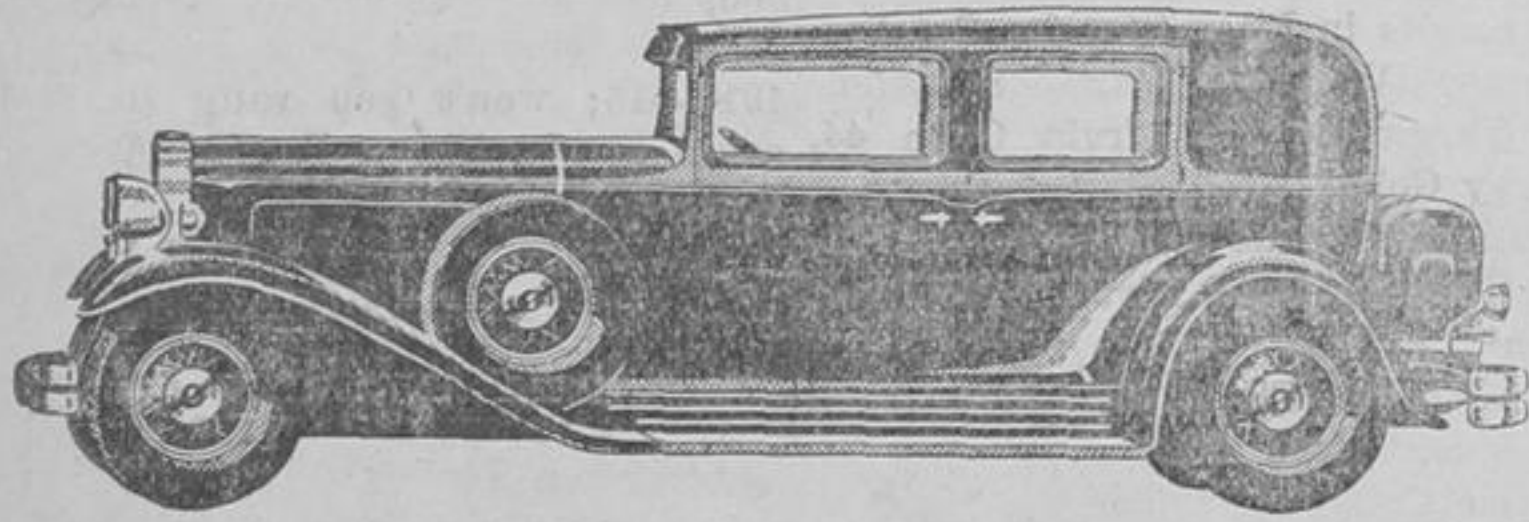


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NEWS AND INFORMATION FOR THE BUSY FARMER

JUNIOR FARMERS' PLOWING COMPETITION

The York County Junior Farmers' Association will conduct its annual Plowing Competition during the second week in November. Plowing will be judged on the home farms, commencing November 11th, and a banquet and presentation of prizes will be held in the Vaughan Township Hall at Vellere on Thursday evening, November 13th.

Through the generosity of the township councils, business houses and firms and private donations, a very attractive prize list is offered. There are seven classes which include sod and stubble for both walking plows and tractors as well as classes for boys sixteen years and under, and a beginners class.

Any boy or young man under thirty years of age is eligible to compete in this plowing competition, and those wishing to make entry should do so to the Department of Agriculture, Newmarket.

KEEPING IDLE HORSES OVER THE WINTER

Horse-power is always a problem on the farm, particularly when it comes to having it available at the time it is needed at a reasonable cost. Once the freeze up sets in there is little work a horse can do until the spring. When the fall work is done the price of horses is very low and when they are wanted in the spring bring a premium. Many farmers are finding a solution to this problem by keeping

their horses over the winter.

