

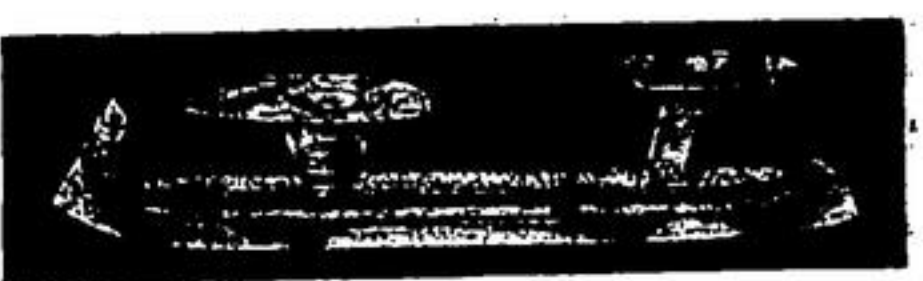


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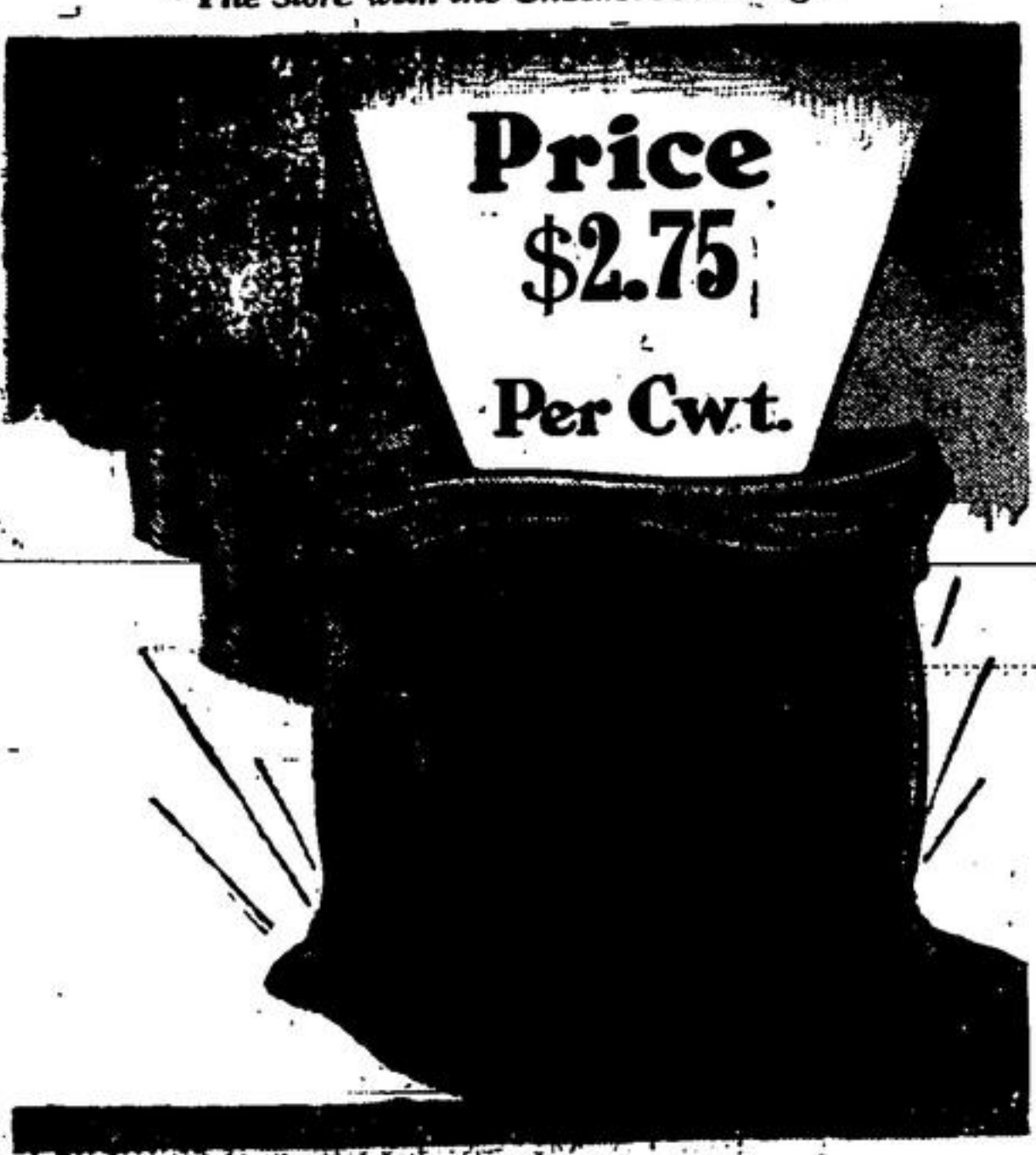
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THROUGH THE YEARS

