Compulsory Grading

Hog grading regulations provided by the Dominion Government under its Live Stock and Live Stock Products Act have been proclaimed by the Lieutenant-Governor of Ontario as effective in this province, and will be put in operation immediately.

Their effect is to rid grading of its somewhat optional feature of the past and to make it compulsory, with rigid enforcement, in all sections of Ontario, in the future. Behind them is the primary purpose of raising the standard of Ontario bacon, with a view to earning a greater share of markets, both domestic and overseas than now prevails.

All hogs sold or offered for sale at stockyards or such other points as may from time to time be designated by the federal authorities, hogs arriving at abattoirs and hogs for export are subject to grading. Only purebred hogs exported for the improvement of stock and hogs entered for exhibition at foreign, state or national expositions are excepted.

Under the grading regulations, hogs are divided into the following classes: select bacon, bacon, butchers, heavies, extra heavies, lights and feeders, roughs and sows. Select bacon is entitled to a bonus of $1 per hog over quotation; butchers and lights are deducted $1 per hog; heavies are deducted $1.50 per hog, and extra heavies lose $1.50 per cwt.

The Prince of Wales says his pet ambition is to cut down his gold handicap. We're still waiting for Cupid to get busy and cut down his resistance to taking himself a bride.

FIVE YOUNG MEN GIVEN SUSPENDED SENTENCE

Magistrate Walker, at Walkerton police court, passed suspended sentence on the five young men from Greenock township, who a week previous had pleaded guilty to the theft of three ducks from a Culross township farmer. The fowl had been used for a feast which the young men are said to have had at a farm house in that vicinity. Each was also assessed the cost of the court as well.

SHORTAGE IN PROTON FUNDS

Seeking to recover three thousand dollars' shortage which a provincial audit of the books of the late Robert D. Armstrong, Proton township treasurer for many years, has allegedly revealed, the Proton township council at a special meeting held at Dundalk decided to issue a writ against the late Mr. Armstrong's bondsmen, one of whom is his brother, John Armstrong.

The late Mr. Armstrong, who passed away last winter, had been treasurer of the township for fifteen years. At his death Mr. Lloyd McQuarrie, who has audited the late treasurer's books, was offered the position of treasurer, but declined to take it unless an audit was first held. A preliminary investigation led the council to decide to ask for a provincial audit and this was held this summer, with the result that a shortage amounting to about $3,000 is said to have been discovered.—Ex.

Birth rate in Britain is at a new low level, so even the stork must be feeling the depression.

Don't Get Excited

Some of our readers are anxious that we should become boosters of the C.C.F., the new Co-operative Commonwealth Federation. What is the rush? There is going to be no opportunity to change the government in time for Christmas and the chances are that the very ones who are so strong for a change just now would also be the first to advocate a change should the C.C.F. come into power. We are frank to admit that we shall be surprised if, after the farmers of this locality are more thoroughly acquainted with the aims and objects of the C.C.F., they are as enthusiastic as some of them appear to be at present. Are they going to gladly offer to increase their own taxation for the purpose of unemployment insurance for the factory worker? will they be in favor of a five day week and a six hour day for the factory worker, while they are still doing sixteen hours a day for seven days in the week? how will they relish state regulation of business, includinr their own, and government dictation of how much of their income they may use for themselves? These things, while not blared from the house-tops by the leaders of the new party, are undoubtedly a part of their program and it is just as well for all of us to acquaint ourselves with the aim, objects and incentives of a new political movement before giving our unreserved support to it. It is a fine thing to be a leader in any great movement and we are inclined to the opinion that those who are doing so much tall talking at the present time are at least slightly intoxicated by their own enthusiasm. Not one of them up to the present has demonstrated any great ability as a statesman and until they show more leadership we shall reserve our decision as to their worthiness. — Burks Falls Arrow.

