Osprey Council Appoints Officers

The inaugural meeting of the municipal council of the township of Osprey was held in the Orange hall in Maxwell on Monday, January 11th. After the members made and subscribed to the Statuary oath of office the following business was done:- Mr. Louis Hill and Thos. Bemrose waited on council re some refund of taxes on their respective properties; no action was taken. The following persons were appointed by By Law to various offices: Dougald Stephens, assessor, $85; Emerson Wright, Feversham and Alex. McIntyre, Singhampton as auditors at $15 for each; Elijah Buckingham as township weed inspector; Geo. H. Burk, Archie McInnes, Wm. Hargrave and Wm. Norman as school attendance officers; Albert Wilton was appointed member of the local board of health. The Commissioners for the various divisions in the township are: No. 1, W. L. Taylor, No. 2, John Stephen, No. 3, Wm. Heitman, No. 4, Thomas Beatty No. 5, Albert Wilton. Road overseers for road divisions are: No. 1 Sam Talbot, No. 2, Thos. Sammons, Sr., No. 3, Fred Wetherall, No. 4, Thos. Stinson, No. 5, Firman Irish and Leonard Seeley, No. 6 Clem Bellamy, No. 7 Percy Priddle, No. 8 Geo. Young and John S. Winters, No. 9 J. J. Jamieson, No. 10 Wallace Potts, No. 11 Ray Pedlar, No. 12 Archie Campbell, No. 13 Alex. Moore, No. 14 Herman Lougheed, No. 15 Ed Madden, No. 16 Lloyd Moore, No. 17 John Lougheed, No. 18 Hugh McInnes, No. 19 John Black and Isaac Ottewell, No. 20 Wm. Essland, No. 21 Jas. Fawcett No. 22 Jos. Sewell and Leonard Cox, No. 23 Howard Smith, No. 24 Neil McDermid, No. 25 Wm. Buell, No. 26 Malcolm Gillies, No. 27 John McMillan, No. 28 Sandy McQueen, No. 29 Fred Spofford, No. 30 Wm. Seeley, No. 31 Wm. Davidson. A By Law authorizing the Treasurer to borrow the sum of $26,000 was proposed. The following election expenses were ordered paid: Municipal world election supplies $13.20; Dep-Return Officers $32; Poll clerks $24; Polling Booths $24; Hall for nomination meeting $10; C. N. Long delivering ballot boxes $6; General accounts were: Wm Hargrave school attendance officer $4, Advance Pub. Co., printing financial statements and nomination bills $70.-25; C. M. Heron stamps for treas. $8; Newal Robertson, sheep claim $8; Municipal World, 7 subscription $7; The road accounts ordered paid were: Andrew Hood, wire fence $4; Geo. Coutts, gravel 80c; A. Blakey, tile and cartage $5; H. Fenwick, tile and cartage $2; Archie Buie, snow fence $14.-60; Albert Edwards, lumber $5.70; J. H. Hammil, nails $1.44; D. Roberts, patching and dragging $6.25; Keys Bros., balance on Hamilton bridge $248; Hector McInnes salary $46.90; Telephone $1.40; D. Schwandt, lumber $13.20.

Council adjourned to meet at Feversham on the 13th day of February, 1932 at 2 p.m.

Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

BUILDING HEALTH

When you are looking for a home, you do not rely on appearance alone; you enquire as to the quality of the materials which went into the building and the way in which they were assembled. You do this because you want your home, not only to be attractive, but to be well built in every sense.

In the same way, your body, in its structure, depends largely upon the food you eat, for it is from your food that the body selects its building materials. The kind of body which you have determines what you can get out of it in the way of physical work and play.

Proteins are the chief body-building foods. During the years of growth, more proteins are required than in later life when the growth as been completed. The animal proteins, which are more readily used than the vegetable, are found in meat, fish, eggs milk and cheese. The vegetable proteins are present in beans and peas.

The body must be kept warm, and warmth is secured from the fatty foods, such as milk, butter, fat meats and nuts. The person who works out of doors during the winter needs more fatty foods than does the indoor worker.

Energy-producing foods are required to provide the power which is used up by the muscles. Cereals, potatoes and sugar are energy foods, and the manual labourer, the active child and the rugby player need more of these foods than does the person who is physically inactive.

Milk, fruits and vegetables supply something more than building material, warmth and energy. Mineral salts, such as calcium and phosphorus which are needed in the building of teeth and bones and in the daily functioning of the body, enter into the composition of these foods.

