Health Service

OF THE

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Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

VITAMINS

For many years we have known that the foods which we use consist of various combinations of fat, protein, carbohydrate and minerals. It was generally understood that the value of a diet depended upon the quantity of these ingredients and the way in which they were combined.

A few years ago, scientists, who were doing research work on diets, discovered that there are present in foods other substances which are essential to nutrition.

When food is taken into the body, it must be utilized so as to keep the body in running order. The proper use of food is the process of nutrition, and if body and nutrition is to be maintained, that is, if the body is to be kept running smoothly and efficiently, vitamins must have their place in the diet.

The research workers have found six different vitamins. The total absence of one or other of these will cause a condition such as scurvy or rickets. Diseases which are due to the absence of vitamins in the diet are called deficiency diseases.

It has been shown that an insufficient amount of vitamins in the diet may not cause any definite disease, but their absence may prevent an individual from enjoying good health.

To put it the other way around, we may say that vitamins are essential, not only to prevent the the deficiency diseases, but to keep the body fit and to secure a full measure of health for the individual.

The absence or deficiency of vitamins in the diet is, therefore, a serious matter. Fortunately, however, the average adult does not need to worry about this, providing he eats a balanced diet, that is, a diet composed of a wide variety of foods.

The vitamins are present in certain foods in varying amounts. The average adult can rely upon milk and dairy products, eggs, green leafy vegetables, fresh fruits, tomatoes (raw or canned) and whole grain cereals, to supply him with all the vitamins he requires.

For infants and expectant mothers, it may be necessary to supplement their diet with some preparation such as cod liver oil. In their cases, there is an extra demand for vitamins, and in order to make sure that there will not be a deficiency, the ordinary diet may be added to, as suggested.

May Prove Bonanza

Mr. Malcolm McNeill brought in a sample of marble which has been taken out of his property, just to the north of the town. He sent it to a friend in Indiana, who had it cut and polished up so that one may see what it looks like in the finished state. Indiana is one of the stone states, and supplies much of the building material on the American side as well as considerable used in Canada. Mr. McNeill's report on his sample is that it is of good quality for the purposes used, that of facing columns, etc., for buildings, and should find a ready market. In the finished form, it has a very attractive appearance, and is as durable as any marble quarried. He is satisgied that if his find can be commercialized and marketed, he has something that will prove a bonanza for Wiarton. The supply is abundant, and he now intends to put some effort to outside capitalists and try to interest them in quarrying it out for the trade in Canada.—Wiarton Echo.

Hiram Wallace of Guelph celebrated his one hundredth birthday recently.

Mrs. Elizabeth Smith, oldest citizen of Creemore, attained her 91st birthday on Dec. 10th.

Deer Plentiful

When motoring in from Aberdeen along the Rocky Saugeen sideroad on Tuesday of this week, Miss Norma Gagnon and party of girl friends were treated to the sight of five deer running alongside their car at one time, the animals later leaping the fence and taking off across the fields.

There is a variety of opinion regarding these animals. Some claim they damage the crops; others say they do not. As one farmer once told us, and which we have repeated previously, he does not begrudge the amount of fodder they consume for the pleasure of seeing them, and anyway, he hopes they keep the seasons closed ones up in this section. He would much rather have the deer and stand the loss they cause than put up with the hunters from town with their dogs, to say nothing of those who would come from a distance. This would, indeed, be a real loss, with fields run over, gates left open and other damage done. — Durham Chronicle.

ROCK MILLS

Happy New Year to all.

There will be no prayer meeting in the church here this week.

Mr. Jack Foster and sister, Miss Jean Foster, of Toronto, spent Christmas with their parents, Mr. and Mrs. J. A. Foster, and other members of the family here.

Unity United Farm Women's Club will meet on Wednesday, Jan. 7th, at the home of Mrs. C. Newell at 2 p.m. The delegate's report of the annual convention will be given. Visitors welcome.

We are sorry to report that Mr. Joe Hawkins, Jr., has been laid up with a sore head. Hope he will soon be better again.

Our sympathy is extended to the Walker families in the loss of their dear mother.

Rev. C. H Scutt of Toronto will preach in the Baptist church here next Sabbath evening at 7.30 o'clock, and on the following Monday evening he will give a lecture on his trip to the holy land. A free-will offering will be taken.

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Flesherton, Ont.

C. P. R. CHANGES

An important change in the routing of the Canadian Pacific passenger trains between Owen Sound and Toronto in the Grey and Bruce division is, according to reliable information, under consideration at present by the officials of the road, with the possibility that an announcement will be made within a short time. It is understood that this matter has been discussed on a number of occasions, but without results.