Some useful suggestions for wintering idle horses cheaply are given by Superintendent G. A. Langelier of the Cap Rouge Experimental Station of the Dominion Department of Agriculture. He has been making a special study of this problem for a number of years and finds that his idle horses fare particularly well on a daily ration of 1 pound mixed hay, 1 pound oat straw, and 1 pound carrots or swedes for each 100 pounds of weight in the horse being fed. Not only did the horses keep in splendid condition during the five months in which they were idle, but an average gain of 28.2 pounds in weight was made without loss of vitality or energy.

The follow-up was gradually to cut down work and feed from November 1 until November 15, when the horses were placed in box stalls. With the exception of an occasional drive of a mile or so they would not go out during the winter. About April 15 they were gradually worked in by being given easy jobs and fed concentrates in small quantities until by the first of May they were used under harness ten hours a day and were on full feed.

The important item to bear in mind in wintering horses is to gradually decrease work and ration in the fall and in the same way gradually to increase ration and work little by little so as to give the horses an opportunity to adapt themselves to the change from work to idleness and from idleness to work.

HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION

MALNUTRITION

The properly nourished child or the child with good nutrition is active physically and mentally; he is happy and good-natured; his colour is good and his eyes are bright; his appetite is good, and his weight is likely above the average for his age and height.

The malnourished child, the child who is suffering from what we call malnutrition, lacks one or more of the characteristics of the normal child. His skin may be pale; dark circles may be noticed under his eyes; he is either cranky and irritable or dull; his appetite may be poor and he is usually constipated; he is likely below the average weight, and his posture is poor.

Malnutrition is not an uncommon condition. It occurs in varying degrees of severity, and it is seen in children from all types of homes.

When nutrition is mentioned, the first thought is naturally as to what the child eats, and many persons jump at the conclusion that malnutrition means that the child does not get enough to eat. The child cannot be properly nourished without proper foods, and in some cases, malnutrition is due to the child's not securing sufficient food.

Rarely is an insufficient quantity of food the cause. Malnutrition is due practically always to an improper selection of foods. It may be that over-indulgence in sweets, and eating be-

tween meals destroy the appetite for the proper foods at meal-times.

The growing child requires a generous diet, because he is growing and also because he is very active. Children in their teens require more food than the average adult.

The growing child's diet should include regularly milk and milk products, fruits and green leafy vegetables, in addition to cereals, eggs, meat and potatoes.

Malnutrition is far from being entirely a question of diet. The most common causes, outside of the diet, are lack of sleep, over-fatigue, lack of sunshine and fresh air, diseased teeth and tonsils, and adenoids.

A child may be fed the right selection of foods and in their proper amounts, but unless he secures regularly the long hours of sleep which he needs, he will not be properly nourished. The body cannot nourish itself properly from the food taken in if there is not sufficient fresh air, sunshine and exercise. Diseased teeth and tonsils simply poison the body and so keep it malnourished.

In order to prevent malnutrition, select a proper diet for the child, free him from physical defects and make sure that he leads a hygienic life.

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

MARKHAM

6th LINE NEWS

Mr. and Mrs. Harry Wideman visited his parents, Mr. and Mrs. Jacob Wideman on Sunday, also Mr. Thomas Hastings.

Mr. J. W. A. Powells spent Saturday afternoon in Oshawa.

Yes, the Hallowe'en party came off on Thursday evening and it was a great success. Little Milfred Stots capturing the prize for the best Hallowe'en costume, while Miss M. Caruthers and Mrs. A. Smith received one for the best couple. There were numerous couples which added to the merriment of the parade and certainly deserved recognition as well making it a difficult task for those who were chosen to act as judges. The jovial spirit of the evening continued still when time for the sale of the many boxes which were prettily and most fittingly decorated. Evidently the boys were having a game all their own and the consequence meant a liberal shelling out if they were to succeed in the purchasing of 'the only box' not so bad at that if the orange ribbon had remained on the right box Eh! Clarence.

Mr. Geo. Baker and family, Mr. Jos. Gaymans and Mr. Thos. Myers visited with Mrs. S. B. Lehman on Sunday.

Mrs. Thos. Popham and baby Catharine are with Mrs. Popham's mother, Mrs. Stots at the present and expect to spend the winter here.