Bulk is required in the diet to encourage regular bowel elimination. The indigestible fibres from fruits and vegetables and roughage or bulk to the diet. Milk, fruits and vegetables supply also the vitamins required by the body. A sufficiency of the several different vitamins must be available if the body is to be strong and healthy and resistant to infection.

From what has been said, it will be evident that our needs for certain types of food vary according to age and occupation. The quantity required depends upon age and activity At all ages, milk, fruits and green vegetables are indispensable, and for that reason, they should be included in the diet each day.

Building health is largely dependent upon the use of proper foods.

Artemesia Council Reduces Salaries

The Council met at Flesherton on the 11th day of January, 1932.

The newly elected Council, viz: A Cameron, Reeve, G. Magee, Deputy Reeve and W. Burnett, E. Warling and C. D. Meldrum, Councillors.

After each of the above members had signed and made the required declaration before the Clerk, they took their seat.

Communications were read: Dr. Simpson, Collingwood, account for medical services to J. Laughlin; Dr. Carr-Harris, surgical operation on J Laughlin $94.25; Good Roads' Association, notice of meeting on Feb. 24 and 25, and asking for membership fee of $5; N. L. Lindsay, re certain changes to Old Age Pension Act, the Highways Act and reduction of salaries of Government officials; United farmers, re meeting to discuss certain rural rights; R. C. Muir, Chief Engineer, highways, re appointment of Road Superintendents; By-laws 909 to appoint F. R. Boland Assessor for the Township; 911, sheep valuers: Jas. Oliver, W. Gibson, J. Beatty, H. Baker, L. Love, R. Piper, Jos. Watson J. Campbell, R. Clark; 910, appointing Geo. Buchanan and W. Swanton, Auditors; 912, Geo. Cairns, member of local Board of Health, W. J. Bellamy, sec. and Geo. Arrowsmith Sanitary Inspector; 913. Fred Pedler High School trustee; 914, Fenceviewers: John Oliver, I. B. Whittaker, A. A. McLean, B. White, E. Baker, W. J. Beatty, P. Beard. John Stewart, W. G. Acheson, J. Campbell, W. G. Jamieson, John Parson; 915, John Dow and Geo. Bowles, Weed Inspectors; 916, to repeal 818 abolishing statute labor and repealing 819, re appointment of Road Superintendent; 917, to authorize loan for current expenditure, were introduced, duly considered and passed.

Warling — Burnett — That this Council go on record as being unanmously in favor of the resolution from the Township of Morton and Adamson and others, and the Clerk forward a copy of this motion to Mr. Lindsay.—Carried.

Warling — Meldrum — That the salary of the Medical Health Officer be reduced 20 per cent and the Treasurer's salary be cut $50, the Clerk prepare a new By-law giving effect to this resolution.—Carried.

Magee — Meldrum — That the members of this Council be paid 30 cents per hour for Committee work, instead of $4 per day.—Carried.

Meldrum — Warling — That the Reeve and Clerk sign the Road Superintendent's statement, showing expended in 1931 $13,525.39, and ask the Department for the usual subsidy on the amount.—Carried.

Warling — Burnett — That the Treasurer is hereby required to present to this Council a statement of receipts and payments for each month during 1932, at each session of the Council—Carried.

Warling Magee— That the Treasurer is hereby required to open an account in the Bank of Commerce in the name of each Debenture By-law and deposit therein the amount of each yearly payment in the name of the By-law not later than the 15th day of December in each year, during the currency of said Debentures.—Cd.

Magee — Warling — That the Collector notify any persons in earrear of taxes for 1931, that he will receive such taxes up to the 27th of January inst., plus one (1) per cent. added, instead of the 5 per cent. as required by law.—Carried.

Magee — Warling — That the members of this Council are hereby appointed Commissioners for 1932, viz: Div. 1—W. Burnett; Div. 2—E. Warling; Div. 3—C. D. Meldrum; Div. 4—G. Magee, and the Valley Road the Reeve.—Carried.

Burnett — Warling — That this Council do now adjourn to meet on the first Monday in February and thereafter on the first Monday in each month.—Carried.

How Much Gasoline Used?

