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**ROCKLYN**

Miss Eliza Clugston has returned from Meaford to take charge of her sister, Miss Annie Clugston, who, although being in a critical condition for some time, is, we are pleased to write, improving nicely.

A Mission Band in connection with the W. M. S. of Victoria church is being organized with the following officers: Supt., Mrs. Crabtree; Pres., Alma Patton; Vice Pres., Clifford Sewell; Sec., Dawson Crabtree; Treasurer, Velda Armstrong. Nineteen members have enrolled.

Many from here enjoyed the Anniversary services at New England on Sunday and Monday of last week; also the supper given in connection with the W. I. at Kimberley on Friday evening last.

Miss Dove Cook spent the week end with her mother, Mrs. E. J. Cook, in the village.

Miss Devitt and Miss Hoovey are with relatives in Owen Sound for a fortnight.

Gertie Trickey has left to spend the winter with her aunt in Toronto.

The Social evening in connection with the Temple Hill Branch of the Women's Institute was thoroughly enjoyed by those present.

Dr. Williams and Mr. A. Donnelly, are spending a couple of days of this week troling on Georgian Bay with Dr. Danard and party, of Owen Sound, who are camped near Balaclava.

Miss Scott attended the Teachers' Convention at Thornbury on Thursday and Friday of last week.

**Teachers' Convention at Dundalk**

**Mr. Halpenny, of Ayton, Elected President for the Ensuing year. —Some Excellent Papers Given.**

Thursday and Friday last, October 15th and 16th, in splendid weather, some 80 or 90 of South Grey's teachers assembled in Dundalk. This was the first time the Convention had been held here, and the citizens rose to the occasion and entertained the delegates hospitably, the hotels being quite unable to meet the situation. The new C.P.R. train service gives Dundalk an advantage over other places on the line, and since Flesherton is now out of South Grey Inspectorate, the alternation will now lie between Durham and Dundalk.

Miss Marjorie Mann, of Markdale, made an efficient President, and we think the honor thus paid to the sex should have stimulated the great body of the profession, ladies chiefly, to take a more prominent part in the discussions. Her address on "A Good Beginning" was a very worthy effort showing how important were first impressions in the school life of the child.

Mr. Halpenny, of Ayton, is the President for the ensuing year. Mr. Allan is re-elected Secy. Treas. On these two officials, and the Inspector lies the chief responsibility.

Of the programme we can give no lengthy account. It was practical and should have been inspiring to the young teachers. Miss Bertha Wilson seemed to see "The Teacher's Responsibilities" in due proportion. Miss W. Ford dealt with the Art Course in the schools, a subject now receiving much attention. Miss Grace Beamish received compliments for her "Ideas concerning Education" as also did Miss E. Swanston for her address on "Reading," a subject that is not receiving the attention it should do.

Mr. Jas. S. Rowe talked on "Examinations," Miss Jean Wright on "Composition," Miss Marion Hogg on "The Sense of Humour." Mr. Ira Halpenny's paper on Patriotism was ordered published. Miss Mildred Leeson spoke on "Nature Study," showing many ways in which this desirable pursuit might be followed by the teacher.

Mr. W. L. Dixon's address on the West was a unique feature of the Program and was both interesting and enlightening. The symposium on the Regulations of the Department re-Empire Science in Fifth classes by Thos. Allan, Durham, Jas. A. Magee, Hanover, D. T. Wright, Dundalk, Geo. A. Clark, Markdale, furnished some plain talk which might have made government ears tingle; these urban teachers in general seeming to think some adjustments were necessary to make satisfactory the relation between the fifth class in Public Schools and Form 1 of the Continuation Schools.

