

A FAVORITE TESTED RECIPE

Pumpkin Ice Cream
 3/4 cup granulated sugar, 1 tablespoon corn starch, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground ginger, 1/16 teaspoon mace, 1/4 teaspoon salt, 2 egg yolks, slightly beaten, 1 cup hot milk, 3/4 cup cooked pumpkin, 1/2 teaspoon finely grated orange rind, 1 teaspoon gelatine, 2 tablespoons cold water, 1/2 cup broken pecan nuts, 1/2 cup whipped cream.
 Combine first six ingredients. Add milk. Cook in top of double boiler until thickened. Add egg yolks. Cook 2 minutes. Add pumpkin, orange rind and gelatine soaked in 4 tablespoons cold water. Chill. When partially set fold in nuts and whipped cream. Pour into trays of refrigerator. Freeze 4 to 5 hours, stirring every 30 minutes until nearly frozen. Serve in sherbets or tart shells. Serves 8.

VERSE FOR THE KIDDIES

An Apple Song
 Sing a song of apples,
 Red and green and yellow,
 Juicy tart and toothsome,
 Mealy, soft and mellow;
 Baldwins, Pippins, Winesaps,
 Made for thirsty throats;
 Sweetings full of sugar,
 Fat old rusty coats.
 More than hands can carry,
 All a hat will hold;
 Heap them into baskets,
 Crimson, brown and gold.
 If we leave a dishful,
 Then, tomorrow—why,
 Sing a song of apples
 Baked into a pie.
 Nancy Byrd Turner.

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NEWS AND INFORMATION FOR THE BUSY FARMER

Hints for the Poultryman

In order to have pullets laying at their best in November and December, the months of high priced eggs, the following points should be observed according to the Dominion Poultry Husbandman:

See that the pullets have dry and bright quarters.

Have the houses clean and sanitary without draughts.

Give a well balanced ration and be sure to give enough.

Don't forget the green feed, preferably clover or alfalfa.

If you have milk give the pullets what they will take.

Keep the laying pullets or those that are near laying by themselves.

Give these every comfort and attention—they are the money makers.

Your treatment of the pullets now may mean profit or loss for the rest of the year.

Dispose of hens too old or pullets too young, it costs too much to feed them.

The time of scarcity is the time to arrange for your market for the whole year.

Plowing Match Results

For the second successive year, Alex Black of Guelph won top honours at the four-day meeting of the Ontario Plowmen's Association recently held at Cornwall. Western Ontario took all the honours in the international championship, as John R. Hargreaves of Beachville placed second and Richard Jarvis of Milliken, third. All three were previous champions. Ontario contestants carried off major honors throughout the meet, which was featured by a record attendance of 85,000 spectators. Hon. Duncan Marshall, Minister of Agriculture for Ontario, who was in attendance, expressed gratification at the pride in plowing taken by the contestants, especially among youngsters. Farmers, he said, were realizing that good plowing is most important in cultivation. The Inter-county competition open to one team of three plow boys from each county drew the greatest number of entrants, 16 teams. Perth County team placed first in this class to take the Hon. J. A. Faulkner trophy.

Care in Baling Hay

Market hay producers in Eastern Canada hurt the reputation and saleability of their product in export markets through baling practices which are either careless or fail to recognize market preferences and prejudices. Proper baling, as well as quality, have an influence on the saleability and price of hay in most markets, and when, as has frequently been the case in recent years, conditions of supply and demand have enabled buyers to pick and choose, this influence becomes doubly important.

Practically every buyer prefers bales of uniform size and weight, neatly tied and not too heavily pressed. Most United States markets available to Eastern Canada prefer bales weighing not over 125 to 130 pounds. Too frequently Canadian hay is heavily pressed into bales weighing upwards of 200 pounds, and often with angular, ragged ends through the use of bale ties of uneven lengths. This is usually done to save wire, but often reduces the market value much in excess of the saving. Such bales are heavy and awkward for one man to handle, as well as being unattractive in appearance. The very heavily pressed hay does not "shake out" so well as when more lightly pressed, and is more likely to spoil in warm storage, especially if any surface moisture from rain, snow or other source is present.

While market outlets are restricted as compared with earlier times, more careful attention to the baling and to the loading of cars with a uniform kind and quality of hay would assist in obtaining the broadest possible outlet for Canadian surpluses.

Injuries to Potatoes

A considerable amount of the annual investment in good seed, seed treatment, and spraying to reduce losses due to fungus diseases is lost to the farmers of Eastern Canada due to careless methods of digging and handling the potato crop.

