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**HEALTH**

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

**WHAT TO EAT TO BE HEALTHY**  
 NUMBER TWO

A deficiency of any of the essential foods known as vitamins, minerals, proteins, fats and carbohydrates endangers your health. If any one of these necessary food elements is missing from your diet, it will result in a gradual or, in some cases, a rapid lowering of your level of health. Your vigor will be impaired. You will probably feel what is commonly known as "sloopy" and this condition will be marked and continues for any length of time, you will die.

You have all heard of substances called vitamins. There are at least six of these substances all of which are essential for health and life itself. They have one thing in common, the daily amounts required are extremely small. For example, one pound of vitamin D would cover the needs of the average adult for over a billion years, yet without it we would die. Vitamin A is essential for the health of the mucous membranes of the eyes, nose throat, sinuses, bronchial tubes, oesophagus, stomach, intestinal tract, and the genito-urinary passages. Vitamins B1 and B2 are necessary for the nerves, skin, and the normal burning up of sugars and starches in the body. A lack of Vitamin C affects the miles and miles of capillaries throughout the body, while vitamin D is essential for the normal formation of the bones and teeth. Without vitamin E, animals cannot reproduce themselves.

We all know that a lack of iodine causes goitre, and a lack of iron causes anaemia. Copper is necessary to get the iron from the food into the red blood corpuscles, and calcium and phosphorus make up over 95% of the mineral part of bones and teeth. Proteins build up the body and are necessary to keep them in repair. Fats and carbohydrates supply energy, which the body uses to produce muscular effort and heat.

Carefully conducted investigations have shown that when you die is just slightly lacking in any one of the 30 necessary food elements, your resistance to infections, such as colds, bronchitis, etc., is definitely lowered, so that you catch these diseases easier and have greater difficulty in recovering than when your diet is adequate. This minor deficiency of any of the necessary food elements in your diet will probably not produce any one specific symptom, but still, you will not carry out the highest possible level of good health.

So it is very important for us to know the food elements we need, how much of each one of the food elements we should have and where we can get it. Through proper nutrition, we can secure increased health and happiness, greater vigor, better resistance to disease, and longer life.

The next article in this series of "What to Eat to be Healthy" will tell you what foods to eat to secure an adequate supply of vitamins A, B1 and B2.

**RELATIVES POOHED HIS SINGING**

John Rockwood is a Rockwood, Ont., boy named Frank Guild. He likes the name of his native village so well he made it his own. He lives in New York in the winter singing in operas and in night clubs with equal notoriety, but prefers not to talk too much about the latter. But preparing for an opera career is expensive, he explained. His first public singing was at a Sunday School concert in Rockwood, which is near Guelph, and is famous because of its park with the amazing name of Hi-Pot-Lo.

"I must have been nervous," he related, "because I kept my overalls on when I went on. All through my number I forget what it was—the other kids kept yelling: 'Take your overalls off.'"

"All my relatives and connections—dozens of them—were there, but they wouldn't applaud. They had decided beforehand that singing wasn't exactly the right thing. All that is, except my father and Pat Barry. They ignored the family boycott."

**GEMS FROM LIFE'S SCRAP BOOK**

**"PRINCIPLE"**  
 "Principle is a passion for truth and right."  
 —Haeili.

"The creative Principle—Life, Truth, and Love—is God."  
 —Mary Baker Eddy.

"A principle is one thing; a maxim or rule is another. A principle requires liberty; a rule says, 'one tenth.' A principle says 'forgive'; a rule defines 'seven times.'"  
 —F. W. Robertson.

"He who merely knows right principles is not equal so him who loves them."  
 —Confucius.

"Principles, like troops of the line, are undisturbed, and stand fast."  
 —Blücher.

"The greatest homage we can pay to Truth is to use it."  
 —Emerson.

**SPRING DISHES**

By Betty Barclay

Watch out for the bogie man! His name is "Spring Fever." Each year he visits thousands of people who continue to eat heavy winter meals while the trailing arbutus is budding and birds are getting ready for house-keeping.

Cut down on heavy foods this time of year and avoid that languid feeling that denotes spring fever. Serve light desserts instead of heavy—such as the following rennet-custards which require no eggs, no baking and no boiling:

**Coffee Rennet-Custard**  
 1 rennet tablet  
 1 tablespoon cold water  
 1 cup light cream  
 1 cup milk  
 3 tablespoons sugar  
 4 tablespoons strong coffee

Dissolve rennet tablet in 1 tablespoon cold water. Warm milk, cream, sugar and coffee to lukewarm—not hot. (120 D.F.). A few drops on the inside of the wrist should feel comfortably warm. Remove from stove. Add dissolved tablet. Stir a few seconds and pour at once into individual dessert glasses. Let set until firm—about 10 minutes. Chill in refrigerator before serving.

**Ginger Way**  
 1 rennet tablet  
 1 tablespoon cold water  
 1 pint milk  
 1 teaspoon vanilla  
 3 tablespoons sugar  
 ½ cup whipping cream  
 Ginger cookies (or ginger snaps)

Break a small ginger cookie or ginger snap into each dessert dish. Dissolve rennet tablet in 1 tablespoon cold water. Warm milk, sugar and vanilla to lukewarm—not hot. (120 D.F.). A few drops on the inside of the wrist should feel comfortably warm. Remove from stove. Add dissolved tablet. Stir a few seconds and pour at once over ginger cookies. Let set until firm—about 10 minutes. Chill in refrigerator. Serve with whipped cream and a bit of grated, preserved ginger.

