

# Grocery Specials

1 Salmon, Haddock or Cascade.....20c or 2 for 35c  
 All Laundry Soap.....3 for 25c  
 Gil. or Snowflake Lye 2 for 25  
 Bermuda Onions 10c, 3 for 25  
 Grape fruit.....10c or 3 for 25c

Oranges.....35c doz  
 Lemons.....2 for 5c  
 Krumbles.....3 for 25c  
 Oatmeal.....6 lbs for 25c  
 Pure Lard.....20c lb  
 Pineapples.....30c, 35c each  
 2 lb Dutch Set Onions 25c

We carry a choice line of Cooked and Cured Meats, including Weiners, Summer Sausage, Smoked Rolls, etc.

**Special-- Pure Lard** by the tub, 17c only, per lb

All kinds of Seed Corn at the Lowest Price.

Full line of **Canvas and Running Shoes**  
 Compare our prices before buying elsewhere.

Middies Ladies' Summer Underwear  
 Silk and Silken Stockings  
 Gingham Poppins Muslins  
 All kinds of Silk, Raw Silk, etc.

Girls' or Boys' Hats for Sunday or Monday  
 Come and see them.

Men's Spring and Fall Coats  
 We have a few for less than cost.

Cash or Trade Paid for Your Produce.

**R. J. ARNILL, Holstein**

## Victoria Day Mount Forest Celebration

Baseball Tournament — Horse Races  
 Lacrosse — Athletic Events — Football

### MUSIC

By 91st Batt'n Argyle and Sutherland Highlanders Band and Mount Forest Pipe Band

### GRAND CONCERT

91st Battalion Band, assisted by Miss Gertrude Stares, soprano, New York, and Norman Cherrie, baritone, Hamilton

**DANCE** Immediately after concert, Music by Mt. Forest Maple Leaf Orchestra, 6 pieces.

Everything in Wedding Stationery for June Brides at Review Office

## Red Cross Aims

### In Ontario



- To act as a voluntary auxiliary to the Ontario Government in its health work.
- To co-operate with local Boards of Health, School Boards, and voluntary organizations working for good health.
- To enlist the support of Ontario citizens in helping to establish Outpost Hospitals and Nursing Service in remote parts of the Province.
- To create and maintain a reserve of money, garments and medical supplies, and to enlist voluntary aid, for emergencies, such as epidemics and disasters.
- To create public opinion in favor of sound health measures.
- To promote better health among children by the organization of Junior Red Cross auxiliaries in the schools.

ONTARIO ENROLLMENT, MAY 22-28

"In the field of Public Health, the harvest is ready and the laborers are few."—Prof. Winslow.

Enroll with your local Red Cross Branch or Enrollment Committee, or, if there is none in your community, with the Ontario Provincial Division, 419 HERBOURNE STREET, TORONTO.

**Canadian Red Cross Society**  
 Ontario Division

# HOLSTEIN LEADER

## LOCAL AND PERSONAL

Miss Edna Hamilton spent over the week end in the village.

John Rice is in Oshawa and Toronto this week.

Messrs Jno Orchard and Geo. Aitken are sporting new Fords.

The Handle factory after being idle a couple of weeks, is in full blast again.

Mr and Mrs Geo Hakett spent over the week end with their daughter, Mrs Aitken.

Mrs Nelson, Owen Sound, is visiting her son, Wm Nelson.

Just as this letter is about to be posted, we learn of the death of Mrs. Mickleborough.

Mrs Lowe of Toronto, for sometime superintendent of Dr Temple's Private Hospital, also the Montague Private Hospital, will be at Mrs John R. Philp's on Friday, 20th inst, at 2.30 p.m. as delegate for Women's Institute, to give a talk on "Health" in rural districts.

All ladies cordially invited to come and share in the benefits to be derived from this splendid lecture.

Miss Annie Hamilton, Ferguson, is visiting her grandmother, Mrs Morrison and other friends.

Mr and Mrs Wm Aitken of Courtwright, were guests at Mr and Mrs. A. Aitken's golden wedding.

Mr Clinton Main has returned after spending a week with his parents in Waterford.

Rev Chas Deacon, Stratford, will preach in the Methodist church next Sunday morning in the interest of the Lord's Day Alliance.

Mr. and Mrs. James McCue of Melancon parents of Mrs Dan O'Connell also her brother Dr. McCue of Gull Lake, Sask. visited with her recently.

The annual meeting of the Holstein Women's Institute, was held at the home of Mrs Tuck on Thursday, 12th May. Financially this has been the best year for this Branch since its organization, owing principally to the untiring zeal of our President, Mrs Rife. Receipts amounted to \$366.87 and some of the expenditures were Chinese Famine Fund \$120.00, Armenian Fund \$15.00, Children's Shelter, O Soud, \$51.26. The following officers were elected: President, Mrs Rife; Vice Pres, Mrs Thos McMillan; Treasurer, Mrs Thorne; Secy, Reta Rogers; Auditors, Mrs. B. Eccles, Mrs R. Arnill; Dist. Dir. Mrs Rogers. An appetizing lunch was served after which the Executive committee met to draft programs for the coming year.

