

The Chatsworth Banner

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EDITORIAL

CHOP-SUEY

At the risk of the editorial page seeming somewhat analogous to a dish of chop-suey, the editor has decided to make it, this week, a program of comments on things that have appeared in the newspapers recently.

Jack Miner has made a school children's path—for other pedestrians too, of course—for 120 rods in front of his bird sanctuary near Kingsville. He is determined, he says, that no one walking along in front of his place, will be injured by speeding motor cars. He is a strong advocate of paths for pedestrians along all highways. We wished, the other evening, that he lived a little nearer Chatsworth; then, possibly, the very dangerous way between Mrs. A. Pringle's house and the railway might be improved. There is a deep ditch on each side, with soggy swamp-like turf running to the wayside fences, quite impossible for use this damp summer; and none too good in a dry summer. A few of us who had to go along this strip of roadway the other night spent most of our time getting down into the ditch and up out of it again, in avoiding a constant stream of cars, several of which had speeders at the wheel. Speeders have no regard whatever for pedestrians. At one time a very good path ran along this strip, but when the big highway was run through it was destroyed. One wonders if representation to the Highways Commission might not result in having side-paths restored in such places—for there must be many of them in Ontario. Certainly such spots are a menace as well as an inconvenience. Pedestrians have some rights to the highways. They have to pay taxes to keep them up.

It has been announced that a New Zealand inventor has invented a process by which paper can be made of hardwood. Hitherto it has been made chiefly from spruce—which is being used now, also, in great quantities, for the manufacture of "rayon", or artificial silk.

The least casual observer must have some conception of the immense tracts of spruce trees that fall every year to supply the overwhelming demand for paper and for this so-called "silk" that is now in use, not only for stockings, as at first, but for underwear, dresses, curtains, bed-spreads, a score of other things. If hardwood is to fall a prey also, to the same gigantic maw, what is to become of the world's forests? Such things as these may seem very far away, but they are very near indeed. Everyone nowadays knows that the clearing away of forests to too great an extent, not only affects the climate disastrously, but also causes constant impoverishment of the soil through too rapid spring drainage. Even the least observant who has lived to middle age must observe the increasing prevalence of calamitous thunderstorms and hurricanes in Ontario and other once wooded areas. If the hardwood trees are to disappear along with the spruce, more rapidly than they are at present disappearing for fuel and building purposes, the condition cannot escape being aggravated.

In short, we humans on this little earth illustrate very well the old saying "You can't have your cake and eat it too." We are gobbling up our earth as fast as we can, and as much of it as we can—without giving much thought to further conditions that may come faster than we anticipate. And anyhow, are we not under moral obligation to think something about the sort of earthly habitation that we leave to future generations?

The way out, so far as the timber is concerned, would be to discover some way of using the annual crops—straw, marsh grass, the bamboo that grows so luxuriantly in the Far East. A few so far, futile efforts have

been made to make use of straw for paper. Probably if some of the money at present put to military uses were offered as a spur to inventive genius, results would come in short order. An inventor needs time and money for experimental purposes. The success of the Kellogg gesture, which seems at least likely, should release enormous sums for peaceful purposes; and surely research and invention should come in for a goodly share.

The number of motor accidents in recent newspapers is positively appalling. Can nothing be done about it?

A writer in the "Voice of the People" of the Toronto Globe suggests a "wig-wag" at every crossing where a railway passes over a Provincial highway. This device, already installed at many city crossings, not only swings a large pendulum when a train is approaching, but also rings a bell. This is another purpose for which the public would not grudge money paid out in taxes. Cannot local people everywhere put their brain-power together to think out how such improvements can be hurried? A "Local Improvement Society" might provide a way in most places. And there are so many things to be improved.

We read that officials of the C.N. E. are keen to arrange a sculling race between Joe Wright, winner of the Diamond Sculls at Henley, and Bobbie Pearce, who won the world's championship at the Amsterdam Olympic meet; but that it is believed that the race is not likely to be arranged for because both scullers are greatly exhausted. One wonders if these excessive tests do not shorten the lives of those who take part in them; and whether it would not be the part of wisdom to give sport its true function—that of helping to make a fine mind in a fine body. After all, the human body is a very delicate machine. It cannot stand overstrain any better than any other kind of machine.