**Orange Rolls**  
 (Makes 2½ dozen medium sized rolls)

1 yeast cake  
 ½ cup lukewarm water  
 1 egg, well beaten  
 8 tablespoons melted shortening  
 1 teaspoon salt  
 ½ cup sugar  
 ¼ cup navel orange juice  
 1 teaspoon grated orange rind  
 3 cups flour

Combine ingredients in order given and beat until smooth, adding more flour if necessary. Knead until smooth and elastic. Let rise until doubled in bulk. Knead again and shape like Parker House rolls, placing half segments of orange pulp in center. Let rise again until doubled in bulk, bake in a hot oven (450 D.F.) 15 to 20 minutes. Serve warm, liberally covered with orange butter icing.

**Orange Butter Icing**  
 3 tablespoons butter  
 2 cups powdered sugar  
 2 tablespoons lemon juice  
 2 tablespoons orange juice  
 1 teaspoon grated orange rind  
 Cream butter and sugar together. Add fruit juices and rind.

**Happy's Waldorf Salad**  
 (For a crowd)

5 pounds cabbage  
 5 pounds apples  
 1½ quarts finely cut fresh green spinach  
 6 heads lettuce

Freshen the cabbage in cold salted water 1 hour, chop finely. Wash and wipe apples but do not pare. Cut apples into ¼ inch cubes and mix at once with sour cream dressing. Combine with cabbage, and spinach and serve on crisp lettuce leaves.

**Scalloped Sweet Potatoes and Apples**  
 2 cups cold boiled sweet potatoes cut in ¼ inch slices  
 ½ cup sugar  
 1½ cups thinly sliced sour apples  
 4 tablespoons butter

Put one-half the potatoes in buttered baking dish, cover with one-half the apples, sprinkle with one-half the sugar, dot over with one-half the butter and sprinkle with one-half the salt. Repeat. Bake in a moderate oven one hour.

**YOU'LL REMEMBER HIM**

Wade Millman, aged and eccentric farmer of Coatsville, Indiana, who "preached" his own funeral sermon to a curious crowd of 5,000 last spring, is "just too darned busy to die," he said the other day. "I'm still a game old devil," he told a reporter who found him busily reading a pile of fan mail in the shade of an elm tree on his farm near Coatsville. A lot of his mail comes from women, he explained. "They either want to marry me or work for me," he said. He declared in his sermon last year: "When my time comes all I ask is that they let me die unremembered and let me lie in my grave unmolested." Then he topped off his sermon by singing a solo, "When the Roll is Called Up Yonder, I'll Be There." Whenever he goes away on one of his numerous trips around the country, he puts up a sign reading: "I've gone to the devil and won't be back until hell freezes over." But he always comes back.

**COLLINGWOOD MAY HOLD ELECTIONS BI-ANNUALLY**

Collingwood will apply to the Legislative Assembly of Ontario at the present session for an Act: Ratifying and confirming reductions and cancellations made in taxes for the year 1936 ad earlier. Providing for the completion of the 1938 Assessment Roll by the Assessor not later than March 25th, 1938, and the final revision thereof by the County Judge not later than May 20, 1938. Providing that municipal elections for Mayor, members of Council, Board of Education and Public Utilities Commission shall be held every two years instead of annually.

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SPECIAL  
**Castle Floor Wax 1 lb. tin 23c**

SPECIAL — Choice New Crop  
**Pitted Dates 2 lbs. 25c**

SHREDDED WHEAT 2 for 23c

FRUIT SUGAR, 1 lb. 10c

ICING SUGAR 2 lb. 17c

OLD YORK CEREAL 24c pkg.

CORN FLAKES 3 for 25c

OXO CUBES, 4's, tin 10c

OVALTINE 16 oz. tin 98c

WORCHESTER SAUCE, bottle 10c

MALT or SPIRIT VINEGAR, bli. 10c

VANILLA EXTRACT, bottle 5c

SPECIAL  
**CLARK'S ASST'D Soups 4 for 25c**

SPECIAL  
**Walnuts ½ lb. pkg. 15c**

SPECIAL — Cloverleaf Sockeye Fancy Quality  
**Salmon 2 ½ lb. tins 35c**

SPECIAL — Zest Brand — 32 oz. Jar  
**Jelly Apple or Black Currant 23c**

SPECIAL — HILLCREST  
**Shortening lb. 11½c**

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**"Fastidious Diner:** "Two eggs, please. Don't fry them a second after the white is cooked. Don't turn them over. Not too much fat. Just a little pinch of salt on each. No pepper. . . Well, what are you waiting for?"  
**Walter:** The hen's name is Betty. Is that all right, sir?  
**"Yes, mum, there was I a good** half-mile off shore, not a boat in sight, me strength gain' fast, an' the tide agin me."  
**"Goodness! And you didn't get** drowned?"  
**"No, mum. Just as I'd lost the use** of both arms an' legs me head began to swim an'—well, ere I am, mum."