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**RAILWAY BARGAIN FARES**  
 Friday, Sept. 28th, from Toronto to Tweed, Irondale, Bancroft and other points.  
 Friday, Sept. 28th, from Toronto to points on Toronto-Port Arthur line Mount Albert north via Muskoka Lakes to Nipigon District, also to points on Temiskaming Railway North Bay to Cochrane and Kapuskasing.  
 Saturday, Sept. 29th, from Toronto to Napanee, Kingston and Brockville.  
 Saturday, Sept. 29th, from Toronto to points in Lindsay, Peterboro and Haliburton Districts, also to points on Toronto-North Bay line, Aurora to Burkes Falls, including Midland, Meaford and Pentang.  
 Friday, Oct. 5th, from Toronto to Chicago return \$7.50, final excursion to World's Fair.  
 Saturday, Oct. 6th, from Toronto to Port Haron, Flint and Durand, Mich.  
 For full particulars phone any C.N.R. ticket office.

Doctor—When did you first suspect that your husband was not all right mentally?  
 Woman—When he shook the hall tree and began feeling around on the floor for apples.

**SLATS' DIARY**  
 BY ROSS FARQUHAR

Friday—Addie Fink witch used to lern pa the twenty 3rd Sam and ect. when he was a little codger cum into are house this evning and sed to pa and ma including Ant Emmy that a man tried to Napance with her as she was across the st. frum the liberry and ast pa what he thot of that and pa replied and sed it probly was on acct. of the Depression mebbly.  
 Saturday—I gess pa is all ways going to be the same when it cums to Pollaticks, tonite Mr. Gillem was in here and he sed to pa Well now wont you admit that Rusevelt is the greatest president we have had and pa replied and sed Yes I will admit that Rusevelt is the greatest President we have had. and Mr Gillem sed Im glad to here you say that and then pa finished up and sed. Since Hoover.  
 Sunday—Im beginning to think that Jake aint quite got all his Buttons becuz he spent 1/2 the day today after we went home frum sunday skool a reading in the Dixionerry. I had a good time tho. I went and got in frunt of a looken Glass and tried to shnt my eyes and see what I looked like when I was a sleep.  
 Munday—Maggie Yost is trying to get a devorse frum Web Yost witch is her husband an. she ast Lawyer Crutcher whut wood he charge her for getting a devorse frum Web and he told her he wood go a hed & get it for 0 becuz Web was a good frend of hissen.  
 Tuesday—Ma is very very sore at Mrs. Lett witch is liveing on the hill cver on Leust st. becuz today ma got out sum Feild Glasses of pa's and what did she see but Mrs Lett looking at are house with a Telescope. Ma sayes she hates to live in the neighborhood with a Snupe.  
 Wednesday—Mazie Wiseman is very very dissapointed on acct. she has ben eating East for the pass fore munths and now insted of purposing to her the fellow she has ben keeping Co. witch has went and quit keeping Co. with her so pa says he says he sposes she will try smokeing Chesterfield now.  
 Thursday—went to a little partie tonite and Ted got offy sore at Sadie becuz he foud her setting on Slims Lap and he sed. You cant triffle with my feelings thataway and I will tell you rite now I am not going to by you that hankercheif you was admiring in the show winder yesterday. becuz you have triffled with my effection.  
 It may be a coincidence, but nations that honor the Prince of Peace are the ones most opposed to war.  
 The old sense of honor isn't dead. A South Carolina man robbed a bank to pay his debts.

