

## 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.

### MAID WANTED

Wanted—Maid for general housework for one month. To be available this week. Mrs. M. E. Williams, 55 Hemlock Street. Phone 160 —20P

### FOR SALE

Licensed hotel. Fully furnished. Building Occupied as apartments and store, in good condition. Rental \$200.00 per month. Terms 8-roomed dwelling \$7,500. Good location. In good condition. Lots for Sale.

SULLIVAN & NEWTON  
INSURANCE - REAL ESTATE  
MORTGAGES  
National Housing Act Loans  
21 Pine St., N., Phone 104, Timmins

### PERSONAL

#### THE KAWARTHAS ARE CALLING

Here's your chance to win lovely Honeysuckle Lodge in the heart of the Kawarthas. Yours for keeps if you hold the lucky ticket in the Rotary Draw on July 21. Only 30 feet from the water's edge at popular Thurstonia Park, Honeysuckle Lodge has 4 large bedrooms, large living room, maid's quarters, kitchen, large screened and glassed verandah overlooking Sturgeon Lake; garage. Furnished complete except for bedding. Only 89 miles from Toronto. Don't miss this one. Tickets 50c or 3 for \$1. Proceeds for Rotary Crippled Children and Community Fund. Send postal note today to Rotary Cottage Draw, P. O. Box 8, Lindsay, Ont. Tickets forwarded by return. —25-26-27-28.

### LIBRARIAN WANTED

Wanted—Assistant librarian, graduate of a library school, required to take charge of the children's section of the Timmins Public Library. Applicant will be expected to conduct a children's story hour and will be employed part time in the adult section under the direction of the chief librarian. Duties will commence Sept. 1st, or as soon afterwards as possible. Please give qualifications and experience in detail. Salary to start \$1200 per year for minimum qualifications and \$1320 per year for maximum qualifications. Address—The secretary, Timmins Public Library, Municipal Building, Timmins. —26

### CARD OF THANKS

WILSON—Harry Wilson and family of Windsor gratefully acknowledge the many kind expressions of sympathy extended to them in their recent sad bereavement, and wish to express to all their sincere thanks and deep appreciation. 26S

### HAD GOOD REASON

Two crows were flying around Southern England and were overtaken by a Doodlebug (Flying Bomb). Said one crow: "Gee, that fellow is in a mighty hurry." "Sure," said the other—"So would you be if your rear end was on fire."—South Pacific Mail

### PRETTY SOFT

A small boy evacuated from London had his mother to visit him. She asked him how he liked his new home.

"Gosh, mum," he replied, "the lady treats me like a toff. She won't let me help her, and I don't even have to tell the landlady she's not in."—Sudbury Star.

### STORAGE

Care and protection in modern warehouse. Special plane room.

STAR  
TRANSFER

Phone 427

### FINANCIAL

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**

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.

### POLICE CONSTABLE WANTED

Applications will be received up to July 5th for the position of Police Constable for a local municipality. Apply Employment & Selective Service Office, Timmins, Ont. Refer to File 7509. —23

## LOCALS

Mrs. C. Brethour, of Sudbury, was a Timmins visitor last week.

Flying Officer Don Hardy, R.C.A.F., is spending a leave here.

Miss Jean Poupore was a recent visitor to her home at Thornloe.

W. Mortson, of Latchford, was a Timmins visitor last week, coming here for treatment for eye trouble.

Mrs. A. S. Porter visited relatives and friends at Powassan last week on her way to Ottawa.

Mrs. H. Nelson visited her mother, Mrs. D. McKinnon, at Cochrane, last week.

Mr. and Mrs. Byrne Carmody, of Smooth Rock Falls, were recent visitors to Timmins.

Mr. and Mrs. G. P. Fraser, of Sudbury, spent a few days this week with friends in Timmins.

Might Lieutenant M. F. Williams, who is stationed at Trenton, is home on leave from the R.C.A.F.

Pit. Sergt. John C. Jeffrey, son of Mr. and Mrs. Peter Jeffrey, is home on leave after overseas service.

W. O. Happy Blow has reported back to Christie Street hospital for further treatment after a leave at his home here.

Private Stephens, who recently returned from overseas, left a few days ago with Mrs. Stephens to visit relatives and friends at Massey, Ont.

