CEYLON

Mr. and Mrs Ken Stewart are in Owen Sound where the former underwent an emergency operation for acute appendicitis early Monday morning in the G. and M. hospital. We wish Ken a speedy and complete recovery.

Mrs. T. A. Gilchrist was a recent visitor in Toronto.

Miss Jean Marshall is spending a couple of weeks with her sister Mrs. Howard Elliott in Toronto.

Misses Bessie Cairns and Isobel McDonald, Weston were week end visitors with Mr. and Mrs. George Cairns.

Mrs. Robt. Rutledge, Holland Centre visited with Mr. and Mrs. Geo. Jaynes on Thursday.

Miss Irene Stewart of Toronto is spending a week with her parents Mr. and Mrs. John Stewart. Mr. Vernon Stewart of Bala was a visitor over the week end at his home also.

Mrs. Archie Sinclair, Dundalk, visited a couple of days last week with Mr. and Mrs. Jas. Sinclair and other friends.

Several members of the Ladies' Aid had an enjoyable time Thursday at Mrs. A. C. Muir's when they spent the afternoon quilting.

Mr. Albert Arrowsmith, Niagara Falls is the guest of his brother Mr. George Arrowsmith and Mrs. Arrowsmith.

Mr. and Mrs. Thos. Stewart and family were at Portlaw on Friday where they attended the funeral of the latter's father, the late Mr. McMaster. Mrs. Stewart's mother has just recently returned home from the hospital. We extend to them our heart felt sympathy. Sympathy is also extended to Mr. and Mrs. Elmer Warling, Vandeleur, in the death of their little son Roy. Mrs. Warling was formerly Edna Stewart of the West Back Line.

The Women's Institute has been postponed for the church skating party which is being held in Flesherton rink on Thursday evening. Lunch will be served in the church basement after the party and all are invited to participate in both skating and lunch which will be supplied by the Ceylon ladies.

The Ladies' Aid meeting, presided over by the president, Mrs. George Snell, was held at the home of Mrs. Knox on Wednesday of last week. About fifteen ladies were present. Several contests were enjoyed, it being a social afternoon. At the close of the meeting the hostess was assisted by the social committee in serving lunch.

NOTICE TO CREDITORS

NOTICE is hereby given pursuant to the Trustee Act, that all persons having claims against the estate of James A. Madden, late of the Township of Osprey in the County of Grey, deceased, who died on or about the sixteenth day of January, A.D. 1937, are requested to send particulars of their claims verified by Statutory Declaration, to the undersigned on or before the 12th day of March, A.D. 1938, after which date the administratrix will distribute the assets of the estate having regard only to the claims of which she shall then have notice, and will not be responsible to any others.

DATED at Barrie this 22nd day of February 1938.

BOYS and BOYS, Barrie, Ontario. Solicitors for the Administratrix.

VANDELEUR

It was with profound regret that the community heard of the death of Master Ray Warling, second son of Mr. and Mrs Elmer Warling who passed away early Monday morning in Owen Sound hospital where ha had undergone a critical operation on Thursday evening of last week. Although it was known that his condition was serious, some six feet of bowel having been removed, yet everyone was hoping for the best and the news of his untimely death was a decided shock. Ray, who was ten years of age, was a bright and likeable little fellow and will be sadly missed by his parents and friends. The funeral was held on Wednesday afternoon to the Vandeleur cemetery.

The sympathy of the community is extended to Mrs. Jas. Cargoe in the death of her mother, Mrs. Fisher of Flesherton.

The Women's Institute held their February meeting at the home of Mrs. Glen McGee with a good attendance. Mrs. Will Johnston and Mrs. L. Johnston gave a duet. Miss Evelyn McGee conducted a contest and the president, Mrs. Freeman was in charge.

A demonstration in refinishing furniture was conducted at the home of Mrs. Lundy Johnston one day recently by Miss Lillian Buchanan who took the course in Markdale last fall.

Mrs. Andrews of Woodbridge is the guest of Mr. and Mrs. Frank Davis.

CENTRE LINE

Mr. Lloyd Little had the misfortune to cut his foot while working in the swamp recently.

Mr. Lewis Sheardown visited with Mrs. Sheardown at Weston recently.