A. M. W.

Mr. Samuel Hampton

A distressing occurrence took place on Sunday, when the body of Mr. Samuel Hampton was found in the lake near his home, on the Second Concession of Holland, about six miles from Holland Centre. Mr. Hampton, who was sixty-three years of age, was a very highly respected member of the community. He never married, but for many years a widowed sister and her family lived with him. The Misses Kathleen and Olive Spencer are very well known in Chatsworth, where they attended Continuation School. A third sister, Freda, is in training for nursing; and the brother, Gordon, is at home. Other survivors of the deceased are: Two brothers, Mr. Joseph Hampton, in the Canadian West, and Mr. Edward Hampton, who lives in New Jersey; and who set out at once for the stricken home on learning of the calamity; two sisters, Mrs. Greenaway in the Canadian West, and Mrs. Featherston; Hamilton.

The entire community is shocked over the sad event, and the general sympathy with the bereaved is very sincere.

Professional Cards

- MEDICAL DR. MACKINNON PHILLIPS Graduate in Medicine of Toronto University, Member of the Ontario College of Physicians and Surgeons; also Canadian Medical Association. Day or night call, Phone 5, Chatsworth. DENTISTRY DR. M. C. G. BEBEE Dentist, 836 - 2nd Ave. E., Owen Sound, over McQuaker's. Phone 378. LEGAL C. S. CAMERON, K.C. Barrister, Solicitor, Notary Public, Conveyancer, Etc. Solicitor for City of Owen Sound; Bank of Commerce, Owen Sound; Province of Ontario Savings Bank, Owen Sound; Money to loan. Phone—Office 325; Residence 275. Office 982 2nd Avenue East, Owen Sound. SHELburne MONUMENTAL WORKS Scotch, American & Foreign Granites Cemetery Lettering Given Special Attention. Shop equipped with latest pneumatic tools. Write or call and get prices. J. W. HANCOCK

The Armchair

The Old Parsonage

Dear Readers:

Probably a number of you read the people's letters written to The Globe. I always skip those that deal with religious—no, theological—matters (there is a difference); it seems to me that they yammer, yammer away without getting anywhere. But I do like to look over the rest; they show what people are thinking about.

Not long ago someone wrote blaming the eating of meat for rheumatism and cancer. The letter was immediately followed by one from a man who had lived for some time in China, and who said that hordes of people there who never eat meat, but lived wholly on cereals, were martyrs to that very disease. The discussion recalled to me a pamphlet once given me to read by my doctor in London, when I asked him some questions in regard to a friend who was suffering greatly from rheumatism. The pamphlet was a verbatim report of a speech given by the doctor in charge of the rheumatism section in the Toronto General Hospital (I don't know whether the same one is there yet or not) before the Medical Association of Canada, and in it he said that the best results had been obtained in his department by eliminating starches and sugars from the diet. My doctor remarked at the time that eating starch and sugar to excess was likely to set up acidosis—or acid condition—in the body, responsible for no end of trouble besides rheumatism.

You know what eliminating starch and sugar means? You must sharply reduce on everything made with white flour, potatoes, rice, corn-starch, tapioca, corn, jam, and all fruit that requires much sugar—several other things. Of course this is not complete elimination, which goes further.

You are allowed meat (only once a day, if you are grown up), eggs, milk, cheese, all sorts of green leafy vegetables, especially cabbage, lettuce, greens, young peas and beans; celery; oatmeal or wheat meal porridge, raw fruit with cream—such little sugar as possible; honey—but not to excess; brown bread, muffins and biscuits;—unless you have ulcerated stomach, when bran in any form is not allowed for fear of irritation.

So it isn't so bad after all is it? My doctor of whom I have spoken, was one of the first in Ontario, to realize a truth that some other doctor expressed, a long time ago, very tersely—"We dig our graves with our teeth." I became, years ago, so strongly a convert to his ideas that I used to preach brown bread and bran in porridge whenever I came home, and got laughed at for my pains. "May, you're faddy," was said to me over and over. Well, it's not nice to "rub it in," but I'm not telling this for that, but merely to emphasize a point. It's true enough that "he laughs best who laughs last;" and now I sometimes smile to think that our whole connection goes brown bread, bran muffins, bran in porridge, constantly—and swear by it! Of course none of us have ulcerous stomach.