Christmas in childhood means getting, it seems, the fulfillment of fond selfish dreams. Grasping with both hands, but never a thought of arduous toil that this miracle wrought. Nor how the brave evergreen tree can bring forth in December-up North, Christmas in girlhood—the time of her life! Air with excitement and secrets is rife: Presents for aunts, for mother and dad, Chums, sisters, cousins—perhaps for a lad; Papers and ribbons of various tints. For her own wishes, the broadest of hints.

Christmas in womanhood—that is the task: Limited purse, and so much that they must trim, stockings, the dinner and such. Oh, the material side is too much. Better to pause in the twilight of eve And read of the Child who came not to receive.

Old age at Christmas—a festive dream; Just a brief pause ere we cross the last stream: Visions of loved ones, of days long since, (Only in childhood such stars and such snow). Sweet premonition as last shadows Christmas in Heaven, most blessed of all.

—Betsy Anne

CHRISTMAS SWEETS

By Betsy Barclay

No matter how much candy you purchase, Christmas never seems to be Christmas unless there are at least a few home-made candies on the living room table. The sugar in these candies is an excellent quick-energy food for winter, while the fruits and nuts are also valuable.

Fruit Kisses

- 1 egg white
- 1/2 cup confectioner's sugar
- 1/2 cup almonds, chopped
- 1/2 cup dates, pitted and chopped
- 1 teaspoon vanilla
- Few grains salt

Shell the almonds. Plunge into boiling water. Rub off skins. Chop. Pit the dates. Chop.

Beat the egg white until stiff. Add sugar gradually, while continuing the beating. Add salt and vanilla. Fold in almonds and dates. Drop from the tip of a teaspoon on a well buttered baking pan. Bake in a slow oven about thirty minutes. Cool for a few moments before removing from pan with a spatula.

Date and Nut Roll

- 1 1/2 cups sugar
- 1 cup thin cream
- 1 cup dates, pitted and chopped
- 1/2 cup nut meats, chopped

Cook sugar and cream together until a little dropped in cold water forms a soft ball. (238 degrees F.). Add the chopped dates and cook two or three minutes more (242 degrees F.). Remove from fire. Beat until candy begins to thicken. Add nut meats. Continue beating until candy is firm enough to make into a roll about one and one-half inches across. Wrap in a wet cloth and leave until cold. Slice move cloth and cut crosswise in slices.

KRIS KRINGLE SALADS

The following salads are good at any time, but particularly into the Christmas dinner. As they are composed of alkaline-reaction foods they tend to balance the main dishes of the meal. Try one of these this Christmas.

Molded Fruit Salad

- 1 package lemon flavored gelatine
- 1 pint boiling water
- 6 slices canned pineapple, diced and drained
- 2 tart apples, pared and diced
- 2 bananas, sliced
- Crisp lettuce

Dissolve gelatine in boiling water. Add salt. Turn into individual molds, filling them 3/4 full. Chill. Sprinkle bananas with lemon juice. When gelatine is firm, arrange a layer of bananas on gelatine. Sprinkle with nuts. Add another layer of gelatine. Chill. When firm, fill mold with remaining gelatine. Chill until firm. Unmold on lettuce. Garnish with mayonnaise. Serves 8.

Beauty Salad

- 1 package raspberry flavored gelatine
- 1 pint boiling water
- 1/2 teaspoon salt
- 2 bananas, sliced
- 1 tablespoon lemon juice
- 1/2 cup walnut meats, finely cut
- Crisp lettuce

Dissolve gelatine in boiling water. Add salt. Turn into individual molds, filling them 3/4 full. Chill. Sprinkle bananas with lemon juice. When gelatine is firm, arrange a layer of bananas on gelatine. Sprinkle with nuts. Add another layer of gelatine. Chill. When firm, fill mold with remaining gelatine. Chill until firm. Unmold on lettuce. Garnish with mayonnaise. Serves 8.

