

District Made a Restricted Area For Farm Cattle

All Animals Must Be Treated for T.B.; Crops Backward and Some Frost Damage

Temiskaming District has been made a "restricted area" in regard to cattle on the farms, according to notification received by M. F. Cook, Agricultural Representative at New Liskeard, from the Dominion Department of Agriculture on Monday of this week. This means, Mr. Cook says, that all animals must have passed a test for tuberculosis before being brought into the district. Under the old plan, all herds of dairy cows were required to pass the T.B. test, but a certain amount of leeway was granted, farmers and dairymen getting their animals tested when an opportunity presented itself. More than half the dairy cows in the district have undergone the test, with something less than one per cent showing any reaction, according to the records.

The Dominion Department of Agriculture now has an official veterinary surgeon, Dr. G. H. Collacutt, stationed at New Liskeard, who has charge of this work.

Crops throughout the district are somewhat backward and were in need of rain at the beginning of the week. However there is plenty of time yet for them to attain a good growth with favorable weather and there is no great anxiety on the part of the farming population. There was some frost damage, especially in potato crops, at the end of June in various parts of the district, but in the towns near the lake there was no frost. The lowest temperature recorded in Haileybury was 36 degrees.

HEALTH
by
Dr. J. B. Weston
A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA
THE DIET IN PREGNANCY

There is no one diet which of necessity is ideal for all pregnant women, for various abnormal conditions may require widely different dietary treatment, but for the normal uncomplicated pregnancy certain dietary principles should be followed.

Not only must the prospective mother maintain her own health, but she must provide materials for the flesh and bone of the anticipated new arrival.

An adequate protein intake is essential to prevent a breaking down of the mother's tissues as the rapidly growing foetus develops. Too much should be avoided to prevent extra strain on the kidneys. Animal proteins (meat, fish, eggs, etc.) should be taken as well as vegetables, unless albumen in the urine or other signs warns the doctor to reduce proteins.

Certain chemicals are desirable. Iron prevents maternal anemia and is found in liver, heart, oysters, beef, greens, peas and beans. Copper combats anemia and is high in liver, oysters and molasses.

