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### THE YORK MARKET

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The Producers of the district and householders of North York and North Toronto will find this a splendid market.

Open Every Saturday Morning  
AT 8 O'CLOCK AND TUESDAYS 6-9 P.M.

AT THE CITY LIMITS  
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# "Psychotherapeutic"

A rather breath-taking word, isn't it? And it has a meaning just as big. We looked it up in the dictionary and found the definition; "method of treating diseases by mental suggestion."

Many things, and things of vastly varying characters, are used for psychotherapeutic purposes; the main criterion being that they possess the quality which will make a person forget himself. In this way many people, tortured beyond belief by overwrought nerves shell shock, etc., have been led back to normal and are enabled to resume their ordinary mode of living.

What could fulfill this purpose better than music? What is there with a greater power for drawing a person out of himself?

Nor do we have to be "mental cases" to feel the therapeutic benefits of Music. After all it is rather difficult to draw the line between a normal person's day dreams and fears and the so-called "delusions of grandeur or of persecution" of the insane. The difference is one of degree not of kind, for fundamentally they are the same.

Wouldn't we all do better to think less of ourselves and more of others and of Life as a whole? We all feel, or should feel, the need of music to make us forget our petty cares and grievances and to make us more tolerant of others.

A band fulfills this need and fulfills it admirably. Just as Music is the most beloved of the Arts, so the Band, among all the other forms of Music, is the most universal in its appeal. For everyone from the very young to the very old instinctively listens appreciatively to band music, and is consciously or unconsciously benefited thereby.

Why not boost for your band? Make the bandmen feel that you are behind them, encouraging them onward to greater achievement. The Band is one of the biggest assets your community has, it is constantly building a strong community spirit, and will, as time goes on, bring honor, distinction and fame to your town, just as other bands have done for theirs. It is doing so much for you, and will do more. Show your appreciation by giving it the whole-hearted support it deserves.

Upon request we will gladly send information regarding the formation of bands, experiences of other bands, band contests etc.

An editorial advertisement inserted in the interests of more and better bands by the R. S. WILLIAMS & SONS CO., Limited, 145 Yonge Street.

## THE R. S. WILLIAMS & SONS CO., Limited

145 Yonge St., Toronto.

# CAR BARGAINS

Now is the time to buy a Used Car.

We have a large stock and they must be sold.

We have half ton and one ton Trucks, Runabouts, Coupes and Sedans.

Touring Cars in various makes, five and seven passenger.

We also have several rebuilt Tractors.

## G. A. M. DAVISON

UNIONVILLE

## North York Will Observe Dental Health Week

An Aggressive Programme Planned by Department of Health and Interested Organizations

The Ontario Department of Health has arranged for a dental Health day to be observed on Wednesday, October 20th. This period, it has been decided by the North York Department of Health, will be extended and made a dental health week.

Very instructive programs of health educational activities are being prepared and an effort made to bring to the attention of the people of North York the danger of neglecting mouth infections, and the means whereby dental diseases may be prevented. Modern research and investigation clearly proves that many serious organic diseases have their origin in unhealthy mouth conditions. In the recent dental survey in Ontario it was found that over 90 per cent. of the children are suffering from dental defects, which goes to prove that dental health education is absolutely essential to the people.

During the week, health talks will be given in the various schools by the teachers, while in the Junior classes blackboard work will be put on, pictures and charts shown, and art

competitions in making posters on the care of the teeth, held.

Pupils in the Baron Renfrew, Forest Hill, Duke of York, Lansing, Willowdale and Newtonbrook schools will write essays on "how to make good teeth." These essays will be judged by the local dentists and the writer of the best essay in each school will be awarded a prize of \$1.00 at a mass meeting of the pupils to be held in the afternoon of Wednesday, October 20th.

The prizes are donated by the Willowdale Home and School Club, North York Red Cross Society, Reeve R. F. Hicks, Mr. J. Hearn, Dr. C. E. Hill, and members of the North York Board of Health.

Besides this, special window displays are being arranged for the fruit stores, drug stores, etc., automobile stickers are being distributed, and the dentists are making free examination and advice, and short talks in the various schools on Dental Health Day.

A supply of tooth brushes has been purchased to be sold to the pupils at 15 cents each, and special numbers of the North York Monthly Health Bulletin issued.

### York Market

The frosty nights are effecting the offering at the York Producers Market. Saturday the sellers were anxious to dispose of garden truck before the frost came and as a result, green tomatoes, corn and cauliflower were in abundance.

Eggs showed no advance and ranged from 40 cents a dozen for pullets to 60 cents a dozen for hens, while ducks eggs sold for 4 for 25 cents.

Poultry was abundant and prices a little lower, chickens, broilers, 30 cents to 35 cents; roasting, 38 cents to 45 cents; ducks 38 cents to 40 cents a pound; pigeons 20 cents each.