Mr. and Mrs. Russel White spent the week end at the latter's parental home. Mr. Lloyd Little returned with them to spend a few days.

Mrs. Gilbert Little and Mrs. F. Lyons spent Monday with Mr. and Mrs. Albert Reid, Inistoge.

The March lion must have arrived here a couple of days early as we had a real blizzard on Sunday which nearly blocked the roads.

There is no church service at Mt. Zion next Sunday, but on the following Sunday there will be communion service at 3 p.m.

On Monday the seventh of March the official board of the Maxwell circuit will meet at Mount Zion church at 2 p.m.

Mrs. Jas. Linton spent a few days last week with Mr. and Mrs. Russel Linton and Mr. and Mrs. A. Reid at Victoria Corners.

Mr. Grant Helmkay had the misortune to fall on the ice last week and injure his ankle.

Mr. Robert Sheardown spent the week end with his mother in Weston.

Mr. and Mrs. Chas. Weatherall, Laverne and Shirley visited Sunday with Mrs. Gott near Eugenia.

Mr. and Mrs. Chester Mills and two children spent Sunday with Mr. and Mrs. Allan Davison.

Miss Gertrude Little spent a few days with her friend Miss Hazel McMillan.

Mount Zion W.A. will meet March 8th at the home of Mrs. Fred Taylor.

Mr. Ernie Little and niece Miss Edith Fawcett spent a day recently with Mrs. Mary Fawcett, Duncan.

Mr. and Mrs. Roy Grummett and babe, Dundalk, spent Sunday with Mr. and Mrs. Chas. Weatherall.

READ THE "SMALL ADVTS".

VICTORIA CORNERS

Monday morning our roaring March lion got a little ahead of himself and if he does not behave any better we will not invite him back again. The snow plough went through last evening followed by a number of cars. This is the first time since New Year's Eve that the cars have been snowbound on No. 10 highway.

Mrs. Dave Jamieson of Toronto is visiting with Mr. and Mrs. R. Linton.

Mrs. Wilfred Gallagher is spending a week at Markdale.

We extend our sympathy to Mrs. Chas. Best whose mother, Mrs. R. Fisher of Flesherton, passed away after a lengthy illness.

Mr. and Mrs. Albert Reid have moved from Mr. Walter Acheson's farm to the Carl Atkinson farm. Mr. and Mrs. Jos. Copeland, Hopeville expect to move this week to the farm vacated by the Reid's. Mr. and Mrs. Robt. Lee and Russel intend to move to a farm at Priceville. The farm vacated by them is to be occupied by Mr. Elwyn Ferris of Badgero. As we still have more vacant farms we hope to be able to welcome more newcomers. Much as we are sorry to lose our old neighbours we are always pleased to welcome others to the neighbourhood.

ROCK MILLS

Mr. and Mrs. Clayton Betts of Proton Station and Mr. and Mrs. Jos. Porteous of 8th line Osprey were visitors during the past week with Mr. and Mrs. Laurie Betts.

Our sincere sympathy is extended to the Graham families in their very sad bereavement.

Miss Helen Betts spent the week end with Miss Laura Pedlar at Flesherton.

Miss Bessie Russell is confined to her bed again.

Mrs. Cecil Betts visited recently with friends at Kimberley.

We extend our sympathy to Mr. Robt. Fisher and family in the passing of their wife and mother.

Mr. George Osborne of Feversham spent the week end with his cousin Ted Croft.

Mr. John English spent the week end in Toronto where he attended the Ranger-Leaf hockey game.

Mrs. Frank Betts spent a day with her mother Mrs. S. McMullen.

Born- On Monday February 14th, to Mr. and Mrs. William Saddler, a son.

DIET IN DISEASE

The health of the body cannot be maintained without a properly-balanced diet. The lack of any one of the food essentials from the diet leads to the loss of health and actual disease.

If some part of the body has become diseased, then, as part of the treatment for the patient, a diet should be used which will not throw any extra strain upon an already weakened or diseased organ, thus facilitating the recovery of that organ.

The kidneys have the task of ridding the body of much of its waste material. In nephritis or Bright's Disease, the kidney is not able to function properly. The treatment therefore aims to relieve the kidney of as much of its burden as possible.

