HEALTH

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

CONSTIPATION IN CHILDREN

If constipation does not affect some member of your family, the following advice will be unnecessary. However, an examination of the medicines kept in the home will reveal that over half of them are for the remedy of this trouble.

The use of laxative medicines is the easy but dangerous way out of the difficulty. The initial diarrhoea caused by the irritating action of the medicine is followed by more constipation. More medicine is required, and a vicious habit is formed. Certainly in infants and young children laxatives should only be used on the advice of the physician.

Constipation, or faulty elimination, may be controlled by a properly chosen diet and correct habit training. A regular time, usually just after a meal or on rising, should be set aside for going to the toilet. Encourage outdoor play and plenty of exercise. More water should be taken. It is often a good practice to drink one-half cup of warm water on rising, before breakfast.

As well as the general measures outlined above, the proper selection of food will prove effective. It will bear repeating, sufficient water is essential. The whole grain cereal which contains bran aid the action of the bowels. The same applies to the fruits and bulk vegetables. The vitamins in wheat germ and brewer's yeast bring about better tone to the bowels.

Concentrated foods such as fats, starches and heats tend to produce constipation.

In infancy constipation can be regulated by proper diet in the artificially fed. As far as the breast fed baby is concerned, there is no such thing as constipation. If the infant is allowed to go long enough it will have an easily passed soft movement and in the meantime will have no distress.

The control of constipation in children is to establish regularity of toilet habits and to employ a suitable diet.

The window of Senator James Couzens, of Detroit, has been awarded an allowance of $25,000 a month which should pay the coal bills and leave a little over for general expenses.

During 1936, 133,118 persons visited the Parliament buildings at Ottawa and this total, we are given to understand, does not include the senators who drop in every once in a while.

THE STORE WITH SERVICE

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

OUR BUYING POWER SAVES YOU A LOT OF MONEY

JANUARY STOCK-TAKING SALE

A HUGE CAMPAIGN OF GREATER BARGAINS TO REDUCE OUR STOCK FOR FINAL ROUND UP, JANUARY 31 IS THE LAST OF OUR YEAR, HENCE THESE EXCEPTIONALLY ATTRACTIVE PRICES. COME EARLY AND GET YOUR SHARE.

DON'T MISS THIS BIG 25c RUMMAGE SALE—25c

A gathering together of Many Useful Articles—A clean up of many broken lines collected from all Departments in the Store and assembled in the Millinery Room.

Ladies' Winter Coats at $9.95 and $14.95
If you need a Coat at all buy from this group and save $. In most cases these coats are less than half price.

MILLINERY CLEARANCE

Every Hat must be sold — Priced at 50c, 95c and $1.50.

Clearance of Ladies Shoes at $1.29 per pr.
200 pairs of Ladies' fine Shoe, sizes 3½ to 8. Some are factory samples and floor goods slightly damaged. Values in the lot up to $3.95.
January Clearance ..... $1.29 per pair.

Low Shoes for Growing Girls
100 pairs only in Black Calf Leather—A real sturdy shoe in sizes 2 to 4 only.
January Clearance ..... 89c per pair.

EXTRA VALUES IN MEN'S CLOTHING AND FURNISHING DEPARTMENT.

Men's Smart New Overcoats at $12.95
40 only, Silvertone Fabrics, all sizes up to 44. This is less than factory cost. Be early and get your choice of this lot. January Special $12.95

Men's and Youths' Overcoats at $7.95
20 only good quality winter Overcoats in good models. Coats in the lot worth $15.00.
January Special $7.95

Wool Jersey Frocks—Reg. $2.95 to $3.95
January Sale Price $1.95

Women's Silk Dresses for $1.00
100 only Women's Crepe and Satin Dresses, most all sizes and colors in the lot.
January sale $1.00

Women's High Grade Crepe Dresses at $2.95
You will find Dresses in this lot marked regularly at $6.95 — Buy a good dress for better money.

Super Values from the Footwear Department.

Men's Monitor Rubbers, 6 eyelet, all sizes, $1.59 pr.
Boys' Monitor Rubbers, 1 to 5 ..... $1.49 pr.
Youths' Monitor Rubbers 11 to 13 ..... $1.29 pr.

PLAIN OVER RUBBERS

Men's size 6 to 11 ..... 79c pr.
Boys' size 1 to 5 ..... 59c pr.
Youths', size 11 to 13 ..... 49c pr.
Children's, 6 to 10 ..... 45c pr.

Women's Velvet Overshoes — All sizes, Cuban and Low Heel at $2.29 pr.

CLEARANCE OF MEN'S AND BOYS' SUITS

We have a large range of Men's and Boys' Clothing for newest and up to date makes. During January we will give you 20 per cent discount off any suit.