Investigations have shown that immaturity of the stock, dirty tubers, and mechanical injuries occasioned by careless digging, picking, handling, grading, and storing are largely responsible for defective tubers, and that these may be reduced to a minimum by the application of simple precautionary measures. Potatoes intended for shipment or storage should be dug only when they are fully fatured. To insure a minimum of mechanical defects, the digger should be run at a moderate

speed and the point deep enough so that a sufficient layer of soil moves over the elevator to act as a cushion. After digging, the tubers should be left on the surface of the soil for one or two hours to allow their skins to harden and to promote the drying and loosening of adhering soil. Pickers should be instructed to leave rotted tubers in the field and warned against pitching potatoes into baskets or crates, or emptying baskets into barrels from any considerable height. Empty barrels should be tipped and the first few baskets of tubers carefully rolled into them. The same careful detail should be given to hauling the potatoes from the field. Rough handling, jamming and walking on the load should not be tolerated. Prior to storage, the warehouse or storage cellar should be thoroughly swept and then sprayed with a solution of copper sulphate. During the first few weeks of storage, the warehouse should be well aerated in order to carry off the excessive amount of water from the sweating tubers. The best temperature range for potato storage is between 36-40 degrees F. The application of the principles contained in this article will do much to insure a good storage product with a minimum of storage rots.

HEALTH

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



WHY PREVENT COLDS

Do you ever hear of people having Pneumonia, Bronchitis, Pleurisy, Tuberculosis or Influenza without having a cold first? Almost never. Usually they have had repeated colds. If the patient goes to bed when the first suspicion of a cold appears, then it is probable that these other diseases would not develop. But he says that he "cannot go to bed." Next day he is worse. By another day he has to go to bed whether he will or no, and he may pay for his neglect with his life.

Other diseases which follow Colds are Tonsillitis, diseases of the ears, middle ear disease, mastoid disease, disease in the different sinuses connected with the nose and face—all of them painful and dangerous diseases, as well as hard to cure.

Another reason why we should prevent colds and isolate the patient in bed who has a cold is that all the diseases most dreaded in childhood begin the same way as a cold and for the first day or two we cannot tell whether the child has a cold or one of these diseases. Measles, Whooping Cough, Scarlet fever, Diphtheria, Infantile paralysis, all begin in much the same way—with headache, sore throat, water running from the eyes and nose and general malaise. These symptoms are first to appear. So that when we put the child to bed in his own room and take care of him and keep every one else away from him we are doing the very best thing for him and for everybody else.

These diseases often have serious consequences. In measles the lungs, in whooping-cough the heart, in scarlet fever the kidneys and the ears, bear the brunt of the attack and the child may never be really strong again. It is always better to take care of the child from the first, whether he has a cold, or whether he may have one of these other diseases. It has recently been shown that a dangerous germ which is found in the nose and throat of many persons suffering from colds is the cause of most cases of puerperal fever or childbed fever. Puerperal fever is the greatest single cause of maternal mortality. This is a very urgent reason why we should prevent colds.

The more prevalent colds are, the worse it is for the health of the community. Stop the supply of the infection. Probably the chief reservoir of that supply is in the schools.

The Common Cold causes great loss of money, working time and health in Canada. It interferes seriously with work in our schools. Its consequences are many and serious and may last for life. It is a general infection and is transmissible and highly contagious. It increases the number of untimely deaths in Canada. It has been shown to be directly connected with the cause of puerperal fever which is the greatest single cause of maternal mortality.

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

TESTON

The Y.P.U. meeting last Sunday evening, the last in October, was in charge of Roy Bowen. Eddie James read the lesson. The feature of the evening was a set of slides showing the country of Japan which were excellent giving an idea of the country, manners and customs of the Japanese, as well as of the Mission work. Miss Mary Carson gave a reading and Miss Boyce of Laskay sang a solo which was enjoyed. There was a fine attendance and it was decided to hold a Hallowe'en Masquerade on Tuesday evening, November 3rd. Laskay Y.P.U. are to be invited and everyone is requested to attend.

Quite a number of Teston people enjoyed the anniversary services at Hope.

The Women's Association met at the home of Mrs. John Kyle last week and final arrangements were made for the coming Fowl Supper on November 18th. At the Anniversary services on Sunday, November 15th, Mr. Stevens of Maple will be the soloist and the McDonald Quartette in the evening.

Miss Jessie Diesman was home from Orillia on Wednesday, October 21st, to celebrate her birthday and that of her younger brother Master Stanley, whose birthdays come on the same day. Many Happy Returns to both.

Miss Audrey Murray of Port Hope is visiting her aunt Miss H. Diesman.

Mr. George Graham, William and Mrs. Brown, of Aurora, visited Mr. and Mrs. Garnet Diesman on Sunday.