### ORCHARD

Most of the farmers have finished seeding and are now busy preparing the root ground.

Mr and Mrs. W. J. Pinder of Holstein spent Sunday with Mrs. John Douglas.

Mr. and Mrs. Weif and son also Mr. F. Hopkins spent Sunday with Mr. James Hopkins, who we are sorry to say is in very poor health.

Mrs. R. Robertson and Miss Davis spent Saturday with friends in Mount Forest.

### SOUTH BEND

Inspector Wright, inspected this school last week. We hope he left a good report.

Mr. Norman Schell motored up from Toronto, and spent a few days with friends here last week.

Mr. Orme Hunt erected a driving shed also put lightning rods on his house lately.

Messrs John and Val. Eurig are each preparing to build this summer. The former a large driving shed, the latter a barn to replace the one destroyed by fire last fall.

The congregational meeting of Letter Green church was held last Monday evening. We haven't been able to receive a full report, but presume the different departments were able to give a good account for the past year. Rev. Mr. McClelland has been cordially invited to remain on this circuit for another year.

The Ladies A. d. of Letter Green held their annual business meeting and election of officers last Thursday. There was a good attendance and among other items on the program for this year are, two lawn evening socials and two afternoon teas at the homes of the ladies. With Mrs. Wm. Owens as president and Mrs. C. Robertson 1st Vice we anticipate a pleasant and profitable time this year.

Seeding is over and preparations are going on for root crops. The grain is coming up nicely and we hope the severe frost on Sunday night will not injure the early fruit.

### Court of Revision Township of Egremont

The Court of Revision on the Assessment Roll for the township of Egremont will be held in Holstein on Monday, May 20th 1921 at 2 o'clock p. m.

All changes of properties together with any omission of names that should be on said Roll of any other errors must be sent to the Clerk in writing, as no changes or additions can be made after the passing of said Roll on said date. The Assessment Roll is open for inspection.

David Allan, Clerk

## Golden Wedding of Mr and Mrs Alex. Aitken Sr.

The fiftieth anniversary of the marriage of Mr. and Mrs. Alexander Aitken, Sr. of Holstein was celebrated at Andrew Hunter's last Wednesday night. The happy couple had with them their seven children: Robert, Lizzie, Mrs. And. Hunter; William; Emma, Mrs. Geo. Alles; Alice, Mrs. Robt. Sim; and Alex. and George. Also, their fifteen grandchildren and old neighbors and friends, Mr and Mrs Edwin Johnston, Mr. and Mrs. Wm. Pinder, Mr. and Mrs. Wm. Hunter, Mr. and Mrs. Aitken of Courtwright, and Rev. G. S. and Mrs. Scott.

The evening was spent in kindly social intercourse and with reminiscences of days long since past. The guests brought with them many congratulations and felicitations, and some more tangible marks of esteem and affection, in which the neighbors also showed, such an occasion, of course was not complete without a sumptuous repast together.

Mr. Aitken was born in Johnston Renfrewshire, Scotland, in 1837, and came to Ontario with his father in 1842 residing first of all about Guelph. In 1855 the family moved to Egremont and settled on lot 27, Con. 2, which they chopped and cleared. On May 11th, 1871, Wm. Aitken married Emma Pinder, and they builded their home on lot 29, con. 3. Here they continued to reside till 1916, when they retired to Holstein. Mrs Aitken was born of English parents at Guelph in 1849 and came to Egremont in 1860.

Noteworthy facts about the family history are that the family circle is still quite unbroken, that all the children when they married continued to live on the farm, and that now they reside so near one another that all attend the same church. Any who are really concerned about the best things in country life might well give serious consideration to such matters as these.

### Amos Church Garden Party

A garden party will be held on Thursday, June 2nd, in the near neighborhood of Amos Church Dromore, under church auspices. Football and other amusements followed by social entertainment in the church.

### Dromore Easily Won

W. F. A. Game

Dromore--Yeovil football team had things all their own way in the opening District No 10, W. F. A. game Wednesday night when they defeated Mt Forest's best by 6-0. It was played at Dromore with a good crowd present. The home boys played a more systematic aggressive game and only once did the Dromore goal get a chance at the ball. Bert Gibson of Holstein refereed.

### NORTH-EAST NORMANBY

The W. M. S. held their May meeting at the home of Mrs. Wm. Porter, 25 ladies were present.

The service in Knox next Sunday will be taken by a representative of the Lords Day Alliance.

