









ASSOCIATION AND LIFE

DIGESTION

It is well known that we must eat

which leavens the large amount of

There is a vast variety of proteins

have not all the same nutritional

repair and provide for the growth of

The many kinds of carbohydrates,

of fats found in food. Through di-

gestion, these are converted into Iglycerine and fatty acids. The body

starch or sugar into fat; evidence of

Questions concerning Health, ad-

ELDER NEWS

We congratulate Andrew McClure

on his success in winning four prizes

at the Provincial Plowing Match held

Dr. and Mrs. R. B. King of New-

Visitors at the home of Mr. and

Mrs. W. King, fair day, were Mr. and

Mrs. Belfry and son Donald and Mr.

and Mrs. Fred Harper, all of New-

Mr. A. Hanna of Meyronne, Sask.,

visited his sister, Mrs. W. King, last

Misses Jean and Ann Lawrie and

Mrs. W. King, accompanied by Mr.

and Mrs. F. Harper of Newmarket,

motored to Dundalk last Sunday, re-

the service at Knox Church on Sun-

Mr. Tomlinson of Toronto conducted

Mrs. Smith, Mrs. McFarlane and

daughters returned to Toronto on

Monday afternoon having spent the

A college hero is a person who

I thinks you will admire his he-man-

liness if he cracks a bone when he

summer in Elder's Hollow.

Mr. W. D. Lawrie attended the Lind-

say-Graham wedding at Malton on

boro visited friends in the neighbor-

at Maryvale Farm last week.

hood last week.

market.

week-end.

Saturday last.

turning Monday.

INSURANCE COMPANIES

IN CANADA

well yet today. The into the blood stream, and so be car-

Dr. told him his ried to the tissues of the body where

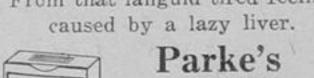




ally at other times, little stomachs turn sour and acid. "When I notice any sign of sick stomach," says Mrs. J. Alphonous Brown, Bayside, P.E.I., "I always give a Baby's Own Tablet." They quickly set things right, are very easy to take and quite safe. All common ailments of childhood including teething are promptly relieved with Baby's Own Tablets. 25c a package at drug stores. 186

Dr. Williams"

### **GET AWAY** From that languid tired feeling





LIVER TONE quickly tones up a lazy liver and soon restores you to nor-

mal. It is also a

great aid in stomach

disorders. A month's

treatment for \$1.00 GLENN'S DRUG STORE

### A. C. HENDERSON

PLUMBING AND TINSMITHING Thornhill, Ontario Hot Water Heating and General Repairs

Because is so PURE, so FRESH, and so GOOD be sure to insist on

# Richmond Hill

## Milk and Cream

Secured from selected and inspected herds and handled in the most approved methods it is sure to give satisfaction. Page teurized by the most modern methods.

### RICHMOND HILL DAIRY

G. WALWIN, Prop.

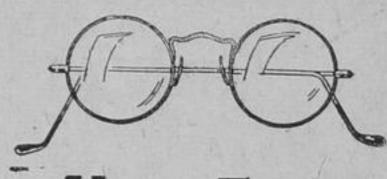
Phone 42 Richmond Hill

## Travel Service

Steamship Reservations to Great Britain and the Continent. Premier service to West Indies. PASSPORTS ARRANGED FOR Rail tickets and sleeper Reservations.

EXPRESS TELEGRAPH Can. National Station Richmond Hill

Y. B. Tracy, Agent Phone 169



## Your Eyes

The moment you feel the slightest distress in your eyes or notice a dimming of your vision consult

### F. E. LUKE & SON

163-167 Yonge St., Toronto, up stairs, opp. Simpsons. Phone Elgin 4820.

# BROTHERTON'S

Special Sailings to the Homeland by: Canadian Pacific, Cunard and Anchor-Donaldson lines at Lowest Rates. Photos and Passports Secured All enquiries confidential We look after your wants right from your home.

Phone Willowdale 63J

Office Stop 6, Youge St. Lansing

# CLEANING AND PRESSING

We specialize in Cleaning and Pressing and are equipped to handle all kinds of work.

WE CAN GUARANTEE prompt, efficient service and perfect satisfaction.

### RICHMOND TAILORS

J. A. GREENE

Richmond Hill

Manufacturing

HIRTY per cent of one's customers cease being cus-

impossible to prevent. It means that a retailer has to be

very, very busy every month, getting new customers to

replace the monthly wastage, and to gain a few more cus-

tomers in excess of the annual loss, in order that his busi-

ness shall grow. The fatal thing is just to do nothing in

can be done. The most obvious way is just to ask non-

customers to do business with you. That is the first thing

to do. And your invitations will get attention just because

so few retailers will be your competitors in this "asking"

activity. You can ask people to do business with you by

post, by personal calls and by newspaper advertising. And,

tions—this by the quality of your service and the rightness

of your goods and prices. What customers like when they

go into a store is attention and interest, without fussiness.

They like briskness in those who serve them. Customers

want nothing extraordinary—just plain attention and

courtesy. Customers are continually measuring stores-

matching one store's service, goods, prices and atmosphere

against those of other stores, and they steadily drift to

those stores where they are served, in all ways, most in

accord with their likes. Newspaper advertising is the least

ADVERTISE IN

"The Liberal"

YORK COUNTY'S NEWSIEST HOME WEEKLY

ONTARIO

costly—results considered.

RICHMOND HILL

Beyond asking, you must fulfil customers' expecta-

of course, your store windows can and will be invitations.

