

**Note and Comment**

Will Rogers 2nd, a son of the late film star of that name is the publisher of a newspaper in Beverley Hills, California. He has recently returned from a trip to Europe. He was in Barcelona during the terrific air raids of March 17th and 18th. In one instance a bomb exploded so near to his hotel that he was thrown out of bed. In an interview after his arrival in New York he expressed the opinion that there would not be any major war in Europe for some time to come. His reason for thinking this is that the larger nations of Europe are not yet prepared for a major conflict. A somewhat similar opinion was expressed by Lord Beaverbrook a few weeks ago.

We would have less traffic accidents if there were fewer light heads behind the headlights. Think of the other fellow and dim your lights. Most drivers appreciate this courtesy and will reciprocate.

During the past couple of weeks we have experienced quite a variety of weather. March 22nd and 30th were both like summer days with the frogs coming to life on each day. Then as late as the 8th of April we had probably the heaviest blizzard and snowfall of the whole winter season.

Columbus died without knowing that he had discovered America and now the famous fifteen thousand dollar bull at the O.A.C. has died without knowing what a commotion he had caused in Ontario politics.

George Arliss, leading star in Disraeli, The House of Rothschild, The Last Gentleman, Richelieu and many other famous pictures, was seventy years of age on Sunday, April 10th.

No pugilist will succeed if he dreads a fight.

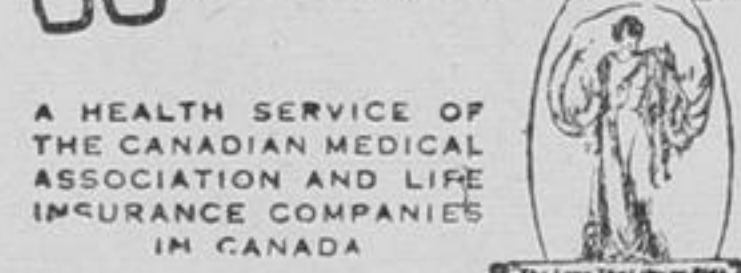
A man's word used to be as good as his bond at the banks, "but then days are gone forever."

**NEWS AND INFORMATION FOR THE BUSY FARMER**

**Bacon Exports**  
Regularity of supply is important and necessary in building up a trade for Canadian bacon on the United Kingdom market and as an aid to keeping prices at a reasonably constant level, states the Canadian Animal Products Trade Commissioner in England. During 1937 there was more irregularity in Canadian shipments than during 1936, also a substantial spread in quantities. Bacon is a non-storable product, and as it is handled in large volume an increase of 55 per cent or over in imports in a few weeks' time makes it impossible to place this surplus on the market without causing price fluctuations. Canada is the only overseas bacon supplier out of 20 countries which has the freedom of the British market so far as volume is concerned, and her imports are easily the second largest, with Denmark leading.

kale, swiss chard, rape and corn could be planted. Corn and rape could be sown late in May where the fall rye has been. Besides giving green feed the corn is valuable for supplying shade. The rape could be broadcast and the corn sown in drills. Moving the colony houses or shelter permits more complete utilization of the pasture crop and improves general sanitation of the range. The fertility of the soil will affect the quality of the pasture.

**HEALTH**



**WHAT TO EAT TO BE HEALTHY**

**Number Four**  
Every individual requires to eat a certain quantity of vitamin C to prevent scurvy. A lack of vitamin C affects the miles and miles of capillaries throughout the body.

The following foods give you vitamin C: Oranges, lemons, and grapefruit, tomatoes raw or factory canned, and most raw fruits and vegetables.

Vitamin C is very readily destroyed by heat. It is essential, therefore, that everyone take each day some raw fruit or vegetables. Canadian factory canned tomatoes are an excellent source of vitamin C because the cooking is done without exposure to air.

The lack of vitamin D in the diet causes rickets in children, soft bones and defective teeth.

The following foods give you vitamin D: Cod liver oil, and other fish oils in liquid or capsule form, egg yolk, and sunshine in summer.

