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WANTED

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

HOUSES FOR SALE

ROOMING HOUSE, 9 ROOMS AND 3-Room house for sale. Small down payment; balance payments less than rent. Apply 7 Kirby Ave. —23p

Kusti Tasanko Buried on Tuesday of This Week

South Porcupine, June 13th, Special to The Advance.

The funeral took place on Tuesday afternoon of Kusti Tasanko, from the Pentecostal Tabernacle on Golden Avenue, with Rev. Heinenon, of Timmins officiating.

He deceased, aged 55, had worked with the Wicks Lumber Co. in Adams Township about 16 miles from Timmins.

The man was reported drowned on June 3rd. He had been working on the logs in the dam at Fulham Creek and had fallen beneath the logs. Lumbermen searched for the body without success for a week, but on Sunday it was found 600 yards below where he had fallen.

The late Kusti Tasanko was born in Finland and was not married. A brother Mr. V. Tasanko, and wife, live at 14 Golden Ave., S. Porcupine.

Coroner Minthorn released the body for burial and gave the date of death as May 31st. The man had no chance of survival as the current was swift and the logs closely jammed together. A cousin in Sudbury is the only other surviving relative.

Interment took place in Tisdale cemetery and funeral arrangements were carried out by Hunkin's Funeral Service.

Mrs. Timothy Egan Dies in Cochrane Hospital

(From Cochrane Northland Post.)

The death occurred in Lady Minto Hospital last Thursday in her thirty seventh year, of Mrs. Timothy Egan, born Marion Cora Cushing, in Sault Ste. Marie, Ont., she was the daughter of Mr. and Mrs. F. Cushing, of that city.

She attended St. Ignatius School in the Soo, and then Notre Dame de Lourdes Convent, Sturgeon Falls. The family moved to Cochrane in 1922 (residing here until 1941 at which time they moved to Timmins), and here deceased married T. L. Egan in 1936.

The late Mrs. Egan was a member of the Ladies Auxiliary of the B. R. T. and of the Catholic Ladies of Cochrane.

Surviving are the widower and parents, and five children: Patsy, eight; Billy, seven; Danny, five; Katherine, four and Henry, two and a half years of age. Also surviving are six brothers and four sisters: Oscar and Edgar in the Canadian Army overseas; Henry, in the Q. O. R., recently returned from overseas; Frank, Roger and Patrick of Timmins; Velm (Mrs. W. E. Crooks of Drumhead, N. S.) Loretta (Mrs. James Kirkwood), Marie (Mrs. Stanley Sokoloski) and Irene (Mrs. Thomas Bohnah), all of Timmins.

The funeral service was conducted in the Church of the Transfiguration Sunday morning by Rev. Fr. A. Cournoyer, and interment followed in the Catholic cemetery here. Pallbearers were three brothers, Frank, Roger and Patrick Cushing of Timmins, Mr. James A. Egan of Ottawa, Mr. Dan Egan and Mr. J. A. Rheault of Cochrane.

Attending the funeral from out-of-town in addition to those mentioned were Mr. James Devine of North Bay, and Mrs. James Burke of Timmins.

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Do you require a **PERSONAL LOAN** to pay your Vacation Expenses or for any other useful purpose? Apply to nearest branch of **THE CANADIAN BANK OF COMMERCE** —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

Chief Desroches, of Ansonville, was a visitor to Timmins this week.

Miss Florence St. Arman, of North Bay, was a Timmins visitor this week the guest of friends here.

Miss Ruth Haystead left last week for St. Catharines, where she will do farm work for the season.

Flight Sergeant D. B. Baker, R.C. A.F., returned last week to his station at Vancouver, B.C., after spending a leave at his home in town.

Pte. E. Landers, who recently returned from overseas, left last week for Toronto to report, after a visit at his home here.

Mr. and Mrs. Arnold Wilson, of Fort William, were visitors to Timmins last week, the guests of friends in town and district.

Mr. and Mrs. A. F. Simms and daughter, Doris Rae, of Englehart, were recent visitors to Timmins, the guests of Miss Margery Simms.

Mrs. J. Biron and three children, of Three Rivers, Que., are spending a few months with Mrs. Biron's parents, Mr. and Mrs. F. Poulin, Birch street.

Mrs. Ed. Thur and little daughter, Dianne, have returned from Toronto where they spent some time visiting friends and relatives and where Dianne took specialists' treatment at the Hospital for Sick Children.

Among the Cobalt items in The Northern News last week was the following of local interest:—"Mr. and Mrs. E. Domanski left last week to take up residence in Timmins. Mr. Domanski has been manager of the local branch of the Gamble-Robinson Co. for some time. Mr. Domanski has been replaced by H. W. Edey, of Timmins."