There is no diet which is suited to all cases of kidney disease. The proper diet in any individual depends upon the nature and extent of the disease. People have read that acid foods are harmful, and they start to live on what they think is a non-acid diet, without even knowing what are the acid and what are the alkaline foods.

As a matter of fact, a diet made up of an excess of alkaline foods is actually harmful, and it is certainly not the best diet for damaged kidneys. There should be a balanced diet, so that there is no marked excess of either alkaline or acid foods. A slight excess of alkaline foods is generally desirable.

The acid foods are meats, poultry, fish, eggs, and the cereals. Alkaline foods are the fruits and vegetables. It is a surprise to many people that the citrus fruits leave an alkaline ash after they are used up in the body, and that oysters leave an acid ash. Practically this means that the diet should include a liberal amount of fruits and vegetables.

There is a real difference between a salt-free diet and a salt-poor diet. In some cases of nephritis, it is necessary to cut down the amount of salt used, because the kidney has difficulty in secreting it, which leads to oedema, or swelling. A salt-free diet requires medical supervision. A salt-poor diet can be secured through not adding salt to the food at table, and by avoiding salted fish, nuts and other salted foods.

When diet is part of the treatment for any disease, it requires just as careful prescribing and supervision as does any other part of the treatment. Diet is certainly not a cure-all, but it is of importance in the treatment of some diseases. Self-experimentation by trying various diets is dangerous, because of the harm which it may cause.

EUGENIA

Mr. Wilfred Magee had the misfortune to lose a fine three-year-old colt a few days ago.

Owing to the stormy weather there were not many in attendance at church here on Sunday evening. The Y.P.U. had charge of the service and Miss Jean Tudor opened the service by a call to worship and a hymn. The scripture was read by Miss Irene Dinsmore and Mrs. Chas. Martin delivered the message. A number of hymns were also sung.

Next Sunday morning the sacrament of the Lord's Supper will be observed in the church.

The Y.P.U. will hold their regular meeting on Wednesday evening of this week.

Mrs. J. Parson and son Ronald visited one day recently with Mrs. Scielly at Dundalk.

The Misses McKenzie of Clarksburg visited recently at the home of Mrs. J. Parson.

We extend our sympathy to Mrs. Will. Walker in the loss of her nephew, son of Mr. and Mrs. Warling of Vandeleur.

Mrs. Les. Ferris of Toronto visited her parents Mr. and Mrs. Walker Sloan recently.

Mr. and Mrs. John McDonald and daughter Donalda of Brighton are visiting at the former's home here.

FEVERSHAM

Mr. Albert Hollingshead living about a mile east of here happened with a painful accident one day last week when he fell on the ice and broke his knee cap. He was taken to the G. and M. hospital at Collingwood.

One of the worst snowstorms we have had this winter took place here on Sunday when the mercury sank to below zero and the roads were filled with snow.

Mr. William Osborne received word that his brother living in Nottawasaga township near the Batteau was ill. Mr. Osborne went to visit him on Saturday.

Mrs. Springgay and Doris spent a day with Mrs. E. Seeley at Maxwell.

Mrs. Fred Tyler spent Sunday with Mrs. W. Poole and family.

Miss Jean Ross is visiting her sister Mrs. Nichol at present.

Licenses are always a thorn in the flesh, but this year we have the "invisible" Ontario motor license plates and the increased radio license fee.

Too often people who claim they are "right every way you look at it" never looked at it any more than ne way.

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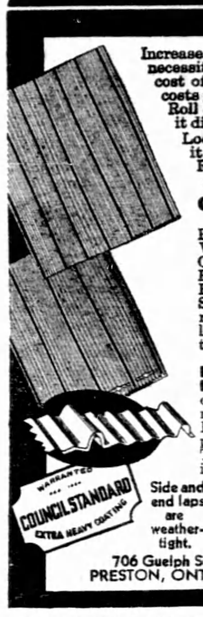

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	1933	1937
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Manitoba still owes over 8 million dollars on its legislative buildings. It must be difficult for the legislators to carry on business with the bailiff right on the doorstep.

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