False Rumors

There has been false information circulating around the country that the Markdale Creamery & Produce Co. was going to discontinue operating on account of the low price of cream. This information is entirely untrue.

We have increased our business and added further improvements to the creamery and we are still going to install new machinery to take care of our increasing output.

We would be pleased to know the orginator of this rumor in order to make him prove his false statement.

We are paying the highest market prices for your cream, eggs and poultry.

Markdale Creamery Co.
Markdale, Ontario

Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. ~ ASSOCIATE SECRETARY

BEAUTY SLEEP

The surface of the body receives a great deal of attention with the rather obvious desire to make its appearance both pleasant and attractive. The woman of today makes no attempt to conceal the attention she gives her skin: men do not make quite so public what they do in this regard.

Beauty, however, is not superficial; it is deep, as it reflects the health of the interior of the body. The only lasting beauty is that which is based upon the health of the body, which is the reward of a hygienic life.

Fatigue is an enemy of health, and is destructive to the charm of a clear, healthy skin, which is, above all, the basis of beauty. The body cannot be healthy without sufficient rest, nor is it possible to make up, by long rests at intervals, for the sufficient rest which should be taken regularly.

Beauty sleep is popularly supposed to be the hours of sleep before midnight, which is true to the extent that sleeps before midnight implies long hours of sleep. The body works best under a system of reasonable regularity. We cannot put off the rest we need at present with the idea of making it up later. We must have the regular cycle of rest and activity if we are to avoid the ill results of fatigue.

In the lives of many, particularly the young, we find the frequent temptation to overdo work or play. These individuals so often pass the point of normal fatigue that they come to disregard it and allow themselves to be convinced that they are not tired. They are always ready to go.

Such behaviour throws a tremendous strain upon the body which shows it sooner or later. It is reflected in the face despite all artificial aids. In addition, the fatigued body is an easier victim for the germs of disease. Fatigue is a real friend of the germ of tuberculosis.

The individual who protests that it is no use for him to go to bed at what most people consider a regular hour because he cannot sleep if he does so may be the victim of irregular hours. There should be a regular bedtime, allowing for occasional exceptions, if the body is to be ready for sleep when the individual goes to bed.

We do not know a great deal about sleep, but certain things in connection with sleep may be accepted. The first point is that periods of rest must follow periods of activity; they cannot be postponed without endangering the body. The amount of sleep required by any individual can be based upon the fact that he should feel rested and be ready to get up at the time he must rise in the morning. This does not necessarily imply a desire to get up—some persons like to lie in bed—but everyone should feel rested and refreshed, and be thoroughly awake at rising time.

Local and Personal

Mrs. Dyre of Detroit is visiting her sister, Mrs. Jos. Blackburn.

Mr. and Mrs. S. L. Stauffer, New Toronto, visited their brother, Joseph Radley, recently.

The Durham Chronicle has been printing some interesting information on early coins held by residents in that district.

The progressive euchre and dance for the hockey club was postponed on Monday evening, owing to the storm. Announcement will be made of the date in an early issue.

There is considerable sickness prevalent in town at the present time, but not of a contagious nature. The condition of Mrs. F. G. Karstedt, who has been seriously ill for some weeks, remains about the same.

This winter good ice for storing purposes was not available at Markdale. This week men have been at work cutting ice on McCauley's pond and transporting it to our sister town Other years the local supply was secured from the Munshaw lake, but this year the ice was not thick enough owing to the spring water.

Announcement has been made by the Ontario department of education that it will no longer be compulsory for teachers in training in the province to attend a normal school two years in order to obtain permanent professional certificates. Because of the present financial situation in the province, said Premier George S. Henry, minister of education, the time is not opportune to ask teachers to undergo expense of an additional year in professional

Postmaster W. W. Trimble received a fine gold watch from the Toronto Globe for new subscriptions sent in during the month of February.

A debate between Dundalk and Markdale Young Peoples' Societies will be held in St. John's United church, Flesherton, on Tuesday March 15. Everybody welcome.

Mrs. J. D. Wilson, mother of Mr. J. R. Wilson of town, suffered a broken hip bone at her home in Dundalk on Tuesday morning. Mrs. Wilson, who is 85 years of age, slipped on the doorstep while she was bringing in the milk bottle with the above result.

Easter Sunday is on March 27th this year, which is the earliest Easter since 1921, when it fell on the same date. Easter was on March 23rd in 1913, and in the normal course this will not occur again for one hundred years, nor will Easter be so early as this year again until 1940.