There was another doctor—a woman—in London, whom I knew very well. I had gone, then, on a fairly sharp starchless, and sugarless diet at my own doctor's advice, and was telling this woman doctor about it. She told me that the food I was using was just about what everyone should have, that she and her sister lived on it constantly, and attributed to it their wonderful freedom from ill-health of any kind. They were both doctors, with a strenuous—and very successful—practice, and two strong healthy women they were. It was a pleasure just to see them walk along the street, so straight and sure-footed, and alive they looked, in their comfortable clothing and sensible shoes that allowed them to walk with all the spring and grace that should be a human being's birthright.

Afterwards, I came on a very helpful book, "The Science of Eating," by McCann. McCann went so far as to call white flour—he meant the modern, over-refined kind—"the great destroyer of the human race." Perhaps some physicians would think that overdrawn. But he, too, advocated the use of fresh fruits and green vegetables, cereals (oatmeal is only 66 per cent. starch), cheese, eggs, milk, honey, brown bread, meat and fish in moderation. He devoted a whole chapter to acidosis, and pointed out that the following foods are acid-forming: White flour, cheese, meat, butter, sugar, fat and starch in every form (potatoes, corn, butter, etc.) Fresh fruit and green vegetables, on the other hand, have an alkaline reaction on the body.

As you know an alkaline neutralizes an acid, and so when you eat acid-forming meat you should, eat with it a green salad to give the alkaline reaction. Cheese balls with green salad is a good combination; lemon juice with fish.—Yes, lemon seems pretty acid in the mouth, but it has an alkaline reaction in the body. So have apples,—and hence the wisdom of serving lightly cooked apple-sauce with pork or goose,—still better, raw apple salad.

While the white of eggs is acid, the yolk is alkaline, and so eggs are

good. Similarly, although the cream (fat) of milk is acid, the other part has an alkaline reaction.

Both McCann and Tilden, who also has written books on food, advise against eating potatoes with meat ("too-much acid"), and say that it is better to eat potatoes separately, say for supper, preferably baked, or scalloped—to secure the alkaline reaction of the milk. Indeed there has arisen quite a scholo-to-day, who advise against mixing proteins (meat, cheese, fish, etc.) and starches (potatoes, corn, white bread, rice, etc.) at the same meal, on account of the very acid product in the body.

When all has been said of course it comes to this: that there are some people who have such wonderful stomachs that they seem to be able to stand anything in the way of food. Nevertheless people do give out sooner or later, and it is a question whether the whole human race would not live longer, and suffer less, and have fewer diseases, if the right combinations were eaten from babyhood up. Possibly the foods we eat to-day are setting up a body condition that will land us on our backs ten or twenty years from now.

Personally, I am convinced that it is true that "We dig our graves with our teeth." I am convinced that with proper food, plenty of sunshine, and fresh air, dry feet, frequent baths, plenty of exercise—stopping short of overwork, health must come; and that if everybody fell into line the doctors would soon enough become custodians of the public health (paid by the state, and liberally, for their services) rather than curers of disease that never should have existed.

A year or so ago a society of doctors was formed in England to advocate preventing disease by revolutionizing diet. Sir Arbuthnot Lane, if I remember rightly, was at the head of it,—a great physician, as you know. And you know how many doctors right here are cutting down on drugs and advising diet instead.

My doctor of whom I have spoken used to say that the human body was never formed to be a drug shop. He ordered very few drugs indeed—a few, of course, for certain diseases. The only time care in dieting "hurts" is when you go to a garden party and see everyone about eating anything at all! Of course you fall from grace and yield,—and "repent afterwards maybe. But then perhaps an exception can be made in favor of garden parties and fowl suppers. And perhaps you'll not agree with any of this anyway. If not, all right.