Mrs. C. S. Darden left this week for Johnston, Pa., U.S.A., after an extended visit with her mother, Mrs. Latham, Mountjoy, Street, south.

His many friends here will be pleased to know that P. M. Bardesson, who is in Toronto for special medical treatment, is making satisfactory progress to recovery.

L.A.C. Angus MacLean, son of Town Engineer J. D. MacLean and Mrs. MacLean, is among those on leave here after service with the R.C.A.F. overseas.

Mrs. Jesse A. Stewart, of St. Petersburg, Florida, is spending a holiday with her daughter Mrs. Alex. Borland and her sons, Ernie and Gordon Pooley.

Fifteen Timmins men who have been on overseas service returned last week-end on leave, while several more came here the beginning of this week.

Lieut. Herbert Langdon, son of Mr. and Mrs. W. O. Langdon, Timmins, arrived home this week after several years' service overseas much of it in the thick of the fighting in Italy.

Miss Ann Osborne, of Kapuskasing, who recently graduated from the Timmins Business College, has returned to Kapuskasing where she has a position in the main mail office of the Spruce Falls Pulp & Paper Co.

Sapper J. Robinson, who returned recently after over five years' service overseas, and who reported at Toronto to a couple of weeks ago after spending a leave at his home here, came back from Toronto last week having received honourable discharge from army service.

Corporal John Neame, son of Mr. and Mrs. Austin Neame, is one of the many Timmins soldiers returning to Timmins this week after service overseas. He was taken prisoner by the Nazis at Dieppe, and spent the time since that in a prisoner-of-war camp in Germany until released when the Allies swept over Hunland. Despite his unpleasant experiences in the months after Dieppe, Corporal Neame is looking well and is being warmly welcomed home by his hosts of friends here.

Schoolboy Howler—People who collect stamps are known as philanderers.

## Sleepers and Diners in "Home from the War" Specials



**RESERVED FOR HEROES:** Nobody looking at the smiles that wouldn't come off on these soldiers digging into a chicken dinner on a Canadian Pacific Railway diner or watching the reunion of this airman with the two-and-a-half-year-old son he had seen only as a new-born infant could complain about the switch-over of sleeping and dining cars from ordinary travel to speed the return of active service personnel from the war. In the two-day period when these pictures were taken (June 16-17), there were 2,000 servicemen handled through Montreal on seven C.P.R. trains.

## List of Promotions at the Timmins H. and V. S.

(Continued from Page One)

MacDonald, Randall MacInnis (Math.), Kay MacLeod (Math.), Irja Maki, Jacqueline Mallory, Lilly McKay, Buddy Menard, Donald Menard, Beryl Menear, Betty Mills, Eulalie Morris, Alex Nastasuk, Peggy Nolan, Bill O'Gorman, Keith O'Gorman (Math.), Sylvia Paslawsky, Marjory Platts, Olaf Pollon, Bill Potvin (Lat.), Joe Power, Gabriel Prest (Hist.), Dennis Roberts, Helene Rochefort, Dave Rose, Charles Scott (Lat.), Yves Sequin (Hist.), Norma Shankman, Hugh Sheridan, Elsie Shepherd, Myrna Smith (Fr. Lat.), Art Southam (Math. Lat.), John Sporer, Gwen Springham, Eileen Stickley (Hist. Geog.), Ringandas Syvelnis (Music), Joyce Thorburn (Geog.), Sam Torlone, Albert Treff, June Trumble, Jack Tyrell, John Vintar (Math. Lat.), Pat Webber, Ann Wilner (Geog. Hist.), Barbara Wolno (Geog. Math.), Allan Jender, June Elliott (Math.).

Below are shown the names of those pupils who have been promoted to the next grade. Where the name of a subject follows the pupil's name, he or she has been given a condition in that subject.

