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Established 1897

J. H. CONN, District Agent 615 Yonge Street, Toronto
R. C. MICHAEL, Richmond Hill, Local Representative

HEALTH SERVICE
OF THE
CANADIAN MEDICAL ASSOCIATION

MILK

It is an accepted fact that milk is the most valuable article of diet we possess. Because there is no other articles of diet that can take its place, it may be called, without any exaggeration, an essential food.

Milk is a food. Milk is a complete food. Milk contains all the substances needed for building up bone and muscle in growing children, and replacing the worn-out tissues in adults.

It is wrong to think of milk as a sort of accessory to be used in tea or coffee, or on foods, or merely as a beverage for children. Milk is an economical, complete food. Milk and milk products should be part of the diet of everyone, young & old, but particularly of growing children. Every child needs at least one pint of milk a day in order that he may accumulate sufficient of the materials for building up a strong, healthy body. No other food can be given the child which will supply, in such quantity or quality, these necessary building materials.

There is no difference of opinion, amongst those who have studied the question of diet, on the subject that milk and milk products are most valuable foods and should be used by everybody.

If children are to grow into adult life with strong, healthy bodies, they must drink milk during their years of growth.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered by letter. Questions as to diagnosis and treatment will not be answered.

"Way Back in Liberal Files"

DO YOU REMEMBER?
This Week of 1891.

When at the residence of the brides father, Rev. John L. Locke, of Thornhill was united in marriage to Emma, youngest daughter of C.W. Sifton, Esq., of Masonville, London, Ont., by the Rev. J.P. Rice assisted by Rev. S. Muxworthy and Rev. J. Harrison.

When the sweepstake race took place on the ice. The following named horses competed J. Major's Sandy, C. Palmer's Albert, W. Washingtons, Jack, H. Legg's Maud, J. Palmer's Lucy Badgerous Bashaw.

When about eighty of the members and friends of the different churches of the Thornhill circuit met in the parsonage to receive the pastor and his bride. Mr. and Mrs. Locke were presented with an address of welcome and two very beautiful chairs. Congratulatory speeches were given by: Rev. Mr. T. Campbell, of Malton, Rev. Mr. Willmott of Newtonbrook; Mr. W. Gee, of Toronto, and Mr. I. Chapman, of Thornhill.

When at Thornhill, Elizabeth Sophia, eldest daughter of Mason E. Cogswall passed away in her 20th year.

When on the 2nd con. of Markham, Mrs. Emily Quantz passed away in her 76 year.

DO YOU REMEMBER
This Week of 1903.

When at Greenfield, the home of Mr. and Mrs. Jas. R. Baker, a large number of guests witnessed the marriage of their eldest daughter Annie, to Mr. Wm. T. Tyndall, of Richmond Hill.

When Mr. Jerry Smith's Chime clock, which was manufactured by himself, had not been regulated since November. In the latter part of the month it was set with Toronto time. Since then it has varied less than 30 seconds. Regularly every day, the town bell may be heard ringing and this clock striking just at the same time at 7, 12, 1, and 6 o'clock.

When the following stood first in their classes at the Richmond Hill High School:—Form IV, G. Brown; Form III, D. Atkinson; Form II, W. Charleton, Form I, E. Cox.

When Pauline Johnson and Mr. McRae gave an entertainment in Crossley's Hall, King City. The audience was not large, but those present were thoroughly pleased with the program.

When William C. Scott died at his home Finch's Corners, Yonge Street, on Saturday, March 10th, in his 54 year. Interment followed to Thornhill Cemetery.

When Mrs. Percival passed away, Mr. Percival was former pastor of the Presbyterian Church, here.

When the following stood first in their classes at Langstaff Public school:—Senior IV, Lavinia Rankin; Junior IV, Emily Rankin; Senior III, Robbie Lowery; Junior III, George Robinson; Senior II, Nellie Page; Junior II, Amy Ball; Part I, C. Dennis White.

High School, Form I M. Bowes; Form II, S. McMahon; Form III, Chas. Harper.

When at Markham Sarah Turner, wife of the late James Campbell passed away at the age of 78 years. Deceased was mother of Mr. Archie Campbell of this village.

When Mrs. Shuter, Thornhill advertised for an apprentice to learn Millinery.

When the following stood first in their classes at Headford Public School. Sr. IV, Nellie Cowie; Junior IV, Maggie Hislop; Senior III, Gertie Bond; Junior III, Chas. Horner; Junior II, Ida Barker; First class, David Hislop.

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I. D. Ramer
Richmond Hill
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BUILDERS' SUPPLIES.

Ski line view of Canadian Metropolis



Montreal, Metropolis of the Dominion of Canada, is so fortunate as to possess a great natural playground in the heart of the city so that it is but a few steps from the everyday matter-of-fact world of trade and commerce into sylvan retreats. Mount Royal possesses attractions in every season of the year and for every age. In winter time it affords numerous paths for the ski enthusiasts, providing level ways for the leisurely and swift runs for those who want thrills. Mount Royal has the further distinction of being forbidden to the automobile at all times. From the point where the camera man has found the ski pair resting a wide view of the city and the surrounding district is obtainable. Manufacturing plants vie with the spires and just to the left of the middle distance the fane of Notre Dame contrasts with a vast grain elevator. At the right may be seen the great Victoria Jubilee Bridge connecting the Island of Montreal with the South shore, crossing the St. Lawrence now covered with its winter mantle of ice and snow. (Canadian National Railways photograph).

Edgeley

Mrs. J. Snider returned home last week after spending a few days with relatives in Essex.

The A.Y.P.A. of Woodbridge presented a highly entertaining concert in the community hall last Thursday evening.

We are sorry to lose Mr. and Mrs. Adam Reid from our community but wish them the best success in their new residence at Carrville.

The Dramatic Club of Edgeley are preparing a play which will soon be in the bright lights.

A car load of young people attended Unionville rink last Saturday evening and report a splendid rink and excellent music.

Do not forget the Irish supper the Ladies Aid are preparing for the 17th of March. A real good programme will also be provided.

Mr. C. E. Smith visited his brother Mr. A. Smith in Toronto last Sunday. Mrs. McKinnon of Woodbridge is spending a few days with her daughter Mrs. Frank Locke.

Mrs. E. Stong visited her brother last Sunday in Toronto, who has just underwent a very serious operation. Mr. Williams is well known in the community and we wish him a speedy recovery.

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