Sincerely,

A. M. W.

THE "ANCIENT HISTORY" OF CHATSWORTH (Continued)

This will be a short story. I have not had time, during the past week to burrow about, for data. Mr. and Mrs. E. O. Merriam and Mr. J. Doble both remember an event that took place in Chatsworth in the early days,—a curious event that probably was never duplicated anywhere else in the world. It took place on the First of July celebration, 1868, just one year after Confederation of the Provinces was consummated, on the tract of ground just east of the Campbell House sheds, then used as fair grounds. All afternoon sports had gone on—running, jumping, throwing the stone,—all sorts of games. Then, in the evening was staged the event of the day, a tug-of-war between the stalwarts of Sydenham and—Mr. Doble thinks Sullivan, Mr. and Mrs. Merriam think Holland, with a few of the big fellows from Sullivan helping both sides.

Anyhow a new rope was secured and the men took their places, ten on each side. Now I give Mr. Doble's version, which is in my note-book: At the first pull, which was carried out in regulation order, Sullivan won; but when the second came on immediately after, rules and regulations were thrown to the winds. The men dug pits for their feet and with them; the rope was tied around the waist of the man at each end. The fighting blood of the contestants was up, and each realized that the contest was to be a hot one. The signal was given and the men pulled might and main. It was a draw. Neither side would give way. Minutes passed into half hours. The faces of the contestants became purple. Someone ran to the Campbell House (then called the "Carlton House," with Mr. Campbell just come in as proprietor) and got a bottle of whiskey, took it along the tugging, purple-faced lines from time to time and gave each man a nip to stimulate his energies. The crowd saw and marvelled. Women went away from the too terrible sight.—One can imagine how spectators came and left, returned again after a time to find the grim struggle still continuing, neither side yielding an inch. Expectation was of no avail. It began to look as though the men would die before they would give up.

Then came Andrew McGill, village magistrate, with a sharp knife. "In the name of law and order," and the name of the Queen," he said, "I cut this rope!" The knife descended, and after a moment the rope was severed, the lines of men falling apart. Then it was found that the end man on the Sydenham side, Carmichael, with the rope around his

waist cutting into his flesh, was unconscious. "He never got over it," said Mr. Doble. "He only lived for a few months afterwards. Likely the lives of a good many others were shortened too."

—The men had been straining in the heat of the hot summer evening for an hour and a half! My sister and I went past the spot this evening, seeing in imagination the old event, and wondering if some of the marathons of to-day are so very much wiser.

A. M. W.

TO THINK ABOUT

"If you would be loved as a companion, avoid unnecessary criticism upon those with whom you live."—Arthur Helps.

"Censure and criticism never hurt anybody. If false they cannot hurt you unless you are wanting in manly character; and, if true, they show a man his weak points and forewarn him against failure and trouble."—Gladstone.

THINGS TO EAT

Raspberry Cake Cream together 1/2 cup butter and 1/2 cup sugar. Add 2 well-beaten eggs, 1 tablespoon water, 1 cup canned raspberries with 1 teaspoon soda stirred in, and 2 small cups flour. Bake in moderate oven. When cool cover with caramel icing.

Caramel Iceing 2 cups brown sugar, 2 egg whites, 6 tablespoons water, 1 teaspoon vanilla, a few grains salt. Put sugar, unbeaten egg whites, and water in top of double boiler over hot water and heat with a Dover egg beater for 8 minutes, or until light and thick. Add vanilla and salt and spread quickly over the cake.

Another Boil sufficient sugar with a very little milk for a few minutes, adding a small pinch of salt. Take off the fire, add vanilla to flavor and beat until it thickens just sufficiently to spread.

Porridge and Porridge Porridge may be insipid, or it may be a very enjoyable dish. A good cook says to allow 1 cup rolled oats and 1/2 teaspoon salt to every 2 cups boiling water. Have the water "mad" boiling, stir in the meal and boil as fast as possible for 5 minutes, without stirring, to avoid pastiness. Remove to back of range and keep hot, preferably over hot water, until served. Some people require very long cooked oatmeal. In this case leave over the hot water, on back of range or in a fireless cooker, 3 or 4 hours, and reheat for breakfast. Serve with creamy milk. For variety a few raisins, or chopped nuts, or both, may be cooked in the porridge. This makes a nice pudding for dinner.

HELPFUL HINTS

Easy Window Cleaning Have three old clean cloths. Moisten the first with coal oil and rub over glass and casings to remove dust. Next rub with the second cloth, moistened with more coal oil, and finally polish well with the third cloth. Some use a little soft warm water with just a few drops of coal oil in it for the first rub, following with two dry cloths. This works very well too.