The change contemplated will eliminate a number of the stations between Orangeville and West Toronto, as instead of passing through Weston on the northward trip, the train will continue straight through on the main line to Streetsville Junction, and will travel north from that point through Meadowvale, Churchville, Brampton, Snelgrove, Cheltenham, Inglewood, Forks of the Credit, Cataract and Alton, and connecting with the lines in use at present at Melville, the first station south of Orangeville.

By taking this route much of the heavy grades will be eliminated, especially at the Caledon mountain, making the operation of the train less expensive, especially during the winter season. The new route will also eliminate such stations as Weston, Emrey, Woodbridge, Elder, Kleinburg Bolton, Mono Road and Caledon.

The change will give direct connection at Cataract with the Fergus and Elora branch, while the connections at Fraxa and Orangeville will not be interfered with. Whether the proposed change will affect both trains running between Owen Sound and Toronto is unknown, but it is possible that only one train a day each way will be routed by way of Streetsville Junction. It is expected that Supt. Robert McKillop will be in Owen Sound early next week and may make some announcement with respect to the proposed change.—Sun Times.

TO IMPROVE LOCAL RINK

Mr. Walter Akitt is completing plans for the remodelling of the skating rink which he purchased from the Flesherton Rink Co. this summer. He intends to move the posts and wall, at the side of the present ice surface, back ten feet, which will give that much more ice surface for hockey games and skating. He has constructed a model out of soft wood and shingle nails and in showing it last week one man stood on it with his 210 pounds weight and it stood the test. Mr. Akitt intends to take out the timber this winter and the change will be made next summer. The new surface of the rink would make it the same size as that of the Markdale rink constructed two years ago.

Died In The West

It is our sad duty to report the death of Mrs. Walter Saigeon of Forward, Sask., which occurred in Weyburn general hospital on Dec. 20th. after an illness of several months, at the age of 50 years and six months. Mrs. Saigeon was one of the most patient of women through al her illness. She was the second eldest daughter of Mr. and Mrs George Pallister, and was married to her now sorrowing husband nearly thirty years ago. She leaves to mourn her loss husband, two sons, George and Chas., of Forward, Sask.; an aged mother, three brothers and two sisters of Ontario, and two brothers and one sister in Saskatchewan. The remains were laid to rest in Trossacks cemetery on Monday, Dec. 22. The service was conducted by Revs. Kinley and Aikenhead. The flowers were beautiful, from relatives and neighbors. Much sympathy is extended to the bereaved ones.

We have to mourn the loss of one
We did our best to save.
Beloved on earth, regretted gone,
Remembered in her grave.

ADDITIONAL LOCALS

The hockey teams will soon be decked out in new uniforms.

Mrs. Joseph Blackburn spent the past week with relatives in Toronto.

Mr. and Mrs. C. S. McTavish spent Christmas day in Markdale.

Mrs. Jamieson of Toronto spent Christmas with Mrs. Robert McMaster.

The Women's Institute will meet at the home of Mrs. T. Bentham Jan. 7. Visitors welcome.

Mr. Clarence White and Miss Tena Henderson, of Waubaushene, were in town for a couple of days last week.

Miss Hattie McRae came up from Toronto and spent Christmas with her mother, returning on Monday.

Messrs. Robert and Wilfred McMaster made a business trip to Beeton last week.

Mr. and Mrs. Frank Thibeaudeau and little daughter, of Markdale, and Miss Elsie Ferris of Owen Sound, spent Christmas with their parents, Mr. and Mrs. A. B. Ferris.

A play will be given by the Maxwell young people in the Orange Hall, Eugenia, on Friday, Jan. 9th. to commence at 8 p.m., under the auspices of L.O.L. 1118. Admission 25 and 50 cents.

At the evening service in St. John's church last Sabbath the choir was composed of young and elderly men. Mr. O. Clipperton sang "Oh love that will not let me go" very acceptably. Mrs. (Dr.) Bryce was pianist in Mrs. Blackburn's absence.

Kimberley Poultry Show Winners

List of Prize Winners

Number of birds on exhibition, 142.

Barred Rocks

1st cockerel—Elmer Ellis.
1st pullet—Elmer Ellis.

Bred-to-lay Rocks

2nd cockerel—M. Hutchinson.
1st hen—Elmer Ellis.
2nd hen—Mrs. A. E. Myles.
2nd hen—Wm. Haines.
[illegible] cockerel—Mrs. Myles.
2. [illegible] E. Ellis.
3rd cockerel—Mrs. Myles.
1st pullet—W. Haines.
2nd pullet—Mrs. Myles.
3rd pullet—Elmer Ellis.
Pen—M. Hutchinson.