As this food element is not obtained in ordinary foods in adequate amounts, it is absolutely essential for every infant and child, and very advisable for every adult, to take some vitamin D during the winter months—from October through to April. One teaspoonful of cod liver oil gives you as much vitamin D as 14 egg yolks or 1500 servings of spinach. There are available in many parts of Canada specially prepared milk and bread which contain vitamin D.

Much has been said and written in recent years about the vitamins, but not all that one hears and reads about them is true. Food faddists and exploiters have toyed with the vitamins extensively.

They have a very important part to play in normal diet for normal people and if you follow carefully the information contained in this series of articles on "What to Eat to be Healthy" you will secure authentic information and practical advice on the foods you should eat.

The next article in the series will deal with minerals in the diet.

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

**Improved Lighting To Be Recommended**

The Woodbridge Board of Trade held a meeting on Tuesday evening of this week at the home of Mr. H. N. Smith. There was a good attendance of members. The matter of improved lighting on the main street of the village was thoroughly discussed after which a motion was passed unanimously that the Board of Trade ask the village council to improve the lighting on the main street by constructing a number of new lights on the south side of the street from the hotel to W. R. Scott's of the same capacity now in use. These are 100 watt. Also that a flood light be placed at the corner of eighth avenue. The motion also called for improved lighting in other sections of the village where it might be deemed necessary.

More than 100,000 miles in the Woodbridge parish have been covered by Rev. J. H. Kidd during his 10 years as rector of Christ Church, (Anglican). This was one of many facts revealed in the ministers' statistical review, a part of a sermon given last Sunday evening at the conclusion of his 10th year at the church. During the same period he has conducted 1500 Sunday services, taught 1000 Sunday School lessons, officiated at 163 funerals, performed 60 marriages, and baptized 81 children.

Joe (reading death statistics) — "Say Phil, do you know that every time I breathe a man dies?" Phil—"Then why don't you use a mouthwash?"

**Prepare Farm Horses For Work In Spring**

The mechanically-minded tractor-farmer no doubt has his tractor thoroughly overhauled in preparation for the spring work. The farmer who depends on horse power may well take a leaf out of the same book, for while horses attend to their own repairs, nevertheless a certain amount of "tuning up" is necessary even with horses if economical power is to be obtained.

Most idle horses will have been wintered on a good maintenance ration and rightly so, as horses fattened during the winter are inclined to be soft and in poor condition for hard spring and summer work. The maintenance ration of rough feeds should now be gradually replaced by a medium grain ration and better quality roughage, preferably timothy hay, increasing the quantity until a full working ration is being fed at the start of the heavy spring work.

If the hair is long and heavy, clipping is desirable and thorough grooming is energy well spent at all times. Clean and fit collars and harness carefully. Daily washing of shoulders after the day's work with cold salt water will cleanse and toughen the skin, especially in young horses.

Particular attention should be paid to the teeth and feet of the horse. If necessary, have the teeth examined and "floated" to provide proper grinding surfaces. Trim the feet carefully, keeping the wearing surfaces level. For work on the land, shinging is not always necessary, but where needed frequency and correctness of shoeing is important. Lice, worms, and bots take their toll of the horse's energy and should be eliminated early in the campaign.

Plenty of good feed, timely attention, and thought, not unmixed with the milk of human kindness, will work wonders in the development of basic power and rippling force in man's faithful friend, the noble horse.

**Keep the Birds Healthy**

The care, attention and quality of feed given the chick and growing bird will contribute to the health and production of the mature bird. Due to improper feeding, particularly the wrong kind of green feed in the early stages, the birds' digestive system may not develop so as to stand the strain of heavy production. Then, too, a bird may just get by from the health standpoint and as a mature bird give a poor account of herself in the laying pen. Vigour and stamina must be bred and fed into the bird if it is to pay its way. The healthier a bird is kept the better use it will make of its feed. There is sometimes quite a heavy loss because the birds are more or less weaklings due to some infection or lack of attention when young or growing. Success in the poultry business depends upon continual vigilance.

