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**CARRVILLE**  
Anniversary services were observed in Carrville United church on Sunday October 7th. In the afternoon Rev. T. G. McAtier of Lansing, occupied the pulpit and Richmond Hill choir furnished the music. In the evening, Rev. Lunau, occupied the pulpit and the Carrville choir furnished the music. There was a large attendance at both services.  
Miss Alice Park, of Toronto, spent the week-end with her sister, Mrs. A. Patter.  
Mr. Lonie attended the annual teachers convention in Toronto last week.  
Mr. G. W. Keffer and Mr. Lonie attended the Laymen's convention in Toronto over the week-end.  
Miss Ruth Bone has returned home after spending a month with her brother in Detroit.  
Mr. and Mrs. W. Patterson, of Toronto spent Sunday with Mr. Patterson's parents.  
Mrs. Ashmore and daughter spent Sunday with Mr. Will Bone and family.  
Mr. and Mrs. E. Bowes and family visited at Mr. J. Bovairs on Sunday.  
Mr. A. Hamilton of Toronto, and Mrs. W. Deadman and daughter Edith of Richmond Hill, spent Sunday with Mr. and Mrs. George Wood.  
Mr. and Mrs. L. H. Clement, of Richmond Hill and Mrs. Lee, of Toronto, visited with Mr. and Mrs. Lewis Clement one day last week.  
Mr. W. Clement and daughter Annie of Richmond Hill, Mr. Jake Koning and Miss Thora Allen visited with Mr. and Mrs. Lewis Clement on Sunday.  
We are pleased to have Mr. and Mrs. Ernest Stiles in our neighbourhood again.  
Mr. and Mrs. Levy, of Toronto, spent Sunday with Mr. and Mrs. Delbrocco.  
The Y.P.S. will hold their weekly meeting in the church on Friday evening, Mr. Lonie and Mr. Norman Bone have charge of the program.  
Mr. and Mrs. Castleman and Mr. and Mrs. Ball, of Montreal, have returned home after visiting with Mr. and Mrs. Reid.  
Mrs. Game has returned home after spending the summer months with relatives in England.  
Miss Margaret Vanderburg spent her holidays with friends in Orillia.

**Apples Will Be Light Crop.**  
Apples will be a light crop generally in Eastern Ontario, according to J. A. Neilson, of Port Hope. Fortunately the two most popular varieties, spys and McIntoshes, are fairly good, but most of the others are off. Starks are light, but on this very account they may size up and turn out a fair yield. Given plenty of room on the tree, and they have plenty of room this year, this variety tries to make up in size what it lacks in numbers. Baldwins, Ben Davis and Greenings are not up to average, while Russets are variable.  
**A Lot of Scab**  
There is a lot of scab in the Eastern Ontario orchards this year, Mr. Neilson states. The weather has been particularly favorable to the development of this fungus with plenty of heat and moisture. "I think we have reached a point where we will have to have a better spray if we are to control scab," stated Mr. Neilson, who went on to explain that where frequent lime sulphur sprays were used the foliage was damaged and where to enough was used there was scab. "Something will have to be added to the lime sulphur to prevent burning or some other spray will have to be substituted. In every other respect, however, lime sulphur makes an ideal spray."