Grass Stains To remove grass stains, mix cream of tartar to a thin paste with water, apply to the stains and leave on all night. Apply again and leave in the sun to dry.

Left-Over Fruit Juice For each cup left-over fruit juice: For each cup allow 1 tablespoon plain gelatine powder soaked in just enough water to cover for 30 minutes. Heat the juice to boiling, take off stove and stir in the gelatine. Strain through cheesecloth and set in a cool place over night. Next day you will have a nice dessert to serve with cream or boiled custard.

OUR WEEKLY "POEM" (with apologies)

The Car (Probably prices have sky-rocketed since this was written some years ago.) He owned a handsome touring car. To ride in it was heaven. He ran across a piece of glass—Bill—\$14.97.

He took his friends out for a ride, 'Twas good to be alive. The carburetor sprang a leak.

Bill—\$40.95. He started on a little tour. The finest sort of fun. He stopped too quick and stripped the gears. Bill—\$90.51. He took his wife down town to shop. To save car fare, was great. He jammed into a hitching post. Bill—\$278.

VOTERS' LIST, 1928

Municipality of Chatsworth County of Grey NOTICE is hereby given that I have complied with section 10 of the Voters' List Act and that I posted up in my office in Chatsworth, on the 7th day of August, 1928, the list of all persons entitled to vote in the said municipality for members of Parliament and at Municipal Elections, and that such list remains there for inspection. And I hereby call on all voters to take immediate proceedings to have any errors or omissions corrected according to law.

A. FINDLAY, Clerk.

There is no mystery about this

Many people feel that arranging a long distance talk is complicated. And it is really so simple: Your local operator will connect you with certain nearby points listed in the front pages of your directory. If you do not know the number, ask "Information."

In calling more distant points, ask for "Long Distance". Tell her your telephone number, your name, the city you wish to reach, the distant telephone number if you know it. If you do not know it, "Long Distance" will look it up. The operators are always courteous and helpful, and the experience will convert you to the regular use of a wonderful service. Why not try it?



FOWL WANTED—Highest market prices paid for live and dressed fowl. Live fowl preferred. Markdale Creamery and Produce Co. 3112

Here and There

(53) Quebec, Que.—Announcement from Ottawa, from Dr. W. H. Collins, Director of the Geological Survey of Canada, promise several survey parties in Quebec Province this year, mapping and investigating in this to the geology and mineral resources of the province.

Six hundred delegates to the World's Exhibit Congress meeting in Toronto, June 23-25, virtually chartered Canadian Pacific liner Montroyal, and were taken on from ship's side to Toronto by special C. P. R. train. Following the congress, the delegates make a trip across Canada to the Pacific Coast and return.

Edmonton, Alberta.—Looking to the improvement of wool produced by the sheep ranchers of the Prairies, a party of experts has started, out under the direction of the Research Council of Canada to make a survey of the representative sheep ranches of the three provinces, British Columbia is included in the tour.

Winnipeg, Manitoba.—The formation of a dairy pool is expected as a possible means of meeting the competition of Denmark in dairy produce on the high market by Sir Thomas Allen, leader of the co-operative movement in Great Britain and special envoy of the Empire Marketing Board at the wheat pool conference in Regina.

Indian Head, Saskatchewan.—One hundred million trees have been distributed throughout the Western provinces from the Forestry Farm here and its subsidiary at Sutherlandland; the work is still progressing at an unabated rate. Practically all go free to farmers and an average of a car a day is shipped. The work was started in 1904.

The Alpine Club of Canada will hold its 23rd annual camp July 17-31 at the Lake of the Hanging Glaciers in the Purcell Range of the Rockies. Banff will be the rail-head for the camp which is five hours motor journey farther on. Eleven peaks all above ten, and some exceeding eleven thousand feet in height will be at the climbing disposal of the campers. There are also many others between nine and ten thousand feet high.

East makes its annual bow to West with the University of Montreal trip across Canada to the Pacific and back, starting from Montreal July 7. Many prominent French-Canadian make this annual trip which is sponsored by the University and run on Canadian Pacific trains, motor facilities and Great Lakes steamships. All the major cities of the West and the beauty spots of the Rockies are covered in this popular tour.