Big Saving in Men's and Boys' Wear

Heavy all wool Socks 5 pairs for $1.00
Heavy Work Shirts in Military Cotton, all sizes ..... each 95c
Men's Lined Smocks at $2.19
Men's Overalls, at per garment $1.45
Men's Fine Shirts at ..... 69c ea.
Men's Cotton Work Shirts at ..... 59c ea.
Boys' All Wool Hose at ..... 39c pr.
Boys' Braces at ..... 19c pr.
Men's Tweed Work Pants at ..... $1.59 pr.
Boys' Knicker Pants at ..... 59c pr.

EXTRA SAVING FROM THE DRY GOODS DEPARTMENT

36 inch Flannelette 5 yds. for 69c
36 inch Chintz, just what you want for quilts ..... 5 yds for 95c
Smart prints, yard wide, 2 yds. for 25c
Smart Broadcloth prints, reg. 29 and 35c yd. ..... for ..... 23c yd.
Linen towelling, good quality 2 yds for 33c
Bushman's Flannel, reg. 35c yd. for 27c
Quilt Size Batts, 72x90, extra value at 35c
Double Bed size Flannelette Blankets, Grey or White, at ..... $1.89 pr.

SPECIAL

100 pairs only of Pure Wool Hudson Bay Blankets in Red, also in light Brown. Wool is advancing in Price every day and next year's cost will be doubled.
January Special ..... $5.95 pr.

HOSIERY AND LINGERIE DEPARTMENT

50 doz. only, Ladies' plated Hose, in all the new shades. A good winter weight—these are factory seconds. Extra Special at ..... 19c pr.

Better Quality Plated Hose at 25c pr.
50 doz. High Grade Winter Hose—all the wanted shades, in sizes 8½ to 10. All first quality.
January Special per pr. 25c

Children's Fine Wool Hose at a Big Saving
100 doz. Children's Pure Wool Hose in fawn, black and white. This hose is worth 39c regularly.
January Special per pr. 25c

LADIES' SILK UNDERWEAR

Vest and Bloomers—a good wearing quality.
January Special per garment 25c

Ladies' Vests and Bloomers in a Better Quality
Sold regularly from 49 to 69c. January Special 39c

KNITTING YARN IN BALLS SEE THIS

100 boxes only—a fair range of shades, Make yourself a sweater or scarf.
January Special, 4 balls for 25c

GROCERY SPECIALS FOR JANUARY

Epsom Salts, 8 lbs. for 25c
Sulphur, 8 lbs for 25c
Black Pepper, per lb. 19c
Prunes, good size, 3 lbs. for 25c
Assorted Jams, 32 oz. size ..... 25c jar.
Soda Biscuits, per lb. 11c
Broken Rice, 5 lbs. for 25c
Cocoa in bulk, 2 lbs. for 25c
Soap, Pearl or P. & G., 5 for 18c
1 Can Green Beans, 1 Can Corn, 1 Can Tomatoes, all for 25c
Dates, fresh, 5 lbs. for 25c
Figs, fresh, 3 lbs. for 23c
Fancy Sweet Biscuits, 2 lbs. for 23c
Pork and Beans, 22 oz. size 11c
Assorted Soups, 3 for 23c
Buyasak Flour, 98 lb. bag for $3.50

We shall have many other special lines on sale at very Special prices for January. Visit our Hardware Department for Hardware Specials.

Advance Recipes For The Ladies

CALIFORNIA FRENCH DRESSING

4 tablespoons mazola
½ teaspoon powder sugar
¼ teaspoon paprika
2 tablespoons lemon or grapefruit juice
½ teaspoon salt
2 drops tobbacco sauce

Put all the ingredients into a preserving jar, cover and shake until well blended.

—Mrs. Procule Poirier

VANILLA ICE CREAM
(Automatic Refrigerator Method)

1 can sweetened condensed milk (Eagle Brand)
1 cup water
3 teaspoons vanilla
2 cups whipping cream

Blend sweetened milk, water and vanilla thoroughly. Whip cream to custard like consistency and fold into chilled unit. After mixture is about half frozen, remove from refrigerator, scrape mixture from sides and botton of pan. Beat until melted. Smooth out and replace in freezer until frozen for serving. Serves 12.
—Mrs. Procule Poirier, Alexandria

MEAT LOAF

Round steak, onion juice, salt, pepper, parsley, bread, boiling water, egg, suet. Put enough round steak through chopper to make 2 large cupfuls. Put into bowl and add:

⅓ cup bread crumbs
1 tablespoon minced suet
1 dessertspoon finely chopped parsley
1 beaten egg
1 dessertspoon onion juice
2 tablespoons boiling water
Salt and pepper

Mix and put into casserole, pack down, cover and cook about 1 hour, removing lid last 15 minutes. Serve with tomato gravy made by mixing 1 cup strained tomatoes with gravy of caserole and thicken with flour.