Mrs. Chas A. Anear of Rivers, Man. arrived last week for a three months visit with her parents, Mr. and Mrs. Ed. Fee, and other friends.

Mr. and Mrs. John McCool and son Bryon of Walkerton visited last Tuesday with Mr. Thos. McNiece.

Mr. and Mrs. Robt. Gadd of Holstein visited recently with friends around Knox Corners.

### For Sale

Five Good Registered Shorthorn Bull calves, 10 to 15 months.

J. C. FARBAIRN,

Lot 20, con. 12, Egremont

### TO CONTRACTORS

#### Drainage Work

Tenders will be received by the Municipal Council of the township of Egremont up till May 27th, 1921, for the cleaning out and deepening of Municipal Drain No. 1, in the township of Egremont and Pictou 1030 yards of excavation. Plans, Profile and specifications may be seen at the Clerk's office, Holstein. A marked cheque of \$50.00 must accompany each tender. The lowest or any tender not necessarily accepted.

David Allan, Clerk  
 Holstein Ontario

### MAIL CONTRACT

SEALED TENDERS, addressed to the Postmaster General, will be received at Ottawa until noon on Friday, the 19th June, 1921, for the conveyance of His Majesty's Mails, on a proposed line of four routes, Toronto, Toronto, Durham Rural Route No. 3 (Via Varney) from the 1st July, 1921.

Printed notices containing further information as to conditions of proposed contracts may be seen and blank forms of Tender may be obtained at the Post Office of Durham, Varney and at the office of the Post Office Inspector, Toronto.

A. SUTHERLAND,  
 Post Office Inspector

Post Office Inspector's Office,  
 Toronto, April 29th, 1921.

## Play at Dromore, May 26th

On Thursday evening May 26th, the young people of Dromore will present a play entitled "My Irish Rose". It is the story of an Irish lad and sister, consists of twelve characters, and is full of humour and pathos, as only the Irish know it. This play has been the object of much time and work and to make our joy of giving it complete we want you to come and see it. So please remember the date. Russell Hall, May 26th at 8 p. m. Admission 35cts and 20cts.

## Influence of Cheerfulness on Digestion

A Paper Given at Holstein Women's Institute by Mrs (Rev) Scott.

Happy people are like sunshine cheering everybody around them, when we meet one of these glad souls we find our smiles rising to match theirs as we go on our way feeling cheered and helped. It is quite true that no one can make herself happy though every one may rejoice if she will. This is a medicine to cure life's ills. It was a sick world into which the Great Physician came and it is a sick world he is trying still to cure. Men and women have distorted views of life. They break under burdens resent limitations which they should meet with quiet resolutions and bear with quiet strength.

We are coming to understand the tremendous influence of one mind over another and of the mind over the body and to see what possibilities are opening up through a more intelligent use of the mind. This knowledge brings with it an unescapable obligation. If it is a woman's duty to call in a physician when she is ill and use every endeavor to make herself whole, it is equally her duty to reinvigorate her body through the use of her mind and to be as far as possible her own physician, and not only is it a person's duty to care themselves it is also a duty to reinvigorate society and dissipate the fogs of the world by her serenity, cheerfulness and courage. If the facts of life were a great deal blacker than they are and human conditions a great deal harder, it would still be our duty to infuse into the air of the times, courage, hope and cheerfulness. In this time when so many vital problems are to be solved every one ought to carry a brave spirit and make a generous contribution of good cheer to the fund of common feeling. There is the familiar story of two children who described the same garden in such an opposite fashion. One said it was a barren garden for every rose had a thorn, and the other said it was a beautiful garden there was not a thorn in it without a rose: so is it in life.

Then we know how worry effects the whole system. In these days of hurry and bustle the lack of repose among us, especially women, is most marked. There is such a thing as one being too tired to eat, being too nervous to take comfort in every day life and this is anything but cheerful. But then there is such a thing as being so disorderly and negligent that comfort and cheer are impossible. If the house mother cannot rest while there is a finger mark on the paint or a spot on the window panes, she may make a neat room but her spirit will keep it from being cheerful. If she has to continually care for the "look of things" her failure will be equally sure. A bird singing in the window, plants blooming and growing, these give life and brightness. Books people a room and pictures on the wall if selected with taste are ever treasured sources of enjoyment.

