McCoy, W. A. Field, M. Sally J. T. Hefferman and Dr. A. S. Porter, members of the executive. Recommendations passed along to the provincial government by the meeting included the asking of an early start on road work in the district; approval of the building of the road between Timmins and Matheson as urged by the Matheson Conservative Association and endorsed by local boards of trade.

In regard to the matter of the road work referred to in the above paragraph The Advance had an editorial article twenty years ago. In this editorial The Advance said:—"In years past it would appear that the Ontario authorities have made a practice of so wasting time in the early part of the season that road work in the North has never been carried through with the despatch and economy that it might have been. The season is always so far advanced before actual work is undertaken on the roads that either the work has to be suspended before completion on account of weather conditions, or else attempt is made with loss of time and satisfaction, to carry on despite the weather. The season for road work in the North Land is not any too long at the best. An early start on the roads to be built or repaired is imperative. During the months that are passed the government has had ample time and opportunity to make decisions and arrangements regarding the roads to be built and repaired. Everything should be ready so that as soon as weather conditions permit, active operations may be commenced. This is the only practical and economical way, and the sooner the government recognizes this fact the better for all concerned."

The Connaught settler who was charged with criminal negligence in connection with the death of a man whose name was found to be John Shinuk, was found "not guilty" by a jury at the district court at Cochrane twenty years ago. In discharging the

Sees Danger to Canada in the Baby Bonus Plan

(Simcoe Reformer)

A warning was uttered in the Ontario Legislature by Dr. R. Hobbs Taylor of Huron County that the "indiscriminate bonusing" of families under the Family Allowances Act presented the danger of citizens of low mental calibre reproducing moronic children. He warned that Ontario and other provinces would be forced to build more hospitals to take care of the "indiscriminate stimulation" in the birth rate of this group of citizens. He estimated that there were 35,000 homes in Ontario composed of this type of person and he added: "I am concerned, not only as a medical man but as a representative in this legislature of the type of citizens who are proud of the fact that they have been able to bring up their children without the aid of Government bonus and feel that they can do so in future without this kind of assistance. Are these citizens going to be penalized by this baby bonusing by a group of people who from a medical stand-point are not competent to raise vigorous and healthy Canadians?"

RELIEVED

"Now," she asked, "is there any man in the audience who would let his wife be slandered and say nothing? If so, stand up."

A meek little man rose to his feet. The lecturer glared at him. "Do you mean to say you would let your wife be slandered and say nothing?" she cried.

"Oh, I'm sorry," he apologized; "I thought you said slaughtered."—Exchange.

Catch Up on Your Darning

Among the local and personal items in The Advance twenty years ago the following will be of interest:—"Mr. Ivan Stadelman visited at Cobalt last week." "Mr. Doner, representative of The Financial Post of Toronto, was in the camp last week on business in connection with that well-known financial newspaper." "Born—in Timmins, on March 30th, 1925, to Mr. and Mrs. William C. Kilgore—a son." "Mrs. F. E. MacLaren and son, Wallace, of Winnipeg, are visiting Mrs. MacLaren's brother, W. B. Nicholson of Drinwater Pit." "Mr. E. F. King, postmaster at Timmins, is on a visit to Toronto." "W. B. Nicholson, mayor of Drinwater Pit, reported to The Advance having heard over the radio on Sunday night from Station 6KW, Tulunco, Cuba. This station is a station seldom reported as heard in this district. Before broadcasting the announcer at this station has a rhyme that he runs over as follows:—If you want to tune in on Timminuc just tune in and listen to the cuckoo. At the station there is a cuckoo that is heard at the beginning and the end of each broadcast." "Messrs. Ludford and Skelly have opened a new general painting business at 134 Spruce street south and are prepared to offer the very best in sign, auto and house painting with interior decorating a specialty." "All will regret to learn that Mr. J. D. MacLean, assistant town engineer, is again confined to his home through illness, and the wishes for his early and complete recovery are very general and very sincere."

Ottawa Journal:—The physical Germany must be in a dreadful mess. This is something Hitler and his dear people didn't count on when every morning brought them a new victory and every mail brought rich loot from conquered lands.

RENEWAL OF UNEMPLOYMENT INSURANCE BOOKS

To All Employers:

All Unemployment Insurance Books for the year ending March 31st, 1945, must be exchanged for new books.

Kindly communicate immediately with the nearest Employment and Selective Service Office if you have not already exchanged your employees' books.

There are severe penalties for failing to make Unemployment Insurance Contributions for your insured employees and for failure to renew the Insurance Books as required.

To All Employees:

If you are an insured person protect your benefit rights by seeing that your Insurance Book has been exchanged.

UNEMPLOYMENT INSURANCE COMMISSION

HUMPHREY MITCHELL, Minister of Labour

LOUIS J. TROTTER, R. J. TALLON, ALLAN M. MITCHELL, Commissioners.

DW 45-3-E


CATCH UP ON YOUR DARNING

WHILE GILLETT'S CLEARS THE DRAINS!

● Drain clogged—but you don't have to clean it! Let Gillett's do it—and sit down for a spell. Gillett's clears out the mess—water flows through again! A grand cleanser too—dirt and grease can't stand up to it. Get some—it will save you a lot of work!

FREE BOOKLET!—Send today to Standard Brands Ltd., Fraser Ave. & Liberty St., Toronto, Ont., for your copy of the Gillett's book that tells you how Gillett's clears traps and drains—destroys contents of outhouses—cleans and sterilizes—makes grand soap and helps you in a dozen other ways. It's FREE!

MADE IN CANADA



Quick Thrifty Delicious

Beef Upside Down Pie

1 1/2 cups flour
1 tsp. salt
1 tsp. celery salt
1/2 tsp. white pepper
5 lbs. shortening

3/4 cup milk, or half milk and half water
1/4 cup sliced onion
1 can condensed tomato soup
1/2 lb. ground raw beef

3 tsp. Magic Baking Powder

Sift together flour, baking powder, 1/2 tsp. salt, celery salt and pepper; add 3 tablespoons shortening; mix in thoroughly with fork. Add milk and stir until blended. Melt remaining two tablespoons shortening in 9" frying pan, and cook onions until soft. Add tomato soup, remaining 1/2 teaspoon salt and ground meat; bring to boil. Spread baking powder mixture on top of meat mixture and bake at 475°F. for about 20 minutes. Turn out upside down on large plate. Serves 5.

MADE IN CANADA

