FARMING HAS ADVANTAGES OVER LIVING IN CITY

The family which possesses a piece of land and will work it so that it will poduce the things they must have to sustain life, is vastly better off than the general run of population of the towns and cities, even though they might be out of unemployment now. It has been a long, hard pull lately for the farmers, but they are not without something with which to pull, as is the unhappy condition of the unemployed in the cities.

And that is the reason why the people of the agricultural districts are the most substantial citizens of Canada. Producing their living from the soil with the work of Mother Nature, the farmers are as near to complete independence as it is possible to attain.

Farming is one occupation in which the individual may still engage on his own account, and thus provide a home and employment with the reasonable assurance of some returns for himself and family.—Listowel Banner

A majority of the Women's Institutes in Ontario are holding summer meetings, which will be addressed by lecturers from the department. Well informed as to institute aims, methods and accomlishments, they will discuss with the officers and members ways and means of making the local branch's activities more effective. The summer meetings are for the whole communities, where held, and branch officers are expected to invite all girls and women of the communities. The speakers will have important announcements to make regarding the services of specialists who have been appointed on such work as household science, judging and short courses, junior work, nutrition, clothing and housing.

Here are a few of the uses of Gyproc

GYPROC fireproof wallboard is manufactured from gypsum rock. It comes in sheets that are 4 to 10 feet long, 4 feet wide and 3/8 of an inch thick. It costs little, nails and cuts like lumber, has structural strength and insulation value. It is Canada's premier material for lining all interior walls, ceilings and partitions. Ask your dealer for a Gyproc direction sheet, it gives full details.

Store ceilings	Rest rooms	Poultry houses
Basements	Offices	Farm offices
Warehouses	Partitions	Harness rooms
Barns	Garages	Sheathing
Attic rooms	Under cornice	Ceilings
Fruit cellars	Dairies	Walls
Making old rooms new	Summer cottages	Sun porches
Store windows	Factories	Covering old plaster
Dressing rooms	Kitchens	Picture theatres

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GYPSUM, LIME and ALABASTINE, CANADA, LIMITED
Paris Ontario

The NEW IVORY GYPROC Fireproof Wallboard

For Sale by
Flesherton Planing & Chopping Mills
Flesherton, Ont.

Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

POOR BLOOD

Every cell of the body requires food and has waste products which it must get rid of. The blood serves this function for it is the blood stream which carries oxygen from the lungs and food from the digestive tract to every nook and corner of the body. It is into the blood stream that the body cells discharge their waste products, which are then carried by the blood to the eliminative organs through which they leave the body.

There are in the body certain important glands which produce secretions which control, in large measure, many important functions of the body. It is in the blood stream that these internal secretions are circulated.

It is obvious that the blood, which forms about one-twentieth of the body weight, is a most important part of the body.

The blood itself is subject to certain diseases, such as the anaemias, which alter its composition and interfere with the carrying-out of its normal functions associated with the nutrition of the body and removal of wastes.

In the minds of many people, there is the idea that when they feel miserable or run-down, particularly if this occurs in the spring of the year, that it is due to their blood's being what they call poor, or bad, or thin.

There is no foundation for this belief. The composition of the blood does not change unless there is actual disease of the blood itself, and it is not to such cases that we refer.

Pimples, boils or other skin conditions are not due to poor blood, nor are they the result of nature's trying to rid the blood of its impurities. In many of these cases, there is a story of neglect of all these habits of life which must receive attention if the body is to be kept in a state of health.

It is much easier to blame the condition of poor blood than on lack of erercise, fresh air, cleanliness of the body, or overeating. It is because so many people neglect these important matters during the winter that we hear more complaints of poor blood in the spring than at any other season of the year.

It is not through medicines that the body is kept healthy; it is through a proper manner of living. Exercise in the open air daily, sleeping in a room with the window open, keeping the body clean by regular bathing, moderate use of food in a balanced diet, securing regular elimination by the formation of regular habits — these are the habits of life which make for health, physical fitness and freedom from the ill effects which follow neglect of body.