**HEALTH**  
 by  
**Dr. Ross Farquhar**  
 A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

**OUR DAILY BREAD**  
 The man who is the owner of a normal heart is not conscious of the fact. His heart carries on its work without ever forcing its presence upon the attention of its owner. In a similar manner, the normal stomach and other parts of the digestive system do their duty in an unobtrusive way. It is the digestive tract which receives, digests and assimilates our daily bread, in this way providing for the nutrition of all parts of the body. Proper nutrition depends, first of all, upon the selection of an adequate balanced diet. For the average normal person, this means the eating of a wide variety of foods, and the daily inclusion in the diet of milk and milk products, green leafy vegetables, and fruits.  
 Before the foods which are eaten can be used by the body as nourishment for the tissues, they must undergo certain changes, which may be called the process of digestion. The food is crushed and ground by the teeth in order that the digestive juices may act more readily upon small pieces of the foods eaten. The first of the digestive juices is found in saliva, so that digestion begins even before the food is swallowed. Other juices are met with in the stomach and the small intestine, being excreted by these parts or by other organs, such as liver and pancreas, which pour their juices into the intestinal tract. Each of the digestive juices has its own particular function and performs an essential part in digestion.  
 We are conscious of swallowing, but we are unawares of the passage of food from the stomach, or of its movement along the intestinal tube of thirty-odd feet in length, which is coiled around in the abdominal cavity. The food is moved along by the contractions of the muscle in the walls of the intestine until it reaches the terminal part of the digestive canal or the large bowel. Here the unusable waste parts of the foods eaten collect to be evacuated at intervals.  
 Any upset of this long digestive tract or of adjacent organs will disorganize digestion and so interfere with the proper and satisfactory use of our daily bread. When this occurs, we usually become aware of the fact that we have digestive organs. Commonly, we speak of this feeling as "indigestion," of abdominal distress.  
 Practically, this means that if you are aware that your digestive system is at work, it likely is not working properly. Now, the time to correct a disorder is at its beginning before serious damage has been done, or before the disorder has become firmly established. It is a mistake to wait until acute pain demands attention; it is far better to give attention to the slight discomforts which usually precede the more serious conditions.  
 Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.  
 Buy your lucky number dance tickets for the Trumpet Band Frolic and Dance which will be held in Richmond Hill arena Wednesday, October 10th. Handsome prizes for lucky number tickets. Art West's orchestra in attendance.  
 Still, Washington's climate would not seem sufficient ground for divorce to anybody but a California judge.