No figures on the total gasoline consumption in Canada during 1931 are available, but it has been predicted that a record quantity would be consumed in spite of the fact that fewer new automobiles were made by the Canadian industry as a whole. Trucks are credited with burning more fuel than ever and cars generally have been "wearing out" at an unprecedented rate, incidentally giving enormously greater mileage to the gallon than ever. If the 1930 gasoline record is bettered it means a lot of gas was burned, because in 1930 the total gasoline consumption of Canada by motor vehicles was 479,554,392 gallons. Incidentally, the Province of Ontario accounted for 239,000,000 gallons and the Province of Quebec, 83,-000,000 gallons.

Financial Statement

:- of the :-

Osprey Farmers' Milling Co., Ltd.

FROM JANUARY 1st, 1931 TO DECEMBER 31st, 1931

RECEIPTS

Cash on hand per last audit	$ 530 02
Sales by Miller	6879 89
Chopping by Miller	2427 12
Miscellaneous account	72 50
Received on Notes	139 70
	$10049 23

EXPENDITURE

Miller's Wages	$ 1176 67
Assistant's wages and extra help	656 25
Postage, stationery, excise, and cheque exchange	23 34
Wheat Flour etc.	3371 22
Barley, Oats, etc.	495 92
Telephone account and hall rent	25 15
Insurance	137 50
Municipal taxes	181 35
Statutory fee	5 00
Repairs to mill	101 14
Repairs to shed	127 73
Repairs to dam	86 47
Freight and Express	515 18
Dividend No. 19	680 00
General account	198 04
Miscellaneous account	39 35
Bag account	287 37
Trucking and Teaming	470 56
Workmen's Compensation Board	19 35
Directors' and Auditors' salaries	85 00
Secretary-Treasurer, salary	400 00
	$ 9082 59
Balance cash on hand	966 64

Gristing 27149 lbs. Flour exchanged for wheat during the year.

ASSETS & LIABILITIES

ASSETS

Stock in Mill Dec. 31st, 1931 (estimated)	$ 1995 00
Outstanding book accounts	1853 06
Notes and Interest receivable	238 01
Cash on hand	966 64
Mill & Real Estate	9800 00
	$14852 71

"Liabilities" "None"

Capital stock of Company	$ 8000 00
Paid up capital stock	6800 00
Unsold stock	1200 00

We, the auditors of the Farmers' Milling Co., Limited, certify that we have examined the books of the Company for the year 1931 and compared the vouchers for receipts and expenditures with the treasurer's books and find them to be correct showing a balance on hand in banks on December 31st, of $996.64.

MRS. MARTHA McGIRR, J. A. DAVIDSON, Auditors

FLESHERTON HIGH SCHOOL REPORTS

FORM 1

ALGEBRA — HON. — I. Filshie 99, N. McKenzie 97, V. Fisher 96, L. Seeley 96, B. Murray 94, A. Martin 93, D. Stuart 93, S. McKinnon 91, M. Piper 91, L. Archibald 89, H. Croft 89, M. Sheardown 89, G. Akitt 84, G. Boyd 84, G. Patterson 80, W. Littlejohns 79.

PASS — M. Chard 74, M. Fisher 70, H. Johnson 68, D. McRae 65, W. Welton 63, E. Dixon 59.

FAIL — R. Dargavel 48, S. Foster 48, D. Smith 45, J. English 34, R. Akitt 31, L. Magee 25.

FORM 2

FRENCH — HON. — Mary Wilson 77.

PASS — Evelyn Brown 67, Fred Fawcett 58, Mervyn Johnson 57, Bill Parker 57, Frances Collinson 53, Bessie Cairns 52, Robert Bellamy 50 Della Vause 50.

FAIL — Jean Wolstencroft 43, Catherine Stewart 42, Angus Turney 41, Mervin McFadden 40, Neil Aldcorn 34, Jessie Ostrander 32, Isabel Anderson 30, Jim McCormack 27, Martha Ostrander 24, Dick Stewart 24.

FORM 3

GEOMETRY — HON. — Doris Bannon 88, Isabel McMullen 85, Eleanor Mather 83, Bill Fisher 77, Macil Snell 75.

PASS — Donald Reiley 73, Murray Stuart 69, Monica Lambert 61, Lucy MacDonald 59, Mervyn Little 58, Daisy McFadden 57, Verdun McMaster 55, Isabel MacMillan 55, LaVerne Piper 51, Jeanette McLeod 50.