APPROVED CHICKS IN DEMAND

A heavy demand for approved chicks is reported this spring, with the result that many of the approved hatcheries have orders booked which are taxing their capacity. May chicks mean November checks, and that slogan is one which seems to have taken hold of the farmer's fancy.

A review of the egg market in Canada during recent years shows that the higher prices prevail during the late fall and early winter months before the flush of general production comes in. That is why the farmer who buys approved chicks early in the season has a better prospective cash crop for the end of the year than the farmer who hatches his own chicks later in the season. The uniformity of production and the high quality assured by government inspection and supervision which controls the hatching of approved chicks is one of the biggest assets in the development of a poultry flock.

The cash returns from a pullet flock of from 120 to 300 approved chicks are a welcome and useful asset at a time of the year when other crops have passed. May chicks become pullet producers in November, and raising chicks this month is a much easier proposition than raising March and April chicks.

The Weed Menace

A. R. G. Smith, Western Ontario Weed Controll Supervisor, and Chas. Galbraith of O. A. C., have been touring the western part of the province, holdiing meetings in each county and issuing instructions preparatory to the annuall campaign against the weed menace. Despite strenuous efforts exerted last summer, they point out, the sow thistle is not under control. It continued to spread during the growing season of 1930, and is now in every township in Ontario. Mr. Smith declared that it would be necessary to tighten up the administration of the Weed Act to keep the sow thistle from widening its area and he urged more stringent enforcement of regulations pertaining to all noxious weeds. Efforts to have the sides of roads levelled will be made to permit mowers to have easier access to the weeds. Weed cutting at the side of the road before the seeds ripen is having good effects. A moto for inspectors was adopted. They should make use of "personality, persistence, persuasion and publicity."

WHAT "LIMITED" MEANS TO A COMPANY

Many readers may wonder what it means to see the word "limited" tacked on to a business name. In short it means that the liability of the proprietors of the company is fixed to a definite figure. In the ordinary way a trader is liable for all debts he may incur in business, and this liability may extend to his having to sell his home and all his family possessions. The existence of his liability, which extended to all partners and shareholders, whether they took an active part in the business or not, made it difficult at times for the necessary capital for a new enterprise to be obtained. A man might not mind risking, say $500, but he did not want to incur a liability of an unknown amount in the event of a business managed by someone else going badly. So the law has provided for the formation and registration of companies enjoying certain priviliges, and at the same time subject to supervision. So there are the limited liability companies, the capital of which is provided by shareholders who are not liable for more than any amount paid on the shares they have taken up. For this reason the law insists on the word "limited" being given full publicity, and there is a penalty for failing to comply with this regulation.

TWO REASONS

One reason the city newspaper man can "print all the news that is fit to print" is because he does not have to live in close daily association with his victims as does the country paperman. Another reason is he has no opportunity for close-up views of results of prying into intimate personal affairs and laying them bare to public gaze. It is no excuse to say the public demands such things. All of us want to know lots of things that are none of our business.—Printer Journalist.

Officers in Toronto stepped on a loose plank in a house and found great stores of wine. A pine board revealed a wine hoard.

Arrangements now complete for the

Big U.F.O. Picnic
JULY 1st, 1931

Lever's Grove, FLESHERTON

Full program of field sports
Horseshoe Pitching Tournament
Tom Hamilton Concert Party, entirely new
Large polished Dance Platform
Dory's Radio Orchestra and other new attractions

SOMETHING DOING ALL THE TIME

R. Lawson, Chairman — R. D. Carruthers, Preident — H. McKechnie, Secretary

PRICEVILLE

Mr. and Mrs. Turner, Mr. and Mrs. Colehouse, Mr. Colehouse Sr. of Hamilton, Dr. McRae and lady friend, Mr. and Mrs. Sharpen, Mr. and Mrs. J. E. Cleminson, Toronto, and Mr. Jack Scott and sister, Maggie, of Egremont were recent visitors at the home of Angus McLachlan.

Mr. and Mrs. Russel Baird and Miss Pearl McCuaig, Pontiac, Mich., motored over and spent the week end at the McCuaig home.

Mr. and Mrs. Dan Campbell, Mr. and Mrs. Dan Stewart and Miss Flora Campbell visited the first of the week at Mr. John A. McDonald's, Edgehill.

