

NEWTONBROOK

Toronto Exhibition opens Friday, August 27th.
The traffic on Yonge St. was exceptionally heavy last week-end. A number of the tourists are returning from the lakes to their city homes.
A number from here attended the Mulock picnic held in Woodbridge last Saturday afternoon.

Mr. and Mrs. Wilfrid Groombridge and little daughter Gloria, Mrs. F. Ruthven and Messrs. Lorne and Boy Ruthven of Chatsam were guests last week of Rev. and Mrs. A. H. Halbert.

Miss Margaret Shaw is spending her holidays near Midland.

A meeting of the United Church Sunday School executive of the United Church was held in the S.S. Hall last Thursday evening. Plans are being made for Rally Day Service to be held on Sunday, Sept. 19th.

Messrs. Hicks Smith, Raymond Round, Irwin Brown and Clifford Brett have returned home after holidaying at Midland.

Miss Lorene Brown has returned from a visit to her sister, Mrs. Clifford Brown at Wyeale.

Rev. and Mrs. Halbert attended the funeral of Rev. J. H. Wells at Newmarket last Friday.

The August meeting of the Women's Association was held at the home of Mrs. W. T. Wells and took the form of a Garden Tea. About fifty members and friends were present and a most enjoyable afternoon was spent by all.

The North York Horticultural Society is holding its annual Flower Show on Wednesday and Thursday of this week at the North York Market Hall at the City Limits. An orchestra will be in attendance both evenings. Lunch will be served at the cafeteria which will be under the direction of Mrs. Jarrett and her helpers. The Flower Show promises to be one of the best ever held here.

Mr. R. J. Lang our esteemed school principal has returned home after taking a summer course at Glen Bernard Lake, Sundridge, Ont.

Now that the holiday season is over it is hoped that the parents will see that the children are in their places in Sunday School every Sunday. Sunday School at 10 a.m. Worship Service at 11 a.m. in the United Church.

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WOODBIDGE

LATE CHARLES COX

Charles Cox, aged 72, who died in Peel Memorial Hospital, Brampton, following an operation on Thursday, August 19th, was buried in Christ Church cemetery on Sunday, August 22nd, the funeral taking place from Wilfrid R. Scott's Funeral Chapel with Rev. J. H. Kidd officiating. Mr. Cox was a native of England and on coming to Canada lived at Jefferson until he moved to Islington. In politics he was a Conservative. Deceased was predeceased by his wife nineteen years ago and is survived by four daughters and three sons. They are, Mrs. F. Hayes, Islington; Mrs. H. Flower, Brantford; Mrs. Walter Rymill, Woodbridge; Mrs. E. Mooney, Toronto; Edward Cox, Wisconsin, U.S.A.; William of England, and Ernest of Toronto. Pallbearers were, Dennis Deyman, James Hamilton, Ed. Broome, Frank Golden, Alvin Hoover and J. Wilkins.
Rolling Social Club Toronto Picnic At Elliston Park

More than 150 members and friends of the Rolling Social Club of Toronto assembled in Elliston Park for their annual picnic on Saturday last when an afternoon of bathing together with a lengthy program of sports was enjoyed.

Norman Williams, 8th Avenue, is making extensive improvements to his home. From a dwelling that stood close to the ground he has transformed it into a modernly constructed building and raised the roof seven feet so that when completed it will be up-to-date in style.

Two Toronto People Injured in Motor Accident

When returning to their home in Toronto from Musselman's Lake on Sunday last William Logan, 71 Muriel Street, and Gordon Hammell of 74 Hogarth Avenue, took to the ditch with their car at the Robert Simpson curve on the Woodbridge-Kleinburg section of the Weston Road. County Officer Sam Ireland and Dr. G. D. McLean were called to the scene and had the men who were badly cut and bruised taken to the East General Hospital, Toronto, in W. R. Scott's ambulance. The car was badly wrecked and was taken to Jack Watson's Garage.

HEALTH

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

ANAEMIA

A person is anaemic when the blood is deficient in quantity or quality. When a considerable amount of blood has been lost through bleeding, then there is anaemia due to a deficiency in quantity, and this condition gradually corrects itself as the body mechanism makes good the loss. The anaemia due to poor quality generally means that there are not enough red cells in the blood, or that the important substance called haemoglobin found in the red cells is deficient in quantity. The chief function of the red cells is to carry oxygen by means of its haemoglobin to all the tissues of the body. It can be readily understood that any interference with this vital function due to a lack of red cells or of haemoglobin will affect every tissue of the body. This may be expressed in another way by saying that if the tissues of the body are to be kept in a healthy condition it is necessary that the quality of the blood supplying the tissues of the body is maintained.