Holiday Luncheon Dish

- 1 box sardines
- 1 lemon
- 1 bunch radishes
- Parley or watercress

Remove cover neatly and entirely from a box of sardines. Place on a platter, and surround with wreath of parley or cress. Cut radishes in the shape of flowers, and arrange in the parley. Cut lettuce in halves, crosswise, and then cut in deep points. Arrange at ends and sides of platter. In the parley. Serve very cold.

Weekly Crop Report

Current reports from representatives indicate that in general the mid-west fall has allowed farmers to catch up many farm jobs that otherwise would have had to remain undone. Fall wheat has entered the winter in good condition and a brisk demand for hay is also indicated.

All classes of live stock in Bruce have gone into winter quarters in about average condition. In Frontenac the demand for fresh milkers has fallen off with prices around \$55 and \$65. More winter dairying in Grey is indicated by the increased delivery of cream to creameries during winter months.

An increased demand for good Jersey dairy cattle has pushed the price for these up to \$135 or \$150 in Litchton. Middlesex reports hogs as scarce, with the market firm at \$9 per cwt. According to stock year records there was a decrease of 5000 hogs marketed from Peel in 1930 as compared to last year. In spite of low prices from potatoes, growers in South Simcoe are realizing more profits from this crop than any other.

AN ADVENTURE!

"I had an adventure the other day," said Mrs. Taylor to some friends. "An adventure in friendship." Her listeners were interested. "Yes," she went on, "I went on a 300-mile trip in two minutes. No, not in imagination—by telephone. Wonderful, isn't it? I called an old friend on the spur of the moment. We were going to telephone often. It's a thrill I've only just discovered."

News and Information For the Busy Farmer

The Ontario Agricultural and Experimental Union will hold its annual meeting in Guelph on Jan. 6th and 7th.

Protecting Live Stock

The use of movable partitions in stock cars used for transporting mixed lots of live stock, but by reducing the possibilities of injury and bruising to a minimum will save the live stock industry several millions of dollars annually. As a result of the findings of a national committee, the Live Stock Association of Eastern and Western Canada have joined forces in presenting a petition to the Railway Board seeking to compel railways to install and use at least two movable partitions of suitable type in all cars used for transportation of live stock. The suggested specific toll for cars so equipped is one dollar per car per trip. The annual loss through bruising alone under present conditions is placed at over \$5,000,000.

Overseas Apple Market

Mr. A. Fulton, overseas representative of the Ontario Fruit Growers' Association, writes: "Generally speaking, the Ontario fruit growers are doing well with their fruiting season, but falling down considerably in the actual packing of the fruit. I make particular reference to 'Golden Wonder' (far too prevalent). More care is needed in filling, packing and tinning the barrels for export before pressing in order to secure a tight pack. He also refers to a recent visit to Antwerp, where he saw the first shipment of Ontario fruit to Europe. The fruit landed in excellent condition, he said, and has given every satisfaction to the buyers. He quotes one Belgian buyer as saying that Ontario apples are fully equal to American.

Growers are cautioned to pay particular attention to "facing" each barrel. In some cases the poorest apples have been placed on top with the result that they give a wrong impression of the barrel's contents and affect its value detrimentally.

Tree Planting in Middlesex

An increase in the number of trees planted in Middlesex County to the number of 25,555 was noted this year. This means a total of 263,000 trees as against 237,480 in 1929. In both years there have been great efforts to rebuild the timber resources of the county. Middlesex is only one of a large number of Western Ontario Counties where such measures are in operation. It seems as if every county council is showing its appreciation of the efforts of the government to induce reforestation methods. For windbreak planting each farmer allowed 500 trees without charge, and for woodlot planting 3500 trees are provided.

Crate-Feeding Pays

Farmers who are in a position to follow the practice of crate-feeding of their poultry pay them big dividends. There are several reasons for this. First, the crate-feeding method brings the highest prices; the leading wholesale merchants are now buying poultry in crates. Second, the crate-feeding method allows a substantial differential between each grade; the premium added for birds which grade "mixed" makes the difference. Third, the crate-feeding method allows a poultry intended for eating purposes should be properly finished before being marketed. The farmer has poultry to market would do well to remember that it is the last pound which brings the finish and increases the value of the bird by 50 or 75 cents.

Progress at O.A.C.