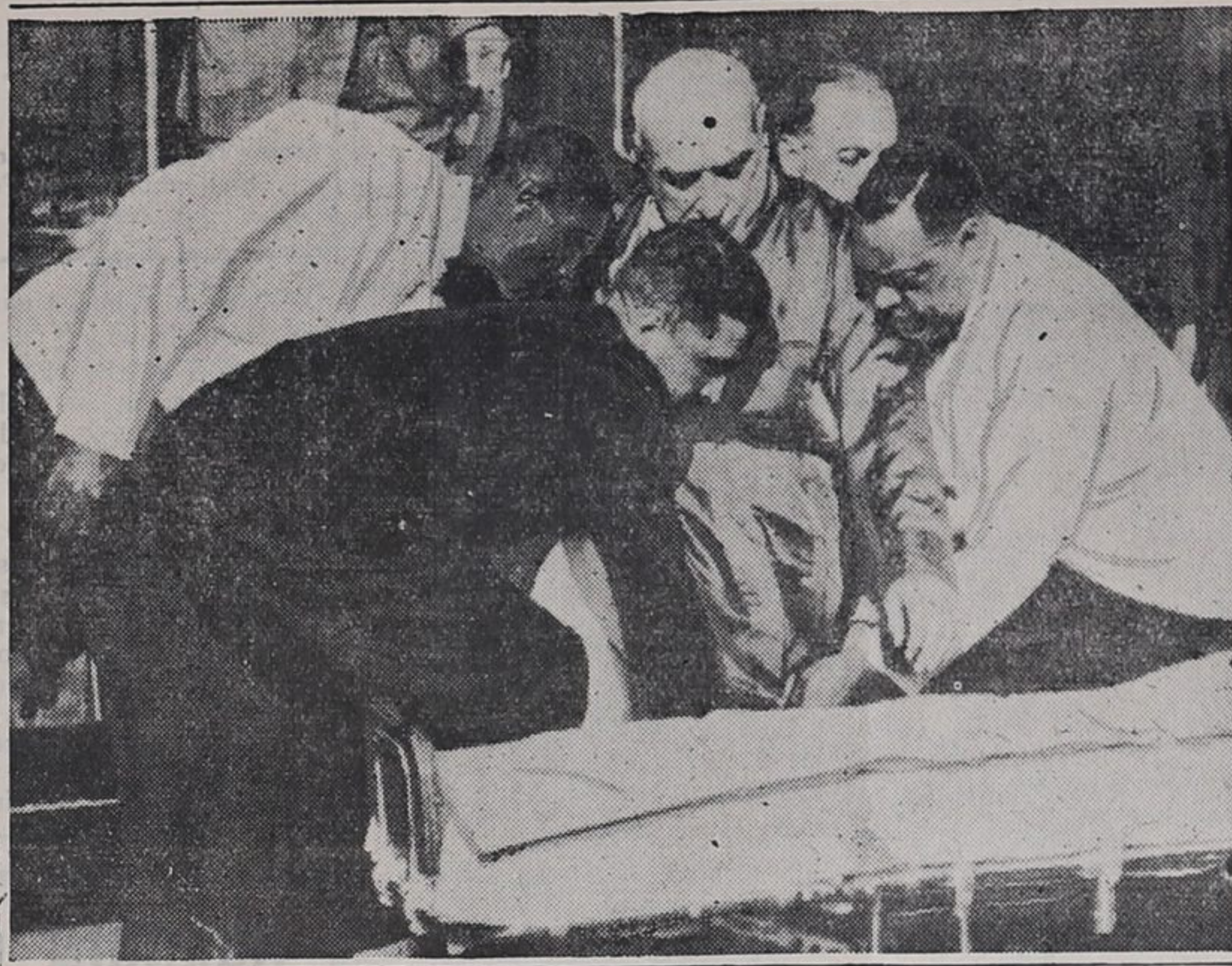
Of even more importance calcium and phosphorus are required to make strong foetal bones and teeth, and to prevent dental decay in the mother. Calcium is highest in milk and cheese and in most vegetables, but particularly in cauliflower. Phosphorus is most abundant in animal protein (meats and fish).

The vitamins are particularly essential in pregnancy, particularly Vitamin D, which helps the body utilize the calcium and phosphorus taken. This is high in cod liver oil and uncooked wheat germ, fair in eggs and obtainable in certain authentic bread and allied preparations.

Vitamin A increases resistance to infection and is said to make the child more viable. It is found in raw carrots, cooked spinach and turnip greens, dried prunes, butter, eggs, milk and cod liver oil.

Vitamin B which improves the tone of the digestive system and would seem to reduce vomiting of pregnancy is found in most foods but particularly in raw cabbage, lettuce, grapefruit, orange juice and tomatoes.

STRETCHER BEARS AILING BANKER MORGAN HOME



When J. P. Morgan, 69, ailing world-famous financier, arrived by train at his Glen Cove, L.I., home, attendants were forced to carry him from the train to a stretcher because of his condition. His visit to his sister in West Manchester, Mass., was cut short when he suffered an attack of acute arthritis which relatives said was not serious, terming reports of his illness as "greatly exaggerated."

Water should be taken freely unless contraindicated by dropsy or other abnormality. Iodized salt in moderation is desirable. Some roughage is necessary in most people (unless unduly sensitive) for normal bowel action.

