

HELP FOR THE HOUSEKEEPERS Family Food Budget Thirteen Cents Per Head Per Day

At no time in the history of Canada has wise expenditure of money by the housekeeper been more necessary than it is to-day. As every woman knows, in order to obtain the highest food value and to ensure health when food money is limited, the housekeeper must have a special knowledge of the foods that will best supply the needs of the family at lowest cost.

Among the many helpful hints is a schedule of the minimum food supply for one week for a family of two adults and three children over two years of age at 13 cents per day per person, or a total expenditure of \$4.65 per week.

The mystery of the word vitamins is dispelled in language so simple that the youngest school child would understand, the shibboleths vitamine A, vitamine B, etc., being disentangled in such statements as milk and its products eggs, liver, and green vegetables are good sources of vitamine A, which builds up resistance to disease and promotes growth, while most foods, especially whole grain cereals, leafy vegetables, milk and yeast, contain vitamins B and C, which stimulate appetite, promote good digestion, and prevent disorders of the nervous system.

No postage stamp is required on the envelope containing a request for the pamphlet, which is sent free of charge by the Publications Branch, Department of Agriculture, Ottawa.

CANADA'S POULTRY AT HOME

Canada's poultry exhibit to the World's Poultry Congress to be held at Rome, Italy, from September 6 to 15, has been shipped on the Italian liner Saturnia via Naples en route to the exhibition. The birds are in fine condition and consist of trios of Barred White Plymouth Rocks, White Wyandottes, S.C. White Leghorne, R. C. Black Bantams, Rhode Island Reds and one Chantecler.

WEEDS IN CEREAL AND GRASS SEEDS

With reference to weed classification and seed grades under the Seeds Act which is administered by the Seed Branch of the Dominion Department of Agriculture, weeds are classified into three groups according to the seriousness of their character. The first group consists of primary noxious weeds, the nine members of which are couch grass, bladder campion, dodder, field bindweed, Johnson grass, ox-eye daisy, perennial sow thistle, white cockle, and wild mustard.

No. 1 grade for seed of clovers and grasses allows no seeds of primary noxious weeds. No. 2 grade allows 5 primary noxious weed seeds per ounce or 20 primary and secondary noxious weed seeds combined per ounce, while No. 3 grade allows 25 primary noxious weed seeds, or 80 primary and secondary noxious weed seeds combined, or a total of 500 weed seeds per ounce.

After these activities a sumptuous supper was served to all, after which a ball game was played between the Boston Bruins captained by Earle Scott and the Maple Leafs, Marshall McMurchy being their captain. The game proved hot and interesting, the Boston Bruins however managed to defeat the Maple Leafs by a fer runs. Darkness put a stop to further amusements and everyone returned home feeling it was an afternoon well spent.

UNDER-DISTRIBUTION

"Side by side with the alleged over-production, one is confronted with the stubborn fact that approximately two-thirds of the world's population is living under conditions of actual want. Indeed, in a substantial measure, below what is known as the line of bare subsistence, consequently, it is only reasonable to say that the real difficulty is in our inability as humans to so direct our affairs that there should be an equitable distribution of the results of our labours."

LASKAY

School is in again and the teachers all return to hard labour and the scholars to the grind.

Laskay Sunday School held a very successful picnic in Laskay Park last Wednesday. A full program of sports was enjoyed and the successful tenants were:

Foot races, Girls 13 and under—1st Jean Ross; 2nd Verna Bryson. Boys 13 and under—1st Murray Ezard; 2nd Jesse Bryson.

Girls and boys under six—1st Douglas Dais; 2nd Kenneth Richards. Boys 9 and under—1st Bob O'Dell; 2nd Walter Whiteaker.

Girls 9 and under—1st Verna Bryson; 2nd Lillian Davis. Girls Class No. 3—1st Ruth Baldwin; 2nd Jean Watson.

Boys 13-18—1st R. Watson; 2nd L. Scott. Boys over 18—1st M. McMurchy; 2nd E. Scott.

Young Ladies—1st H. Hunter; 2nd V. Dooks. Ladies over 25—1st Marion Collins; 2nd Mrs. Wm. Sloan.

Men over 35—1st Mr. J. Richards; 2nd Rev. D. Davis. Coat race—1st L. Scott and R. Baldwin.

Shoe race—1st Jean Watson; 2nd Ruth Baldwin. Swimming—1st Murray Ezard; 2nd Ray Glass.

Girls—1st Jean Watson; 2nd Ruth Baldwin. Swimming—Boys 15 and under—1st Murray Ezard; 2nd Ray Glass.

After these activities a sumptuous supper was served to all, after which a ball game was played between the Boston Bruins captained by Earle Scott and the Maple Leafs, Marshall McMurchy being their captain.