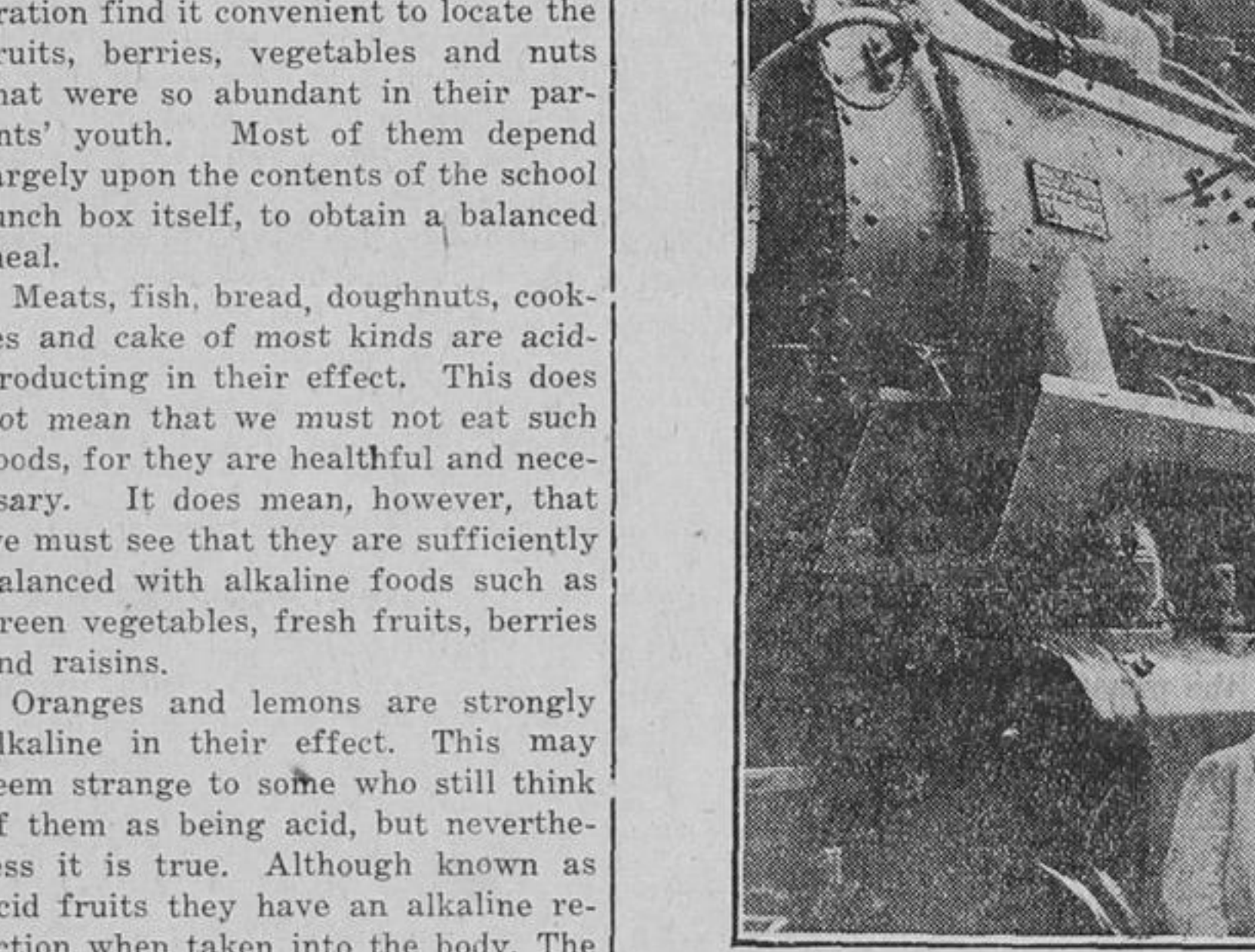
**School Lunches, Wise and Unwise**  
How many remember the school lunch of twenty or thirty years ago? Let's call for a showing of hands among the fathers and mothers who have read this first sentence.  
Bread and butter; cake; pie; milk or cold tea; an apple; white bread sandwiches with big pieces of cold roast beef between the pieces of bread! That about covers it doesn't it? Oh yes, there were doughnuts, cookies, cake and pie—not all at once, but here and there as the larder at home could supply them.  
And how did we eat those lunches? Well, at recess we got rid of the "tasties." At noon we were so hungry that we bolted the rest—and then we darted down the lane to fill up on apples, berries or whatever else grew wild or could be found beneath the trees of some friendly orchard owner.  
Little did we care about balanced luncheons. Little did we think about such things as indigestion, acidosis, under-nourishment and all those things that school teachers now write notes about. We ate what our lunch-boxes held, suffered when the apples were too green, and saw to it that as soon as we got home we could nibble on something else that grew in the garden, in the orchard, or in our favorite berry patch or nut wood.  
Had we only realized it, those berries, fruits, vegetables and nuts were largely responsible for our health. Heavy school lunches of acid-producing foods would have slowly sapped the strength from our healthy young bodies without the balancing effect of those alkaline fruits, vegetables and berries that we plucked here, there and wherever we could find them. Without knowing it, we were securing what might almost be called medicine as we plucked fruit from a tree or wiped a golden carrot off with its own green leaves and started along the road munching it.  
Now that the school bells are calling our own children to school, what are we putting in the lunch box? Very few of the children of this generation find it convenient to locate the fruits, berries, vegetables and nuts that were so abundant in their parents' youth. Most of them depend largely upon the contents of the school lunch box itself, to obtain a balanced meal.  
Meats, fish, bread, doughnuts, cookies and cake of most kinds are acid-producing in their effect. This does not mean that we must not eat such foods, for they are healthful and necessary. It does mean, however, that we must see that they are sufficiently balanced with alkaline foods such as green vegetables, fresh fruits, berries and raisins.  
Oranges and lemons are strongly alkaline in their effect. This may seem strange to some who still think of them as being acid, but nevertheless it is true. Although known as acid fruits they have an alkaline reaction when taken into the body. The orange in the lunch box, therefore, is balancer number one. It may be placed entire with the other foods packed, or it may form part of a salad or fruit cup that is furnished the child. Occasionally it may be used in cake or pudding form.  
The lemon lends itself to many tasty desserts, while a glass of lemonade is far better for the school lunch than many of the beverages often carried or purchased by the kiddies at a nearby store.  
The wise mother will not pack a luncheon consisting almost entirely of meat sandwiches, bread, biscuits, cakes and pie. This would be an unwise luncheon. The child might stand it if the evening meal were as alkaline as this lunch is acid, but it is doubtful if the mother who packed such a lunch would have the ability to serve a counteracting evening meal.  
Include a sandwich or two of course. Some times they may contain meat or fish—but if both contain these foods, see to it that there are plenty of vegetables and fruits to counteract them. Usually one meat or fish sandwich is sufficient. The other sandwich could contain marmalade, jelly, or a tasty chopped fruit mixture. Minced olives and baked beans; lettuce and tomato; chopped dates and nuts; minced raisins and nuts—any of these fillings is desirable.  
Again, merely wrap the sandwich slices in waxed paper, and include a little dish of salad made from fruits and vegetables. When lunch time comes the child may either eat the salad with the bread, or may make a sandwich from it on the spot.  
Celery, apple and orange—there is a good combination. Peel oranges and remove all white skin. Cut into one-fourth inch slices and cut each slice into halves. Dice celery and apple and mix with mayonnaise. For serving at home you would arrange a circle of half slices of oranges on a lettuce-covered salad plate, fill center