Talking of adjustments leads us to mention the chief feature of the Convention, the presence of Mr. S. Silox, B.A., D. Paed, Principal of Stratford Normal School. His talks on "Adjustment by the Teacher," "Adjustment by the Child" and "Adjustment of the Subject Matter" were highly suggestive even in their titles. Education, he claimed, was in proportion to adjustment; it had three fields—Concrete, Symbols, Ideals, and each required attention in order. The teacher must adjust herself to the enriched curriculum by co-relating subjects; should decide as to the proper relation between educational and habitual activities; should aim, with children up to 12 years, at practice, rather than at giving reasons for practice; should centre attention on language up to 12 years, then introduce formal grammar; in physiology get adjustment of lungs to good air, not words merely; in map drawing, use local areas drawn to scales; in teaching measures of all kinds be practical; should present matter in masses and require children to classify themselves. Some of these points, especially the late introduction of formal grammar were adversely criticized.

Dr. Silox's talks should be valuable to the profession. He is sent by the Department and defended it against certain aspersions made by the urban teachers. He took objection though to some points in the new Public school grammar.

The Association it appears is strong financially, having a growing balance on the right side. Mr. W. L. Dixon had a proposal that some of it should be used to pay for summer classes in Art, others would apply it to reduction of professional papers for teachers, etc.—Durham Review.

**Presbytery of Owen Sound.**

At a full attended meeting held at Chatsworth, on the 18th of Oct., the following resolution was unanimously passed: That the congregations of Keady and Desboro and Peabody be recommended to unite in one pastoral charge, with the suggestion that services of public worship be held in Keady every Sabbath, morning and evening, and in the other two congregations on alternate Sabbaths in the afternoon; and that in each of these latter, a week evening service be held during the week following the Sabbath on which there was no service. That Latona, Burn's church, (Rocky Saugen) and Williamsford unite in one charge with one service every Sabbath in each congregation. And that Chatsworth and Holland Centre form one charge, with morning and evening service every Sabbath in Chatsworth; Holland Centre to have such Sabbath services as the minister and session of Chatsworth may see their way to supply.

A copy of this resolution is to be sent and submitted to each congregation concerned and their views are to be reported to next regular meeting of Presbytery—Dec. 6th—when the matter will be disposed of. The object of the arrangement is to have larger and stronger self-sustaining Pastoral charges. —J. B. Fraser, Clerk.

You are not experimenting on yourself when you take Chamberlain's Cough Remedy for a cold, as that preparation has won its extensive sale by its remarkable cures of colds, and can always be depended upon. It is equally valuable for adults and children and may be given to young children with implicit confidence as it contains no harmful drug. Sold by R. L. Stephen.

**Reduce the Cost of Living**

Let us do it in this problem of high cost of living. Let us see how we can get down a bit and make some of our frugal.

We all agree that the cost of living has gone up. Eggs have gone up, butter has gone up, and poultry and vegetables have gone up. Everything we put on our plates has advanced in price from 50 to 50%. Except one item—our flour. We have known it rise some time but have we ever for a moment realized that it is so high in price? Bread buys more value than fifteen times that amount spent in Eggs, Beef, Mutton, etc. Just glance at the tables above showing the comparison made by the U. S. Government bureau.

From a food point of view—bread is the most important in our diet. It is the staple of our fare. Test after test by the Government has proved that first class bread is in itself almost a complete food and provides for nourishment to the body.

It is a fact that the best bread made from OGILVIE'S ROYAL HOUSEHOLD FLOUR is richer in real food value than anything you may eat. It contains more all round food in the shape of carbohydrates than either beef, lamb,

**FOOD VALUES**

Eggs	300
Milk	400
Butter	400
Pork	400
Cheese	1000
Butter	1000
Pastorles	1000
Flour	65-10

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Let us make good, clean fresh home-made products from ROYAL HOUSEHOLD FLOUR—bread, pasty and cakes, and nutras and rolls for the youngsters and in this way we will all get better food, healthier and wealthier in the long run.

If you send your address and the name of some dealer you will receive a copy of "OGILVIE'S ROYAL HOUSEHOLD FLOUR" containing 125 tried and tested recipes.