How can new customers be attracted? Various things

the way of customer attraction and replacement.

tomers every year. They die, or move away, or be-

come disgruntled, or change over to some other

retailer. This is a ghastly loss, and alas, it is one

Customers

For Finest Quality Hand Tailored Clothes

Phone 49J

### LASKAY

The W.M.S. services held Sunday were favoured by one of the most beautiful autumn days of sunshine. Rev. M. Partridge of Maple, who addressed the afternoon service, took as his text "We are co-workers with God," and left with the people some very interesting and helpful thoughts. The Laskay choir gave two selections, the quartette "There's no disappointment in Heaven," and the choir "Save Thy People." The evening service was addressed by Miss M. Veezey returned Missionary of Japan. Mrs. W. Boys took charge of the service. Miss Veezey spoke of the work and customs of the Japanese where she spent; forty-two years. The quartette sang "Just outside the door," the choir sang "Praise waiteth for Thee."

Woodbridge Fair was well attended by the people of this community.

Mr. and Mrs. C. Diceman, Mr. and Mrs. Constable of Teston attended the afternoon services at Laskay.

A group of young people gathered hold a nuther drop and cuddent eat fats, proteins, certain minerals and at the home of Mr. A. MacMurchy, Thursday night, and gave an exhibition of their musical talents on various instruments for Mr. and Mrs. Ross Limburger (bride and groom). Mrs. H. Baldwin of Asquith, Sask., has been visiting with her brother,

Life isn't so hot for a girl: The only fellows she could love are the ones who couldn't support her.

Mr. W. Baldwin, for the past week.

er never is given a public job merely Oshean agen. because his wife had it.

### SLATS' DIARY BY ROSS FARQUHAR

Friday-Pa was out of yumor tonite when he cum home to supper on acct. of the progress people is makeing he sed. Ma ast him whut was the matter and he sed That it use to be the oney thing that old rags to live, but it is not so generally was good for was understood why eating makes us live. to make Paper but All the foods which enter the stomach now days they are via the mouth go through the prouseing them to cess of digestion, during which they make Segars with. are broken down into their simple Saterday - Pa constituent parts. This makes it issent feling so possible for the foods to be absorbed

> stumick was Up they are used for energy, growth, or set and for him to repair. drink hot water a hr. before Brek- There are many different kinds of fast. He maniged it for about ten food, but all are composed of varying minits then he give up. he cuddent amounts and kinds of carbohydrates,

water. The process of digestion is Sunday-Mrs. Bunn was a telling made possible by ferments or enpa about her sun Herman wirking zymes, which are present in the dito lern the fiddle and she says at gestive juices. The foods eaten first the Recital this afternoon his execu- come into contact with these enzymes tion was very very good. Pa sed. in the mouth, and they are then exwell thats nice but it diddent come posed to a whole series of ferments in their passage through the digestive soon enuff.

Munday-Donald Duglasses pa has tract. Each enzyme is a specialist, got his bruther frum Scotland on his doing one thing only and doing it well. hands frum now on I gess. His The enzyme possesses an uncanny bruther says he got so Sick comeing power to make large masses do Sex equality, fiddlesticks. A widow over he wont never try crossing the things; it is like the little bit of yeast

> Teusday-Dutch Schmidt is layed up dough. in the Hospittle with a big a sortment of Bruses on acct. he tryed to and yet, when digested, they all break walk acrost the St. He had the lites down into twenty-two constituent with him but his luck was very very fragments, or amino-acids. Proteins

> Wensday-Donald Duglasses wife value, because they do not all contain wanted her Husbend to leave her play the same number or quantity of golf on acct. of the Xercise she wood amino-acids. A combination of proget frum it. So he let her play golf teins in the diet is best because it but he woodent by her no golf balls. ensures to the body a supply of all he sed he cuddent see where they amino-acids from which to build up, wood help in giveing her Xercise.

> Thirsday-Ant Emmy thinx the col body tissues. littges now days are grate places. Her neace frum Washington county sugars and starches are transformed went to collidge to study Plant Hus- by digestion into one-glucose. Glubandry and before the ferst tirm was cose is the real energy food of the over sheed maryed 1 of the Pro- body, being the one sugar found in the blood. There are several kinds fessers.

### VILLAGE OF RICHMOND HILL | possesses, to a limited extent, the Treasurer's Sale of Lands in Arrears power to change fat into sugar, and of Taxes

By virtue of a Warrant issued by this is given by those who eat too the Reeve of the Village of Richmond freely of sugars and starches. Hill dated the 5th day of July 1934! It is evident then that the tissues and to me directed, commanding me of the body can be properly nourished to proceed with the collection of ar-jonly if the process of digestion is in rears of taxes, together with the fees proper operation, but no matter how and expenses, I hereby give notice perfect digestion may be, it cannot that the list of lands liable to be sold provide the materials needed by the has been prepared, and is being pub- body unless the right kinds and lished in the "Ontario Gazette" under amounts of foods are taken. the dates of August 4th, September 1st and October 6th, 1934, and that | dressed to the Canadian Medical Asunless the said arrears of taxes and sociation, 184 College Street, Toronto, costs are sooner paid, I shall, on the will be answered personally by letter. 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 foremoon in the Municipal Hall in the Village of Richmond Hill.

Copies of said List may be had at my office.

> A. J. HUME, Willage Treasurer

Dated at Richmond Hill August 2nd, 1934

NEW AND USED COLLARS COLLAR REPAIRING AND

### ISAAC BAKER

Maple, Ont. Telephone Maple 1063 (11/4 miles North of Concord)

## Harness and Harness Repairs

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