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**3100 Inspected by Empire Delegates**



The inspection by the delegates of the British Empire Parliamentary Association of the largest passenger engine in the British Empire, the new Canadian Pacific 3100 afforded an opportunity for a group photograph of a number of prominent members at Windsor Station on their way home. From left to right they are: A. B. Calder, special representative of the Canadian Pacific Railway; Gearold O'Sullivan, T.D.; and Martin Roddy, T.D., from the Irish Free State; Jozua Francois Tom Naude, M.L.A., South Africa; Hon. L. Cripps, Speaker of the Legislative Assembly of the Colony of Southern Rhodesia; Hon. Ernest George Jansen, M.L.A., Speaker of the House of Assembly, South Africa; Senator William George Thompson, V.D.; Australia; Sir Samuel Chapman, M.P., Great Britain; Geo. Hambleton, Ottawa; C. W. Masterson, Montreal; and Major Guy Kindersley, M.P., Great Britain.

**"Talkies" Owe Their New-Found Voice to the Telephone**



All predictions lead to the belief that talking moving pictures—the Movietone—will be used universally very shortly, and the silent drama will perhaps be less dominant. Engineers of the Bell Telephone Laboratories were making a careful study of the ways in which speech is produced, when they discovered and developed the successive steps that have led to this newest achievement in motion picture entertainment. The telephone is, therefore, "Daddy" of the Movietone, which is being rapidly introduced to enthusiastic audiences throughout this continent, with Montreal as the first Canadian City to have installed the required equipment. Madge Bellamy, Fox Star, is shown above impersonating Sir Harry Lauder. Oval inset shows inspection of a wax disc upon which sound vibrations will be recorded.

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