HEALTH

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

SLEEP

Everyone realizes the need for a proper amount of sleep and at no time is this more necessary than during childhood. In her anxiety to get her young child asleep many a mother has walked the floor for hours, a practice which is not only harmful to the infant but one which may be disturbing to the whole household. All this can be avoided if proper habits of sleep are instituted at birth. This is best done by placing the crib of the infant in a room of its own which is quiet, well-aired and easily darkened. After a dry diaper has been put on and the infant placed in a warm comfortable bed, no other device should be necessary to induce him to go to sleep.

The child should always be put to bed while awake. In other words, he should learn to fall off to sleep in his own bed. If the child cries, see that he is not cold, or too hot. See that he is dry, and, if a young baby, that he has no gas on his stomach, and then leave him alone. If you pick him up just once or twice, next night he will cry for the sole purpose of being picked up. It is essential that when you put your child to bed, you should leave him alone.

It has been computed that while a child is exercising he is using over four times more energy than while sleeping. Keeping this fact in mind, it is apparent that over-active children as well as undernourished children require longer periods or more periods of sleep than other children do.

Sleep disorders in older children are characterized by difficulty in getting to sleep at night, restlessness, tossing, talking in the sleep, grinding of the teeth, nightmare and sleep-walking. As a rule these complaints are not due to physical causes but are seen in nervous or highly strung children. This child is unable to sleep properly and must not be confused with the spoilt child who is unwilling to sleep.

Regularity of sleep, plenty of it and no fussing with the child that just wants to be pampered all tend toward making the child healthier.

BAD PENNY COMES BACK WITH DOUBLE VENGEANCE

Lagrange, Ind.— That a bad penny returns—with a vengeance—Joshua Mishler will affirm. Mishler picked up a penny with a hole drilled through it, tossed it toward the ledge of his henhouse. The penny bounced back from the ledge, striking him in the eye-ball. Peeved, Mishler scaled the coin into space. This time, the penny struck an icy tree trunk, and boomeranged into Mishler's mouth, chipping off a piece of tooth.

It has been ruled at Ottawa that the word "silly" is unparliamentary. Nothing is said, however, about also applying the rule to actions.

A headless mummy has been discovered by a British archaeologist but as it dates back to 3200 B. C. it is evidently not that of one of the Egyptians who lost their heads over Cleopatra.

When the pictures of baseball players lolling around the Florida sands start crowding the bathing girls out of the newspaper pages, then, no matter what the ground-hog does, you can be sure that spring is about to arrive.

THE STORE WITH SERVICE

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

OUR BUYING POWER SAVES YOU A LOT OF MONEY

Big February Sale of Floor Coverings

Inlaid and Printed Linoleums, Congoleums, Oilcloths, Rexoleum and Feltol by the Running Yard, also Linoleum, Feltol and Congoleum Rugs

Come and Shop Early while you have the choice of the Best Patterns. These Prices are below catalogue.

PRINTED LINOLEUMS IN E. and D. GRADES

2 yds. wide ..... $1.45 per running yard
3 yds. wide ..... $2.45 per running yard
4 yds. wide ..... $3.35 per running yard
24 in. passage ..... 50c per running yard
36 in. passage ..... 80c per running yard

LINOLEUM REMNANTS

4 yards wide at $2.45 per running yard, with about 2 to 2½ yards in piece.

FLOOR OILCLOTH

1 yard wide ..... 45c per running yard
1¼ yds. wide ..... 60c per running yard
2 yards wide ..... 93c per running yard
2½ yds. wide ..... $1.15 per running yard
18 in. Stair Oilcloth .. 28c per running yd.
24 in. Stair Oilcloth ..35c per unning yard

CONGOLEUM

2 yards wide ..... $1.15 per running yard
3 yards wide ..... $1.85 per running yard

PASSAGE CONGOLEUM

27 inches wide ..... 48c per running yard
36 inches wide ..... 55c per running yard

FELTOL

A good felt base floor covering that will give good service at a low price.
2 yards wide ..... 85c per running yard
3 yards ide ..... $1.45 per running yard

REXOLEUM

A felt base floor covering at an exceptional low price. Just what you are looking for at little money.
2 yards only at ..... 75c per running yard

BORDERLESS CONGOLEUM RUGS

6 x 9 each ..... $3.50 9 x 10½ $6.75
7½ x 9 at ..... $5.00 9 x 12 ..... $7.7.5
9 x 9 ..... $5.75 9 x 13½ $8.75
9 x 15 ..... $9.75

We have a beautiful range of Congoleum Rugs at a price that will suit you.

