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News and Information for the Busy Farmer

Current Crop Report Threshing of fall wheat of average yield and quality is proceeding. Barley and oat straw is short and the yield of these grains is light due to premature ripening and lack of moisture while filling. Corn is showing some improvement but a below average yield of fodder is expected. Sugar beets and other root crops are variable. Pastures are in poor condition and new growth has made little progress. Late varieties of apples are sizing well and with a favourable autumn average yields are indicated. The growth of tobacco has been retarded and yields will be curtailed. Priming of fluecured tobacco has commenced and skimping on sleep. burley is in topping stage. The crop is about two weeks later than normal and favourable autumn weather conditions are required.

Nutritional Value of Alfalfa sheep for the correction of nutri- restores body vigour to enable them referring to the quiet automatic way tion with the National Research complete relaxation after a meal is complete sleep when bedtime comes. for breeding ewes in years when ple who can completely relax for a sleep, it is unwise to indulge in late ficult, or when as a result of drought ten to twenty minutes, and start in val of at least an hour and a half the variety of feeds produced on as refreshed as if they had had sev- to two hours between the last meal

quite closely those contained in na- ing the day.

The value of this information to continuous period. required for breeding stock.

are of special significance in view ripe age of three-score and ten. You Perhaps the bedclothes are too of the greater volume of alfalfa now who are listening to this talk make heavy; it should be remembered that being produced in the prairie prov- a note when your age is mentioned, an eiderdown quilt, of the type that linces and throughout Canada.

An Ideal Seed Exhibit

An ideal seed exhibit for a seed Phone HYland 2081 Open Evenings fair consists of one made up of kernels typical of the variety and nearly alike as possible in size, shape and colour. The whole exhibit should present a sound, vigorous, lustrous appearance and should be free from Granite Monuments all impurities and all evidence of

> Corn Root-Rot in Ontario Undoubtedly numerous corn growers, particularly those in Essex, Kent, and Elgin Counties, have been wondering why their corn is so uneven in size and has made relatively slow growth in certain areas of the field. One of the factors largely responsible for this condition has

Corn root-rot, so far as is known, has not been in the past a serious Steamship BOOKING corn trouble in Ontario. This year, however, the disease is causing serious losses. Without a doubt the exceptionally cool nights accompanied by rains during the past spring favoured the development of the disease. Unless a careful examination of the root systems of affected plants is made for dead rootlets or discoloured lesions on living rootlets the determination of this trouble is difficult. Frequently the only aboveground symptom of this disease is a stunting of the affected plants. Usually, however, plants in affected fields are also uneven in size and often the diseased plants are lighter in colour than healthy plants, and I the lower leaves in more severe cases become streaked and die. It should also be mentioned that the presence of root-rot organisms in the soil is frequently responsible for poor germination and resultant uneven stands of corn.

> Real Estate Insurance Conveyancing **Estates Managed** Rents Collected

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By Augusta Philbrick

ada. This talk on the importance ant that one should sleep well. So of rest, deals with a subject which is to that end a few suggestions are Balm of hurt minds, great Nature's always for the benefit of our read- offered. Regular hours are an im-

the importance of rest, for there are from insomnia have a lack of puncprobably more tired people in the tuality to blame for their suffering, world today than ever before. Ner- and of all ills that can be inflicted vous exhaustion has taken the place upon one there is nothing quite as of the old-fashioned stomach-ache as dangerous to the nervous system as the prevalent complaint of the times. insomnia. The direct result of our strenuous If one is inclined to be early one life is that everywhere people are evening and late the next, the brain

considerable rest may be obtained certain hour each night as the time Experiments in the feeding of utes relaxation even without sleep whether he knew it or not, he was tional deficiencies common to breed- to carry on any particular problem our nervous systems adjust theming ewes, fed under range condi- with which they may be concerned. selves to our usages.

