

# AUCTION SALE

## of Millinery Stock, Fancy Goods, Household Effects, Etc.

### THURS., SEPT. 14th

commencing at 12.30 o'clock

The Administrator of the Estate of the late Mrs. Josephine Irvine has instructed the undersigned Auctioneer to sell by Public Auction every article belonging to the estate.

TERMS: CASH  
OTTO JOHANN, Auctioneer.

### WALTERS FALLS

(Intended for last week)  
Mrs. Tucker of Toronto and Mrs. Bonnell of Owen Sound were recent visitors with their sisters, Mrs. Catharine and Miss Delerue.  
Miss Marie Brett who has been with her sister, Mrs. Hallman for some weeks, returned home to Kitchener last Wednesday.  
Mrs. Shepherdson spent last week in Meaford and is now home, accompanied by Mrs. Lettie Reid.  
Mrs. Jas. Fraser and two children of Toronto are guests at the parsonage for a fortnight.  
Married—On Saturday, August 19th, at the parsonage by Rev. J. Fraser, Mrs. Ethel Catharine and Mr. Chas. S. Carney of North, Ont.  
A carload of ladies attended the County Rally at Thornbury last Friday and report a good meeting.  
Mrs. Reynolds of Markdale spent a few days of last week with her aunt, Mrs. E. W. Quinton.  
Mrs. E. Quinton was hostess for the W.I. meeting last Wednesday after-



### A WEEKLY EDITOR LOOKS AT OTTAWA

Written weekly for the weekly newspaper of Canada

Canadians who read weekly newspapers are as deeply concerned with matters relating to nutrition as those who live in teeming urban centres and possibly a little light on the activity and purposes of the Canadian Council on Nutrition might be timely. Nutrition is definitely tied up with the future of agriculture, and there is hardly a reader of this column who isn't directly or indirectly affected by this primary industry.  
An expansion of Canadian agriculture is looked for after the war, and it is believed that its greatest interests lie in the export market. Nutritionists emphasize that the food standards of the world, even at the best of times, are far below the level necessary for really good health. Even in Canada, which has had one of the highest standards of any country, consumption of food per person has risen since the war. In respect of some foods, however, it is still well below the desirable nutritional level.  
Here in this connection are a few pertinent facts. The total Canadian civilian intake of food per person per year was 99.98 pounds in the period 1928-30. It rose to 102.84 pounds in 1931 and to 1,045.3 pounds in 1932. In 1933 the average total intake was 1,028 pounds per civilian. The reduction in per capita intake was due to a poor wheat crop and in part to a poor general rationing of food.  
The Canadian Council of Nutrition re-affirms its view that higher extraction of wheat, such as used to make Canada Approved White Flour, is a proper step towards assisting the

### National Nutrition Committee

The Canadian Council was formed in 1933, followed by an order-in-council in December 1932 which clearly defined its membership and functions. Each provincial health department was to provide one representative, the total being 25 members to include scientists, economists, agricultural experts, teachers and persons connected with social welfare and labour.  
It was the function of the Committee to consider and make recommendations upon all aspects of nutrition, including investigation, educational efforts, the rules of nutrition in terms of specific foods, and methods of improving the nutritional status of the people of Canada.  
The Council had a general meeting in Ottawa last May and a few highlights of that meeting furnish an insight into the work being done unobtrusively to better the health of this Dominion of ours.  
The Committee on Food Analysis for instance, had been conducting research projects in a number of laboratories. Its members had some interesting findings to report on the Vitamin C content of vegetables before and after cooking and after standing on a steam table. Their reports showed that losses were greater after steaming than after boiling. After two hours on a steam table most of the Vitamin C was lost. The committee on School Lunches recommended that a Dominion-wide school lunch program be developed, helped by federal grant.  
Discussion of Canada's Food Rules resulted in a decision to revise them. When the Food Rules were drawn up before it was decided to recognize the existence of food shortages in supply and modify the rules accordingly. This year, however, the revised rules will be based on known nutritional needs rather than upon expediency.  
A number of resolutions were passed concerning Canada Approved Flours and Breads. We quote them because bread is one of the most important foods.  
The Canadian Council of Nutrition urges that every encouragement be given to making Canada Approved White Flour available throughout the country for household use.  
The Canadian Council on Nutrition considers that at the present time the addition of synthetic vitamins to flour and bread, except under emergency conditions, is not advisable.  
It was decided to set tickets on a blanket for war work in the near future.  
Lunch was served by the hostess and the girls. The September meeting will be held at the home of Mrs. A. Hill on the usual date.  
citizens the maximum of vigor, mental alertness and physical well-being that is possible.  
The women of Canada have shown in the past two years that they are ready and willing to co-operate in the matter of nutrition, and the Local Councils of Women, Women's Institutes, and other organizations of similar nature, to give attention to an often-discussed subject on the basis of literature and information emanating from the Canadian Council on Nutrition. Homemakers realize its importance to the future of the nation.