Don't forget to come and look these over.

3 x 9 each ..... $2.65 9 x 9 at $7.85
4½ x 9 ..... $4.15 9 x 10½ at $9.00
6 x 9 at ..... $5.15 9 x 12 at $10.50
7½ x 9 at ..... $6.50 9 x 13½ $11.65
9 x 15 ..... $13.00

INLAID LINOLEUM

2 yards wide ..... $2.75 per running yard

We have a good range of Linoleum Rugs —in sizes listed that will please you and save you money as well.

6 x 9 ..... $6.00 9 x 13½ $13.50
7½ x 9 ..... $7.50 **9 x 15 ..... $15.50**
9 x 9 ..... $9.00 **10 x 12 ..... $14.00**
9 x 10½ ..... $10.50 12 x 12 ..... $16.00
9 x 12 ..... $12.00 12 x 13 ..... $18.00
12 x 15 ..... $19.00

If you want an inexpensive Rug that will give you real service for the money

BUY FELTOL RUGS

We have them in stock in sizes:

6 x 9 each ..... $3.50 9 x 9 ..... $5.50
7½ x 9 ..... $4.50 9 x 10½ $6.25

Borderless Feltol Rugs in following sizes:

6 x 7½ ..... $2.35 9 x 10½ $5.50
6 x 9 ..... $2.65 9 x 12 ..... $6.00
7½ x 9 ..... $3.75 9 x 13½ $6.75
9 x 9 ..... $4.50 9 x 15 ..... $7.50

Congoleum Mats — Size 18 in. x 36 in. at ..... 2 for 35c

PRINT HOUSE DRESSES

Extra Special — Regular values up to $1.49. February Special, each 59c

SEED OATS & BARLEY

Seed Grain is very scarce. Get your supply now.
Seed Oats, per bushel 85c
Seed Barley 6 row per bu. $1.35

Grocery Special

Keynote Flour $3.45
Good Size Prunes ..... 3 lbs. 25c
Broken Rice ..... 5 lbs. 25c
Colgate.s Hard Water Soap ..... 4 for 15c
Cream of Wheat ..... 7 lbs. 25c
High Grade Soap Chips ..... 3 lbs. 25c
Angler Salmon ..... 2 for 19c
Corned Beef ..... 2 tins 25c
Fresh Sausage ..... 2 lbs. 25c
Super Suds ..... 1 large, 1 small for 20c
Soda Biscuits ..... 2 lbs. 25
Castile Soap, reg. 10c ..... 3 for 25
Orange Marmalade, reg. 35c 25c
Barley and Oat Chop ..... per cwt. $1.95

Mrs. Robt. Pallister Died In The West

On Saturday morning, February 13, the entire community was shocked to hear of the sudden passing of Mrs. R. Pallister, at her home at Kelvington, Sask.

The late Mrs. Pallister whose maiden name was Eliza Ann Lougheed, was born in Singhampton, Grey County, Ontario, on November 24, 1887. Her father, W. J. Lougheed, who is 78 years of age and one brother John H. still reside at Singhampton. One sister, Mary (Mrs. Thornton Pallister) resides at Khedive, Sask.

On December 10th, 1906 she married Robert Pallister at Singhampton. They moved to Feversham where they resided for six years and then came west, settling on a farm at Trossacks, Sask., with their three small children. After living there for 19 years, they moved to Kelvington district in October, 1931.

She leaves to mourn her passing, her husband and six children, John, Hazel, Myrtle, Eva, Vera and Earl, of Kelvington, also her father, sister and brother.

The funeral service was conducted by the Rev. T. N. Mitchell assisted by Rev. W. T. Kennedy in the United Church. The large number who attended the funeral and the many floral tributes bore mute testimony of the high esteem in which she was held by all who knew her.