—Mrs. J. F. Collinson

CHOCOLATE LAYER CAKE

2 eggs
1 cup white sugar
1 cup brown sugar
½ cup butter
1 cup sour milk
4 oz. of baker's chocolate dissolved in ½ cup boiling water
1 teaspoon vanilla
2 level teaspoons soda
2½ cups sifted flour

Bake in a moderate oven.

—Mrs. C. Martin, Eugenia

GOLDEN LAYER CAKE

½ cup butter
1 cup sugar
Yolks of 6 eggs
½ cup milk
1¾ cup flour
4 teaspoons magic baking powder
1 teaspoons of orange extract.

Cream butter and sugar, add well beaten yolks and beat again with butter and sugar until very light. Sift flour and baking powder together and add to first mixture alternately with milk. Beat lightly for about one minute, put into greased layer pans and bake. Temperature 400 degrees F. Time about 20 minutes. Put together with lemon filling and ice with boiled frosting.

LEMON FILLING — 1 lemon and rind
1 cup cold water
1 cup sugar
1 egg
1 tablespoon of flour

Beat lemon rind and egg together. Stir in lemon juice and sugar. Dissolve flour in water, cook in double boiler till it jellies and spread.

BOILED FROSTING — Dissolve a cup of granulated sugar in ¼ cup hot water. Wash down sugar from the sides of the pan cover and let boil 3 or 4 minutes, uncover and let boil to a rather firm, soft ball stage. Pour in a fine stream on the whites of two eggs, beaten dry, beating constantly meanwhile.

—Mrs. C. Martin, Eugenia

THE LOCAL PAPER

With the opening up of rural mail routes a generation ago, bringing daily mail service to the farmer, many people thought that the local paper would fade out, but such has not been the case. It is true that today towns have only one paper where formerly there were two, but those papers that have survived have strengthened their positions and have improved tremendously in quality. Daily papers are of course widely read in the rural communities, but nothing can take the place of the home paper. So long as human instincts are what they are today—and there is not likely to be much change while the world lasts—the community will have an interested constituency to appeal to. People do like home news and views. They develop an attachment for their home paper that increases with the years.—St. Marys Journal.

Local and Personal

Mrs. (Dr.) Little spent the week end at her parental home at Owen Sound.

Miss Mable Adams is visiting with her aunt, Mrs. Emerson Adams, at Elmvale.

Mrs. George McTavish has been laid up for the past week with a severe throat ailment.

The local curlers took part in a bonspiel at Shelburne on Tuesday and to-day (Wednesday) were over at Port Elgin on a similar errand.

Mr. Charley Stewart, who has been ill since last fall is recovering nicely and is able to visit his friends around town.

Mr. and Mrs. F. W. Duncan and Mr. and Mrs. Dave Adams visited with Mr. and Mrs. Clifford Blakeley at Harriston on Sunday.

Mrs. H. Down attended the wedding of Mr. Clarence Fawcett of Collingwood, son of Mr. Herb Fawcett, to Miss Edna Pringle of Vancouver, B. C., Miss Pringle has been in training at Collingwood hospital.

The monthly meeting of St. John's Woman's Missionary Society will be held tomorrow, Thursday, and will be taken by Mrs. H. Down and her group. A full attendance is hoped for.

Mrs. J. Cargoe returned last week from attending the funeral of her brother-in-law, Mr. Leonard Scott, at Elora. He married Louise J. Cargo of Artemesia in 1905; was in the service of the C. P. R. for many years and was a man who was held in high esteem by the whole community. Mrs. Cargoe died a few years ago. He leaves one daughter, Louise, to mourn the passing of a kind and indulgent father.

IN MEMORIAM

FENWICK — In loving memory of a dear Husband and Father, William H. Fenwick, who passed away January 20th, 1936.

Oh, how we miss you, God only knows,
After so many years together.
Death was so sudden, the heavy blow,
Can we forget? No, never.
We find the hill so hard to climb,
Without you, we are alone,
But hope to meet you some day
Around our Father's throne.
Rest, dear Dad, your troubles are o'er,
Your willing hands will work no more;
You did not fail to do your best,
You worked so hard for those you left.
You lived your life and lived it well,
With always a cheery smile whate'er befell.
A cheery word you had for all,
What a sweet memory to recall.

—Sadly missed by his loving Wife and Family.

"Cheerful people," says a doctor resist disease better than gloomy ones." The surly bird catches the germ.

There are fewer train accidents than car accidents, and London Punch suggests that this is because engine drivers are not in the habit of putting their arms round the fireman's waist.

