## WHAT TO EAT TO BE HEALTHY

A deficiency of any of the foods known as vitamins, minerals, proteins, fats and carbohydrates endangers your health. If any of these necessary food elements is missing from your diet, it will result in a gradual or, in some cases, a rapid lowering of your level of health. Your vigor will be impaired. You will probably feel what is commonly known as "seedy", and if this deficiency is marked and continues for any length of time you will die.

You have all heard of substances called vitamins. There are at least six of those substances all of which are essential for health and life itself. They have one thing in common, the daily amounts required are extremely small. For example, one pound of vitamin D would cover the needs of the average adult for over a billion years yet without it we would die. Vitamin A is essential for the health of the mucous membranes of the eyes, nose, throat, sinuses, bronchial tubes, oesophagus, stomach, intestinal tract, and the genito-urinary passages. Vitamins B1 and B2 are necessary for the nerves, skin, and the normal burning up of sugars and starches in the body. A lack of vitamin C affects the miles and miles of capillaries throughout the body, while vitamin D is essential for the normal formation of the bones and teeth. Without vitamin E animals cannot reproduce themselves.

We all know that a lack of iodine causes goitre, and a lack of iron, anaemia. Copper is necessary to get the iron from the food into the red blood corpuscles, and calcium and phosphorous make up over 95% of the mineral part of bones and teeth. Proteins build up the body cells and are necessary to keep them in repair. fats and carbohydrates supply energy, which the body uses to supply muscular effort and heat.

Carefully conducted investigations have shown that when your diet is just slightly lacking in any one of the 30 necessary food elements, your resistance to infections, such as colds, bronchitis, etc., is definitely lowered, so that you catch these diseases earlier and have greater difficulty in recovering than when your diet is adequate. This minor deficiency of any of the necessary food elements in your diet will probably not produce any specific symptoms, but still, you will not carry on at the highest possible level of good health.

So it is very important for us to know the food elements we need, how much of each one of the food elements we should have and where we can get it. Through proper nutrition we can secure increased health and happiness, greater vigor, better resistance to disease, and longer life.

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There is more moisture in the west than for years and judging from police court reports things are not so dry in the east either.

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History is being made so fast these days that the school children of tomorrow will probably not be taught half of what has been going on.

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A decrease in crime is reported in Nova Scotia, and more remarkable still, drunkenness which seems to be climbing elsewhere in Canada also records a drop.

## Local and Personal

Mr. and Mrs. C. White of Waubaushene week ended in town.

Mr. and Mrs. R. H. Cobb of Toronto spent the past week with their daughter, Mrs. G. R. Service.

Miss Ethel Dargavel has taken a position on the operating staff of the local Bell Telephone office.

Mr. F. Christie of Toronto was a guest of the Baptist parsonage last Sunday.

Mr. and Mrs. John Stone of Toronto spent the week end with Mr. and Mrs. O. W. Phillips.

Reserve Saturday night, May 28th, for the recital of the pupils of the public schools in the town hall, Flesherton.

Rev. Dean of Feversham is holding prayer meeting at the home of Thos. Betts Friday evening, May 6. Everybody welcome.

Messrs. Harold Best, W. Dawson, Jack Duncan and Ralph Howley, all of Toronto spent the week end fishing in this district.

Mr. and Mrs. Glen MacDonald and little daughter, Jackie, visited with Mrs. E. Morgan and Douglas on Sunday.

Mr. and Mrs. Laurie Fisher and two children of Toronto have taken up residence in the Colgan home in town.

Mrs. Basil Sornberger and two little daughters, and Mrs. Milne Sr., of Mildmay were welcome callers at the Advance office Saturday last.

Mr. and Mrs. John McMillan, Miss Katherine Milne and Mr. and Mrs. Earl McLeod attended the funeral of the late Mr. Neil McLeod on Monday.

Messrs. Burton E. Field and son, Bruce, Jim Field and Reuben Spence of Toronto spent the week end in town.

Dr. and Mrs. Roszell and daughter, Eleanor, of Caledonia were the guests of Mr. and Mrs. Alf. Down on Sunday.

Mr. C. Rawling of Windsor, and Misses Violet Blackburn and Olive Banks of Toronto were week end visitors with Mr. and Mrs. T. J. Fisher.