Mr. W. O. Templeton and Mr. C. R. Stevens sang a duet, "God Will Take Care of you," assisted by the choir, which was specially requested by her sister Mary (Mrs. Thornton Pallister). Favourite Hymns of the deceased were sung "Rock of Ages," Rescue the Perishing," What a Friend we have in Jesus."

Interment took place at Kelvington cemetery on February 17.

The pall bearers were S. J. Osborne, J. Fernwalt, J. W. Bates, N. W. Bates, S. Hall and C. M. Brownridge.

The whole community extends sympathy to the family in their sad bereavement.

Has Fancy Handbag

The editor of the women's news page of the Toronto Globe and Mail told the following story about Miss Agnes Macphail, M. P., the other day:

"Compliments — To Miss Agnes Macphail, M.P., upon her method of acquiring a very convenient black leather handbag with a good-sized watch on the outside.

"She had it with her the other night when she dropped into the office to see us. We said we liked it. She said she did, too; that's how she got it. And she told us the story.

"In Detroit recently she met a woman carrying the bag. She admired it and inquired where she could get one like it. She explained it was just the thing for her as she couldn't wear a wrist watch on account of having so much electricity. The woman said she didn't know where she could get one but she could have hers. Miss Macphail said of course not. The woman insisted. So did Miss Macphail.

"The next day at a luncheon party, at which the woman was also a guest, Miss Macphail found the handbag sitting in front of her on the table. Of course, there was nothing else to do but accept the gift."

CENTRE LINE

The weather is very changeable. We had a few very spring-like days the end of the week. It rained very hard Sunday evening, raising the water high again, then turned cold and is rather cold and stormy at time of writing.

Miss Evelyn Little is assisting with household duties at the home of Mr. Fred Irwin near Flesherton.

The flu has visited a number of homes in this vicinity lately. At the home of Mr. Albert Thompson, Portlaw, it has been very bad, Mr. and Mrs. Thompson and Mr. Neil McIntyre all took the flu and pneumonia developed with Mr. Thompson and he is still critically ill. Mr. McIntyre has been very sick but is a little better. Nurse Palmer of Dundalk is attending Mr. Thompson.

We are glad to report Mr. Jack Haney recovering nicely and Mrs. Fred Plantt is almost well again.

Quilting has been the order with the ladies on this line. Mrs. Fred Plantt, Mrs. Florence Lyons, Miss Hazel Osborne and Mrs. Emerson Gallagher have all had a few neighbors in to help quilt lately.

An old lady in church was seen to bow whenever the name of Satan was mentioned.

One day the minister met her, and asked her why she did so.

"Well," she replied, "politeness costs nothing and - you never know!"

Local and Personal

Miss Jeannette Cargoe of near Dundalk, spent the week end at her home.

Mr. Jas. Henderson of Mt. Forest spent the past week in town with his son, Alex.

Mrs. R. J. Blackburn and son Don. spent the week end with Mr. and Mrs. T. J. Fisher.

Mr. and Mrs. W. H. Thurston are spending a week at the home of their son, A. S. Thurston, Meaford.

Messrs. Robt. Carrothers, Dick Stewart and F. J. Thurston spent the week end in London and St. Thomas.

Miss Kathleen McDonald of Hamilton, Misses Donelda, Georgena and Betty McDonald all of Toronto spent Sunday at their parental home here.

Postponed indefinitely — St. John's United Church meat pie supper supposed to have been held on February 25th, on account of sickness.

Mr. and Mrs. John McDonald and Miss Kathleen visited on Sunday with Mr. and Mrs. R. B. Neilson, Owen Sound.

Miss Ruby Akitt and Miss Helen Javens of Owen Sound Business College spent the week end with the former's parents, Mr. and Mrs. Walter Akitt.

Mr. and Mrs. R. H. Cobb returned to their home in Toronto on Thursday after spending a couple of weeks with their daughter, Mrs. (Rev.) G. R. Service.

The W. I. will meet at the home of Mrs. Jas. Wilson on Wednesday, March 3rd, at 3 p.m. Roll call: "What is most important to good housekeeping." visitors welcome.