Newspaper advertising has become the voice of business. Through the newspaper the seller can tell his story to the people, at a minimum cost No other medium of advertising has ever taken its place.

SPEND YOUR CHRISTMAS CHEQUE

AT

BENNETT'S

And take advantage of the after Christmas bargains

A Dollar Saved is a Dollar Earned

Emerson J. Bennett

FLESHERTON, ONT.

Buy your Flour and Feeds from the

Osprey Farmers' Milling Co.

FEVERSHAM

Family Bread Flour

Made from No. 1 Western Wheat

Pastry Flour

Cracked Red Wheat, Grits,

Made From Choice Ontario Wheat

THE PRINTING, PUBLISHING WITH SERVICE

CHAIN STORES

Markdale, Ontario

BUYING ELSEWHERE SAVES YOU A LOT OF MONEY

F. T. Hill & Co.

Wish their Patrons during 1933 health, wealth and prosperity, and while thanking our many esteemed Patrons for past generous support would solicit a continuance of your favors.

Local and Personal

Skating this Friday night.

Mr. Ed Patton of Durham was home for Christmas.

Mr. Wm. Miller of Meaford was in town on Tuesday.

Mr. Jack Kennedy spent Christmas at his home at Marmora.

Miss Louise Cargoe of Sandwich is spending a week with her mother.

Miss Mabel Currie of Meaford is visiting her aunt, Mrs. C. R. Chapple. Mitchell.

Mr. Geo. Goldsborough of Toronto spent Christmas with his family here.

Mr. and Mrs. C. R. Chapple and son, Allan, spent Christmas at Meaford.

Miss Annie Howard left last week to spend the winter months in Toronto.

Mr. and Mrs. O. W. Phillips were in Toronto on Sunday visiting the former's mother.

Misses Gladys Pinder, Shirley Murray and Rene Cargo of Toronto spent Christmas at their homes in town.

Mr. and Mrs. Otto Clipperton and two children of Toronto are holidaying at the home of Mr. and Mrs. Geo.

Mr. and Mrs. A. S. Thurston and family of Thornbury were visitors on Sunday with the former's parents.

Mr. and Mrs. Geo. Phillips (nee Elsie McKee) of Port Dover spent the holiday with Mrs. McKee and Mrs. McCallum.

Mr. and Mrs. Wilfred McMaster and daughter and Mr. Robt. McMaster of Hespler spent Christmas at their home here.

Misses Laura Boyd, K. McMillan, L. Thurston and Jeanette Cargo are spending the Christmas holidays at their homes here.

Mr. and Mrs. J. R. Neilson and two children and Mr. Maurice Wright of Toronto spent Monday and Tuesday with Mr. and Mrs. John Wright.

A pleasant re-union was held at the home of Mr. and Mrs. John Pedlar on Monday, when the whole family was present for the Christmas celebration.

Mr. Hardwick of Niagara-on-the-Lake, a former high school teacher here, was in town the first of the week, the guest of Mr. and Mrs. H. A. McCauley.

Misses Marion Stuart, Alice Heard and Ken Boyd of Toronto University and Les Ferris of the Veterinary College, Guelph, are holidaying at their homes in town.

Mr. Murray Inkster and Mrs. J Jones of Toronto holidayed with their parents, Mr. and Mrs. W. S. Inkster Miss Hazel Inkster returned with them for a week's holidays.

Mr. and Mrs. H. A. McCauley, Mr. and Mrs. W. G. Kennedy and Mr. and Mrs. W. I. Henry visited with relatives near Goderich Sunday. Mr. and Mrs. J. R. Richards accompanied them as far as Lucknow for the day.

Mr. and Mrs. John Beecroft, Mr. and Mrs. Fred Myles and daughter, Ruth, and Miss Marion Beecroft of Owen Sound were present, together with Mr. and Mrs. Emerson Wickens, Mr. and Mrs. Jas. Pedlar and Mr. and Mrs. Stanley Patton of Flesherton.