Mr. Stan. Andrews, who for some time was the popular and genial manager of the Broadway theatre, and whose able conduct of "Photo Night" was one of the highlights of the entertainment week here, motor-cycled to Timmins from Sudbury on Monday and spent a few days in town, being warmly greeted here by old friends. Stan expressed regret that he wasn't able to get to town in time for the Kiwanis meeting, being an ardent member of the Kiwanis, and remembered here for the amount of good work he did for the club. Stan is now manager of the Capitol Theatre, Sudbury, one of the Famous Players' theatres.

Hold "Mother and Daughter Banquet at South Porcupine

South Porcupine, June 13th, Special to The Advance.

The Canadian Girls in Training of S. Porcupine United Church held their Mother and Daughter banquet on Friday, June 8th.

The C. G. I. T. Grace was sung at the commencement of the banquet. The Leader, Miss Ruth Pritchard, moved a vote of thanks to members of the W. M. S. for catering for the banquet.

The president—Flora Reed—proposed a toast to the King, and the National Anthem was sung in response.

Mabel Draper proposed the toast, "Our Church," Rev. J. C. Thompson replied in fitting manner to "Our Mothers," and Mrs. J. Ostrom responded.

Mrs. D. Reed proposed a toast to the girls, and the girls responded by rising and giving the "C. G. I. T. purpose."

Miss B. M. C. Shaw was guest speaker. In her own inimitable way she spoke to the girls taking "Who is my neighbour," as her theme. The girls and guests listened attentively and enjoyed this talk to the full.

Sybil Ostrom moved a vote of thanks to Miss Shaw which was wholeheartedly given.

Dorothy Whitton acting on behalf of the C. G. I. T. presented Rev. J. C. Thompson with a book in appreciation of his friendly help to and interest in this group of girls while he was (and is) minister here. Dorothy performed this pleasing ceremony in a very nice way.

Flora Reed, also acting for the group then presented Miss Ruth Pritchard

CONSUMER'S RATION COUPON CALENDAR

JUNE

COUPON VALUES

SUN	MON	TUES	WED	THURSDAY	FRI	SAT
3	4	5	6	7 Butter Coupon 109 Valid	1 2.	8 9
10	11	12	13	14 Butter Coupon 110 Valid	15	16
17	18	19	20	21 Butter Coupon 111 Sugar Coupon 60 Preserves Coupons 57-P1 Valid	22	23
24	25	26	27	28 Butter Coupon 112 Valid	29	30

Timmins Chapter I. O. D. E. Observes 25th Anniversary

The lounge room of the McIntyre Arena was the scene of a very delightful Luncheon and Bridge on Wednesday afternoon when the members of the Timmins Golden Chapter, Imperial Order Daughters of the Empire, gathered to celebrate their 25th anniversary as a Timmins Chapter.

It was ably convayed by the regent Mrs. Carriere, assisted by Mrs. H. Leng, Mrs. Mackie and Mrs. Robinson. The luncheon was preceded by the singing of "God Save the King" and followed by an address of welcome by the regent Mrs. Carriere, and by the honorary regent Mrs. Keene, who read the original charter given to Mrs. J. A. McInnis who organized and was the first regent of the I. O. D. E. in Timmins 25 years ago. Other charter members present were Mrs. A. F. Carriere and Mrs. Robert Allen.

A minutes silence was observed in memory of the following members who have passed to the Great Beyond:—Mrs. Hoggarth and Craig, Mrs. Studor, Mrs. Perrault, Mrs. Faithful, Mrs. Watt, Mrs. Leek, Mrs. M. B. Scott, Mrs. Lawlor, Mrs. Aiken. Mrs. McInnis expressed her pleasure and satisfaction at the growth of the Chapter's activities and the great work it is accomplishing.

Among those present were:—Mrs. A. F. Carriere, Mrs. C. Chase, Mrs. H. Tonkin, Mrs. P. Conway, Mrs. John Dalton, Mrs. Wm. Mackie, Mrs. H. Leng, Mrs. G. Shippan, Mrs. R. Taylor, Mrs. J. Theriault, Mrs. Jack Newton, Mrs. Joe Newton, Miss E. Terry, Mrs. L. Cousins, Mrs. Dickson, Mrs. Gells, Mrs. Gibson, Mrs. H. Graham, Mrs. T. Marriott, Mrs. H. Darling, Mrs. L. Halperin, Mrs. D. Chisholm, Mrs. M. Capps, Mrs. C. Pozzetti, Mrs. Carpenter, Mrs. Booker, Mrs. Huxley, Mrs. T. E. Pritchard, Mrs. S. McCoy, Mrs. R. P. Smith, Mrs. I. K. Pierce, Mrs. A. Moran, Mrs. R. S. Anderson, Mrs. J. Keene, Mrs. J. A. McInnis, Mrs. M. Brown, Mrs. M. Shaheen, Mrs. M. McGuire, Mrs. Souci.