The curling rink, skipped by Rev. Scott won the championship of the local club Tuesday evening when they defeated Dr. Murray's rink 11-9. Tuesday afternoon and evening the elimination tournament was held and play continued until a decision was reached.

Muriel, 12 year old daughter of Mr. and Mrs. Fred McMullen, has been in the Hospital for Sick Children at Toronto the past couple of weeks suffering from a serious illness and at present her condition remains about the same. Her mother is with her at the present time.

A kitchen range was blown to pieces in the Globe hotel kitchen, Erin. It is supposed that the hot water pipes became clogged. The family cat which was sleeping in a chair, nearby

"At Home" To Be In Toronto March 21st

Monday evening, March 21st, is the night for the holding of the Flesherton Old Boys' and Girls' Association annual "At Home" and will be held in Roof Garden, Royal York hotel, Toronto, at 8:30 p.m.

R. N. Cornfield's Orchestra has been engaged to supply music for the dancing, with the addition of an old time fiddler to furnish music for the square dancing. The above orchestra needs no introduction to the public as they are considered one of the best Orchestras in Ontario.

It has been decided that this is to be a strictly "informal" dance, and arrangements have been perfected for progressive euchre for those who do not care to dance, and Special Prizes will be offered the winners, as well as prizes for Novelty Dances.

Mr. Burton E. Field, energetic Secretary of the Association, in writing The Advance states that the executive expects even a greater crowd from Flesherton than they had last year, and it is to be hoped that their expectations are reaized. Continuing he says that nothing seems to be quite so good as the splendid co-operation that they have always had from the old-home folks.

The best of the evening that all have been waiting for is the moving pictures taken at the annual picnic held in Flesherton last June to be presented on the screen by Mr. H. S. Fry, who attended to the photographic work.

It is hoped that a large delegation will attend this "night of the year" and enjoy mingling with those whose friendships are valued. Plan now to attend.

The annual meeting of the Association will be held at Room 307, Commerce & Transportation Bldg., Toronto, on Wednesday, March 16, at 8 p.m. Reports will be given by the officers and the election of officers will be held.

BORN

McGEE — At Vandeleur on February 29th, to Mr. and Mrs. Howard McGee, a son, David Thompson.

Seventy-four years of married life believed to be unique in Canada, were completed on February 8th by Mr. and Mrs. N. B. Irish, of Orillia. Mr. Irish was 94 on Friday and his wife is a few months his senior. The aged couple are natives of Haldimand County and have lived in Orillia for 60 years.

A sow on the farm of William Bremner, 6th line of Grey, gave birth to a freak of nature on Sunday, when one of a litter of pigs arrived with one head and two complete bodies—eight legs and two tails. The head was also decorated with four ears, two in the usual place and two at the top of the head. The animal was dead when born.—Wingham Advance.

ABIE'S VIEW ON BUSINESS

Even the depression has had its bright side, and one of the jokes runs as follows:

Ikey—"Vell, Abie, how's business?"

Abie—"Very bad. Even de people vot don't pay ain't buyin' now."

Horticultural Society Needed In Flesherton

A horticultural society has been talked about by various persons in town for some time and all have agreed that it would be an excellent thing to have. The membership fee is set at $1.00 per year and before a society is formed there must be 50 meubers, Membership is not confined exclusively to the village, as flower lovers from the surrounding locality may also join At the time of joining the member can have a choice of a number of plants, shrubs, seeds or bulbs that would amount to the total of their membership, therefore they are securing value for the money spent in joining. They also have the privilege to secure plants, flowers, etc., at reduced rates, this applying to members only.

A horticultural society is needed in town as there is plenty of work for it to do and it would also be an advantage for flower lovers. We would like to have the feeling of the people whether to proceed with an organization this year or not. If you desire to join such a society just phone the Advance office, No. 18, and let us know your intention. The organization would have to be formed before the end of the month to comply with the provincial regulations governing such societies.

The modern home is one in which a switch regulates everything but the children.

Timid Customer — Do you keep fountain pens? Too Smart Saleslady—No, but we sell 'em. Timid Customer (walking out)—Well, you will keep the one I was going to buy.

Chicago grocer bought a revolver to protect his store, but forgot to get any bullets to stick in it. A woman bandit came in the other night and robbed the grocer who had a shooter and wouldn't shooter.

Painting This Year?

YES!

Then give the more than "Peashooter Protection"; get "Double-barrel Protec ion" with SWP theworld-tested House Paint

"Cheap" Paint is just a "peashooter" when it comes to protection. Don't be fooled by tre low price per gallon. Your house needs the full protective qualities supplied by a good paint — and that's S W P is. It's really cheaper in the long run, because while it costs a little more per gallon than "cheap" paint it covers more surface and lasts two to three times as long, and it will not crack or peel.