Pussy willows came out in bud durthe warm weather last week, several branches being handed to The Advance by Mr. Wm. Hincks. It was very early for these to come into bloom, but since then they have received a cold reception.

Live Stock Report

(By Dunn & Levack)

About 3000 cattle arrived for Monday's market and while prices held steady in most classes, trading was somewhat slow. Only a few lots of choice heavy steers arrived, which sold at from $7.00 to $7.50; good to choice from $6.50 to $7.00; fair to good from $5.75 to $6.40. In the butcher section, choice steers and heifers made from $5.50 to $5.75; fair to good from $4.75 to $5.40; common and medium $4.00 to $4.60. Choice baby beeves sold at from $7.00 to $8.00, others at lower prices according to quality. Only a few stockers and feeders were on offer and these sold at steady prices. The cow market held active and strong, choice fat cows selling from $3.75 to $4.25, with a few tops at $4.50; fair to good from $3.00 to $3.60; common and medium $2.50 to $2.90; canners and cutters $1.75 to $2.40. The bull trade held steady, choice from $3.75 to $4.00; bolognas $3.50 to $3.75.

In the small meats, choice lambs sold at $9.75, with others at slightly lower prices according to quality. All classes of sheep held steady, choice light kind from $5.00 to $5.50.

Calf prices, which have featured the market during the past three months suffered a severe decline, choice calves bringing $9.00, which is over $1.00 per cwt. lower than two weeks ago: fair to good calves brought from $7.50 to $8.50- common and medium $5.50 to $7.00.

The hog market held active and firm on Monday truck deliveries selling on the basis of from $8.35 to $8.50 and the prospects for the balance of the week looks favorable.

Tenders Wanted

The undersigned will receive tenders up to and including March 6, 1937, for gravel crushing for the Township of Artemesia. For particulars apply personally to—

W. J. BELLAMY, Clerk,
Feb. 16, 1937 Towship of Artemesia

NOTICE TO CREDITORS

All persons having claims against the Estate of Jane Isabel Bentham late of the Village of Flesherton, Married Woman, who died on or about the 31st of October, 1936, are hereby notified to send particulars thereof to the undersigned solicitor for the Administrator of her Estate on or before March 15, 1937. Distribution will be made after that date to those who shall have filed claims.

DATED at Markdale the 17th day of February, 1937.

Walter E. Harris,
Markdale, Ontario,
Solicitor for the Administrator.

Small Ads.

FOR SALE — Large size family ice refrigerator, new condition.— Apply Quality Restaurant, Flesherton.

FOR SALE — Singer sewing machine in good condition. — Claude Marriott, Flesherton.

FOR SALE OR RENT — Farm, 150 acres, Osprey township.—Apply to E Radley, Box 14, Thornhill, Ont.

FOR SALE — Dark Roan Shorthorn bull, aged 9 months.— Apply to D. MacMillan, phone 1-2 on 49, Flesherton.

CAME ASTRAY — To my premises, young collie dog. Owner claim property and pay expenses.— Sam Croft, Flesherton.

COW FOR SALE — 4 years old, due March 12, also turkey hen and a young gander.— T. Fenwick, phone 5 r 3, Feversham.

STRAYED — Came to my premises on Friday, Feb. 12, Beagle Hound. Owner prove property and pay the expenses.—G. Wauchope, Flesherton

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 — Two good Jersey cows, five years old, will freshen in about a week; also one good heifer calf, weighing about 300 lbs. — Walter Akitt, Flesherton..

HOG FOR SERVICE

Pure bred Yorkshire Hog, Orchard Valley Wonder, 6N—175771 Sire O. A. . 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.

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.

PROPERTY AT CEYLON FOR SALE

Business property at Ceylon, formerly the McLachlan hotel, 14 rooms, solid brick construction; good barns on property. A snap for quick sale. Apply to The Advance office or to J. C. McLachlan, Marrie, ont., executor of the estate.

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

ROY LANGFORD
District Agent for
MUTUAL LIFE OF CANADA
ACCIDENT & SICKNESS FIRE
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Municipal Liability Guarantee Bonds
Any Insurance Problem
Telephone 61 FLESHERTON, Ont.

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
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Graduate of Ontario Veterinary College, Professional services reasonable
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