Leghorns Exhibition Single Comb

1st cock—E. Ellis.
1st cockerel—R. Londry.
2nd cockerel—R. Londry.
1st pullet—R. Londry.
2nd pullet—R. Londry.
3rd pullet—R. Londry.
1st pen—E. Londry.

Brown Leghorns, single comb

1st hen—Mrs. Myles.

Bred-to-lay Single Comb White Leghorns

1st cockerel—S. Osbourne.
2nd cockerel—Norman Burritt.
1st pullett—Norman Burritt.
2nd pullet—Norman Burritt.
3rd pullet—S. Osbourne.
1st pen—S. Osbourne.

White Rocks, single comb

1st cockerel—Mrs. Myles.
1st pullet—Mrs. Myles.
2nd pullet—Mrs. Myles.

White Orpingtons, single comb

1st hen—N. E. Burritt.
2nd hen—E. Ellis.
3rd hen—N. E. Burritt.
1st cockerel—N. E. Burritt.
2nd cockerel—N. E. Burritt.
1st pullet—N. E. Burritt.
2nd pullet—N. E. Burritt.
3rd pullet—N. E. Burritt.

Jersey Black Giants

cock—S. McAusland.
hen—Mrs. Bradey.
1st cockerel—Mrs. Bradey.
2nd cockerel—Mrs. Bradey.
3rd cockerel—S. McAusland.
1st pullet—S. McAusland.
2nd pullet—S. McAusland.
3rd pullet—F. Thurston.

Blue Andalusians

1st cockerel—Saul Fawcett.

Mottled Anconas

1st hen—S. Osbourne.
2nd hen—Milton Hutchinson.
1st pullet—Milton Hutchinson.

Rose Comb White Minorcas

cock—S. Osbourne
hen—S. Osbourne.
hen—S. Osbourne.
hen—S. Osbourne.

Silver Campines

1st hen—S. Fawcett.
2nd hen—S. Fawcett.

Speckled Sussex

1st cock—James Stewart.
1st pullet—J. Stewart.
2nd pullet—J. Stewart.

Light Sussex

1st cock—J. Stewart.
1st hen—J. Stewart.
1st pullet—J. Stewart.
2nd pullet—J. Stewart.

Guinea Fowl

1st cockerel—S. Fawcett.
1st pullet—S. Fawcett.

Bronze Turkeys

1st hen—F. Weber.
2nd hen—M. Hutchinson.
1st cockerel—F. Weber.
2nd cockerel—E. Ellis.
1st pullet—E. Ellis.

Toulouse Geese

1st gander—F. Weber.
1st goose—F. Weber.

Rouen Ducks

1st drake, old—E. Ellis.
2nd drake, young—E. Ellis.

Pekin Ducks

1st drake, old—R. Londry.
2nd drake, old—F. Weber.
1st duck, old—R. Londry.
2nd duck, old—M. Hutchinson.
1st drake, young—M. Hutchinson
2nd drake, young—R. Londry.
1st duck, young—R. Londry.
2nd duck, young—M. Hutchinson.

Specials

Bred-to-lay rocks—50 lbs. flour, W. Haines.

Rhode Island Red—Elmer Ellis.

Best White Rock Cockerel—Mrs. Myles.

Best Barred Rock, pair—E. Ellis.

Best pair Jersey Black Giants—Mrs. Bradey.

Best single comb White Leghorn—R. Londry.

Best Bird in American Class—Mrs. Bradey.

Best bird in Mediterranean class—R. Londry.

Best bird in English class—N. E. Burritt.

Best bird in the show, Jersey Black Giant cockerel, Mrs. Bradey, No. 20 silver cup, won last year by J. Speer's single comb Leghorn pullet.

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MEN'S OVERCOAT SALE

Men's heavy blue and grey overcoats, all new models in extra special cloths, each **$15.75**

SILK & WOOL HOSE 50c. PAIR

Ladies' heavy quality silk and wool, in all new shades, per pair **50c**

CHILD'S HEAVY STOCKING 39c.

Heavy quality ribbed wool and heavy cotton hose in black fawn and grey, per pair **39c**

GROCERIES

Oranges, good size, per doz. 25c
Brooms, 5 string, each 39c
Pineapple, No. 2 tin, ... 2 for 25c
Peas, Size 4 ..... 3 for 29c
Tomatoes, 2½ size tin ..... 2 for 25c
Keynote Flour, per cwt. $3.75