### G 11

Lucille Alarie, Ronald Andrews, Doris Archer (Alg.), Lucien Belair (Alg.), Beulah Blackmore (Hist.), Ronald Briggs, Ida Cadeau, Bob Cain, Joan Carson, Helen Channen, Bob Chase, Jack Craik (Alg. Music), Eunice Desjardins (Hist. Alg. Phys.), Fleurette Dubien (Hist. Phys.), Donald Duggan, Morris Feldman (Eng. Hist. Fr. Lat.), Jack Gibson, William Gordon, Ruth Haystead, Lillian Hirschfeld, Gladys Holden (Hist. Phys.), Ruth Irvine (Alg. Fr. Lat.), Morris Korman (Alg. Fr.), John Kriak, Raymond Laakso (Fr.), Bernice Langman, Helen Levert (Hist.), Saul Linder (Fr.), Bill Mackie (Fr.), Margaret Manzie (Alg. Phys. Lat.), Jacqueline Marsh (Hist.), Myrtle McChesney (Hist.), Betty McInnis, Muriel Melville, Evelyn Menard (Alg. Lat.), Claire Menard (Hist.), Scharley Miller, Donald Mitchell (Alg.), Jane Moisey (Alg.), Lois Montgomery (Hist. Lat. Alg.), Tom Moran, Merle Morris (Alg.), Mario Moscarello, Jack Murphy, Ruth Mustard, Aida Niimimaki, Doris Olson, Tony Orpel, Ann Quinn (Hist. Alg. Fr. Lat.), William Ramsay, Marion Reid, Rosemond Rinn, Betty Ruthenford (Hist. Alg. Lat.), Josephine Scott, Allen Shaw (Alg. Lat.), Earl Simard, Loreen Simpson, Marcel Skehan, Lois Skelly, Armand Spencer, Brian Spolala (Eng. Fr. Lat.), George Stefanich, Orris Stonyk (Fr.), Gene Svelnis, Gerald Theriault (Phys.), Jeannette Turcotte, Eleanor Trebilcock, Gloria Troyer (Alg. Lat.), Stanford Williams (Fr.).

### G 12

Norman Amadio, Gerald Badeski, Peter Bagatto, Tremaine Banks (Hist. Geom.), Daisy Bauman (Hist. Geom.), Gaston Beaulieu, Sheila Beauchamp, Marcel Beland, Walter Blahie (Lat.), Margaret Boissonault, Roger de Brabant (Lat.), Nancy Carroll (Geom. Chem.), Lola Corrigan, Nancy Coulson, Geom., Lillian Crawford, Beryl Crispin, Douglas Delahunt, Norma Douglas, Floyd Dyer (Fr.), June Gedge, Joyce Gonzalez, Judith Halperin, Arthur Harnden (Lat. Fr.), Corinne Haystead, Bertha Heikinen, Vera Heinonen, Wallace Hubert (Alg. Geom.), Patricia Jackson, Ann Jamieson, Austin Jelbert, Roy Jenkin, Dora Kneil, Louise Lemieux, Lorraine Leonard, Gerald Loubert, Margaret Mageau, Gloria McAlendin, Philip McCourt, Verna McKay, Mary McLean, Marjorie Mehan (Eng. Geom. Chem.), Mayzell Menear, Robert Millette, Kathleen Milne, Catherine Montgomery, Guido Morandini (Hist. Chem. Fr.), Domenico Pacione (Alg. Fr.), Alice Pilgrim, Robert Potvin (Geom.), Katy Power, Mabel Read, Elizabeth Rinn, Gloria Ross (Chem. Lat.), Heien Rousson, John Ryan, Norman Shankman (Eng.), Betty Simpson, Jim Simpson (Lat.), Robert Skelly (Eng.), Nadyne Smith, Constance Springham, Mary Thomson, Aurora Toffanello, Dorothy Trebilcock (Eng.), Mabel Won, Bonita Wood (Hist. Chem. Fr. Lat.), George Web-

Students listed below passed in the subject listed after their names: Merle King (English), Victor Shutikow (Geometry).

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### C 9

Mary Allen, Norma Bendo, Lois Bourbonais, Margaret Carver, Matilda Czhay, Annie Durica, Sylvanna Giop, Betty Hocking, Joyce Hunt, Marcella Kealey, Victoria Koladzieski, Sophie Lubaska, Gloria McKenna, Mary Mudry, Lydia Purificati, Mary Reszel, Shirley Rickard, Mary Rostkowski, Edna Rusenstrom, Annie Sawchuk, Viola Seppa, Helen Skubinski, Jeana Spadafore, Moyra Wilson, Ann Witzinski.