Guests at the luncheon were:—Mrs. Joe Newton, of Toronto, formerly of Timmins; Mrs. R. S. Smith, formerly Regent of the I. O. D. E. Chapter at Englehart, and Mrs. M. Brown, of the Margaret Gage Burkholder Chapter at Hamilton.

The bridge prizes were won by the following:—1st prize, Mrs. D. Chisholm; 2nd prize, Mrs. Tonkin; Consolation, Mrs. H. Darling.

At the table of nines:—1st prize, Mrs. C. Pozzetti; consolation, Mrs. Dickson.

The door prize was won by Mrs. McGuire and the lucky prize by Mrs. Chisholm.

Mrs. A. F. Carriere was presented with a beautiful bouquet of flowers.

Miss Webster, Speaker at St. Matthew's Guild

The Ladies' Guild of St. Matthew's Church met in the Church hall for their regular meeting, Monday evening, June 11th.

Several social activities for the summer months were discussed. Plans and dates will be announced shortly for a garden party, picnic, etc.

Instead of the usual work period the ladies were privileged indeed to hear Miss Webster of the Victorian Order of Nurses speak on the splendid work of the V. O. N.

A tasty lunch was served by the hostesses for the evening, Mrs. M. Holland and Miss Payntor.

Those present were:—Miss Webster, V.O.N., Mrs. F. Melville, Mrs. S. Wheeler, Mrs. P. Reid, Mrs. H. Gridley, Mrs. R. McTaggart, Mrs. F. Read, Mrs. R. Jackson, Mrs. J. Knell, Mrs. J. Maxwell, Mrs. E. Everly, Miss Hawkins, Mrs. T. Glaister, Mrs. C. Rodda, Mrs. W. Stephens, Mrs. E. Paterson, Mrs. W. Culver, Mrs. M. Holland, Mrs. W. Kevan, Miss M. Payntor, Mrs. J. Webb.

Globe and Mail:—Strange news from China in its present desperate condition indicates a continued demand for translations of modern literature produced in England and America. It is hard to shake the poise of the cultured Chinese.

with a lovely leather writing case as a token of love and esteem. Miss Pritchard has been leader of this group since she came to S. Porcupine as a Public School teacher, and has been most efficient and faithful in her unselfish work with them. This gift was also a token of farewell as she will soon be leaving for other fields. The singing of "Tape" brought a pleasant evening to a close.



By James W. Barlow, M.D. Overweight and Control of the Appetite

That Body of Yours

When the reducing of weight for health and "beauty" purposes first started, the general instructions were simply to eat less food and this would prevent any further gain in weight. It was pointed out that if less food than was needed was eaten, the body would use up the excess fat for food, and this is still the main thought in all methods of reducing weight.

The next thought in weight reduction was the pointing out to overweighters that certain foods—fats and starches—being chiefly fuels or energy foods, should be reduced in amount as any of these foods, not used up by the body, were stored in the body as fat, whereas other foods such as proteins—meat and fish—did not get stored as fat even if eaten in large quantities. Since that time, and for all time to come, the reducing diet will always mean cutting down on starches and fats, and eating the usual amount, or more, of meat and fish.

Then it was realized that some cases of overweight were caused by the lack of the juice or extract of certain glands in the body—thyroid, pituitary, adrenal and sex; and that the distribution of fat on the body, its accumulation on certain parts told the exact gland or glands that were at fault. The use of these various gland extracts obtained from animals is very effective in the treatment due entirely or in great part to lack of these juices in the body. However, as perhaps only five percent of the cases of overweight are caused by lack of gland juice, it means that there are still 19 of every 20 overweighters that cannot be helped by this method.

Then came the use of the drug dinitrophenol, first suggested by outstanding physicians in California. This drug stimulated all the body processes so that not only was the food eaten rapidly burned but also the excess fat and some of the other body tissues also. Unfortunately, as dinitrophenol was a "new" drug to many, there were very few if any tests made to find out if the individual was allergic or ever-sensitive to dinitrophenol and a number of cases of cataract occurred.

To-day the new idea in preventing or reducing overweight is the use of drugs to reduce the appetite or desire for food. Two of the drugs, as mentioned before, are amphetamine (benzedrine sulfate) and digitalis. Both these drugs, while reducing the desire for food, have a stimulation effect upon the individual which not only carries him along until the next meal but causes him to willingly do physical work or take exercise which likewise removes excess fat from the body.