Rye has been found to be good pasture for growing chicks. Where this has been sown in the fall it is ready for the early hatched chicks when the time comes to put them on range. An early planting in the spring may give sufficient growth by the time the late March chicks are ready to go on range. Another strip could be planted later and the colony house or range shelter moved on to it when the first strip is picked off or has become too coarse. Professor Graham's pasture recommendation is as follows:

Fall sown rye for early spring pasture, which may be supplemented with permanent grass pasture. In spring, an early variety of oats could be sown as soon as possible in April, another lot sown early in May and again late in May in order to keep fresh green feed coming along. Once the cereals joint they are greatly reduced in value as a poultry pasture. To supply pasture during the summer and early fall,

**CHANGE OF TIME TABLE**

Effective Sunday, April 24th

Leave Richmond Hill

(Standard Time)		
TO ORILLIA	TO NORTH BAY	TO MIDLAND
8.18 a.m.	8.18 a.m.	8.18 a.m.
e 1.43 p.m.		c 1.43 p.m.
d 2.43 p.m.		d 5.48 p.m.
e 5.48 p.m.		e 6.48 p.m.
e 6.48 p.m.		

c—Sat. only; d—daily except Sat., Sun. and Hol.; e—Sat., Sun. and Hol. only

Copies of the new time tables are available at all offices and agencies

All coach travel information at R. PETCH — PHONE 177

**TELEPHONE TALKS IN THE WATSON FAMILY**

One Ring that Led to Another . . .



JACK ROBERTS and Sally have been "friends" for some time. But Jack took Sally by surprise (she really hadn't expected a ring this spring) and in this case one ring naturally led to another. Sally just has to call Mother who is visiting out-of-town. "We're to be married right away," she says happily. And Sally will call some of her out-of-town friends as well, who will appreciate having the news "first". Wouldn't you?



Reductions in telephone rates—local and long distance—in 1935, '36 and '37 have effected savings to telephone users in Ontario and Quebec of nearly one million dollars yearly.

Phone 12 for

**Towing Anywhere**

— AT —

**ANY TIME**

Reasonable Prices

Headquarters for Goodrich Tires & Tubes

Automobile Accessories

General Repairs

**CITIES SERVICE GARAGE**

RICHMOND HILL

**MAKING CANADA**

A Better Place

in Which to Live and Work

A Series of Letters from Distinguished Canadians on Vital Problems Affecting the Future Welfare of Canada Specially Written for Canadian Weekly Newspapers Association

**LETTER No. 1**

(Read Editorial in this week's issue for explanation of this series of letters)

Dear Sir:

I have just received your letter. You are in position to give a great service to Canada. I was raised on a farm and know the constructive work done by the rural weekly papers. I still read them. These publications, being rural, are read to a greater extent, for the number of copies issued, than any other class of papers.

You have asked me for suggestions, and without giving the matter careful thought, the suggestions that come first to my mind are as follows:

1. To encourage the highest regard for government, for law and the enforcement of law.

2. That you urge the election, to our different government bodies, men and women of the highest character and whose purpose will be to serve the people of this country unselfishly and to the best of their ability. And, on the other hand, endeavour to break down political organizations which seek to control government for a selfish purpose and not for the benefit of the people at large.

3. To encourage people to be self-supporting and to live within their means, and wherever possible, to accumulate. I see no reason for the extensive dole that seems to exist, not only in our country, but other countries. There is as good an opportunity today to make a living in Canada as there has been in the past. As a matter of fact, I think present conditions are more favorable.

4. That we secure and maintain an export market. Canada is naturally an export country and our success depends largely on our efforts along these lines.

5. To build an export market we must compete in quality, price and service. To compete in price we must have competitive costs, therefore, low costs for the basis of our success.

6. That you encourage a better understanding between the rural and urban districts. Each of these districts is depending on the other. It is only through intelligent planning and close co-operation of rural and city people that we can achieve the best results.

7. That you use your best efforts to eliminate waste, which is ruining this country and has put it into a serious condition through unnecessary debt. The two major sources

of waste are the Canadian National Railway and the multiplicity of governments and the unnecessary number of people employed by these governments.

Canada must do a better job than she has done in the recent past if we are to meet our obligations and to reduce our taxes and get a greater stability among our people.

Yours very truly,  
C. H. CARLISLE,  
President, Dominion Bank.