At a recent O.A.C. meeting, Dr. C. J. Christie, president of the college, reported that the new horticultural building was now in partial use and that the new building, W. H. Smith, an expert in storage of fruit under refrigeration, had been secured. The building of the new building had been equipped with several insulated rooms for experiments on this subject and great benefits should accrue to fruit growers from this work. The construction was also going forward of several new greenhouses, which will be a total of a show-room in which displays of modern horticultural work can be made and seasonal flower shows held. The improvement in the grounds of the college has been completed. The new main building is well on towards completion and it may be ready for occupation by Easter.

The Sow Thistle Menace

In a recent address, E. G. Smith, district weed inspector of Western Ontario, suggested to farmers that a supply of weed killers should be kept on hand to control small patches of perennial sow thistle. In emphasizing the seriousness of this menace, he pointed out that in Ontario in 1929 over 100,000 acres of sow thistle was harvested and over 500,000 acres produced with it. He stated that 25 years ago Prof. Howitt of O.A.C. issued a bulletin warning Ontario farmers that unless this weed was controlled it would be on every farm in Ontario. It is now in practically every township in the province, he said.

Must Have License

All persons other than producers, including farmers transporting their own fowl, must have a license from the warden and the county clerk if they want to transport fowl on the highway from one place to another. The provincial statute requires that such license be taken, and regardless of whether or not there is a local by-law, but it is thought that the passing of a by-law by county council would strengthen the official habit. The purpose of the license is to enable the police to get a better check on chicken thieves as all persons other than the producer or farmer when transporting fowl must carry his license, produce the same when requested by the authorities and also show a record of the purchase made from the vendor. The license regulation does not apply to private citizen transporting fowl bought from a farmer, but will be required from a purchaser if he is a dealer in fowl.

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Canadian Medical Assoc. VITAMINS

For many years we have known that the foods which we use consist of various combinations of fat, protein, carbohydrate and minerals. It was generally understood that the value of a diet depended upon the quantity of these ingredients and the way in which they were combined.

A few years ago, scientists who were doing research work on diets discovered that there are present in foods other substances which are essential to nutrition.

When food is taken into the body, it must be utilized so as to keep the body in running order. The proper use of food is the process of nutrition, and if body and nutrition is to be maintained, that is, if the body is to be kept running smoothly and efficiently, vitamins must have their place in the diet.

The research workers have found six different vitamins. The total absence of one or other of these will cause a condition such as scurvy or rickets. Disease which are due to the absence of vitamins in the diet are called deficiency diseases.

It has been shown that an insufficient amount of vitamins in the diet may not cause any definite disease, but their absence may prevent an individual from enjoying good health.

To be the other way round, we may say that vitamins are essential not only to prevent the deficiency diseases but to give the body an opportunity to secure a full measure of health for the individual.

The absence or deficiency of vitamins in the diet is therefore a serious matter. Fortunately, however, the average adult does not need to worry about this, providing he eats a balanced diet, that is, a diet composed of a wide variety of foods.

The vitamins are present in certain foods in varying amounts. The average adult can rely upon milk and dairy products, eggs, green leafy vegetables, fruits, tomatoes (raw or canned) and whole-grain cereals to supply him with all the vitamins he requires.

For infants and expectant mothers, it may be necessary to supplement their diet with some preparation such as cod liver oil. In their case, there is an extra demand for vitamins, and in order to make sure that there will not be a deficiency, the ordinary diet may be added to, as suggested.

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

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Victoria, Canada's evergreen playground, offers a striking contrast to the rest of the Dominion during the winter months, for while all other parts of the country are blanketed in snow, summer never really loses its domination there. The climate is so mild that all kinds of sports, usually subject to seasonal limitations elsewhere in Canada are all-the-year-round recreation, and the beautiful setting of Vancouver Island never loses its charm. Victoria is essentially beautiful, as the accompanying pictures show: (1) The Empress Hotel, the Canadian Pacific Railway's imposing hostelry, headquarters of all social and sporting events; and scores of thousands who wish to escape the rigors of the prairie winter. (2) The "gallery" at the Crystal Gardens, watching. (3) Bathing in its swimming pool. (4) Butchart's Gardens, once a quarry, but now one of the finest gardens in the world. (5) The famous Malahat Drive, winding for miles through beautiful mountains, and (6) A golfer, driving off at the 7th tee.

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