### C 10

John Angus, Angela Babando (Hist. Geog.), Vilma Bagnariol, Myrtle Barkel (Sew.), Eva Beckert, Estelle Boutin, James Campbell, Norma Comisso, Elizabeth Couch Lillian Davis, Ada Dr. Minin (Sew.), Annette Dubroy, Lois Eckford, Anita Erickson, Virginia Colan (Geog. Sew.), Helen Greco, Gina Grimaldi (Hist. Geog.), Helen Hubert, Barbara Jacobs, Shirley Johnston, Theresa King, Fay Keizer, Helen Kramer, Jean Kwach, Josephine McKinnon, Diva Marcassa, Annie Mazepa, Bernice McColeman, Dorothy Mitchell, Mary Persichini, Isabel Piche (Geog. Hist.), Florence Rickard, Jeeyn Ross, Lena Semchison, Norah Shields, Mary Slack, Doris Smith (Hist. Geog.), Ella Talevi (Hist. Geog.), Jean Tonkin (Hist. Geog.), Maureen Verner, Gerald Villeneuve, Louise Wheeler, Linda Xamin (Geog.), Josephine Zubek.

### C 11

Dora Anderson, Mary Ban, Diana Banfich, Margaret Boyd, Gladys Carver, Matilda Colameco, Mary Costinuk, Rena Courchesne, Rita Cyr, Frances David, Olga Demchuk, Fina Facci, Sophie Fake (Short, Bookkeep.), Susie Gotech, Peggy Harris, Lorna Henry (Bookkeep.), Ray Jacobs, Dolores Joy, Salme Klaar, Mary Korbiel, Irene Kyrylainen, Gerald Laroque (Math. Bookkeep.), Rina Lorenzon, Violet Makala, Bernice Matymish, Ada Mazzacato, Flora Miglioranza (Short), Lillian Monette (Hist. Short), Nellie Nastasuk, Hilka Oiki, Theresa Paslan, Helen Reszel, Christine Sebal (Short), Gilda Soni Irene Stanutz, Gladys Suirek, Carlotta Stitt, Elizabeth Tambeau (Short), Rosie Vaccino (Short), Helen Wong, Mildred Borland.

### C 12

Gisele Beauchamp, Mary Bailk, Bruno Brazzoni, Shirley Brovender (Math. Bookkeep.), Kay Connelly, Nellie Fabello (Shorthand), Yole Philippino, Annie Floria, Alma Pregonese, Doreen Hocking, Francis Karpuk, Jenny Karpuk, Gladys Irving, Helvi Lehto, Catherine Lucciantonio (Econ. Typ.), Phyllis McColeman, Suzie Malckel, Lisa Marcantonio, Wilma Masewski, Betty Nolan, Annie Rechetnyk, Zonie Rechetnyk, Helen Russel, Mildred Suzack.

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### I 9

Phillip Aiello, Louis Andrechek, Earl Auger, Roland Bernier, Lawrence Burke, Herbie Chulak, Donald Craig, Donald Cuddihy, Aldo Del Belbellus, Mickey De Marco Arnold Dolan, Carl Dukeshire, Joe Easterbrook, Branko Erdeljac, Angelo Fera, Danny Philippino, Clifton Hefferman, Lloyd Hitch, Donald Howe, Jimmy Jardine, Verner Jeffrey, Lachlan Lalonde, Lawrence Luhtanen, Nicholas Matymish, Allen McCulloch, Gordon McGinn, Alex McKen, Henry McLean, Eddie Ostrowski, Harold Palmer, Eddie Paslawsky, Gerald Plouffe, Edwin Ranta, Enro Roncato, George Sabon, Gilbert Sandrelli, George Sheridan, Gus Sicoli, John Sicoli, Peter Smuk, George Solin, Louis Spadafore, Ken Stephens, Leonard Sullivan, Pentti Tyynela, Lawrence Vidal, Fred Zupancic.