The prospective juror asked the court to be excused.

Prospective Juror (explaining)—"I owe a man \$10, and as he is leaving town today for some years, I want to catch him and pay him the money."

Judge (in a very cold voice)—"You are excused. I don't want anybody on the jury who can lie like that."

**SAND — GRAVEL**

WM. McDONALD

Telephone 62 Thornhill From Maple Gravel Pit GENERAL CARTAGE by Truck

**SHEPPARD & GILL**

LUMBER CO.

RICHMOND HILL

Dealers in

Lumber, Lath, Shingles Asphalt Roofing, Gyproce

Telephone 27

**Real Estate**

Insurance

Conveyancing

Estates Managed

Rents Collected

\*\*\*\*\*

J. R. HERRINGTON

93 Yonge St. Richmond Hill

C.N.R. Money Order Office

**R. H. KANE**

TINSMITHING

FURNACES - PLUMBING

HEATING

Septic Tanks Installed

Pumps

Barn & Stable Equipment

74 Yonge Street

Phone 92F

**Auction Sale of Furniture and Household Goods**

THE PROPERTY OF

**IRENE WRIGHT**

Lot 4, Con. 2 East, Markham Twp.

German Mills 2 1/2 miles East Thornhill

Saturday, April 30th

- 1 Iron Bed, Spring and Mattress
- 1 Oak Dresser and Stand to match
- 1 Ivory Bedroom Suite, 3-piece
- 1 Single Bed and Mattress
- 1 Stretcher
- 1 Wooden Bedstead, Oak
- 2 Feather Ticks and 2 Cloth Comforters
- Quantity of Pillows
- 10 Kitchen Chairs
- Several odd Chairs
- 5 Rocking Chairs
- 3 Parlor Chairs
- 1 Whatnot
- 1 Kitchen Couch
- 2 Small Clover Leaf Tables
- 1 Parlor Table
- 1 Dominion Organ, 6 octave, piano case good as new
- 1 New Williams Sewing Machine, drop-head
- 1 Oak Extension Table with 5 leaves, good
- 1 Kitchen Cupboard with glass doors
- 1 Grocery Cupboard
- 1 Stand
- 1 Fall Leaf Table
- 1 Washstand
- 1 Findlay Cook Stove, nearly new
- 1 Nickel Tea Kettle
- 1 Quebec Heater, new
- 1 Coal Oil Heater
- 1 Heater Guard
- A Number of Stove Pipes
- A Number of Pictures and 1 Picture Easel
- Quantity of Carpet
- Quantity of Congoleum
- 1 Oilcloth Rug, 7 1/2 by 9 1/2
- Several Small Rugs
- 2 Pair of Chintz Drapes

- Several Pair of Curtains
- Curtain Rods and Blinds
- 3 Toilet Sets
- 1 Mantel Clock
- 1 Bedroom Clock
- 1 Flower stand and a Quantity of Flower Pots
- Quantity of Dishes
- 1 Dinner Set blue willow ware
- 1 Victor Victrola
- 1 Aladdin Table Lamp and some glass Bedroom Lamps
- 1 Lantern
- 1 Fuller Wall Brush
- 1 Set of Flat Irons
- 1 Food Chopper
- Number of Cooking Utensils
- 1 Set Household Scales
- 1 Flour Barrel, Bake-board and Rolling Pin
- 1 Washing Machine and Wash Board
- 1 Wash Boiler, galvanized
- 1 Large Stone Butter Crock
- Quantity of Fruit Jars
- Quantity Pickle Jars and Catsup Bottles
- 1 Melotte Separator
- Lawn Mower
- Chicken Coops, Crates & Feed Boxes
- 1 5-gallon Oil Can
- Number of Garden Tools
- 1 Large Barrel and 1 Cider Barrel
- Saws and a Quantity of other Tools
- 7 Cotton Grain Bags
- 9 Iron Fence Posts, 3 Cedar Posts and a Quantity of Wire
- Quantity of Dahlia & Gladioli Bulbs
- Other Articles too numerous to mention

Terms Cash.

Sale 1 p.m. S.T.

A. S. Farmer, Auctioneer