## Blood Donor Clinic

### Markdale's Next Red Cross Blood Donor Clinic

## Thurs., Sept. 7th

We are urgently in need of blood donors! We appeal to the citizens of Markdale and the surrounding community to enroll NOW.  
Blood serum is required at once—and the demand is ever increasing.  
Will you help save the life of a soldier by donating your blood? He fights for you; it is the least you can do for him!

### THIS CALL IS URGENT!

F. D. Sawyer, Chairman.  
Eunice Colgan, Secretary.

### Vandeleur W. I.

Mrs. Russell Freeman was hostess to the Vandeleur Women's Institute at her home on Thursday, August 24th. Meeting was opened by singing the Lord's Prayer and the Lord's Prayer in unison. Scripture, taken from Psalm 146, was read by Miss Doris Boland. Roll call was answered by Miss Favourite Radio Program, by nineteen members.  
A special collection was taken to send a box to our soldiers overseas and amounted to \$6.25. The report of the County Convention was given by Miss Mae Graham, which was very interesting. A paper, "Men to Remember" was given by Mrs. Dena McGee. Community singing was then enjoyed with Mrs. W. Bowles as accompanist.  
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### Townsend Lake

The weather has been ideal for harvesting. The grain crops in this locality have been real good and nearly every farmer is finished up.  
Pie Edward Moran of Camp Bowden, who has been on a two weeks furlough, returned to camp on Monday after visiting relatives and friends here. Mr. James Moran of Beausville was a visitor here one day last week.  
Mrs. Mary Moran and daughter, Mrs. Earl Thompson, of Toronto, have returned after visiting many of their old friends and neighbors.  
Mr. John Suits of Winnipeg visited at the home of Mr. and Mrs. West Bradey last week. It is nineteen years since Jack last visited here.  
Miss Margaret Moran has returned to Guelph after spending two weeks with her parents, Mr. and Mrs. Joe Moran.  
Mr. Wilfred Brodie had a new Fordson tractor delivered to him from Owen Sound one day last week.  
Mr. Andrew Griffith has been doing a lot of repairing for Mr. Reuben Paylor the past week.  
Mr. and Mrs. Frank Moran, Lorena and Mr. Jack D'Arcy, also Mr. Frank D'Arcy of Barrehead, motored to Toronto on Monday and visited for a few days with Mrs. Annie D'Arcy, Helen and Anna. Mrs. D'Arcy met with an accident a couple of weeks ago but is now out of the hospital and able to be around again.  
Mr. and Mrs. Reuben Paylor spent an evening recently at the home of Mr. and Mrs. Joe Moran.  
Mr. Will Henderson spent Sunday evening with Mr. and Mrs. Reuben Paylor.  
Mr. Theo. Laughlin has been assisting Mr. George McCullough with the harvest.  
Mr. Joseph Moran accompanied Mr. and Mrs. Cecil Ryan, Mr. and Mrs. Den. Ryan of Traverston to Guelph one day recently and visited relatives and friends while there. The latter went on to Waterdown and visited with their daughter of that place for the day.  
Mr. Wallace Livingston has gone to Delhi to assist with the tobacco harvest.  
Mr. and Mrs. Walter Eagles and son, Glen, of Armetonia visited Mr. and Mrs. Reuben Paylor on Sunday evening.  
Mrs. Parker of Toronto is visiting at the home of her parents, Mr. and Mrs. Jas. Goodwill.  
Mr. and Mrs. Chas. Schaeffer of Latona visited the former's sister, Mrs. James Goodwill last week.  
Mr. and Mrs. W. J. Moran and family and Mr. Bill Meloché of Durham spent Sunday with Mr. and Mrs. Frank Moran and family.  
Miss Leon Griffith accompanied Miss Eileen and Nelson Griffith to Toronto for a few holidays.