The game proved hot and interesting, the Boston Bruins however managed to defeat the Maple Leafs by a fer runs. Darkness put a stop to further amusements and everyone returned home feeling it was an afternoon well spent. The prizes were prepared by the Eaton Co. and were very appropriate and much appreciated by the committee in charge, as well as the lucky winners.

Mr. and Mrs. R. Port have started back to their home in California. Miss Lillian Leese spent a few days with Miss Beth Baldwin.

Corn roasts are the order now and Laskay Y.P.S. is not behind the times. Saturday night in Laskay Park a group of young people gathered to play games and songs after which a large boiler of corn and a quantity of marshmallows made their appearance and almost as quickly disappeared.

THE WAR AND AGRICULTURE

In the course of a remarkable article on "Wheat: the Long Trend of production, 1885-1932, the Monthly Commercial Letter of the Canadian Bank of Commerce says: "The war destroyed the existing balance of world agriculture. Large areas of Europe were devastated, farm labour was conscripted into the warring armies and in the end man-power was greatly reduced. In France, Germany and Eastern Europe not only was a large part of the wheat acreage abandoned, but the yield per acre was greatly reduced. Meanwhile the demand for wheat became urgent, and under the stimulus of high prices a sharp increase in acreage took place in Canada, the United States, Australia, and India, with the result that world acreage continued to expand at the same rate as in the preceding decade but with a lower average yield per acre."

Canada has been the leading exporter of flour to the Trinidad market for many years.

FALL FAIR DATES

Table listing Fall Fair Dates for various locations including Woodbridge, Markham, Bradford, Alliston, Beeton, Brampton, Caledon, Cooksville, Erin, Georgetown, Milton, Orangeville, Shelburne, Streetsville, Barrie, Beaverton, Blackstock, Bobcaygeon, Collingwood, Durham, Gooderham, Midland, Orillia, Peterboro, Port Perry, Sunderland, Toronto National Ex., Minden, Oakwood, London (Western Fair), Lindsay, Kilmount, and Lakefield.

MILLIKEN

Having returned from his holidays Rev. A. E. Owen took the service at Ebenezer United Church on Sunday afternoon. His subject was "What has happened our Rural Communities" and spoke of the change in religious and social life.

We are sorry to report that Mrs. Richmond is on the sick list. Mr. and Mrs. George Shadlock, Mr. and Mrs. Timbers motored to Grimsby on Civic Holiday.

Mrs. Aickens of Toronto visited her parents, Mr. and Mrs. Walter Stonehouse, over the week-end.

Mr. and Mrs. Courtney and children of Toronto spent the week-end with Mr. Henry and Miss M. Gibson, Hagerman.

Mr. and Mrs. Lewis Harding and son Ray of Niagara spent the week-end with his parents, Mr. and Mrs. Henry Harding.

Mr. and Mrs. Vardon spent Sunday at Wasaga Beach.

The Leaside Girls Club held a corn roast and dance at Adams Park on Friday night. A good time was enjoyed by all.

Mr. A. Paterson, Misses Paterson and Mr. A. Marks of Vancouver visited friends in Thornhill on Sunday.

The regular monthly meeting of the Women's Association of Ebenezer Church will be held at the home of Mrs. Robert Adams on Tuesday, Sept. 12th.

Mrs. John Donaldson spent a few days last week at her brothers, Mr. John Brumwell.

Mrs. S. Hands visited friends in Toronto a few days last week.

Mr. George Wilkie of Toronto spent Civic Holiday with Mr. and Mrs. C. A. Hood.

Mr. and Mrs. Wm. Risebrough of Toronto visited the former parents, Mr. and Mrs. A. Risebrough, over the week-end.

Mr. Arthur Woods meets with heavy loss, fire which broke out on Tuesday afternoon in the fine bank barn on his farm completely destroyed the building and contents.

Mrs. George Shadlock entertained the Misses Shadlock on Saturday.

The Young People's Societies of Ebenezer and Free Methodist Churches held a corn roast on Thursday evening at "Forest Home" the home of Dr. R. A. and Mrs. Bolton. Games were indulged in followed by corn, weiners and coffee around a huge bonfire.

Mr. J. McConnell returned on Monday night from a trip through the U. S. A.

Miss Marion Lennox of Kingston Road returned home on Monday after spending a few days with her cousin, Miss Marion Galloway.

Mr. W. Bingham accompanied Dr. and Mrs. McCormick on a fishing trip to the North last week.

Some from here attended the Field Day at Stouffville on Civic Holiday.

Miss Winnie Shadlock motored with relatives on Monday back to take up her duties in the same school.