At the table while taking meals not a word should be said about worries and anxieties, because these interfere with digestion, they should be forgotten if possible, or the time being, rather should you pass part of the time in telling good stories or in pleasant conversation. "Laugh and grow fat" is a very old and true saying. Laughter is and ever was among the "Most delightful sounds on earth". There is nothing sweeter or pleasanter to the ear than the merry laugh of a happy joyous person and nothing dissipates gloom and sadness quicker and drives dull care away like a good hearty laugh. We do not laugh enough, nature should teach us this lesson. It is true the earth needs the showers, but if it did not catch and hold the sunbeams, and beauty would be the brightest and best of it lavishes on us? It is said by good medical authority that there is not the remotest corner or little inlet of the minute blood-vessels of the human body, that does not feel some wavelet from the convulsion occasioned by good hearty laughter and also that the life principle is shaken to its innermost depths sending new sides of life and strength to the surface and thus materially tending to ensure good health to the person who indulges therein, the blood moves more rapidly caused by some chemical or electric modification occasioned by the convulsion and convey a different impression to all the organs of the body as it visits them on that particular mystic journey when the person is laughing for this reason every good hearty laugh in which a person indulges tends to lengthen the life conveying as it does new and distinct stimulus to the vital forces. We do not the time will come when physicians conceding more importance than they now do to the influence of the mind on the body will prescribe to the torpid and melancholy patient a certain number of good hearty peals

# SEEDS

The season is again here for sowing the corn, mangels, turnips, &c. You will doubtless be putting in some of these and will want the seed to be the very best. Ours is all fresh stock and the highest grade obtainable.

## Corn

Improved Leaming, White Cap, Yellow Dent, Wisconsin, Bailey.

## Mangels

Mammoth Long Red, Yellow Leviathan, Grant Sugar Beets.

## Turnips

Canadian Gem, Jumbo, Good Luck, Yellow Aberdeen, Mammoth Greystone, Deqonshire Greystone, Cow Horn.

## Garden Seeds

We have just received a fresh supply of Rennie's Vegetable and Flower Seeds, making our selection again complete.

Don't forget to get some of those famous "Fill Basket" Garden Peas.

Highest Prices Paid for all kinds of Produce

# TAYLOR & CO'Y

DROMORE, ONT.

PHONE: Store, 2 on 15; House, 2-3 on 15

N. B.—Tuesday, May 24th, Store will be closed all day.

of laughter to be undergone at stated periods and believe that they will in so doing find the best and most effective method of producing the required effect upon the patient and then, when opportunity offers itself the indulging in good hearty soulful laughter. Mrs. Bishop in her book "seventy years young" says years are only the measurement of time. Robert Louis Stevenson gives good advice when he says cling to your youth all through life. Do not give up you are aging and you won't age Shakespeare says with mirth and laughter let old wrinkles come. By constant rest and relaxation at intervals along with cheerfulness, all aid in digestion and health in general. The following lines of J. Whitcome Riley are:—

- Keep a gain
- If you strike a thorn or rock
- Keep a gain
- If it hails or if it rains,
- Keep a gain.
- Don't no use to sit and whine,
- When the fish aint on your line;
- Bait your hook and keep on tryin'.
- Keep a gain
- If the weather kills your crop,
- Keep a gain
- When you tumble from the top,
- Keep a gain
- S'pose you're out of every dime
- Gettin' broke ain't any crime
- Tell the world you're feelin' fine
- Keep a gain.
- When it looks like all is up,
- Keep a gain
- Draw the sweetness from the cup,
- Keep a gain
- See the wild bird on the wing.

Hear the bells that sweetly ring,  
 When you feel like sighin' sing.  
 Keep a gain.

The Sunflower Beats Corn.—The development of the last three years has brought the sunflower to the front as one of the most satisfactory crops that can be grown for silo purposes. It has been proven by experiments and extensive private feeding trials that the sunflower yields well, the silage is palatable, and is at least equal, if not superior, pound for pound, to corn silage. Many comparisons made between corn silage of the best quality and sunflower silage have shown the balance of economy of gain in beef cattle and yield of milk in dairy cattle in favor of the sunflower. Russian Giant outyields any other strain.

### BORN

GILLIES—In Egremont, on Friday, May 13th, to Mr. and Mrs. David Gillies, a son.

### ELLIOTT Business College

Yonge and Charles Sts., Toronto  
 Accountancy, stenography, typewriting and general improvement courses; superior instruction only. Students assisted to positions. Open all year. Write for prospectus. Enter now.  
 W. J. Elliott, Principal

## COLIN McMILLAN, Holstein

Funeral Director and Embalmer

Either Motor or Horse-driven Hearse as you may select. No additional charge to those requesting use of

### NEW MOTOR HEARSE

Caskets, Catholic Shrouds and Caps, and other Funeral Equipment kept in stock.

The Best Goods at Fair Prices.

Prompt Service Day or Night, Phone No. 10 **HOLSTEIN**

## Saturday Specials

We are offering this week at an exceptionally low price, a mixed lot of

Women's Pumps, Oxfords and Strap Slippers

Come in and look these over before going elsewhere. Your choice at \$3.97.

**J. S. McILRAITH**

The Cash Shoe Store