### I 10

Kauko Aho, William Balesk (Hist.), Roland Cloutier (Elet. Mach. Shop), Clair Connelly, Robert Corbell (Hist.), Aurele Daigle, Egidio Didone (Hist.), Roger Donovan, George Grist, Gerald Guillemette, Donald Hocking, Roy Howlette (Hist. Elect.), Lloyd Kramp,

Joe Kubik (Hist. Health. Elect.), Victor Maksymuk (Mach. Shop), Peter Marson, David Mennie (Hist. Health), Billy Nadeau, James Olson, Paul Oravkin, Romano Paslan, Donald Rowland (Hist. Health), Harrison Rutetzki (Eng. Math.), Donald Salo, Robert Spitz (Hist. Mach. Shop), Wilko Syrja, James Tann (Elect. Hist.), Howard West (Eng. Hist.), Clifford Varin, Edward Yanizewski (Elect.).

I 11  
George Ansara, Eric Baptiste, Albin Battigelli, Arthur Brown, Albert Clement, John Dyzron, Roy Dishevoy, Robert Fisher, Mario Gallino, Wilbert Hakala, Melbourne Hodgins, Monty Johnson, Gordon Knight, Karlo Krel, Vilpup Makela, Gerald Maloney, Gerald McCarthy, Roger Mineault, Victor Nelson, John Phillips, Allan Webb.

## Grummett's Vote Increased by the Soldiers' Ballot

### Servicemen's Vote Generally, However, in Favour, of Premier Drew

A gain of one seat for the Liberals was the only change made in the provincial elections by the soldiers' vote. Wellington North's civilian vote gave the Progressive Conservative a majority of 3, but the soldier vote changed this majority of 27 for the Liberals. In general, however, the soldier vote was largely for Premier Drew's government.

Possible soldier vote, 248,589. Vote cast, 114,378, or 46 per cent. Progressive Conservative, 40,428. Liberals, 29,311. C.C.F., 38,452. Labour Progressive, 365. Others, 1,021.

In the riding of South Cochrane, Mr. Grummett's majority was increased by the soldier vote. The soldier vote for this riding was: Grummett, 1,035; Brunette, 723; Hornick, 577; Karol, 83.

The total vote for Cochrane South stands: Grummett 10,679; Brunette, 7,785; Hornick, 6,384; Karol, 1,708.

In North Cochrane the soldier vote was: Habel L., 169; Hable, P.C., 105; Kehoe, C.C.F., 88; Burton L.P., 24.

## Wallace Young Leaves to Take Position at Oshawa

### New Supervisor of Music at High and Vocational School to be Edouard Bartlett

Mr. and Mrs. Wallace Young and family left this week for Oshawa where Mr. Young will be supervisor of music at Oshawa Collegiate Institute and Vocational School. They will be much missed by wide circles of friends they made here during their seven years' residence in town. Mr. Young was at first supervisor of music for the Timmins public schools and in later years he has been supervisor of music for Timmins High and Vocational School. Not only has he been eminently successful in his work as supervisor of music, but he has also taken an important and valuable part in other musical enterprises in the town as well as being very ready with his help in any community work. His assistance in Victory Loan campaigns, in the Porcupine Festival of Music and in a score of other community efforts has been outstanding. A talented musician, he has also been a useful citizen.

Timmins High and Vocational School has been fortunate in securing as successor to Mr. Young, the well-known and gifted musician, Mr. Edouard Bartlett, a violinist of outstanding talent, whose recitals here with Mr. Reginald Geen, pianist, have been a delight to music lovers.

Sudbury Star:—Learn-One-Thing-Every-Day Department: Not until about the year 1820 was a match invented which would strike on the seat of the pants.



By James W. Barton, M.D.

## That Body of Ours

Our Good and Bad Food Habits

I write often about overweight because overweight is responsible for many untimely deaths because it leads to diseases of the heart, kidneys and bloodvessels. And every overweight knows how to reduce—simply cutting down by one-half on his present intake of fats, starches and liquids.

On the other hand there are a great number to-day who would enjoy better health, give to and get more from life, if they continued to eat their present amounts of food but chose them more carefully and used ordinary common sense health habits.

To be fair it must be admitted that as a people we are not entirely to blame for our food and other health mistakes. Modern industry with its two and three shifts daily has changed the diet habits of nations, particularly the United States and Canada. This is well shown by Dr. Jean Bogert in their book "Nutrition and Physical Fitness," who states that the changes for the worse in our food habits are:

1. Cereals form a larger bulk of the diet than ever before and most of these are eaten in the form of highly milled products.
2. Sugar forms a much larger proportion of the diet than previously.
3. More highly refined, canned and preserved foods are used.
4. Too prominent a place is given to muscle meats.
5. Dairy products, eggs, fruits and vegetables are used less than formerly.