Already proposals of marriage are pouring in on the rich little Dionnes. The girls must make sure that their three-year-old suitors are not just after their ice cream cones.

Customer: "Are you sure this parrot can talk?"

Dealer: "Can he talk? Why, a woman's club sold him to me because none of the members could get in a word!"

Notice re Tax Sale

Notice is hereby given pursuant to R.S.O. 1927 (Chap. 238, Sec. 517, Sub-Sec. 3, that it is the intention of the Municipal Council of the Township of Artemesia to buy any lots or parts of lots which do not sell for at least the amount of taxes in arrears against such lots or parts of lots at the Adjourned Tax Sale to be held on Monday, February 8th, 1937, at 2.00 pm. at the Council Chamber, Flesherton.

—ALEX. CAMERON, Treasurer.

FOUND — On Durham Road, about a week ago, a cloth coat. Loser pay for this ad and prove property. —Apply to S. Batchelor, Proton Station.

WOOD WANTED

Tenders will be received up until Saturday, January 16th, for 20 cord of 18 in. body wood, maple and beech, delivered to Ceylon school

ROY PIPER, Secretary

Small Ads.

LOGS WANTED — All kinds of softwood, highest prices paid.— Earl McLeod, Ceylon.

FOR SALE — Several new Windsor Kitchen Chairs and tables.— Apply at Quality Restaurant, Flesherton.

FOR SALE — New 10 ply Firestone Ground Grip 32x6, truck tire, never used $37; also tire driven about 300 miles, $25.— A. C. Muir, Ceylon, phone 38 r 3.

FOR SALE — Stove or nut coal; Best Pennsylvania Anthracite, $13.50 per ton. Free delivery within 5 miles.— Phone 38 r 3, A. C. Muir, Ceylon.

FOR SALE — Barley $31.00 per ton; Oats $31.00 per ton; Mixed grain $31.00 per ton; Screenings $30.00 per ton. Terms: Cash.— Phone 38 r 3. A. C. Muir, Ceylon.

INCUBATOR FOR SALE — One 600 capacity, oil burning water heating, 1936 model, Beatty Bros. (Miller) incubator, in first class condition, used for 1 hatch.— J. F. Collinson, Ceylon, phone, Flesherton, 21 r 3.

NOTICE — Would the person who borrowed a large spirit-level from the late Thos. Bentham, about a year ago, please return at, as it is needed for the winding up of the estate.— Claude Marriott, Flesherton.

HOG FOR SERVICE

Pure bred Yorkshire Hog, Orchard Valley Wonder, 6N—175771 Sire O. A. C. Conqueror 315—167820, will be kept for service. Terms $1.00.— Wes. Smith, Rock Mills.

BOAR FOR SERVICE

Purebred Yorkshire Boar for service; terms: $1.00 if paid within four months.—Laurie Pedlar, Flesherton, Ont., R. R. 3.

FOR SALE

Grey County Egg Grading Station, also lots adjoining the same, will sacrifice for $150.00 cash. — Thomas Owler, 40 Doel Ave., Toronto.

WANTED

Have several clients with from $2 to $3000. to invest in a good sound small town business preferably Grocery Line, small General Store, or any legitimate business that is operating on a sound basis, and showing a reasonable margin of profit. For further particulars apply to Otto Johann, 638 Third Ave. E., Owen Sound.

PROPERTY FOR SALE

The large building and stables on the main street of Flesherton, owned by the late Wm. Moore and occupied by Mr. Fawcett, the Flesherton bus man. For particulars apply to Mrs. W. Moore, Flesherton.

POLES WANTED

Telegraph poles wanted 25 feet and up in length, nothing less than 5 inch tops, must be straight and sound, delivered at station; also sawed cedar ties. Call and get prices.

—M. Wilson, Flesherton

BUSINESS CARDS

DR. J. E. MILNE
Office — Durham St.
Office Hours — Afternoons 1.30 to 4
Evenings 7 to 8.30
Sundays and Thursday afternoons by appointment only.

DR. A. E. LITTLE
DENTIST
OFFICE—Dr. Bryce's Old Stand.
Telephone 69

WM. KAITTING
Licensed Auctioneer
for the county of Grey. All sales conducted on Business principles all parties requiring work done on the above lines will do well to call at the Advance Office or write Wm. Kaitting. Eugenia. 'Phone 43—11

Prince Arthur Lodge No. 333, A.F. & A.M., meets in the Fraternal Hall, Flesherton, the second Tuesday in each month. W.M., Alfred Down; Secretary, C. J. Bellamy.

DR. T. H. SPENCE
Veterinary Surgeon and Dentist. Graduate of Ontario Veterinary College, Professional services reasonable. —Phone, Dundalk, 51 r 11.