to sheep ranchers and farmers. The immediately start in to work where of mind that is half-asleep and half-

winters are long and grazing is dif- comparatively short period of time, suppers. There should be an inter-

tural pastures. Ewes receiving alf- During the last war on marches not, of course, be a nerve-stimulant alfa hay as part of the ration re- the customary thing was to march such as tea or coffee. Phones Eve's 82w tained their thriftiness, reproductive for a period and rest for a much Upon consideration of the facts we capacity and general health over a shorter period, and it was found that have already given you, of how many period of eighteen months, even a greater distance could be travers- of the next few years you are likely though kept on dry feed summer and ed in this way than by keeping right to spend in slumber, it is perhaps straight ahead for a longer and more not out of the way to make a sug-

> ranchers and farmers is that it sug- Let us now consider just how use, the clothes we wear and the gests the importance of feeding alf- much time we do spend in sleep. room in which we sleep. About the alfa hay at all times. When due The ordinary man, without knowing beds - they should be neither too to adverse climatic conditions, feed it, in the course of an ordinary life- hard nor too soft. The person who has to be bought or made available time, spends about as much time in reports he is "just as tired when he on the range or on farms, first con- slumber as Rip Van Winkle. The wakes up as when he went to bed," sideration should be given to the following table shows how much time is likely a heavy man who is sleeppurchase of alfalfa hay, especially if the average person has to sleep if ing on too soft a bed. On the other The findings of the experiments in that way and if he lives to the or the body cannot rest properly. what is coming to you.

are now sixty you will sleep 3 years, tion all around.

been determined to be a root-rot con-

necessity of the average man and mentally that noises which are into cheat ourselves of that reason- ed, or in people who are easily disable amount of sleep which is ne- turbed, a plug of cotton wool, lightly cessary if the human system is not greased with vaseline, placed in the going to get out of gear. Compared ear, is found to be of great help in with animals, human beings have securing sounder sleep.

the greatest men of our time, Thomas | that for itself. energy was exhausted.

The following is a radio talk spon- As well as sleeping the normal sored by the Health League of Can- eight hours every night, it is import- The death of each day's life, sore portant factor in the matter of Chief nourisher in life's feast." "No subject is more timely than health. Many people who suffer

his likely to decide that the late hour Before dwelling on the subject of is the one which it will select for sleep I should like to point out that falling asleep. If one will select a even though actual sleep does not for going to sleep the nervous systake place providing one gives him- tem is likely to respond automatiself the proper opportunity. Many cally. Shakespeare said, "How use people have found that a few min- doth breed a habit in a man," and

tions and on farms in western Can-; It has been stated that man is the It is a mistake to doze off in the ada, have resulted in findings which only animal who does not sleep after evening before definitely going to are likely to prove of great value a meal. Most of us take a meal and bed. This takes us to bed in a state University of Alberta, in co-opera- we left off. Ten or fifteen minutes awake, so that it is difficult to have Council, has been carrying on ex- well worth the apparent loss of time. As the digestive system requires periments aimed to improve rations | No doubt many of you know peo- rest, and takes it best while we eral hours in bed. To those of you and the time of going to bed. It Experiments covering a period of who are working at high tension let is however, a good plan for people years show that alfalfa hay con- me advise breaking the tension with who have difficulty in getting to tains ingredients which approximate relaxation at periodic intervals dur- sleep, to take a warm drink the last thing before going to bed. It should

gestion or two about the beds we he spends the normal amount of time hand the bed should not be too hard,

and see that you henceforth get almost everyone uses, is worth several blankets in warmth. The cloth-If you are twenty, you will sleep | ing of a personal nature should also 16 years, 8 months, 3 days and 8 be light, but should give adequate hours. If you are now thirty you warmth. It is important that the you will sleep ten years. If you are very important. It is a good plan and push back. now fifty you will sleep 6 years, 8 to pull the bed away from the wall months, 3 days and 8 hours. If you a few inches to insure free circula-