As the majority of the population live in cities, vegetable gardens (except our present Victory Gardens) are a thing of the past and so meat, cereals and sweets form the bulk of the diet. The result is that while enough food is eaten, the diet is greatly lacking in vitamins and minerals. Perhaps the biggest mistake of all is the light hurried breakfast that does not cause the stomach to telegraph the large intestine to get rid of its wastes and even if it does telegraph, a great many individuals have not the time or do not take the time to go to the toilet before starting for work.

It is true that we still have some good food habits as pointed out by Dr. Bogert. Good habits are eating simple easily digested foods for lunch so that we do not feel "too heavy" during the afternoon, using light desserts after a heavy meal; using more soups made with milk and vegetables; plenty of fruits especially for breakfast; more liberal use of salads; more liberal use of leafy and juicy vegetables; use of organ meat (kidneys, liver); use of some whole grain products; taking more raw foods; taking more foods that need chewing.

Other bad habits are eating too much; eating too much sweets, meats, concentrated and refined foods; failure to appreciate less highly flavored foods; failure to use sea foods and less expensive cuts of meat; extravagant use of some expensive foods such as meat, poultry and butter; using too little milk, cheese and leafy vegetables; excessive fondness for hot breads, rich desserts, cold foods, soft drinks; drinking too much coffee; taking insufficient breakfast and lunch; eating too fast.

"The best advice as to how to make sure of getting plenty of the protective foods (milk, fruit, and vegetables) in the diet seems to be two rules as to distribution of food expenditure sug-

gested by Dr. H. C. Sherman in his book "Chemistry of Food and Nutrition."

1. At least as much should be spent for milk (including cream and cheese if used) as for meats, poultry and fish.
2. At least as much should be spent for fruits and vegetables as for meats, poultry and fish.

By following these two simple rules we would correct most of the mistakes we are now making regarding food and nutrition.

### Eating Your Way To Health

Do you know which foods contain proteins, minerals, starches, or fat? Do you know just what and how much you should eat daily? Send today for this useful booklet by Dr. Barton entitled "Eating Your Way To Health." It answers the above questions and includes a calorie chart and sample menus. Send your request to The Bell Library, P. O. Box 75, Station O, New York, N. Y., enclosing Ten Cents to cover cost of service and mention the name of this newspaper.

### Quarter Million Pounds of Jam for Great Britain

Despite unfavourable weather it is hoped that sufficient fruit will be ready to convert into jam for Canadian Red Cross's Jam for Britain project. Miss Nesta Hinton, supervisor of Nutrition in Ontario Division states: Project, under joint auspices of Red Cross and Women's Institutes has been responsible for sending thousands of pounds of Canadian jam to British nurseries and to Canadian servicemen in British hospitals for several years. "The food situation in Britain this year," declared Miss Hinton, "will be more difficult than at any time during the war, and it is hoped that the 1945 Jam project will be as successful as ever. It is also a welcome supplement to their slim sugar ration." From the many appreciative letters received it is evident that the people of Britain—the children in nurseries and the men in hospital, especially, find the jam a source of great enjoyment.

Mrs. G. H. Dunbar of the W.V.S. in London recently wrote, "May I" she says, "on behalf of the children whose fingers, faces and hair are impregnated with your delicious peach jam extend to you our warmest thanks for this savoury expression of your thoughtfulness toward them. They have not had such a treat for years."

Ontario's quota of Jam for overseas this year is a quarter of a million pounds.

### GOOD REFERENCE

The new maid presented her reference to her employer. It read: "Miss So-and-so has an excellent appetite and sleeps well." —Christian Science Monitor.