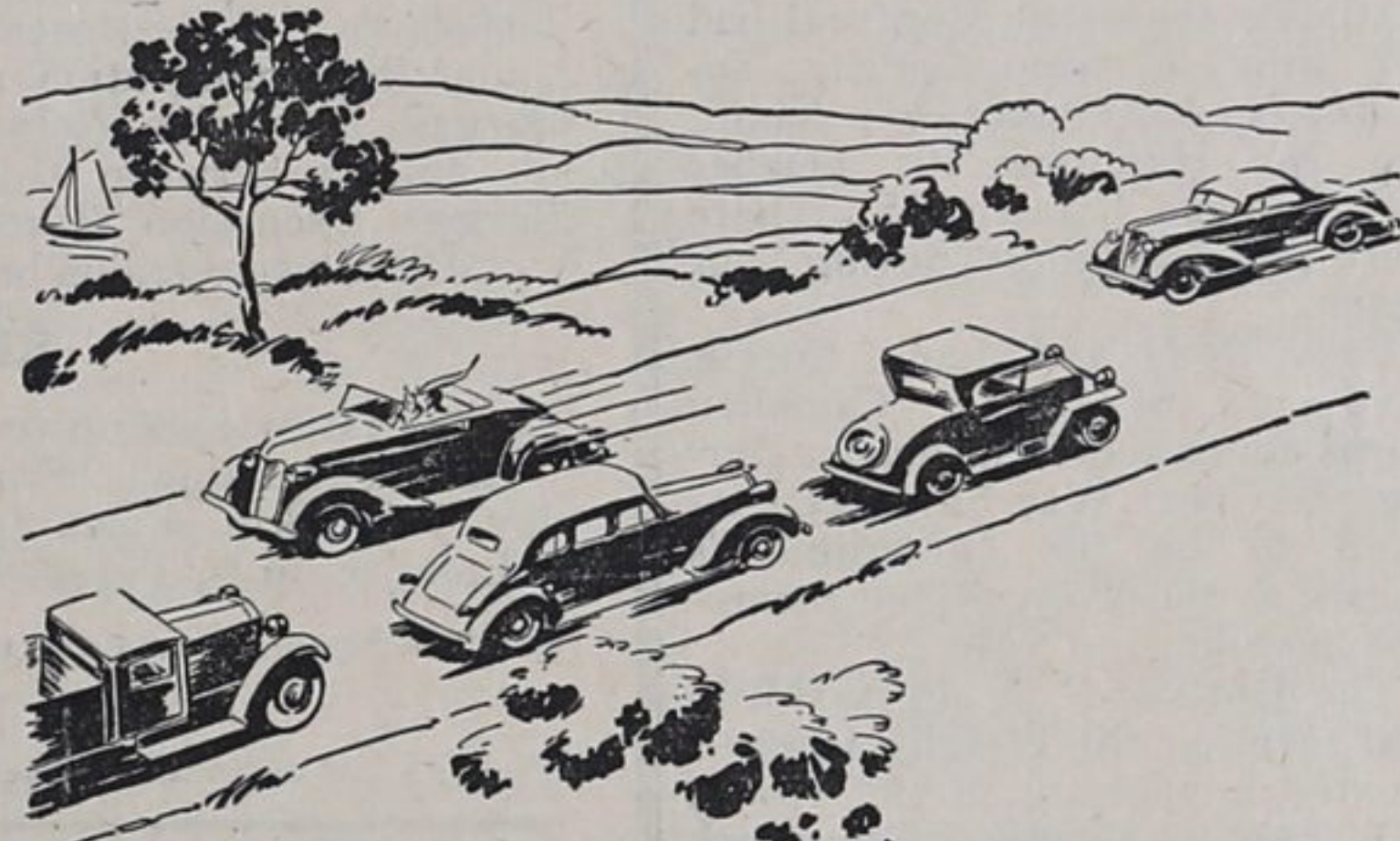
Alcoholic consumption should be reduced to a minimum. Balance the diet by emphasizing the above features; take plenty of non-violent exercise to keep the muscles firm and spirits up; avoid "back-fence"

gossip and silly superstitions like the plague; and take your worries and a sample bottle regularly to your doctor.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

WELL BABY CLINIC

Upstairs, Northwest Classroom Public School
THURSDAYS 2 to 4 p.m.



FAST DRIVERS and SLOW DRIVERS..

This message is addressed to **BOTH** of YOU

ALL OF US who drive motor cars have our individual preferences as to the speed at which we travel. Some of us like to drive slowly; others like to travel faster. (I am not referring to the "speed fiends" who drive recklessly and dangerously, but to the rank and file of sane, sensible drivers.) There is a wide variation in our preferred speeds.