Mr. and Mrs. Elmo Middleton and family of Donalda Farm spent Civic Holiday with the former parents, Mr. and Mrs. H. Middleton, Hagerman.

A number of the Junior Farmers of Hagerman held a corn and weiner roast on Monday night, all report a fine time.

Mr. Henry Gibson left on Monday evening to resume his work as teacher in the Public School, Gormley.

Mr. and Mrs. Robert Bell, Mr. and Mrs. Fred Adair and daughter Elsie spent the holiday week-end at Wasaga Beach and Owen Sound.

Mr. and Mrs. Harold Adams and Mr. Clark of Sarnia visited Mr. and Mrs. R. Adams for the week-end.

A few friends gathered at the home of Mrs. D. Compton on Friday afternoon and gave her a surprise party on her birthday.

Mrs. J. McConnell and her guests motored to Lake Simcoe on Tuesday.

Mr. S. Rattle is attending the Toronto Exhibition where he has an exhibit of sheep.

Mr. Arthur Marks of Vancouver visited Mr. and Mrs. C. A. Hood over the week-end.

Our schools commenced on Tuesday with the same staff of teachers.

Little Muriel Scott of Toronto spent last week with her grand parents, Mr. and Mrs. S. Hands.

Drought, heat, and particularly grasshoppers, have caused the annual horticultural show at Swift Current, Sask., to be abandoned for this year.

NOTICE

Those trespassing on waterworks property in Richmond Hill, will be prosecuted. Regulations do not permit children playing in or around the water reservoir and strict action will be taken to protect the water supply at this place.

Learn the truth about the C.C.F. it's aims and methods Richmond Hill Arena Wednesday, Sept. 13th 8 p.m. D.S.T. Capt. Elmer Philpott will speak on the famous 14 point manifesto. LEONARD HARMAN HIGH-CLASS MUSICAL ENTERTAINMENT Amplifiers Installed. MEETING TO BE CONCLUDED WITH A DANCE THOMAS CRUDEN, Chairman

Choice Meats For the Summer Season Choice well kept meats for the warm weather are always to be had here. We aim to please you and select our meats with the utmost care. To be assured of finest quality at the right price try us for FRESH, SMOKED & COOKED MEATS of all kinds Vito Cream Cheese — 12c. per pkg., 2 for 23c. Butter — Lard GLASS'S MEAT MARKET W. Lauder Glass, Prop. Phone 3 We Deliver

Classified Advs. THIS IS THE DAY OF ADVERTISING--MAKE THE MOST OF IT! RATES—Five lines or less, 25 cents for first insertion and 15 cents for each subsequent insertion. Over 5 lines 5 cents per line extra each insertion. IF CHARGED 7 CENTS PER LINE.

FOR SALE

GOOD WORK HORSE. Apply C. E. Walkington, telephone King 4212.

FROM 2 to 2½ tons of hay, cheap. T. Elliott, 120 Yonge Street, north end Richmond Hill.

1 HEAVY TEAM of horses, 1 stack of hay, teamsters outfit. Apply G. Allison Sr., Richvale, Ont.

1000 CEDAR FENCE POSTS, good quality, peeled and dried. T. A. Keffler, Concord, telephone Maple 1670.

BABY CARRIAGE, Sedgewick, in good condition, will sell reasonable. Apply 24 Arnold Street, Richmond Hill or telephone 22.

TOMATOES, 50 cents per bushel, cucumbers, peppers, pears, corn. Apply G. May, Carrville Road, farm formerly occupied by J. Clement.

SEED WHEAT, Dawson's Golden Chaff, Government Test No. 1, germination in 6 days 71%, in 14 days 94%, on sale after Sept. 1st, \$1.00 per bushel cash. Apply Abraham Baker, phone Maple 1563.

SEED WHEAT, Dawson Golden Chaff, very pure, Government Test No. 1, certificate No. 43-91, \$1.00 per bushel. Apply Clark Young, Milliken, phone Agincourt 4521.

FOR SALE OR RENT—Four acres, house, furnace, electric, garage, barn, on Richmond St., Richmond Hill. Apply Mrs. E. M. Vanderburgh, 76 Orchardview Blvd., Toronto, telephone MOhawk 3659.

BICYCLE C.C.M., almost new, excellent condition, dynamo light and other accessories, \$19.50. \$15.00 down, balance arranged. Apply Stanley Moore, care of Thomas Murphy, R. R. 1 Richmond Hill, telephone 44r6.

MISCELLANEOUS

WELLS, WELLS, WELLS, clean out or new ones to dig. I find you water and dig your well. If no water, no pay. All cistern and concrete cribbing done at very low rates. Write Wm. Paul, Richvale P.O., Stop 22A, Yonge Street, Spruce Ave.