### BUSINESS DIRECTORY

- VETERINARY**  
DR. S. H. THIBAUDEAU, V.S., B.V.  
Office at residence on George street. Phone night or day 91, Markdale.
- DENTIST**  
L. G. CAMPBELL, D.D.S., D.D.S.  
Dental Surgeon. Graduate of Ontario College of Dentistry and University of Toronto. Office over the Post Office. Office hours 9 a.m. to 5 p.m. Appointments may be made by phone.
- Dr. J. A. McARTHUR, Dentist, Office in the Artley Block, over Perkins' hardware. Entrance at south-west corner of building, Toronto Street.
- FRATERNAL**  
L.O.L.—Markdale L.O.L. No. 1045, meets in the Orange Hall, Markdale, at 8 o'clock p.m., the first Thursday in each month. Visiting brethren cordially invited. Alvin Foster, W. M.; Emerson McCullough, Sec.
- A.P. & A.M.—Hiram Lodge No. 490, G.R.C., Markdale, meets in the Masonic Hall, Reburn Block, at 8 o'clock p.m., on the second Thursday in each month. Visiting brethren invited. R. E. Hannah, W.M.; W. J. Colgan, Secretary.
- R.B.E.—Victoria Preceptory, No. 282, meets in the Orange Hall in Markdale at 8 o'clock p.m., on the third Thursday in each month. Visiting brethren always cordially welcome. Russell Dixon, W.P.; A. E. Colgan, Registrar.

### Machine Shop and Welding

REPAIR WORK  
DONE PROMPTLY  
C. R. LOUCKS  
Machine Shop and Garage  
CHATSWORTH, ONT.

### Morris Marble Works

Meaford, Ontario  
Monuments and Markers in all sizes and best qualities at reasonable prices. See us and get prices before buying.  
PHONE MEAFORD 228

### Insurance

Any type of policy you desire may be had from  
A. J. NORRIS  
Office: 2nd Floor, 100 Central Bldg., in the P. J. Thompson residence, West of the Hospital  
Telephone 11

### SOVEREIGN FILMS PRESENTS

## 'Texas'

with William Holden - Claire Trevor - Glenn Ford  
Special Added Attraction!  
COMMUNITY SING  
Songs with Wendel Hall  
in the  
Skating Rink  
MARKDALE  
on  
FRIDAY, SEPT. 1  
at 8.30 p.m.  
Admission: Adults 35c; Children 20c

### CHERRY GROVE

Mr. and Mrs. Jack Bradey, Ruth and David and Jackie Dierke, spent the week-end visiting in Toronto and Oshawa.  
Mr. and Mrs. Thomas of near Port Eglon and Mrs. Wm. House of Owen Sound spent a day with Mrs. Robt. Quigley and boys last week.  
Miss Muriel Schell of Owen Sound visited with Mr. and Mrs. Ran Bradey on Monday.  
Mrs. Muriel Schell and Masters Mervin and Ross Boyes of Rosedale spent a few days with Mr. and Mrs. Russell Hill.  
Mr. H. McQuillan of Detroit is a visitor with Mr. and Mrs. R. Trafford, Sunday visitors with Mr. and Mrs. Russell Boyce were Mr. and Mrs. Wm. Ross and daughter, May, Miss Barbara Maudsley and Miss Alex. Randall of Toronto; Mr. and Mrs. J. L. Irving and Miss Lois Cameron.  
Mr. and Mrs. Russell Hill and family visited on Sunday with Mr. and Mrs. Victor Smart and family of Meaford.  
Mrs. Robt. Quigley and Mr. Earl Quigley with Mr. and Mrs. Earl Quigley of Chesley.  
Miss Mabel Hill is spending some holidays with Mr. and Mrs. Jack Torry of Lauriston.  
Mr. and Mrs. Ran Bradey spent an evening with Mr. and Mrs. Carmichael King of Markdale.  
Mr. and Mrs. Roy Trafford and family visited on Sunday with Mr. and Mrs. Geo. McLaughlin of Townsend Lake. Their son, Alex. Trafford, is doing nicely in the Markdale hospital after his recent operation.  
Mr. Gordon Bennett underwent an operation in Markdale hospital on Monday. We hope he has a speedy recovery.  
Mrs. Wm. House of Owen Sound visited with Mr. and Mrs. J. E. Wyvill, Mr. and Mrs. Russell Hill and Mrs. H. Rimmer last week.  
Mr. James Pendleton has gone to the West.