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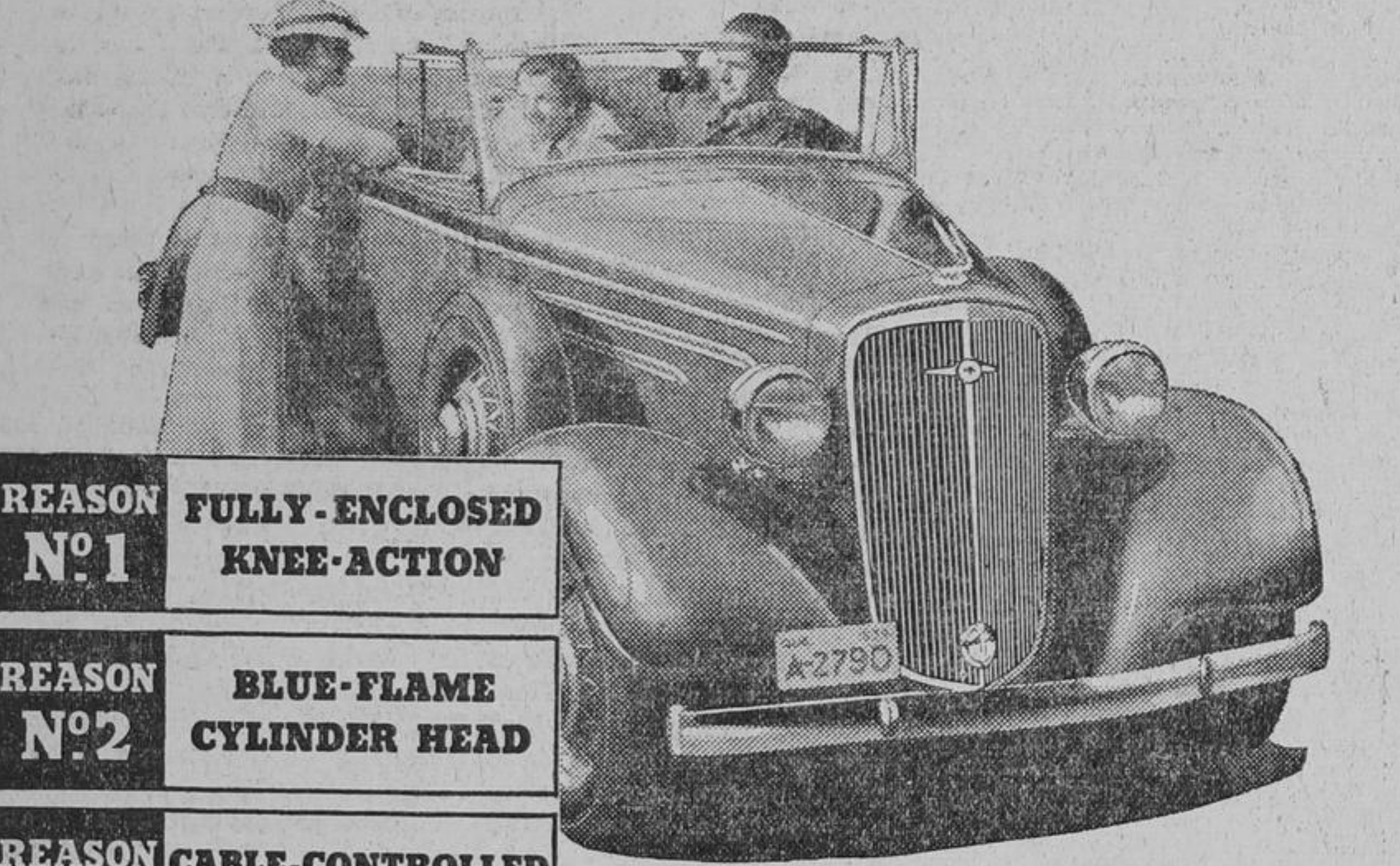
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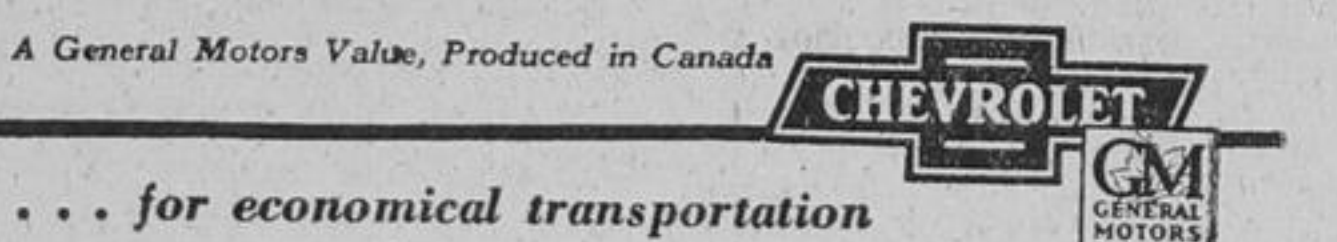


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**VILLAGE OF RICHMOND HILL**  
 Treasurer's Sale of Lands in Arrears of Taxes

By virtue of a Warrant issued by the Reeve of the Village of Richmond Hill dated the 5th day of July 1934 and to me directed, commanding me to proceed with the collection of arrears of taxes, together with the fees and expenses, I hereby give notice that the list of lands liable to be sold has been prepared, and is being published in the "Ontario Gazette" under the dates of August 4th, September 1st and October 6th, 1934, and that, unless the said arrears of taxes and costs are sooner paid, I shall, on the 15th day of November 1934 proceed to sell the said lands to discharge the said arrears of taxes and the charges thereon.

The sale will be held on the above date at the hour of ten o'clock in the forenoon in the Municipal Hall in the Village of Richmond Hill. Copies of said List may be had at my office.

A. J. HUME,  
 Village Treasurer  
 Dated at Richmond Hill  
 August 2nd, 1934

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