Clerk's Notice of First Posting of Voters' List

Voters' List 1933 TOWNSHIP OF MARKHAM COUNTY OF YORK

NOTICE is hereby given that I have complied with section 7 of the Voters' Lists Act and that I have posted up at my office at Unionville on the 11 day of August, 1933, the list of all persons entitled to vote in the said Municipality at Municipal Elections, and that such list remains there for inspection.

AND I hereby call upon all voters to take immediate proceedings to have any errors or omissions corrected according to law, the last day for appeal being the 26th day of September, 1933.

Dated this 5th day of September, 1933.

ED. W. BROWN, Village Clerk

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G. A. M. DAVISON, Township Clerk

Razor Blades

SPECIAL NEW PRICE AUTO STROP BLADES and GILLETTE BLADES HALF PRICE

Austin's Drug Store

RICHMOND HILL TELEPHONE 33

CITIZEN EFFORT NEEDED

"I would point out that there is not a city in Canada (and I have visited practically all of them) where one will not find slum conditions. This is a challenge to the citizens of these communities to insist that these slums be abolished and replaced with modern sanitary buildings. I challenge the right of a landlord to receive rentals from an insanitary and dilapidated building when he is financially able to replace it with a decent structure."

Little Brothers

Ford Sales and Service RICHMOND HILL, ONTARIO

Shipments of live stock from Western to Eastern Canada for the first thirty-one weeks of 1933 totalled 33,945 as against 23,191 head in the corresponding period of last year.

WANTED

YOUNG GIRL wishes a position at light housework. Apply at Liberal Office.

COUPLE DESIRE three roomed flat or housekeeping rooms. Apply Box 16, Liberal Office.

25 MARCH or April hatched Barred Rock Pullets, must be reasonable. Apply stating price to Box 44, Liberal Office.

MARRIED MAN wants work on farm. Will take \$15.00 a month. Apply Stan. Robinson, Mill Road, Richmond Hill.

TWO MEN who would share large front room to sleep, with every home comfort, board and washing. Telephone 246 Richmond Hill or apply at Liberal Office.

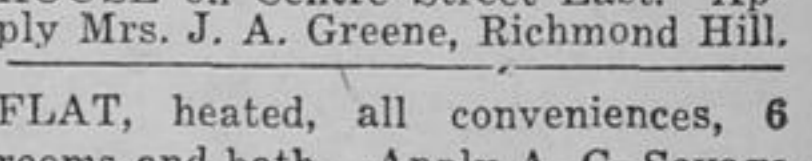
TO RENT

SIX ROOM house at Elgin Mills. Apply J. H. Naughton.

HOUSE on Centre Street East. Apply Mrs. J. A. Greene, Richmond Hill.

FLAT, heated, all conveniences, 6 rooms and bath. Apply A. G. Savage Post Office, Richmond Hill.

FOR RENT—Brick house, eight rooms, modern conveniences, hardwood floors, beautiful grounds, garden, double garage, poultry house, on highway, Stop 17 Yonge St., Thornhill, convenient home for city business man. Apply Mrs. Ede Leusby or Mr. J. E. Francis, Thornhill.



Voters' List 1933 VILLAGE OF WOODBRIDGE COUNTY OF YORK

NOTICE is hereby given that I have complied with section 7 of the Voters' Lists Act and that I have posted up at my office at Woodbridge on the 5th day of Sept., 1933, the list of all persons entitled to vote in the said Municipality at Municipal Elections, and that such list remains there for inspection.

AND I hereby call upon all voters to take immediate proceedings to have any errors or omissions corrected according to law, the last day for appeal being the 26th day of September, 1933.

Dated this 5th day of September, 1933.

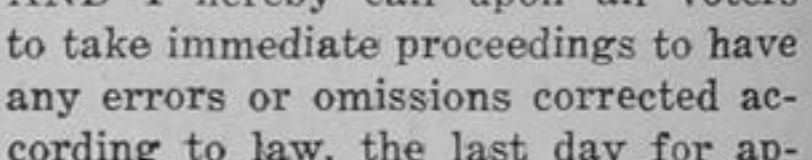
ED. W. BROWN, Village Clerk

Voters' List 1933 TOWNSHIP OF MARKHAM COUNTY OF YORK

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G. A. M. DAVISON, Township Clerk



Used Cars

\$350.00 1931 FORD DeLURE ROADSTER—A Sporty Car.

\$260.00 1930 FORD COUPE—Fender Well & Trunk Rack

\$200.00 1929 FORD COUPE—Good Condition

\$125.00 1927 WHIPPET SIX SEDAN

\$150.00 1928 CHEVROLET TON TRUCK

All Ford cars guaranteed for 30 days

Little Brothers

Ford Sales and Service RICHMOND HILL, ONTARIO

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