A woman in the suburbs was chatting over the back fence with her next-door neighbor: "We're going to live in a better neighborhood soon," she said.

"So are we," volunteered Mrs. Nextdoor, confidently.

"What! Are you moving too?"

"No, we are staying here."

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WEDNESDAY, NOVEMBER 4TH

- | | | |
|-------------------|--------------------------------------|---------------------|
| CATTLE | 1 Holstein Cow, 4 yrs., milking good | 1 Hen House (small) |
| | 1 Holstein Cow, 4 yrs., milking good | 1 Milk House |
| | | 1 One Horse Sleigh |
| | | 1 Lot Pipe |
| | | 1 Valves |
| | | 1 Cow Chains |
| IMPLEMENTS | 1 Binder, 8 ft., Massey-Harris | 1 Logging Chain |
| | 1 Hay Rake (at Young's) | 1 Cross Cut Saw |
| | 1 Wagon with Rack | 1 Scraper |
| | 1 Disc | 1 Mower |
| | 1 Cultivator | 1 Turnip Pulper |
| | 1 Iron Harrows (2 set) | 1 Stone Beat |
| | 1 Wagon (gravel) also 1 Low Wheel | |
| | 1 Wagon, parts | |
| | 1 Sleigh (Bob) | |
| | 1 Plough (1 double mold board) | |
| | 1 Harness (2 double sets) also odd | |
| | 1 Double Water drinking bowls for | |
| | 1 Set Scales (platform) | |
| | 1 Stewart Clipper | |
| | 1 Separator, Massey-Harris | |
| | 1 Suction Pump | |
| | 1 Plough, single | |
| | 1 Wheelbarrow | |
| | 2-Wheel Cart | |
| | 1 Grindstone | |
| | 1 Turnip Drill | |
| | 1 Forks and Shovels | |
| | 1 Hay Fork and Track | |
| | 1 Lumber (old) quantity, 2nd hand | |
| | 2 Big Feed Bins (1 wood, 1 steel) | |
| | 1 Chains | |
| | 1 Heel Chains | |
| | 1 Hen House (large) | |
| FURNITURE | 1 Heintzman Upright Piano | |
| | 1 Nordheimer Cabinet Grand Piano | |
| | 1 Dressers | |
| | 1 Brass Bed, complete | |
| | 1 Hall Lamp, hanging | |
| | 1 Kitchen Cupboard | |
| | 1 Oak Sideboard | |
| | 1 Number of Pictures | |
| | 1 What-Not | |
| | 1 Washstand | |
| | 1 Hanging Lamp | |
| | 1 Cherry Bed | |
| | 1 Kitchen Range with Hot Water | |
| | 1 Boiler complete with pipes | |
| | 1 Kitchen Range | |
| | 1 Washing Machine | |
| | 1 Large Rug | |
| | 1 Dining Table and Chairs | |
| | 1 Mail Box and Post | |

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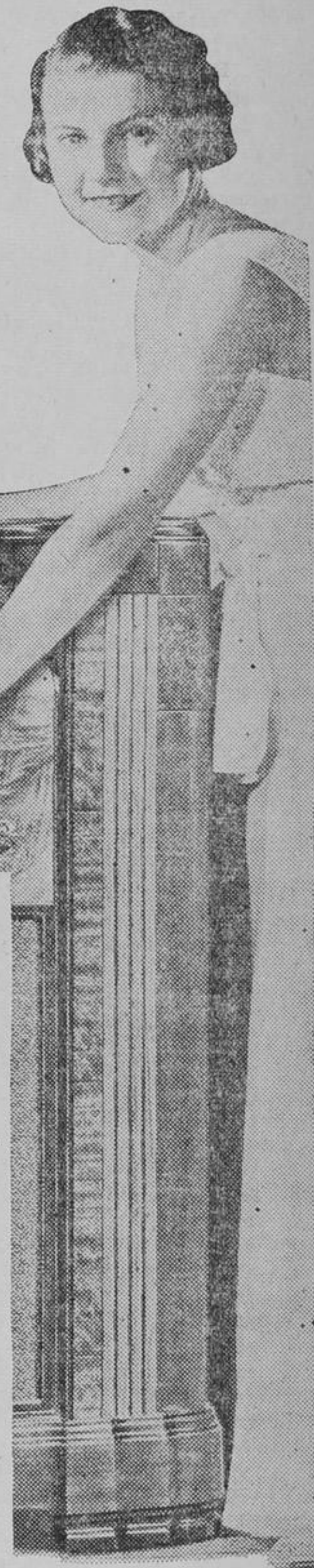
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