When the road is clear and open, we have every reasonable right to give these preferences free rein, and travel at any speed which suits us—up to the legal limit. But I believe you will agree that when traffic is heavy, it is neither courteous nor fair to travel faster or slower than the general speed at which the traffic is moving.

At such times, the deliberately slow driver blocks the road for all who are behind him. It becomes irksome and wearying to those who have long trips still ahead of them—and finally induces them to "cut in" or take chances which they would never take under other circumstances.

On the other hand, it is equally discourteous for fast drivers to cut in and out of the traffic lane when traffic IS moving at a reasonable speed. It upsets and unnerves the more cautious drivers; increases the accident hazard tremendously; and invariably saves only a very FEW minutes of time in the end.

I appeal to BOTH kinds of drivers to let themselves be governed by the true SPIRIT of Courtesy—to consider the convenience and the safety of fellow-motorists, as well as their rights. Let us show the same courtesy to others on the highway, that we show to visitors in our homes. It will go a long way toward making our highways SAFER, and in making motoring still more pleasant.

Sincerely yours,

J. B. Weston

MINISTER OF HIGHWAYS PROVINCE OF ONTARIO



New T. & N.O. Locomotive Now on Passenger Trains

The first of the T. & N. O. Railway's new locomotive's recently delivered to the railway, has been hauling the Toronto trains between North Bay and Englehart this week, taking No. 47 north to the divisional point and returning with No. 46. The new machine has been admired by many residents of the towns and communities along the line. It is No. 1100 and is considerably bigger than any of the older locomotives. It is modelled somewhat after the style of the new C.N.R. engines and has great speed and power. On Tuesday the train left North Bay 40 minutes late in the morning and reached Cobalt on time, something that was impossible with the older locomotives. When the other new one is received they will make the entire trip from North Bay to Timmins, with no change at Englehart.

Cobalt Churches

FIRST BAPTIST CHURCH
Rev. C. H. Geer, Pastor
11 a.m.—Morning Worship.
2.30 p.m.—Bible School.
7 p.m.—Gospel Service.

COBALT UNITED CHURCH
Rev. E. Gilmour Smith, B. A.,
11 a.m.—Morning Worship.
2.30 p.m.—Church School.
7 p.m.—Evening Worship.

SALVATION ARMY
11 a.m.—Holiness Service.
2.15 p.m.—Sunday School.
7 p.m.—Salvation Meeting.
Thur., 8 p.m.—Prayer Meeting.

UNITED CHURCH OF CANADA
In North Cobalt and Latchford
Latchford — Sunday School 10 a.m.
Public Worship—11 a.m.
Nor. Cobalt— Sunday School—2 p.m.

When the Easiest Way Is the Best Way

There are no two ways about it! Certainly the easiest way to get the most for every dollar you spend is to buy products that you know about through the advertisements in your local paper. You don't have to go out and look for buying opportunities. The advertisements bring them to you. And all you need do is consider the facts, compare values and decide on the soap or the sedan that best fits your judgment and your pocketbook.

Certainly the best way of making your money go farthest is to buy merchandise of proved value. Advertised merchandise. Merchandise that is bought and used by many people. Merchandise that must be superlatively good enough for its maker and your local retailer to keep calling it to the attention of people week after week and year after year.

This is the service — of convenience and profit — that the advertisements offer you. It will pay you to read them regularly and take advantage of everything they can do for you!

"Somebody to See You!"

If everybody with something to interest you should come and ring your bell, what a nuisance it would be! Think of the swarming, jostling crowd, the stamping of feet on your porch and carpets!

Every week we know of many callers who come to see you. They never jangle the bell — they don't take up your whole day trying to get your attention. Instead they do it in a way that is most considerate of your privacy and your convenience. They Advertise in your newspaper!

In this way you have only to listen to those you know at a glance have something that interests you. They make it short, too, so you can gather quickly just what you want to know. You can receive and hear them all without noise or confusion in a very few minutes.

In fairness to yourself look over ALL the advertisements. The smallest and largest—you never can be sure which one will tell something you really want to know.