Mr. and Mrs. Bob Crosen, Ella and Bob, Hamilton, Mr. and Mrs. Donald Gillies, Donald and Jean and Mr. and Mrs. Jack Armstrong and J. D. of Toronto were recent visitors at the home of Archie Currie.

Miss Mabel Watters, Toronto, is home for a time.

Miss Sadie Vause, who has spent the winter months in Toronto, has returned home.

Miss Jean McLean returned to Toronto on Saturday after spending a week at her home.

A number from here attended the banquet on Friday night at Markdale and all report a good time. The Dory orchestra of Cedarville supplied excellent music.

Mr. and Mrs. Robert Fettis of Owen Sound and Mrs. Stephenson of Markdale were visitors last week at the home of Mr. D. Hincks.

(Intended for Last Week)

Mr. and Mrs. Harry Houston and family and Miss Marion Muir of Peterboro, motored over and spent the week end at Mr. Peter Muir's.

Mr. and Mrs. L. McLean and daughters, Misses Esther and Catherine, of Rocky Saugeen. were visitors the first of the week with Mr. and Mrs. Allan McLean.

Miss Mabel Nichol who is attending Orangeville Business College spent the week end at her parental home.

Mr. Findlay McPhail and daughter, Delhi, Mr. and Mrs. Chas. McKinnon and son, John L., motored up from Toronto and were week end visitors with friends here.

Mr. and Mrs. Thos. Hincks, Florence, and Marion of Toronto spent the week end visiting their cousins the Hincks.

Miss Jean McLean of Toronto is spending a week at her home here.

Mr. and Mrs. Wm. Hincks and Alf. motored to Owen Sound on Saturday.

Mrs. Malcolm McInnis and son Allan motored to Rochester, N. Y. to see her sister, Miss Elsie McCaskery, who was seriously ill from a fall on Friday night, but when they arrived found her unconscious, and she was unable to speak to them. The corpse is expected on Monday evening to the home of Mr. Malcolm McInnis.

Miss Marjorie Everist and Mr. Robert Lynn, Toronto, are spending a few days at the home of Mr. Ed Everist.

Mr. and Mrs. Reg. Ramage and Miss Alice Lennox of Egremont visited at Mr. Wm. Ramage and contributed a quartette with Mr. Wm. Ramage in St. Columbia Church, Sunday.

Mr. and Mrs. Allan McLean, Mr. and Mrs. Charles Tucker were visitors at the end of the week at Mr. A. L. Hinck's.

Mr. Clifford Hincks and sister ,Beth of Toronto spent the week end at their home, here.

Mr. and Mrs. Archie McCuaig spent the 24th at Mr. Henry Tucker's.

Messers Alex and McInnis McLean and sister, Anna Mary, of Toronto motored up and spent the week end at their parental home.

Mr. Alfred Hincks, Mr. and Mrs. Wm. Hincks visited on the 24th, at Mr. Neil McWilliams, Swinton Park.

Mr. Boyd a young student, whose home is at Creemore, occupied the pulpit Sunday, and preached a splendir sermon to a crowded hall|

Mr. Wm. Burnett attended the funeral of Mrs. White Anderson in Brampton last week.

Mrs. Morris Coles of Hockley spent a week visiting at Mr. Malcolm Mc Innis's.

Mr. and Mrs. Frank Reilley visited friends in Shelburne last week.

Mr. David Hincks Almeda and Jean, motored to Toronto, Monday. Clifford and Beth returned with them.

Dr. and Mrs. Smart and Mrs. G. H. Knight of Penetang were recent visitors at Mr. Allan McLean's.

Miss Dorothy Hincks accompanied her parents to Toronto for a few days.

Mr. Boyce from Markdale is the new barber here and he is kept quite busy. He and his wife are living above Mr. Aldcorn's old store. We welcome them into the community.

Mr. Wilfred Black of Swinton Park has clipped the sheep for a number of farmers around here. He clipped 63 on Monday and he has clipped as high as 93 in one day.

Mr. and Mrs. Turner and two friends of Dundas, Mr. Thos. McRae and friend of Toronto were visitors on 24th at Mr. Angus McLachlan's.