Miss Helen Stots attended a party in Toronto on Wednesday evening of last week.

Mr. and Mrs. Bert Sanderson and Miss Mabel had tea at Mr. and Mrs. M. Houcks last Tuesday evening.

We have in our midst four young men of a very nervous temperament, so much so that the very sight of two ladies out for a stroll last Friday night scared them to such an extent as to cause a run for life and the jumping, yea, stumbling over fences so great was the fright thereof. On and on they ran into the darkness of the night over hill and dale until they landed at Cashel store too excited to tell the tale. Tell us boys, "why the intense nerve trouble on hallowe'en night?" The fact is, one of them had to remain in bed all the next day. Did you say, "Was it from the scare?" Well, maybe, ask him!

Mr. Wm. Tophams spent last Sunday in Oshawa.

We are glad to know that Mrs. Stanley Topham's infant son has better health than he has had in the past.

Once again we hear the pitter, patter of little feet endeavouring to be the first to call with the Christmas seals in aid of the Muskoka Hospital and with it comes a realization of the nearing of another Christmas.

Miss Marjorie Lehman spent Saturday afternoon and Sunday under the parental roof.

Mr. and Mrs. Frank Nichols and Mrs. T. Perkins visited at Mrs. M. J. Houcks on Monday evening.

CLUBBING RATES

The Liberal and any Toronto daily one year for \$5.75. Take advantage of this attractive clubbing offer. Clubbing rates with all magazines and periodicals.

GORMLEY

Mr. and Mrs. Walter Cloke, of Wainfleet, spent the week-end with Mrs. Sarah Steckley.

Mr. and Mrs. J. Cober, of Toronto, visited with Mr. James Conner on Sunday last.

Mr. and Mrs. Dan Currie, also Mr. Edgar Currie, of Waterloo, spent the week-end with Mr. and Mrs. Jos. Currie and family.

A goodly number from this vicinity attended the sale of Mr. Henry Hoover on the sixth line.

Mr. Harold Baker, of Ridgeway, accompanied by Miss Myrtle Henderson, of Buffalo, N. Y., spent a day last week with Mr. and Mrs. Walter Henderson and family.

Mr. Ambrose Barnard has been confined to the house with a bad cold. We wish him a speedy recovery.

Mr. and Mrs. Ernest Hunt, also Mrs. Elizabeth Hunt, Mr. and Mrs. James Hunt motored to Buffalo on Tuesday to attend the funeral of the late Mrs. John Hunt.

Victoria Square

The first of the series of services marking the Golden Jubilee of Victoria Square United Church will be held next Sunday, November 9th. At 2.30 p. m. Rev. H. W. Avison, of High Park United Church will be the speaker, and there will be special music by an old-time choir assisted by Miss Margaret McCague, of Toronto.

At 7.30 Rev. Garland Lacey will be the speaker. He will give an illustrated talk on "The Passion Play." There will be special music by a colored quartette from Toronto.

On Wednesday, November 12th the FOWL SUPPER and ENTERTAINMENT will be held. The special services will be continued on Sunday, November 16th.

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The hunting season is in full swing in the Province of Quebec. In the middle of October a party of three Nimrods left the Gray Rocks Inn, St. Jovite, Que., and took a hydroplane trip into the north to investigate moose hunting prospects. They got a big surprise and one of the highlight moments of their careers as hunters of big game. One of the party bagged a moose with the magnificent spread of 66 1/2 inches; another of them shot a 60 1/2 inch head and the third also got a trophy which though smaller than either of the other two, would have ranked high in any average moose hunt. They report that

the section is unusually well stocked with the big animals. The object of the party was to get quickly into the north to spy out the land and come back later for the real hunting with all its pleasurable hardships of portaging, camping out, canoeing one's way through unknown or almost unknown territory and ending up by pitting one's brains and experience against the instinct, sagacity and wariness of the moose. They have returned to tell us of a Mecca for hunters of moose in the North. Lay-out shows the great moose-spread with hydroplane in background, and Tom Wheeler, proprietor of the Gray Rocks Inn, with guide.