4 months, 1 day and 16 hours.n If | As for the room-every possible you are now sixty-five, you will precaution should be taken against sleep 1 year, 8 months, 3 days and 8 noise. There is nothing quite as conducive to proper rest as perfect These figures may strike ambi- silence. With the mighty growth of tious people as rather alarming. We cities, and the development of so are apt to dislike the idea that all many methods of transportation all those valuable years in one lifetime of which are adding their contribuare to be spent in mere slumber. tion to the general clamour around But we must remember that "Sleep us, we should consider and use every is a generous thief. It restores to means for keeping out of the room energy what it steals from time." | in which we sleep, those multitudi-It is not with the desire to en- nous noises which bombard our courage idleness that we point to the homes. It has been found experiwoman with responsibilities taking sufficient to arouse the sleeper nevthe normal eight hours' sleep per ertheless have their effect on the night such as advocated. Rather it nervous system and render sleep is because the conditions which mod- less restful and less effective. In ern life imposes on us encourage us cases where sleep is especially need-

few natural resting habits and dis- One is often asked which is the positions. That is partly because of best position in which to sleep. This our more active brains; the mind is is a matter of no importance, beconstantly making suggestions for cause the position of the body is further activity. For many reasons constantly being changed through the man is a very restless organism; and night. Little by little, at intervals the tax is apt to be nervous exhaus- of from twenty to forty minutes, the tion. As someone has said, "If you position is shifted, so that you may would live long, you must live slow- turn completely over several times in the night and yet be ready to swear You are apt to read many things you never moved. So you need not on the subject of sleep that you will worry about the position in which find confusing. For instance, one of you sleep; the body will attend to

Edison, did his very greatest work | One last word. It may be thought at an advanced age and yet he in- a very commendable virtue to come dulged in only 4 hours' sleep per out of bed in the morning with a night; and 4 hours was the allow- bound. It is perhaps the habit of ance of sleep Napoleon permitted you who are listening to me. But himself. But the latter's experience the sudden change in circulation thus differed from that of Edison, for he brought about is not in your best was burned out early in years. He interest. Rise at a regular hour by died of cancer, it is true, and while all means, and there should then be we do not know yet that there is any no reason for such apparent alacrity. relation between cancer and nervous Make your adjustment more leisureexhaustion there is reason to believe ly from the horizontal position which that his later battles and campaigns you have been keeping for the past were lost by a man whose nervous eight hours to the vertical one, and lyou will get one more last advantage from your night's sleep.

Poor distracted Macbeth spoke of sleep in the beautiful lines which Shakespeare gave him, in words which we should all ponder upon today for the greater health of our minds and bodies:

"Sleep that knits up the ravell'd sleeve of care,

labour's bath.

second coorse,

RICHVALE

Mrs. Tammaron spent a few days with Mrs. Bentley before leaving for England.

Mr. and Mrs. Millard arrived home from England where they spent an enjoyable visit with relatives. Mrs. Johnson spent last week at

her summer home near Huntsville. A number of Richvale residents spent an enjoyable afternoon at the Mulock picnic.

TESTON

Y.P.U. services were cancelled last Sunday evening owing to an invitation to Maple United Services being accepted to join the Sunday School and Young People of that place. Mr. Hassard of Toronto gave an address on "A Generation Hence." On the 18th Beth Wilson gave a birthday party to her young friends when the guests enjoyed games, a fine birthday luncheon and Beth rereived some lovely gifts and good o wishes for many more happy birth- & Because it is so PURE. 30 days. Then on the 24th Ilene Kyle gave a birthday party to her young friends at which an enjoyable time sure to insist on was spent and of course birthday cake and gifts. Incidentally Mr. Roy Wilson enjoyed a birthday on the

Two more of the district's old residents have passed on, Mrs. Minton and Mr. David Wright.

Mrs. Corfield's sister Mrs. Bremner with Mr. Bremner and Frank of Keene, N. H., are visiting here for

Mrs. Frank Piercey is away for •

A meeting of the Women's Association was held last week at the home of Mrs. Ed. Kyle.

Don't forget that all services will be held next Sunday and as the vacation season is over the Pastor wishes full attendance at all ser-

A number from Teston and vicinity attended Bill Mulock's picnic at Woodbridge. Messrs. Ed. Bowen and Joe Quantz were successful in winning the horseshoe pitching prize.

Another good way to escape the will sleep 13 years, 4 months, 1 day feet be kept warm. Good ventilation perils of hot weather is to place and 16 hours. If you are now forty in the room you use for sleeping is both hands against the dining table ? Phone 42

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