Mr. and Mrs. A. E. Bell have moved to Feversham after having spent the winter in town. They formerly resided at Forgan, Sask.

The Advance "Small Advt." columns attract hundreds of advertisers. There is a reason. It is the cheapest way to reach hundreds of buyers and everybody reads them.

Postmaster W. R. Fawcett and wife of Clarksburg, also Mrs. Percy Foster and daughter, Vesta, of Alliston were callers at the home of Mrs. H. Down last week.

There will be a public Fellowship Service in the Baptist Church tonight, Wednesday, at 8 p.m. All who can come will receive a cordial welcome.

St. John's United Church Sunday School will join with the church in a special Mother's Day service on Sunday morning, when it is hoped that the event will be made a family service.

Mr. and Mrs. Winslow Kernahan spent the week end in town. Mrs. Kernahan underwent an operation in a Toronto hospital on Tuesday. They will return shortly to reside in their home here.

Mr. Claude Marriott has moved to the McMaster residence and Mr. C. McKechnie of Springhill has moved his family to the residence he recently purchased from the Malcolm Leitch estate.

A splendid play "Here Comes Charlie" was presented in the town hall on Thursday evening last by the Young Married Couples Group. A full house enjoyed this splendid play, the receipts amounting to $64.00.

Mr. and Mrs. Sam Stauffer and family are moving this Friday to make their home in Stouffville. We are sorry to lose this family from town as during their years of residence here they have been worthy citizens.

The Grey Presbytery Ministeral Association met in Flesherton Monday afternoon, when Rev. Kenneth Beaton of Toronto addressed the meeting. In the evening he gave an illustrated lecture in St. John's United Church on the different religions in China.

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Green cheese in Great Britain right from the press can now be hermetically sealed in a patent valved can which permits the cheese to cure itself without paraffining or other handling. The valve allows gases to escape and prevents air from entering the can. Seventy lbs. unpasteurized cheddar cheese is being canned and automatically cured in this manner.

## Young Married Group Gave Excellent Play

The Flesherton Town Hall was filled to capacity and many had to stand last Thursday night to see the play "Here Comes Charlie" presented by the Young Married Couples' Dramatic Club. Each member of the cast played his part exceedingly well and kept the audience in gales of laughter. It was a good play and well given. The predominant message in the last act was that one could change his way of living if he really wanted to.

At the close of the performance a delegation from Kimberley came forward and made arrangements to have the play put on in their town this Thursday night, May 5th at 8.15 o'clock. Two other places also, wrote in asking for it to be put on in their towns in the near future.

The club wish to express their appreciation to those who loaned costumes and equipment and also to Bennett and Richards for the loan of the chesterfield and chair.

## Asks Farmers To Use Modern Machinery

Farmers were advised to unite in efforts to employ modern farm machinery by Hon. P. M. Dewan, Ontario Agriculture Minister, in an address before the Owen Sound Agricultural Association Monday evening.

"Farmers are already finding protection for themselves by using machinery in a co-operative way, with three or four sharing the expense of a tractor," Mr. Dewan said.

Economic conditions more and more are forcing farmers to adopt tractors, the Minister said, though they could not take the same pride in work done by tractor as done by a good team of horses. There was a time when the farmer took pride in driving to town behind a team, but now he made the trip by motor truck or car.

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Love may be blind, but the average mother-in-law is an eye opener.

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Forgive us our Christmases as we forgive those who Christmas against us.


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Falling sparks, driving rain, swirling snow—they'll all roll off a *Council Standard* Tite-Lap roof like water off a duck's back. It is good for a lifetime and is sold by us with a 25 year guarantee. And this Company is well able to live up to every clause in that guarantee. Ask your banker.

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These modern drive-screw nails withstand ten times more drawing force than ordinary barbed roofing nails. Ask for them by name.

You will find Tite-Lap the best roofing value you can get. You can put it on right over your old roof. It combines strength, durability and weather and fire protection. Comes in large, easily handled sheets. The joints fit so closely they're practically invisible. It is made in both "Council Standard" and "Acorn" quality. Send ridge and rafter measurements for free cost estimate. All Council Standard trimmings, ridge caps and hip caps are now hot-dipped galvanized after forming. This gives extra durability.