Younger railwaymen in the employ of the Great Canadian transportation companies held their first annual conference at Montreal recently under Y. M. C. A. auspices. The young men came from all points in Canada, between Halifax and Vancouver and took part in a quiet, swopping experience and sprints in friendliest fashion after the first informal introduction. It is hoped to repeat the conference yearly.

EVENT OF THE SEASON FIRST ANNUAL SHOW OF Chatsworth Horticultural Society Chatsworth Town Hall Wednesday, 22nd of August Exhibits on Show 2 to 10 p.m. Admission: Adults 25c. Children 10c. "Consider the Lilies" Come and Enjoy the Flowers

WANTED For Canadian West 44,000 HARVESTERS \$15.00 plus 15c. tax To WINNIPEG Plus 1/2 cent per mile to points beyond, but not west of Edmonton, MacLeod and Calgary. Returning \$20.00 plus 20c. tax from Winnipeg, plus 1/2 cent per mile, starting point to Winnipeg. 21 From stations in Ontario, Toronto and east to Kingston, Smiths Falls, and Renfrew Junction; Toronto to Sudbury, including line Medonte to Midland. Aug. 23 From stations in Ontario, Toronto and south, west and north to Bolton, including all stations in Ontario on the Michigan Central; Pere Marquette; Windsor, Essex and Lake Shore; Grand River; Lake Erie and Northern; and Toronto, Hamilton and Buffalo Railways. 31 From all stations in Ontario west of Smiths Falls and south of Sudbury and Renfrew Junction. Train 7.24 a.m. and 3.25 p.m. each day from Chatsworth. Service For further information enquire of Geo. Woods, C.P. R. Agent, Chatsworth. Phone No. 1. CANADIAN PACIFIC Special Cars for Ladies and Children.

THE VOL. 2, NO. 17. Presbyterian Church Notes Minister, Rev. W. A. MacWilliam St. Andrew's Church 11 a.m. Bible Class and Sabbath School. 7 p.m. Public Worship. Rev. A. H. MacWilliam Preaching on Sunday. Arriving at 10:30 a.m. on Sunday. Ladies' Auxiliary 2nd Thursday of each month. W.M.S. 4th Thursday of each month. Anglican Church Notes Rector, Rev. J. Graham, B.A., L.H. St. Sunday, July 22nd, 1928. 10:00 a.m. Bible Class and Sabbath School. St. Paul's Chatsworth. 11:00 a.m. Morning Prayer. St. Paul's Chatsworth. 2:00 p.m. Divine Service. St. Mark's Holland. 7:30 p.m. Evening Prayer. St. John's Desford. You are cordially invited to all services.

OBITUARY Mrs. Cleland Ferguson After a brief illness, she peacefully departed this life on Friday, August 10, 1928, at her home in Chatsworth, Ontario. She was born on January 10, 1858, in Scotland. Her husband, Mr. James Ferguson, passed away on June 10, 1924. She is survived by three sons: Mr. John Ferguson, Mr. Robert Ferguson, and Mr. James Ferguson. She was a member of the Presbyterian Church of Chatsworth. Funeral services will be held on Sunday, August 12, at 11:00 a.m. in the Chatsworth Presbyterian Church. Burial will take place in the Chatsworth Cemetery. Friends are invited to attend the funeral. Mrs. C. E. Ferguson, Chatsworth, is the bereaved.

Mr. Thomas Mitchell One of the best known and most prominent business men of Chatsworth, Ontario, passed away peacefully at his home in Chatsworth, Ontario, on August 10, 1928. He was born in Scotland and had lived in Chatsworth for many years. He was a member of the Chatsworth Presbyterian Church and a successful businessman. He is survived by his wife, Mrs. Thomas Mitchell, and several children. Funeral services will be held on August 12, at 11:00 a.m. in the Chatsworth Presbyterian Church. Burial will take place in the Chatsworth Cemetery. Friends are invited to attend the funeral. Mr. Mitchell was a well-known and respected citizen of Chatsworth.

Chatsworth and vicinity was one of the grand old men of the town, in the passing of Mr. Mitchell, a quiet man, but known for his uprightness and kindness in all his dealings, a man who made many friends.