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The white corpuscles of the blood—the Phagocytes, as they are known scientifically—are the policemen or the scavengers of the body. Not a germ of disease can invade the body anywhere but these white corpuscles get after it. And, if they are strong enough or in sufficient numbers, they devour it. If they're not strong enough or in sufficient numbers, then the invading army of disease germs triumphs and disease holds the body.

Any preparation that strengthens these white corpuscles or that increases their number, will not only preserve health, but will build up its defences so strongly that contagion or infection are impossible.

Herbs have always been great curative agents from time immemorial. They have been styled nature's own remedies.

Certain herbs more than others are noted for their curative powers.

And it has been found that those herbs that are most effective in maintaining or restoring health, do so by building up the white corpuscles or Phagocytes.

These herbs are incorporated in Psychine.

And it is the tremendous curative power of these herbs that is responsible for the unequalled record of this splendid preparation.

Think of it. In Psychine we have a preparation that has been in use a third of a century. That has cured hundreds of thousands of many kinds of diseases.

For which we have received hundreds of thousands of unsolicited testimonials.

Here are the diseases for the treatment of which Psychine is indicated:

La Grippe	Bronchial Coughs
Bronchitis	Weak Lungs
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Anaemia	Early Decline
Female Weakness	Catarrhal Affections
Indigestion	Catarrh of Stomach
Poor Appetite	Night Sweats
Chills and Fevers	Obstinate Coughs
Sleeplessness and	Laryngitis and
Nervous Troubles	Dyspepsia
After-effects of Pleurisy, Pneumonia and La Grippe.	

Now we don't ask you to take our word for the tremendously beneficial effect of Psychine. Fill out the coupon below, mail it to us and we'll give you your druggist an order (for which we pay him the regular retail price) for a 50-cent bottle of Psychine to be given you free of cost.

We will undoubtedly buy and distribute in this manner, hundreds of thousands of these 50-cent bottles of Psychine.

And we do that to show our entire confidence in this wonderful preparation.

A confidence that has been based on our third of a century's experience with this splendid preparation with a full knowledge of the hundreds of thousands of cures it has made.

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My Name.....

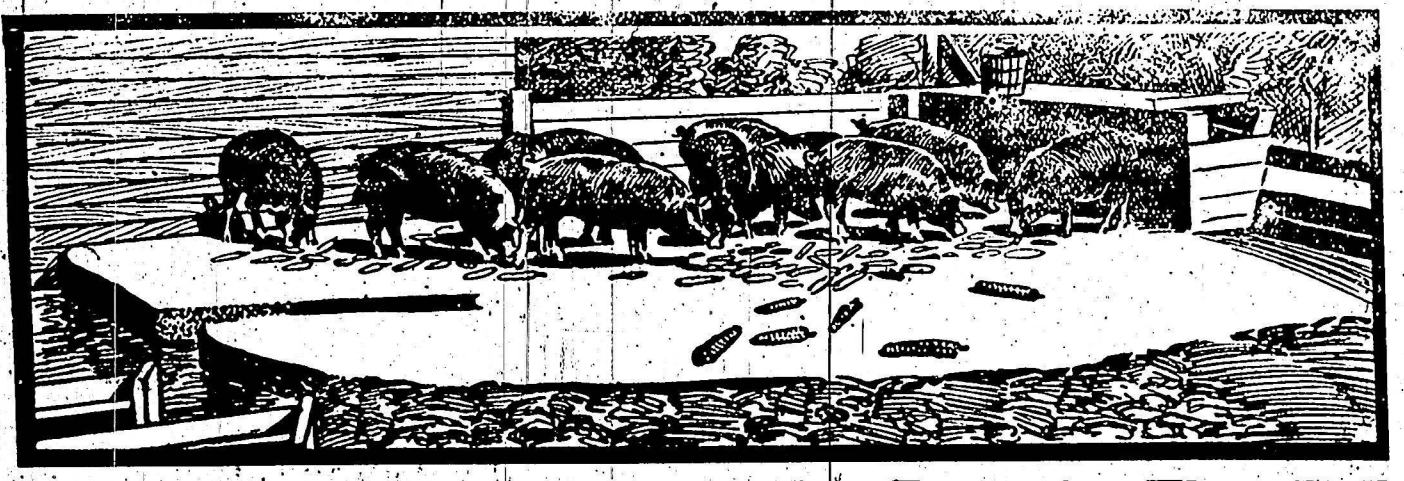
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Street and Number.....