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# Special Spring Bargains

**Our Shoe Department is featuring for the next three weeks special low prices in Men's Fine Oxfords and Shoes**

**See our Window Display and be convinced that our prices are right; values in these shoes up to $6.00; your choice for $3.48.**

### LADIES' SHOE SPECIAL

Ladies' Oxfords and Straps, regular prices $2.50 to $2.95. On Sale at ..... $1.88

### Misses' Shoes

Sizes 11 to 2; Oxfords and Straps. Reduced to ..... 95c

### Children's Shoes

Sizes 4 to 10; a good assortment from which to choose ..... 69c

### LADIES' READY-TO-WEAR DEPARTMENT

LADIES' NEW COATS in all the latest styles. Selling from ..... $9.75 up

### New Sheer Blouses

Just Arrived! New Sheer Blouses in all sizes, extra value at, each ..... $1.95
Ladies' Rayon Blouses. On Sale at ..... $1.19

### Printed Crepe Dresses

In beautiful quality cloth. Selling at the low prices of ..... $2.95 and $3.95
Ladies' and Misses' Dresses. Special ..... $1.25

### Ladies' New Hats

In Felts and Straws, in all the leading shades and styles. Selling at very low prices.

### GENTS' FURNISHINGS

### Special in Young Men's Fine Pants

These have just arrived in all the new patterns. Look them over. Price ..... $2.95

### Men's Work Pants

All sizes in a good strong cloth. Clearing $1.44

Men's Balbriggan Shirts and Drawers. On Sale at, each ..... 49c

### Men's Balbriggan Combinations

Short sleeves, short legs. Extra Value, each 69c

### Men's Merino Underwear

Just the thing for spring wear. Special at per garment ..... 89c
Boys' Overall Pants, clearing at ..... $1.25
Men! Buy your Work Shirts NOW and save money. Good strong denim shirts, selling at ..... 59c, 69c and 89c

### Frilled Curtains

Frilled Curtains on sale at, per pair ..... 45c

### Children's Vests and Bloomers

Spring weight, reduced to ..... 19c

### Ladies' Cotton Vests and Bloomers

Extra Fine Quality. On Sale at, each ..... 25c

### Children's Sockees

Selling at prices much below the regular.
LOT 1—Selling at ..... 2 pairs for 25c
LOT 2—Selling at ..... 15c pair
LOT 3—Selling at ..... 19c pair
Elastic top Sockees selling at, pair ..... 25c

### DRY GOODS DEPARTMENT

### New Table Oil Cloths

Just Arrived! New Table Oil Cloths in all the newest patterns.
1¼ yard width at, per yard ..... 32c
1½ yard width at, per yard ..... 45c

### Rayon Lunch Cloths

54 in. square, selling at, each ..... 59c and 89c

### Special in Curtain Scrim

Don't miss these big bargains! Selling at ..... 12½c, 15c and 19c per yard

### GROCERY SPECIALS

JAM, Raspberry or Strawberry, large jar ..... 29c
TOMATOES ..... 3 tins for 25c
PEAS and CORN ..... 2 for 19c
JELLY POWDERS, assorted ..... 6 for 25c
SODA BISCUITS ..... 15c lb.
SHORTENING, 4 lb. package ..... 50c
PEANUT BUTTER, 32 oz. jar. Selling at ..... 28c
Special Blend Orange Pekoe TEA ..... 65c lb.

# F. T. HILL & CO., LTD.


# Small Ad. Column

FOR SALE — Small sword peas for seed.—J. W. Lever, Flesherton. 27p2

NOTICE — Car of cement arrived. —F. G. Karstedt, Flesherton. 4p3

FOR SALE — Quantity of good seed barley.—Russel White, R.R. 3 Proton Station.

FOR SALE — 1930 Chevrolet coach in good condition.—A. L. Hincks, Phone 22r12

FOR RENT — Garage suitable for a truck.—Mrs. W. Moore, Flesherton. 4p2

WANTED — Four men to cut posts, etc., in swamp. 4 cents each for posts. Apply at once to Charles Goddard, Eugenia, phone 5 r 32

FOR SALE — Inboard motorboat, flat bottom, 14 feet long. in good running condition.—Everett Parker, phone 32r2, Flesherton.

