

TO FARMERS —

SEED GRAIN

A GOOD SUPPLY OF No. 21 BARLEY AND VELVET BARLEY

No. 1 VICTORY AND BANNER OATS The above is a good heavy grain

Also RED CLOVER, ALFALFA & TIMOTHY SEEDS "MAKE YOUR GRAIN ACREAGE PAY A BONUS BY USING CERESAN FOR WHEAT, OATS AND BARLEY

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CARS AND TRUCKS WANTED

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NEWS AND INFORMATION FOR THE BUSY FARMER

Canadian Hams Popular Canada displaced the United States in 1937 as the largest supplier of hams to the British market.

Current Crop Report Bruce County reports egg receipts heavy with quality so far particularly good.

Dairy Production Production of creamery butter in Ontario during March was almost as high as a year ago.

Getting Ready for the Lamb Crop Lambing time is the shepherd's harvest. It is also the time requiring the most exacting care.

As lambing time approaches, and the ewes become heavy in lamb, they will require more pen and feeding space.

easily made. For this purpose light, twosided, folding hurdles four feet to the side and three feet high are very useful.



WHAT TO EAT TO BE HEALTHY Number Five MINERALS

No less than twelve minerals are required for an adequate diet, but from a practical standpoint we need only be concerned with a supply of three of them.

CALCIUM, the lack of which causes defective bones and teeth.

IRON, the lack of which causes anaemia.

IODINE, the lack of which causes goitre.

There is a constant storage and use of calcium in the bones, and a person may appear in the best of health, yet his bones may not contain as much calcium as they should.

Our greatest sources of calcium are milk and milk products. To get an adequate supply, adults should consume each day, close to a pint of milk.

Iron is obtained largely from vegetables and fruits. Other sources are eggs, liver and kidney.

Iodine is obtained largely in sea foods. People who live remote from the sea have to depend largely upon iodized salt as their source of this mineral food.

The following foods give you minerals:

Milk and cheese, eggs, liver and kidney, leafy vegetables such as celery, lettuce and cabbage, also fruits and iodized salt.

Remember — milk and cheese for calcium; eggs, liver, kidney, vegetables and fruits for iron; and iodized salt for iodine.

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

Host—"Those are my grandmother's ashes over there." Guest—"Oh, so the poor old soul has passed on."

How strange that thieves risk prison when there are innumerable legal ways to rob the dumb.

Notice to Creditors

IN THE ESTATE OF MARY JANE BURTON.

All persons having claims against the Estate of Mary Jane Burton late of the Village of Woodbridge, in the County of York, deceased, who died on or about the 6th of March, 1938 are hereby notified to send in to the undersigned on or before the 12th day of May, 1938 full particulars of their claims.

Immediately after the said last mentioned date, the assets of the said estate will be distributed amongst the parties entitled thereto, having regard only to claims of which the undersigned shall then have notice, to the exclusion of all others, and the undersigned will not be liable to any person of whose claim the undersigned shall not then have notice for the assets so distributed or any part thereof.

Dated at Woodbridge this 8th day of April, 1938.

Neil MacDonald Burton and Gideon Burton, Executors. By their solicitors, W. J. Lawson, 808 Lumsden Bldg., Toronto.

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. 2 Quebec City, Que.

Dear Sir,

In your letter you inform me that the Canadian Weekly Newspaper Association is striving to promote saner thinking and more wholesome living in Canada and you ask for my advice on this subject.

I cannot but congratulate the Association on their laudable endeavor and feel confident it will commend itself to all who have at heart the welfare of our country.

The characteristic feature of our age is that the ordinary source of inspiration for the multitude is derived from the newspaper, editors have therefore a mighty power for good at their command and since you ask for my advice, I would recommend that they should impress upon their readers that the disregard for the Christian precepts has had a disastrous effect on Society and is in a large measure, the cause of the present universal social and economic disorder.

guard for the Christian precepts has had a disastrous effect on Society and is in a large measure, the cause of the present universal social and economic disorder. I would suggest that they should lay stress on the importance of fostering the Christian spirit in the family circle.

The family is rightly regarded as the cradle of society. The training of the children is a duty which nature as well as religion imposes upon the parents. If in their early years children find within the walls of their homes, the rule of an upright life and the discipline of the Christian virtues, the future welfare of our country is assured.

Believe me, Yours sincerely, J. M. R. Villeneuve, O.M.I., Cardinal Archbishop of Quebec.

Read it Or Not

April Fool's Day is called: Trick Day in Portugal. Cuckoo Day in Scotland. Fop Day in Holland. Fish Day in France. Doll Day in Japan. Joke Day in Russia. Boob Day in Spain.



CHILDREN of all ages thrive on "CROWN BRAND" CORN SYRUP. They never tire of its delicious flavor and it really is so good for them—so give the children "CROWN BRAND" every day.

Leading physicians pronounce "CROWN BRAND" CORN SYRUP a most satisfactory carbohydrate to use as a milk modifier in the feeding of tiny infants and as an energy producing food for growing children.



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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 1 Quantity of Pillows 10 Kitchen Chairs 10 Several odd Chairs 5 Rocking Chairs 3 Parlor Chairs 1 Settee 1 Whinot 1 Kitchen Couch 1 Small Clover Leaf Table 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 1 Quantity of Carpet 1 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 1 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 1 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 1 Quantity of Fruit Jars 1 Quantity Pickle Jars and Catsup Bottles 1 Melotte Separator 1 Lawn Mower 1 Chicken Coops, Crates & Feed Boxes 1 5-gallon Oil Can 1 Number of Garden Tools 1 Large Barrel and 1 Cider Barrel 1 Saws and a Quantity of other Tools 7 Cotton Grain Bags 9 Iron Fence Posts, 3 Cedar Posts and a Quantity of Wire 1 Quantity of Dahlia & Gladioli Bulbs 1 Other Articles too numerous to mention

Terms Cash.

Sale 1 p.m. S.T.

A. S. Farmer, Auctioneer