FAIL — Stanley Hunt 49, Christina MacKinnon 43, Cecil Chard 41, Almeda Hincks 41, Wilfred Frook 40, Joe Gibson 38, Dorothy Jamieson 30, Ed. Patton 28, Bob Phillips 27, Earl Ottewell 27, Rowena Magee 25, Gordon Stuart 16.

FORM 5

LATIN AUTHORS — HON. — Earl Johnson 91.

PASS — Irene Martin 70, Marion Bibby 69, Audrey Brown 67, Mildred Whittaker 65, Sadie Carson 64, Elda Frook 62, Marion Shaw 60.

FAIL — Herb Akins 49, Harold Turner 22.

Dogs sweat through their tongues and the soles of their feet.

THE STORE WITH SERVICE

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

OUR BUYING POWER SAVES YOU A LOT OF MONEY

Big 3 Day Sale
of Seasonable Merchandise

OUR LADIES WEAR DEPT. OFFER YOU DRESSES AND COATS AT NEW LOW PRICES FOR THESE 3 BIG DAYS

CREPE DRESSES $2.95 each
A regrouping of Dresses. Values from $3.50 to $4.50. 3 day clearance at the new low price $2.95 each.

LADIES' WINTER COATS $3.95 each
A real heavy Blanket cloth Coat out they go for 3 days only $3.95 each.

LADIES DRESSES $5.95
A regrouping of our regular $6.95 to $7.95 Dresses. Out for 3 days only $5.95 each.

LADIES' DRESSES $3.95
Our extra stock of Ladies Dresses, out at the new low price for 3 days only $3.93

LADIES' WINTER COATS $8.95
These Coats are ½ price and less. 3 day sale $8.95.

OUR YARD GOOD DEPARTMENT OFFER YOU THESE BIG SAVINGS IN SEASONABLE MERCHANDISE

FLANNELETTES BUY NOW
Opr regular 19c yd. Flanelette. Out for 3 days only at the new low price, full f6 in. wide heavy cloth, 3 yds. 49c.

PRINTS 3½ YARDS 60c
A guaranteed wash proof, sun fast print, full 36 in. wide. Regular 25c yd., 3½ yds. 60c

TURKISH TOWELLING 19c yd.
Here's Big Value again, our regular 35c cloth 3 day special 19c.

TOWELLING 2 YARDS 25c
Bargains again. All linen towelling going out at this new low price, 2 yds.t 25c.

KHAKI SHIRTING 19c YD.
Another real buy. Our regular 35c yard shirting out to clear at 19c yard.

FLANNELETTE 2 YARDS 25c
A real heavy cloth in a good width, 2 yds. 25c.

Grocery Specials

GROCERY SPECIALS THAT SPELL BIG SAVINGS

6 lbs. hard picked beans 25c
Hall chicken soup, every can guaranteed .. 4 for 25c
Big 3 day special, 20 lbs. oatmeal 65c
(All Guaranteed Fresh)

AN ADDED SPECIAL
We are for this week only continuing the sale of our Cream of Wheat Flour at the Low Price of $2.39 Bag.

5 lb. tins of canned blueberries 65c
5 lb. tins of canned apples 25c

Canned Pineapples ..... 2 tins 23c
Tea, special blend ..... 39c lb.
Broken Orange Pekoe 3 day special ..... 3 lbs. $1.00

Special Sale of Tobacco
MacDonald's Fine Cut. Buy one 20c pkg. and get one 15c pkg. free.
Sulphur Good Quality ..... 6 lbs. 25c
Epson salts, No. 1 quality ..... 6 lbs. 25c

MEN'S MONITOR RUBBERS $1.89 pr.
All sizes 6 eyelet Rubber, Heavy reinforced back $1.89 pair.

Men's One-Buckle Goloshes $1.39 pair
Heavy wool cashmerette galoshes, made to give good service at $1.39.

Ladies's 4-Buckle Goloshes $1.49 pair
A heavy cashmerette galosh. size 3½ to 5, $1.49 pair.

MEN'S 12 in. TOP RUBBERS $2.95
A Heavy Rubber with good quality oil tanned top and reinforced bottom $2. 95 pr.

SPECIALS This Week . .

Regular 55c TEA - - 49c
Regular 39c TEA - - 35c
Soda Biscuits 1 lb. pkg. - 15c
4 pkgs. CORN FLAKES - 25c

FLOUR and FEED

Complete line of PURINA CHOWS

JAS. A. STEWART
FLESHERTON

Terms: Cash 'Phone 46