FOR SALE — New house in Ceylon, with one-half acre of land suitable for garden. Price $350.00 cash. phone 38 r 3, A. C. Muir, Ceylon 9

FOR SALE — Quantity of Irish Cobbler potatoes 50c per bag, also some young pigs ready to wean about May 16.—Harry Paton, R.R. 3 Flesherton. 27p2

FOR SALE — Wheat and oats chop, $1.50 cwt., oats, 55c bushel, flax, 3½c pound. Also seed oats and barley. Terms cash. Phone 38r3, A. C. Muir, Ceylon.

FOR SALE OR RENT — Cooey farm consisting of 85 acres, Con. 1, S.D. R. Artemesia. Terms easy. Apply to owner J. H. Warren, 12 Chamers Ave., London. 4c2

FOR SALE — Brick house and large lot opposite high school; 6 rooms, cellar, cistern, woodshed and electric lights; hen house all in good repair. John Parker, Proton R. R. No. 3, Phone Flesherton 32 r 2. 30

FOR SALE — Bargain prices: buggy new Peter Hamilton cultivator, Fleury shares also other lines, cream separator; lots for sale or rent.—Mrs. John Heard, Flesherton. 27p3

PASTURE — Cattle wanted for pasture on lots 171-171, 2 S.W., Artemesia, well watered. All cattle must remain four months and settled for before taken away; 50c per head for yearlings, 75c for 2-year-olds. — Wm. Hales, Proton Station. 27p4

FOR SALE — Extra heavy oats $30 per ton, good feed Barley $30 per ton, No. 1 Alfalfa Clover $20 per bu., No. 1 Red Clover $16 per bu., No. 1 Mammoth Red Clover $18 per bu., No. 2 Red Clover $15 per bu., No. 1 Timothy $3 per bu., No. 2 Timothy No. 1 purity $2.50 per bu. —F. T. Hill & Co., Markdale

PASTURE — Pasture for cattle on lots 171-72, No. 10, Highway, never-failing water supply; 50 cents per month for yearling, 75 cts. for two-year-olds, all cattle must remain for 4 months. Comfortable house on the same lot for rent, good garden and small fruit — erton. In.

HOUSE FOR SALE

In Eugenia, 6 room brick house with woodshed, good well, stable also lots. Splendid site for fisherman's or tourist's home. Priced right for quick sale to wind up an estate. Apply to Mrs. W. T. Genoe, Ceylon; or Mr. Oliver Turner, Eugenia, Executors of the estate. 13c

BABY CHICKS FOR SALE

Bred-to-lay Barred Rocks from good layers: May 9 cents, June 8 cts. A limited number not on order; please order at once.
—MRS. EDGAR PATTERSON, R. R. 2, Priceville, phone 22 r 41.

FOR SALE — Good heavy horse, also some small pigs.—Jas. Hopps, R.R. 3 Flesherton.

FOR SALE — Gladiolus bulbs, 2c each. Your chaice of bulbs, also manure for gardens in town. Apply at this office.

FOR SALE — Pure bred Scotch Shorthorn bulls, ready for service. Also Dooley seed potatoes.—H. I. Graham, Vandeleur.

FOUND — A number of endorsed cheques. Owner may have same by proving property and paying for this ad.—Box 166 Priceville.

FOR SALE — Red clover, $16. per bushel; Mammoth, $18. per bushel; Alsike, $19. per bushel; all government grade No. 1 Ontario grown seeds. Also alfalfa, white and yellow blossom sweet clover, timothy and mixed seeds. Terms Cash. A. C. Muir, Ceylon.

FOR SALE — High grade Quebec cedar shingles, clears, $3.75 per sq. 2D clears, $3.30 per sq., seconds, $2.55 per sq. Orders for 10 square or more delivered free. Terms cash Phone 38r3. A. C. Muir, Ceylon.

BOAR FOR SERVICE

Registered Yorkshire Hog for service, Glenafton Sultan 92P—186251, sire and dam qualified in advanced registry.— Ross Stevens, Proton Station.

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.— Wm. 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.

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