Rabbits 50 cents 60 cents and \$1.00 apiece.

Plums were plentiful at 25 cents and 50 cents a basket. Winter radish, red, 2 for 5 cents or 35 cents a large basket; white 3 for 10 or 40 cts. basket; peppers were 20 cents dozen.

Potatoes 25 cents and 50 cents a basket. It is expected potatoes will go up in prices due to rot; green and butter beans 20 cents a measure; garden huckleberries 20 cents a quart, horseradish 30 cents dozen, wine grapes 50 cents small basket.

Apples sold well, Alexanders and Duchess sold at 26 cents for six qts. Wealthies, Mackintosh reds and snows at 30 cents for the same quantity.

Celery 10 cents a big untrimmed head or 3 or 4 hearts at 20 cents 25 cents a bunch. Endive was 10 cents a big bunch; head lettuce 5 cents and 10 cents, according to quality; romaine, 10 cents a head. Parsley, cress and most of the herbs were 5 cents a bunch, with herbs 3 for 10 cents, except savory, which was 3 for 25 cents. Chinese cabbage was from 10 cents to 20 cents a head; radishes, 5 cents a bunch.

The Tuesday market is bringing bigger crowds and may shortly rival the Saturday market.

### Lansing

(Special to the Liberal)

Definite steps toward the formation of a horticultural society were taken Friday last at a meeting at Rev. T. W. Pickett's residence, when H. J. Pugh and A. Wright were appointed a committee to interview Mr. J. Locke Wilson, Director of the Ontario Horticultural Societies to arrange for official recognition of the proposed new society.

Kingsdale Lawn Bowling Club members closed their season Friday night when they met at the home of Mrs. Charles Snaek, Cameron Avenue for a social evening.

An organ recital in Lansing United Church marked the official opening of the church after the installation of the new organ. The recital which was much enjoyed was given by Mr. C. Franklin Legge of Toronto and the proceeds from the silver collection were over \$40.00.

### Maple

(Special to the Liberal)

There was a good attendance at the supper and concert given last week by the members of St. Andrew's church. The program given by Ye Olde Tyme Village Quartette assisted by Miss Pearl Carter, elocutionist was enjoyed by all. The services on Sunday were largely attended and were in charge of Rev. Dr. Wallis of Oakville who preached eloquent and inspiring sermons. The proceeds of the anniversary amounted to over \$260.

St. Stephen's church was well filled on Sunday at the Harvest-Home services. Sermons were preached by Rev. S. R. Roberts. The choir from All Saints church, King City, led the choral part of the service in the evening.

The public school was closed last Thursday and Friday on account of

the Teacher's Convention in Toronto. Mrs. E. Godden left on Saturday for a visit to friends in Pittsburg Pa. Mr. H. C. Bailey has made several business trips to the north country lately visiting, New Liskeard

Charlton and other towns. He reports great progress since the first some years ago.

Quite a number of the pupils of the public school secured prizes in Art and Writing at Woodbridge Fair.

## Announcement

I wish to announce that I have opened up for business in the old Blacksmith Shop on Centre Street, just East of Yonge and Solicit your patronage. I am equipped to do horseshoeing and general blacksmith work.

**E. J. AUDETTE**  
Practical Horseshoeing

RICHMOND HILL

ONTARIO

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2 Ply Lion .....	\$2.00 per roll
2 Ply Owl .....	\$2.35 per roll
3 Ply Owl .....	\$2.75 per roll
4 in 1 Shingles .....	\$.675 per square

## Ontario is Ablaze with Autumn's Splendour

Mr. City Dweller, where did you spend your boyhood days? Was yours the privilege of wandering through the fields and woodland where every tree and bush had been painted by the divine artist?

Today you say 'tis but the hectic flame of a dying year. Then it contained all the mystery of an enchanted palace.

Ontario's highways lead you to the land of yesteryear—over white roads flecked with fallen leaves, patterned here and there by checkered shadows of trees. Field and hillside are gay with fiery sumach. Maple groves aflame backed by the darker evergreen.

Through this lovely panorama, in every direction, leads Ontario's splendid system of highways. You are entitled to enjoy them, for they are yours. Keep in mind, however, that upon you will come the expense of maintaining them in proper condition.

Speeding eats away road surfaces. It "milks" your pocketbook for both motor and road upkeep. Moderate driving is far more economical and pleasurable.

By so doing you will greatly assist the traffic patrol who operate for everyone's safety—who have instructions to enforce the law rigorously.

THE HON. G. S. HENRY,  
Minister of Highways

S. L. SQUIRE,  
Deputy Minister

Issued by the Ontario Department of Highways to secure the co-operation of motorists in abating the abuse of the roads of the Province.