Come in and discuss color schemes with us. We have samples. WHEN YOU PAINT YOUR WALLS use Sherwin- Williams Flat-tone or Semi-Lustre, washable oil paints that keep your walls sweet, clean and sanitary. The new stipple finishes are popular.

VARNISH YOUR FLOORS WITH MAR-NOT Fast-Dri Floor Varnish. It is made to stand the tramp of many feet, the moving of furniture. hard usage by children. Hot water does not affect it.

Radio Broadcast Friday at 10 a.m., CFRB

Follow "KEEPING UP WITH DAUGHTER" every Friday morning, commencing FRIDAY, MARCH 4, at 10.00 a.m. over CFRB. You'll enjoy Sherwin-Williams morning broadcast. "Keeping Up With Daughter" is quite a job as the Curtis family found out. But listen in and learn how Paint Headquarters helped to keep track of this modern maiden. Friday morning at 10 o'clock ovr CFRB.

Frank W. Duncan
HARDWARE FLESHERTON

Special Bargains
- IN -
WALLPAPERS

To make room in our storage racks for our Spring Wall Papers we are placing on sale this week a large collection of patterns of which only a few rolls were left after last season's selling.

The quantities are suitable for small rooms, summer kitchens, clothes closets, and so on, and are offered without regard to cost.

Come early for the best choice.

F. H. W. HICKLING
FLESHERTON, ONTARIO

LOCAL IMPROVEMENT NOTICE

VILLAGE OF FLESHERTON

1. THE COUNCIL of the Corporation of the Village of Flesherton has constructed as local improvements the works set out in Schedule "A" hereto, upon the streets and between the points set out in the said Schedule.

2. THE cost of the said works, the proportion to be paid by the Corporation, and the special rate per foot frontage, and the number of annual instalments in which the special assessments are to be paid, are also set out in the said Schedule "A".

THE Special Assessments are to be paid in twenty (20) annual instalments.

3. THE estimated lifetime of the work is twenty-two (22) years.

4. THE Court of Revision will be held on the 29th day of March, 1932, at 7:30 o'clock in the evening, at the Village Hall, Flesherton, for the purpose of hearing complaints against the proposed assessments or the accuracy of frontage measurements, and any other complaint which persons interested may desire to make and which is by law recognizable by the Court.

DATED this Seventh day of March, 1932.

—W. J. BELLAMY,
Village Clerk.

SCHEDULE "A"

	DESCRIPTION OF WORK	LOCATION	FROM	TO	TOTAL COST	OWNER'S SHARE	CORPORATION'S SHARE	ANNUAL RATE Per FOOT FRONTAGE
1.	Concrete Pavement	Collingwood St.	32 ft. East of Victoria St.	East side of Levitt St.	$ 264.77	$ 89.19	$ 175.58	$.00512
2.	Concrete Pavement with curb	Collingwood St.	East Side of Levitt St.	201.3 ft. west of Mary St.	1767.69	583.90	1183.79	.07553
3.	Concrete Pavement with curb	Collingwood St.	201.3 ft.west of Mary St.	34.2 ft.west of Peter St.	4265.63	1133.68	3131.95	.16542
4.	Concrete Pavement with curb	Collingwood St.	34.2 ft. west of Peter St.	87 ft. east of Toronto St.	2542.14	647.89	1894.25	.16518
5.	Concrete Pavement with curb	Collingwood and Durham Sts.	87 ft. east of Toronto St.	West side of Hill St.	5856.15	2155.07	3701.08	.19674
6.	Concrete Pavement with curb	Durham St.	West side of Hill St.	196 ft. west of Alice St.	3149.39	1206.27	1943.12	.10791
7.	Concrete Pavement	Durham St.	196 ft. west of Alice St.	725.2 ft. west of west side Alice st.	325.74	71.10	254.64	.00584
8.	Concrete Pavement with Curb	Sydenham St.	Margaret St.	154.3 ft. north of north side Collingwood St.	3572 28	1424.85	2147.43	.12337
9.	Concrete Pavement with curb	Sydenham St.	154.3 ft. north of north side of Collingwood St.	North side of Collingwood St.	2078 04	741.01	1337.03	.22667
10.	Concrete Pavement with curb	Toronto St.	South side of Collingwood St.	276.3 ft. south of Collingwood St.	3287.64	797.33	2490.31	.16186
11.	Concrete Pavement with curb	Toronto St.	276.3 ft. south of Collingwood St.	Campbell St.	5059.63	2215.21	2844.42	[illegible]