### ROSEDALE

The children's holidays are about over. Miss Elva Wiley of Barrehead will be teacher for the coming term.  
Mr. and Mrs. John Menary and family were Sunday visitors with Mr. and Mrs. Hugh Menary of Owen Sound.  
Mr. and Mrs. Robt. Moore and family of Port Eglon were Sunday visitors with Mr. and Mrs. Ernest Smart.  
Miss Myrtle Smart, Masters Mervin and Ross Boyes spent last week with Mr. and Mrs. Ernest Smart.  
Miss Ruby Menary is spending this week with her cousin, Doris and Viola Clarke of Lily Oak.  
Mr. and Mrs. Edwin Boyes and family visited on Sunday with Mr. and Mrs. Ernest S. Vincent.  
Miss Leona Hill visited last week with her cousin, Eleanor Smart.  
Mr. and Mrs. Clive Dolan and Mary of Port Credit have returned home after visiting with Mr. and Mrs. John Lawson.  
Little Miss Frances Smart and Kenneth are holidaying with Eleanor and Raymond Smart.  
Mrs. Fraser Ramage and family of Rosedale have returned home after visiting at the former's home, Mr. and Mrs. J. Miller.  
Keep in mind the Victory Workers' quilting at the home of Mrs. Ernest Wood on Sept. 2th.

### ROSEDALE

moved in the Markdale Hospital on Monday of last week. During the time of Mr. Wyvill's illness neighbors cut and harvested his grain and also did the threshing.  
Mr. Will Ratcliffe of Malton visited at his home here recently for a few days.  
Miss Ann Bowman of Tara (a former teacher here) with her sister, were week-end visitors with Mr. Ethel Hutchinson and Miss M. Hewitt.  
Miss Aleda Ratcliffe has returned home after taking a summer course at Leaning.  
Mrs. Ethel Hutchinson, President of the local W.I. attended the County Convention of the W.I. at Thornbury one day last week.  
Mr. and Mrs. Norman Stewart of Redcliffe were guests of Mr. and Mrs. Howard Graham and Ruth.  
Harvest is about completed and much of the threshing is done. The crop looks good and the weather has been excellent.

### TOWNSEND LAKE

The weather has been ideal for harvesting. The grain crops in this locality have been real good and nearly every farmer is finished up.  
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### IRISH LAKE

(Intended for last week)  
Miss Nina Eagles of Toronto spent her vacation at her home here.  
Mr. and Mrs. Ted Cooper (nee Agnes Sweeney) of Brantford spent a week at the Sweeney home.  
Miss Jean Duncan of Toronto visited recently with Mr. and Mrs. Alex. Duncan.  
Mr. Wilmer Eagles enjoyed a few holidays in Toronto a short time ago.  
Mr. and Mrs. Noble Ward, accompanied by Mr. Geo. Mundle took a trip to Kimberley recently.  
Miss Alice Sullivan of Toronto is spending her vacation at her home here. Detective Lesse Sullivan has just returned to Toronto after a three weeks vacation.  
We are glad to report Mr. Wallace Letcher has recovered from injuries sustained from the truck accident near Fisherton.  
Mr. Ed. Sweeney of Brantford is spending the summer months at his home here.  
Miss Jenny Maxwell of Toronto spent the week-end at the "Brick".  
Mr. and Mrs. T. Sullivan and daughter, Mrs. Mary and Bernt of Toronto visited at the same home.  
Quite a number from Markdale and vicinity were present at the picnic at Lakeview Park. Several from Hamilton have been camping there this week.

### BERKELEY

(Intended for last week)  
Miss Della Agnew of Barrehead visited with her uncle and aunt, Mr. and Mrs. John Hanna, recently.  
Mr. and Mrs. David Kirk and Ronald of Toronto are holidaying with friends.  
Mr. and Mrs. McKee of Leith and Mr. and Mrs. W. Hewston of Annapolis visited last week with Miss Louise Mummy.  
A few from here took the trip to Meaford on August 23rd.  
Kenneth Weston returned to Owen Sound and was accompanied by his cousin, Don McLaughlin, and friends.  
Mrs. Stan. Tebbutt, and children, Pie, Fred Flynn and Miss Shirley Beach visited in Mount Forest on Saturday.  
Miss Doris McLaughlin spent a few days with her sister, Mrs. Bruce McNeil of Williamsford.  
Congratulations to Mr. and Mrs. A. E. McConnell on the arrival of a son in Owen Sound on August 21st.  
Mr. and Mrs. S. Lackey and children, Mr. and Mrs. S. Lackey and children, Mr. and Mrs. Wes. Patton and Leo of Holland Centre visited Sunday with Mr. and Mrs. S. Lackey.  
Mrs. Gordon McLaughlin and Jean of Elmsford visited this week at the McLaughlin home and with other friends.  
Mrs. Quinn, sobel and Jimmie of Toronto visited last week with Mr. and Mrs. Herb. Patton.  
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Mrs. A. E. Hannet of Toronto is visiting her sister, Mrs. Alex. McTaggart.  
Mr. and Mrs. E. Adair and children of Toronto returned home on Sunday after visiting at the Wages home.  
Mrs. W. Hopkins and nephew of Toronto spent Sunday at the Mitchell home.  
A number of friends from here attended the funeral of the late John Wilson in Owen Sound on Monday.  
Mr. and Mrs. S. Edwards and five sons of the So visited on Monday at the Saunders home.  
Robert and Eldon Atkinson visited in the week at the Edwards home.