Mr. and Mrs. Frank Thibaudeau of Markdale and Miss Evelyn Ferris of Toronto spent Christmas with their parents, Mr. and Mrs. A. B. Ferris. Mr. and Mrs. R. Crossley of Owen Sound also visited at the Park House, Saturday.

Mr. Dave White of Owen Sound is engaged in moving the old Sullivan residence now owned by H. Down, to a new foundation on the same property. The residence will be changed considerably to a more modern design.

We enjoyed mild weather for Christmas this year with the roads bare and hardly a speck of snow visible. A heavy rain fell Saturday night and with a warm wind the snow disappeared rapidly. We hope all our readers enjoyed a very merry Christmas.

Mr. Geo. Beecroft of Owen Sound renewed his Advance on Monday for another year Mr. Beecroft is 82 years of age and enjoying perfect health. He attributes his long life to the fact that he has taken the Advance for over 50 years. We wish Mr. Beecroft many more years of good health.

The kiddies of the public school held a very delightful concert in the school on Thursday afternoon last, when a large number of adults was in attendance. A feature of the occasion was a Christmas tree on which were placed gifts from the scholars to each other and Santa Claus, represented by Albert Sparks, presented the gifts.

Mr. Geo. Armstrong spent Christmas at his home in Meaford.

Mr. and Mrs. Royden McDonald spent Christmas Day at Durham.

Mr. and Mrs. E. Hill of Bradford were the guests of Mr. and Mrs. J. R. Richards on Monday.

Mr. and Mrs. W. W. Trimble spent Christmas with Mr. and Mrs. W. T. Hodgson at Islington.

Mr. and Mrs. Laurie Smith of Toronto holidayed at the former's parental home here.

Miss Agnes Macphail, M. P., had $50 taken from her purse while on a tour in Texas last week.

Master Howard York of Markdale is visiting his aunt and uncle Mr. and Mrs. J. R. Richards.

Mr. R. Maddocks, manager of Bates Burial Co., Toronto, visited with Mr. and Mrs. Thos. Taylor while in town last week.

Mrs. Fred Stuart was called on Monday to the bedside of her father, Mr. Peter Meiklejohn, at Campbellford, who passed away Tuesday evening. The funeral will take place on Thursday at Campbellford.

The annual entertainment of St. John's United church Sunday school will be held on Monday evening next. Supper served from 6 to 7.30, with the concert afterwards. Admission 25 cents.

Mr. and Mrs. Chas. McTavish and four children, Mr. and Mrs. Stewart McTavish of Oshawa and Dr. and Mrs. J. G. Coleridge of Kingsville spent Christmas with Mr. and Mrs. D. McTavish The latter are remaining for a week's visit.

Mr. Stewart McTavish has received a well-earned promotion with General Motors at Oshawa, by being given the position of Assistant Manager of Customs with that firm. We are very pleased to hear of Steward's advancement and wish him all success.

FEED A BALANCED RATION

If there is one thing more than any other the importance of which is stressed in hog feeding, it is that grains alone are not enough to make good hogs, and that for the production of the select bacon type hog it is important that a balanced ration be fed.

In many parts of Canada, particularly throughout the Prairie Provinces, there is an abundance of cheap grain feeds which, as they stand, are unmarketable, but when fed to live stock quite attractive prices can be realized. Where grains alone are fed the live stock product is seldom satisfactory and to get worthwhile results a protein supplement must be included to balance the ration.

Skim milk or buttermilk in some form is the ideal protein supplement in hog feeding. These, however, are not always available, but because these are not available is no reason why other equally good forms of protein supplement should not be used. A very fine type of pork can be produced through feeding tankage a by-product of the packing industry. This provides an animal protein supplement ideal for hog feeding, and at the present time this can be obtained essentially at cost.

HEALTH

by Frederick Tennyson M.D.