## EYES EXAMINED GLASSES FITTED

With  
Scientific Accuracy

by

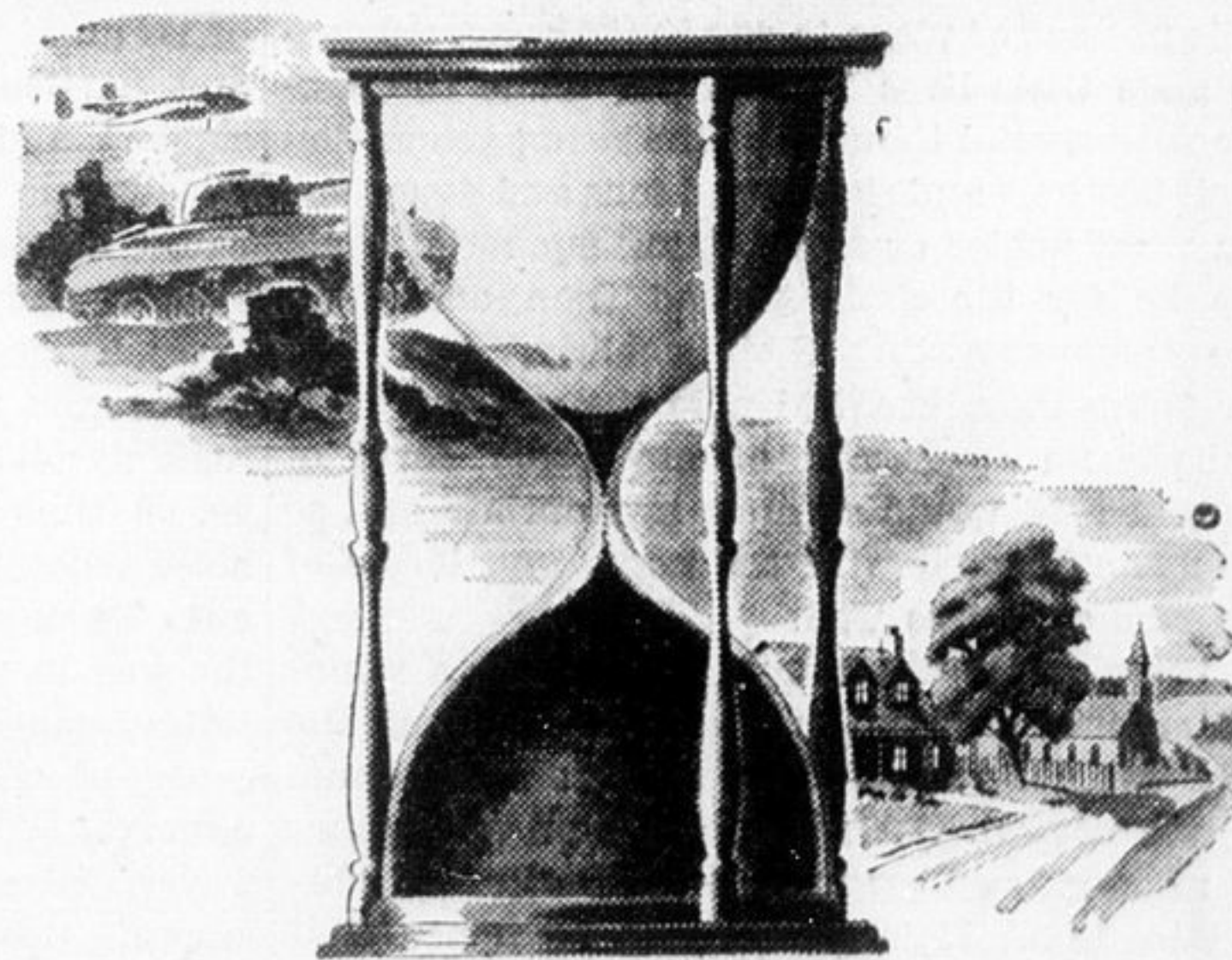
Irvin Rosner, R.O.

EYESIGHT SPECIALIST

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21 Third Ave., Timmins



## Changing Times for Canada

WITH every passing second Canada draws nearer to Peace, and a change-over from military to civilian production.

Under our system of free enterprise, far-sighted business men are already laying the groundwork for the era of industrial expansion promised by the future. They are making new plans, developing new products, preparing for greater distribution.

This Bank, now over 100 years old, with ample resources and wide experience, can be of invaluable assistance in all such endeavours, great or small. Whatever your business plans or problems, you are cordially invited to discuss them with the manager of our nearest branch.

The BANK of  
NOVA SCOTIA

Over a Century of Banking Experience