Miss Nellie McLean, Toronto spent the week end at her parental home.

Mr. and Mrs. Donnie Gilles and family, Misses Gladys, Katie and Annie McKinnon and friends, Toronto were visitors here over the week holiday.

Sheep Dipping Facilities

Approximately 10,000 sheep and lambs are dipped annually in 48 tanks located at various points in Wellington county, according to R. H. Ciemens district representative. The tanks now cover nine out of twelve townships. Numerous applications are already in for dipping facilities and more are expected before the County Sheep Dipping Day which has been set for June 5th this year. Most of the sheep are starved 24 hours before dipping and treated for intestinal parasites before they take the plunge for ticks. External and internal parasites are thus given a setback at one time and very effectively held in check. All sheep so treated should be clipped now and all lambs docked at about ten days old and the sooner they are dipped in the spring the better.

THERE'S MONEY IN EGGS

With eggs selling at 17 cents a dozen, one can still make money if he operates his poultry flock on a business basis, was the statement made recently by a leading Ontario poultryman. Feed costs are lower and the prospects of lowered production through flock depletion is inducing many farmers and poultrymen to make sure of having a good flock of laying pullets this fall by buying approved chicks in lots of from 300 to 500 or more.

The casualties of the war were not all recorded in the years 1914 to 1918. in Christie Street Hospital, Toronto. Other military hospitals throughout Canada also add their toll to the casualty list last year.

It is very gratifying to note the increase in the number of British films being shown in Canadian theatres. This move on the part of the distributors is long overdue, as Canadians are getting pretty tired of seeing and hearng so much American stuff which glorifies the United States and her flag. These things are all right in their own country, but they pall here.

THE STORE WITH SERVICE

F. T. HILL & CO., Ltd.
CHAIN STORES
Markdale, Ontario

OUR BUYING POWER SAVES YOU A LOT OF MONEY

Continuing Our Big 15 Day Sale with added items of interest

High Grade Qualities

Ladies' Bloomers, Bobettes and Vests, some panty styles, all best quality Woods Lavender Line Garments, 79c a garment.

Ladies' Bloomers 69c

Woods Lavender Line in all good shades. Reg. $1.35 a garment. On sale at 69c a garment.

Ladies' Bloomers 59c

Lady Hudson quality, all good shades, excellent cloth. Regular $1.25 quality at 59c a garment.

Ladies' Bloomers 44c

Panty styles, all best shades. Regularly sold at 75c, for 44c a garment.

Ladies' Bloomers 29c

In best colors, some are No. 2 all High Quality. 29c a garment.

Ladies' Nightgowns

Here is the big Special of this Lingerie Sale. All beautifully trimmed. Regular $2.95 Woods Lavender Line Sale Price $1.45.

Demonstraion of Men's Suits

Charles Clothing Co. Representative will be in our store Saturday, May 23rd, with their full line of samples.

Ladies' Silk Combinations 95c Garment

Here's a real buy. Regularly sold for $2.50 a garment. Buy them now at 95c a garment. All in Woods Lavender Line.

Silk Ascot Scarves $1.69

Buy these new Scarves now, all attractive patterns at $1.69.

Silk Hose 98c a pair

Orient, Allen A and Weldrest qualities. Reg. $1.50 Hose for 98c a pair.

Well-Drest Hose 69c pair

Here's a good Hose cheap, in all shades, summer weight, at 69c a pair.

Ladies' Hose 44c a pair

Here's the Big Special of the sale. All shades and all sizes at 44c a pair.

GROCERY SPECIALS

Quaker Catsup, 2 for	25c
Lard, 2lb for	23c
Shortening, 2lb for	23c
Dutch Sett Onions, 3 lb for	25c
Pink Salmon, per tin	16c
Bananas, per dozen	25c
Oranges, good size, per dozen	19c

Buy your Flour and Feeds from the
Osprey Farmers' Milling Co.
FEVERSHAM
Family Bread Flour
Made from No. 1 Western Wheat
Pastry Flour
Made From Choice Ontario Wheat
Cracked Red Wheat, Grits, Bran, Shorts and coarse feeds