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

CONSTIPATION

Despite the many exaggerated statements made concerning the ill results of delayed bowel elimination or constipation, it can be accepted that regular bowel movement — at least once a day — is desirable.

The process of digestion goes on automatically, and as long as it continues normally, we are not aware of it. We are responsible however, for what we eat and for our habits of life. In general, constipation is the result of faulty habits and carelessness, and so the sufferer is, himself, responsible for the condition.

In most persons, constipation causes a feeling of depression and lassitude. Headache and loss of appetite are fairly common. Haemorrhoids and irritation of the intestines may result.

It takes time to overcome constipation, but provided there is no abnormal condition which requires treatment, the condition can, in practically all cases, be overcome by attention to diet and the establishment of systematic habits. It must be clearly understood that, as long as the reliance is placed on laxatives and enemas, the condition will not be corrected. Laxatives and enemas should not be used unless they are ordered by the individual's physician as treatment, because they defeat their own purpose when used to deal with chronic constipation.

The diet should be low in protein; fruits, vegetables and whole-grain cereals should be used in abundance. Water should be taken freely. A glass of hot or cold water on rising, in the forenoon, in the afternoon and in the evening, in addition to the fluids which are taken with the meals, is helpful in many cases.

Exercise in moderation is required. The exercise taken should be of a type which brings the abdominal muscles into play.

The most common cause of constipation is failure to pay attention to the impulse of defecate. Long-continued neglect and delay in responding cause the impulse to be lost. Therefore, the most important point is to establish a regular toilet habit.

The taking of food stimulates the intestinal tract, so that a normal time for a bowel movement is after a meal. Such a movement once a day is likely sufficient. It is essential that the individual go to the toilet at exactly the same hour every day, whether or not there is a desire to do so, and this must be persisted in until the habit is firmly established.

Not all cases of constipation can be dealt with in the same way. If the bowel is irritated, the use of uncooked foods may make it worse. Such cases require treatment. The cases which do not require medical treatment can generally be corrected by attention to diet and exercise, and the formation of a regular habit.

Small Advts.

Lost or Strayed

LOST — Large female hound, black and white with tan head.—Fred McMullen, Flesherton.

LOST — Female hound, black and tan with white breast.—Leslie Chard, phone 42r2, Flesherton.

For Sale

FOR SALE — 1932 Electric Philco Radio, 7 tubes, used only 8 months. Real bargain. — George Johnson, phone 75r11.

FOR SALE — Star skates and boots, in good condition, 7½ size boot. See them at The Advance office.

FOR SALE — Springer cow for sale, 4 years old, due December 24th. Apply to Wm. Mather, R. R. 1, Priceville.

WANTED — Jersey cow (or part Jersey) fresh or due to freshen soon. — Wm. McBride, C. P. R. Station, Priceville.

WANTED — Any quantity of good dry hard wood or on exchange for furniture and bedding. Come in and make a deal.—E. J. Bennett, phone 78.

BARLEY WANTED — 50 bushels clean barley wanted.—Chris Thompson, Flesherton.

NOTICE — Hunting, trapping or trespassing on lots 176, 177 and 178, 1st range W.T. & S.R., Artemesia, strictly forbidden.—T. J. Stinson, R. R. 3, Proton Station.

BOAR FOR SERVICE

Yorkshire Boar for service. Terms $1.00. — John Oliver, O.D.R., Artemesia.

BOAR FOR SERVICE

Registered Yorkshirt Boar for service by Flesherton Bacon Hog Club, the property of the Ontario Department of Agriculture.

—C. STEWART, Caretaker.

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LICENSED AUCTIONEER
For the County of Grey. Terms 1 per cent. Satisfaction guaranteed Dates made at the Advance office.

Prince Arthur Lodge, 333, A. F. & A. M. meets in the masonic Hall over Kennedy's store, Flesherton every Friday on or before the full moon. W. M., Geo. Long, Sr.; Secretary, H. A. McCauley.