### ROSEDALE

(Intended for last week)  
Vandeleur Softball Team won the championship of the Centre Grey League by defeating Cherry Grove in two straight games in the play-off.  
The two winning teams followed the League schedule and was to have been the best two out of three. After two games had been called on account of darkness, one on account of rain and the other ending in a tie, the local boys decided that they had a job to do and to win the championship.  
The game on Thursday with Pat Webber as catcher. On Saturday Mel Buchanan pitched and Genoe was catcher. Other players on the team included Earl Morrison, Stan Harvey, Billie Bowles, Vernon Fawcett, Carman Sewell, Ralph Fitzsimmons, Billie Johnston and Hugh Wyvill.  
The games have created a lot of interest in the district and good crowds were in attendance.  
Mr. Clifford Allen of Fisherton, President of the Grey County Federation of Agriculture was the guest speaker at the August meeting of the Farm Forum which was held at the home of Mr. and Mrs. Howard Graham on Monday evening of last week. The speaker told of work of the Federation, its accomplishments, its possibilities and outlined a program that might care out. He also outlined the work of Credit Unions, of which there are three in the County.  
The subject for the evening was "The Care of Livestock", from which a good discussion took place. Mrs. P. R. Boland and the piano and H. Graham with the mouth-organ, supplied music and a splendid corn roast was provided by the hostess and refreshments by the ladies. W. G. Bowles and Mrs. W. Ratcliffe were the conveners in charge.  
The school board have had the interior of the school redecorated during the past week. The Community Hall will also be painted.  
Mr. Gordon Wyvill, who has been ill for the last month, has his tonsils removed.

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Mr. and Mrs. E. Adair of Toronto spent Sunday at the Walters home.  
Mr. and Mrs. Ken. Hill and family of Markdale visited on Sunday at the Harsh and Crockett homes.  
Mr. and Mrs. Harry Subject and Subject of Detroit were recent visitors with Mr. and Mrs. G. Wiggins and Art. with their sister, Mrs. Art. Stafford at the home of Chas. Rowe.  
Mr. and Mrs. G. Wiggins and family, and Miss Elsie Caswell are spending this week at the beach.  
Mrs. Doris McLaughlin visited in Owen Sound the past week.  
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## The Mann Hardware

### WILL BE CLOSED

for holidays  
for one week  
September 4th to 9th  
(inclusive)  
The store will re-open Monday, September 11th

## POULTRY

The poultry season is drawing near and we have a good market for your well-finished birds. A demand for C grade poultry, however, is definitely lacking. We, therefore, advise you to properly finish your birds, whether you sell them alive or dressed, in order to secure top prices.  
This year the production of poultry is exceptionally heavy. It is advisable for you to finish your birds and begin marketing them early and at regular intervals in order to avoid too heavy a supply at any one time.  
Right now we are dressing poultry. You may sell your poultry to us alive or have us dress them for you and pay you on dressed basis.

## Markdale Creamery

### and Produce Co.

Phone 66

**DON'T RISK RUIN!**

\* You might be the next victim of fire—fire that can quickly destroy your home, your business, your property, your whole life's work. Let Pilot Insurance accept the risk—ready and quick to pay any just claim. The cost is very low.

We write Pilot Insurance to cover selected risks in Automobile, Fire, Burglary, Plate Glass, Public Liability and other general insurance.

ARTHUR NORRIS, MARKDALE  
representing  
**PILOT INSURANCE COMPANY**



# "I guess it's up to me!"

Now that I can go I'm not going to stick around and let the other fellows do it.  
Bill and Jack went over last week, and Fred's been over there a year. Now it's my chance.  
It's going to take months of training before I can get fighting-fit, so I'd better get moving today.  
Yes sir! I'm going now, to tell Dad and Mom that I'm on my way to sign up.



**VOLUNTEER TODAY**

## Join the CANADIAN ARMY

FOR OVERSEAS SERVICE