In the American Journal of Medical Sciences, Philadelphia, Drs. N. H. Colton, H. I. Seagal, A. Steinberg, F. R. Schechter, and N. Pastor, state that notwithstanding all the various methods now in use, cutting down on the food intake is still the underlying or basic idea in all successful attempts to reduce weight. However, cutting down on the food intake over a long period of time is exceedingly difficult in most cases without the aid of some agent that reduces or depresses the appetite. They treated 300 cases of overweight by cutting down on food intake and use of a drug to reduce the appetite. They found that the appetite was best controlled by dextroamphetamine, although amphetamine (benzedrine sulfate) and propandrine hydrochloride were found to be effective. Treatment aimed at teaching the patients so that they would have less desire for foods with high fuel value such as butter, cream, potatoes, bread. The greatest weight loss was during the first month averaging 2 1/2 pounds a week.

The point then is that while cutting down on the amount of food eaten is still the best and safest method of reducing weight, the use of a drug to reduce the desire for food may be necessary in certain cases.

APOLOGY!

"So sorry," he murmured. "Careless of me. Let me help you up. So sorry." "Never mind all that," returned the old lady, curtly. "Will you please tell me which way I was facing before I was knocked down." Sudbury Star.

Where are All the Dress Shirts Since the War?

(Vancouver Province) What became of thousands of dress shirts discarded during the war? In Britain the Women's Voluntary Services collected them and cut them up for children's wear. The material in them generally was better than anything new available in wartime Britain.

Those starched fronts that used to gleam across the dinner table were used to rebind books. Here, again, the material was better than anything else obtainable, at a time when old books took on a new and practical value during the paper and canvas shortage.

This shortage will continue for some while yet. Old dress shirts are still very much in demand.

Price of Beer Soon Came Down Again to 21 Cents

There was some excitement in some circles in town last week when the word was passed along that beer had been raised from 21 cents to 25 cents per bottle. Many beer drinkers did not like the idea, and had all sorts of remedies figured out. Some decided to confine all their beer drinking to draught beer which had not been raised in price. Of course, there were some who blamed it on the provincial government and thought it a mean thing to raise the price of beer right after the government's majority had been so effectively raised. And of course there were those who blamed it on the Ottawa government. These had a little more reason, as the action of the Wartime Prices and Trade Board in lifting the ceiling price on beer made the raise possible. It was the Ontario Liquor Control Board, however, that settled the matter without drastic measures such as people drinking only draught beer or a man cutting off his beer to spite his pulse. The L. C. Board simply announced that the supply of beer to Timmins and neighbourhood would be shut off so far as the beverage rooms were concerned, if the price of beer did not return to its former level. And the price of beer at once went down again. And so is the beer.

POOR LIKENESS

Gilbert Stuart, the celebrated portrait painter, once met a lady in the street in Boston, who saluted him with:

"Ah, Mr. Stuart, I have just seen your miniature and kissed it because it was so much like you."

"And did it kiss you in return?" "Why no." "Then," said Stuart, "it was not like me." —North Bay Nugget.

Winners in the Ladies' Golf Played on Saturday

The ladies section of the Timmins Golf Club took part in a putting competition Saturday afternoon. Winner in the first flight was Mrs. E. B. Weir and in the second flight, Mrs. W. A. Jones. The nine hole competition was won by Mrs. F. Woodbury. The first round of the Robinson and Fogg trophy will be played next Friday, June 15th.

QUESTION FOR ANSWER

The sales manager and the advertising manager were arguing the relative importance of their departments. "Can you show me," challenged the sales manager, "a single order that advertising ever put on our books?"

"I think I can," was the answer, "if you'll first answer one for me. Can you show me a single load of hay that the sun ever put in a barn." The Open Book

HARD TO TELL

A witness was being questioned during a charge of assault.

"You saw these men fighting," said the magistrate. "Why didn't you go to the assistance of the defendant?" "Well, sir," replied the witness, "at that time it was impossible to foresee which would be the defendant." —North Bay Nugget.

PERHAPS NOT

"I knew an artist who painted a cobweb so realistically that the maid spent hours trying to get it down from the ceiling."

"I just don't believe it."

"Why not? Artists have been known to do such things."

"Yes, but not maids." Globe and Mail.



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All over Canada, in cities, towns, villages and on farms, hundreds of thousands of men and women watch for the postman to bring dependents' allowance cheques as other people look for pay-day. They are people of all ages whose breadwinners are away on active service. They include returned men not yet back in civil life.

And soon there will be hundreds of thousands more back from the war. They will receive cheques to help them buy civilian clothes, to go to college, to get technical or vocational training, to start in business for themselves, or to set up as farmers or fishermen.

The banks have to be prepared to cash all official cheques for these and a dozen other purposes—and to do so anywhere in Canada without charge. In fact, the banks supply Canada with the nationwide machinery to facilitate a grateful country's plans for restoring service men and women to civilian life.

This is a tremendous task. It will entail a vast amount of bookkeeping. But you can be sure that your banks will take it in their stride without impairing regular banking service.

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