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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 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, Mr. W. Baldwin, for the past week.

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

Sex equality, fiddlesticks. A widow never is given a public job merely because his wife had it.

SLATS' DIARY

BY ROSS FARQUHAR

Friday—Pa was out of humor tonight when he came home to supper on acct. of the progress people is making he sed. Ma ast him what was the matter and he sed That it use to be the oney thing that old rags was good for was to make Paper but now days they are using them to make Segars with.

Saturday—Pa isent feling so well yet today. The Dr. told him his stumick was Up set and for him to drink hot water a hr. before Brekfast. He maniged it for about ten minits then he give up. he cudent hold a nuther drop and cudent eat his Brekfast.

Sunday—Mrs. Bunn was a telling pa about her sun Herman winking to lern the fiddle and she says at the Recital this afternoon his execution was very very good. Pa sed, well thats nice but it diddent come soon enuff.

Monday—Donald Duglasses pa has got his bruther frum Scotland on his hands frum now on I gess. His bruther says he got so Sick comeing over he wont never try crossing the Oshean agen.

Tuesday—Dutch Schmidt is layed up in the Hospittle with a big a sortment of Bruses on acct. he tried to walk across the St. He had the lites with him but his luck was very very poor.

Wednesday—Donald Duglasses wife wanted her Husband to leave her play golf on acct. of the Xercise she wood get frum it. So he let her play golf but he woodnt by her no golf balls. he sed he cudent see where they wood help in giving her Xercise.

Thursday—Ant Emmy thinx the collidge now days are grate places. Her neace frum Washington county went to collidge to study Plant Husbandry and before the first term was over sheed maryed 1 of the Professers.

HEALTH

by *Goodman*

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

DIGESTION

It is well known that we must eat to live, but it is not so generally understood why eating makes us live. All the foods which enter the stomach via the mouth go through the process of digestion, during which they are broken down into their simple constituent parts. This makes it possible for the foods to be absorbed into the blood stream, and so be carried to the tissues of the body where they are used for energy, growth, or repair.

There are many different kinds of food, but all are composed of varying amounts and kinds of carbohydrates, fats, proteins, certain minerals and water. The process of digestion is made possible by ferments or enzymes, which are present in the digestive juices. The foods eaten first come into contact with these enzymes in the mouth, and they are then exposed to a whole series of ferments in their passage through the digestive tract. Each enzyme is a specialist, doing one thing only and doing it well. The enzyme possesses an uncanny power to make large masses do things; it is like the little bit of yeast which leavens the large amount of dough.

There is a vast variety of proteins and yet, when digested, they all break down into twenty-two constituent fragments, or amino-acids. Proteins have not all the same nutritional value, because they do not all contain the same number or quantity of amino-acids. A combination of proteins in the diet is best because it ensures to the body a supply of all amino-acids from which to build up, repair and provide for the growth of body tissues.

The many kinds of carbohydrates, sugars and starches are transformed by digestion into one-glucose. Glucose is the real energy food of the body, being the one sugar found in the blood. There are several kinds of fats found in food. Through digestion, these are converted into glycerine and fatty acids. The body possesses, to a limited extent, the power to change fat into sugar, and starch or sugar into fat; evidence of this is given by those who eat too freely of sugars and starches.

It is evident then that the tissues of the body can be properly nourished only if the process of digestion is in proper operation, but no matter how perfect digestion may be, it cannot provide the materials needed by the body unless the right kinds and amounts of foods are taken.

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

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Manufacturing Customers

THIRTY per cent of one's customers cease being customers every year. They die, or move away, or become disgruntled, or change over to some other retailer. This is a ghastly loss, and alas, it is one 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 customers in excess of the annual loss, in order that his business shall grow. The fatal thing is just to do nothing in the way of customer attraction and replacement.

How can new customers be attracted? Various things 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, of course, your store windows can and will be invitations.

Beyond asking, you must fulfil customers' expectations—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 costly—results considered.

ADVERTISE IN
"The Liberal"
YORK COUNTY'S NEWSIEST HOME WEEKLY
RICHMOND HILL ONTARIO

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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ELDER NEWS

We congratulate Andrew McClure on his success in winning four prizes at the Provincial Plowing Match held at Maryvale Farm last week.

Dr. and Mrs. R. B. King of Newboro visited friends in the neighborhood last week.

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 Newmarket.

Mr. A. Hanna of Meyronne, Sask., visited his sister, Mrs. W. King, last week-end.

Misses Jean and Ann Lawrie and Mr. W. D. Lawrie attended the Lindsay-Graham wedding at Malton on Saturday last.

Mrs. W. King, accompanied by Mr. and Mrs. F. Harper of Newmarket, motored to Dundalk last Sunday, returning Monday.

Mr. Tomlinson of Toronto conducted the service at Knox Church on Sunday.

Mrs. Smith, Mrs. McFarlane and daughters returned to Toronto on Monday afternoon having spent the summer in Elder's Hollow.

A college hero is a person who thinks you will admire his he-manliness if he cracks a bone when he