My Druggist's Name.....

Street and Number.....

This coupon is not good for a 50c. bottle of Psychine if presented to the druggist. It must be sent us—we will then buy the 50c. bottle of Psychine from your druggist and direct him to deliver it to you. This offer may be withdrawn at any time without notice. Send coupon today.



**This Feeding Floor Could Be Built in The Fall**

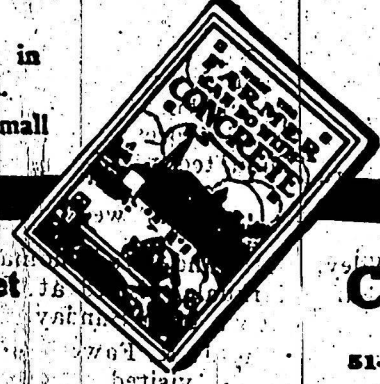
and it would help greatly to preserve the condition of your live stock in the Spring.

Every farmer knows that in the Spring of the year his barnyard is almost bottomless. The live stock mire down into the mud and almost float around—greatly to the detriment of their physical condition.

By building a Concrete feeding floor in the yard, this trouble is done away with.

A Feeding Floor of comparatively small area and built this Fall, would pay for itself next year. Concrete is the only material that can be used in this way at a moderate cost.

Will you ask for your copy of the book which we have prepared for you—"What the Farmer Can Do With Concrete"? It's free—and, take our word for it, you'll find it one of the most interesting pieces of such literature you ever read. And profitable, too—because it will save you money.



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**STONE SETTLEMENT**

Born—On Thursday, October 20, to Mr. and Mrs. Albert Hazard, a daughter—a twelve month old.

Died, at Mount Dennis, on Sunday, October 9th, 1911, Whittaker, aged 52 years. Deceased was a son-in-law of H. Stone of this place, and died with heart failure. He leaves a wife and three small children to mourn his loss, who are at present visiting relatives in this vicinity.

Mr. and Mrs. Ed. Brady and little daughter, of Markdale suburbs, visited on Sunday with Mr. and Mrs. J. J. Jones.

We understand Miss Ida Jones has taken a position at J. J. and W. Boyd's store, Flesherton.

Mr. T. Fletcher of Arthur visited friends here on Saturday the first of the week.

Mr. and Mrs. Jas. Beatty and little daughter, of Orange Valley, spent Sunday with relatives in this neighborhood.

Mr. R. Whittaker drove to Durham on Saturday returning on Sunday.

A few from this place attended Orange Valley Box Social last week and report a good time.

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It feeds the nerves, induces restful sleep, quickens the appetite, aids digestion, and restores buoyancy of spirits and the sense of restored vitality are attendant. A few doses convince. \$1.50 a bottle. Obtain from the local agent.

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A physician in Ottawa, after years of patient work, discovered a principle whereby the medicinal value of fruit juice is increased in quantity and thus a more effective and more valuable substance is obtained. "Fruit-A-Tives" is the only fruit juice made of fruit.

It is a section of the Ontario Medical Association of prominent physicians and health experts. "Fruit-A-Tives" is a natural cure for all ailments of the digestive system, such as Constipation, Biliousness, Backache and Headache, Rheumatism, Kidney Troubles, etc.

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