The quality of the blood is lowered as the result of such general diseases as tuberculosis and cancer. Chronic abnormal conditions of the stomach and other parts of the digestive tract may affect the blood. Without going further into the list of causes it will be evident that the proper treatment of such anaemias is the removal or treatment of the cause of the disturbance. Nothing is to be gained by dosing with so-called blood tonics when what the individual needs is fresh air, sunshine, rest and proper food. A balanced mixed diet supplies the substances necessary for the body to produce a good blood supply. The body cannot do this work if it is suffering from disease and so the treatment of diseased conditions comes first, followed by proper diet and hygienic living.

Pernicious anaemia is one special form of anaemia. It is a disease that has recently been conquered. The use of liver or liver extracts according to directions of a physician, controls this form of anaemia.

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



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Feeding Alfalfa Pays

Increasing attention is being given to the question of feeding the alfalfa crop, even though this plant has been looked upon for some years as an essential soil builder. True, it is that the alfalfa plant does add organic matter to the soil and through its root structure it is able to fix some of the free Nitrogen from the soil air so that the soil is richer in Nitrogen after growing alfalfa than it was before.

During the past few months interesting tests have been conducted on the farm of Maurice Hamill, Markham, R.R. 1 by the Department of Chemistry, Ontario Agricultural College, co-operating with the Agricultural Representative and the Unionville Junior Farmers who had arranged a soil testing day at Unionville last spring when over fifty samples of soils were tested. Three 1/3 acre blocks were measured off in Mr. Hamill's second year stand of alfalfa. On the first block, 0-12-15, plus Magnesium Sulphate was applied early in the spring. On the second, 0-12-15 alone was applied, while the third block received no treatment. The fertilizer was applied at the rate of 275 lbs. per acre and the Magnesium salt was applied at the rate of 25 lbs. per acre.

Fertilizer alone increased the yield from 9,920 lbs. green weight per acre to 12,480 lbs. per acre, or there was a gain of 2,560 lbs. per acre green weight from three bags of 0-12-15 per acre. Where Magnesium Sulphate was added to the 0-12-15, the yield was brought up to 14,400 lbs. green weight per acre.

It is interesting to note that when Mr. Hamill's soil was tested in the spring, it was neutral in reaction. It was medium high in Nitrogen, very low in Phosphorus and low in Potassium, and low in Magnesium. The applications mentioned then have paid for themselves in the first crop and the second crop is yet to be cut. 1938 alfalfa where this fertilizer has been applied, will be materially better than where no fertilizer was applied unless previous experience is contradicted.

This matter of top dressing alfalfa is of great importance since with the severe winters that usually face Ontario alfalfa, all the strength that is available needs to be built up to enable the crop to withstand the cold weather of winter.

Top dressing alfalfa is a somewhat new thing in Ontario, yet for the past seven years, the Ontario Agricultural College has obtained in its tests, an average gain of 2.41 tons green weight from fertilizing, over the unfertilized. This is worth good money to the farmers.

Additional figures for Mr. Hamill's crop will be supplied as soon as the second crop is cut.

Japan and Russia settled their latest crisis so swiftly that we suspect them of trying to show off before the rest of the world.—Toronto Saturday Night.

SLATS' DIARY

(By Oliver N. Warren)

Sunday: Jakes Pa sed to him that the only way to success is to all ways start at the bottom. Jake thot a wile & replide How about when you lern to swim. Mebby Jake has got 1 or 2 branes after all.



Monday: Don't bleeve I will ever Marry Jane. She all ways takes the best of evry thing. She cot me & my 15c at the drug store to day & she took a ice cream sody wile I got by with a 5c drink. I sed to her that my stummick was too week for ice cream but it was reeley my finanshal condishen.

Tuesday: The fatle day aproches. The day of doom draws nie. Skool takes up in a nother cupple or 2 wks. I feel like a bird witch noes it are a going to brake in to a cage with the dore lockt & shet.

Wednesday: Blisteres Pa got him a toothe brush & told Blisteres he otto wash his teeth 3 times at leest daley & onct nitely wher he went to bed. What for sed Blisterz. They aint got no hare on them. Talk about dum heds & bone heds & etc. That kid gets the grand prize for noing lessen noboddie.

Thursday: A lot of us kids enclueing Mister Simpkinses littel boy Jimmy was seeing witch cood stay under the watter in the crick the longest & Jimmy won. He stade under 3 hrs. and 1/2 but when he cum up he was drownded ded. I want to beet the other kids but not that bad tho. You stay ded to long.

Friday: A new kid moved in acrost the st. & was a tellen that he onct fell thro the ice on a pond & in to leven ft. of water. Did you get out sed Jake. I was smarter & node he must of.

Saturday: Elsy burnt up Jake 2 ways. 1st she give him the air & when he sed for her to see him when she got over her mad spell she replide & sed wanderer if she wood rekognize him with long whitskers & gray hare & etc. But Jake says that Elsy eggsagerates about love afares.

Men who strut about in mere swim trunks, as a bathing costume, flatter themselves that their chest and shoulder developments are the tops. —The Buffalo Courier-Express.



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