

HAMPDEN

(For this Week.)

Hampden was quite deserted last Sunday, a number taking advantage and going to Durham to hear Mr. Maloney in the Baptist Church while others went to Hanover to hear Prof. Johnston and the Galt Maple Leaf Quartette in the Methodist Church.

Mr. A. and Mrs. W. Sharpe visited with Mr. and Mrs. C. Bailey of Lam-lash last Saturday.

Quite a number attended Mr. J. Purvis' funeral last Saturday.

Prayer meeting will be held at Mr. Jas. Mather's this Wednesday evening and a promise of a social hour.

Convention Days and is to be held in Durham this year.

The school children are looking forward to a holiday the end of the week in the potato field.

Now that the silo filling is over for another season, we will look for a lull. Thrashing is coming to a finish also with two or three different outfits in the neighborhood.

(Intended for last week.)

Our little hamlet was well represented at the Hanover Fair held last Wednesday. Mrs. A. Anderson and Mrs. Jas. Byers were the successful exhibitors from this part.

Mr. Bert and Miss Nettie Byers attended the box social held at Habermehl last Friday night.

Mr. Chas. Bailey and son Walter of Lam-lash were assisting Mr. John Sharp with his silo filling last Saturday.

Quite a number attended the anniversary services held at Varney on Sunday and social evening on Monday to hear Mr. Maloney.

Mr. and Mrs. Jas. Byers and family, accompanied by Mrs. A. Anderson and Miss Nellie and Mr. Wilfrid, spent the week end with Mr. and Mrs. Duran of Lucknow.

Miss Aggie Whiteford of Walkerton, is spending the week end with friends here.

Mr. Thos. Derby sighted two lovely deer in our neighborhood the other morning. They have been seen from time to time all summer. Wouldn't it be nice to have them among us always. We hope they will be un-molested until we get a glimpse of them.

Silo filling is nearly at an end for another season. The hard frost we had a week ago bleached the corn crop a little early.

BLYTH'S CORNERS

Mrs. Wilson of Durham, eldest daughter of Mr. and Mrs. Henry Damm of the "Corners" visited her parents last week and returned to her home again on Saturday.

Two thrashing outfits are busy at work on the line—the Webber gasoline outfit at Mr. Jas. Petty's and that of Messrs. D. Marshall's and Arch. McDonald's at the south end of the line thrashing for Mr. Meno Schenk.

The Provincial Road from Barber's Corners to Durham is once again in fairly passable condition and when it is finished complete, will be an everlasting credit to Hon. Mr. Biggs and the Drury Government.

Filling silos has been the order of business for the past two weeks and a feller has very little time to report other events.

Since our last budget there has been two births, namely to Mr. and Mrs. Kenneth Park a daughter and to Mr. and Mrs. Elton Lewis, a son. No deaths for some unaccountable reason and marriages are out of the question altogether.

Miss Clara Hoffman of Mt. Forest, spent the week end with her sister, Mrs. D. McElroy and as usual made herself generally useful.

The Ladies' Auxiliary of Knox Ch. will meet for their regular monthly meeting at the home of Mrs. Bert Watson on Wednesday of this week.

HOLSTEIN LEADER

LOCAL AND PERSONAL

Misses Jean Adams and Agnes Evans returned Saturday evening from the West after a lengthy visit with relatives at Kindersley, Sask.

LOST—About end of September, a dark red mullie steer, 1 year old from lot 8, con 18, Egremont. Finder will be rewarded by notifying the owner.

John Bunston, Dromore Messrs. Robt. Nelson and John Mowat of Mt. Forest, visited Mr. and Mrs. Robert Christie over the week end.

The Egremont Creamery have purchased one hundred and fifty new cream cans as they intend running the Creamery during the winter.

Mr. and Mrs. Jno. Philip and Mr. and Mrs. Jno. Rice visited Mrs. Grier of Harrison Saturday last.

Mr. Manary returned home after a week's visit with her son John in Toronto.

Miss Annie Keith of Toronto spent the week end with her parents, Mr. and Mrs. Thos. Keith.

Sorry to hear that one of our local garagemen, Mr. Thos. Smith, is laid up with blood poisoning in his right hand.

Mr. Wesley Boddy of Walkerton visited with Burrows Smith over the week end.

Mr. and Mrs. Neely, Ingersoll, Mr. Duncan of Conn and Mr. Gordon, Corbeton, were recent visitors with Mr. and Mrs. J. W. Philp.

Mr. and Mrs. W. A. Reid, accompanied by Miss Phair, who has been visiting with Mrs. Petrie, motored to her home in Brantford Saturday, Mr. and Mrs. Reid returning Monday morning.

Mrs. Herbert, Detroit, and Mrs. Cook of Cedarville, are visiting with Mr. and Mrs. Geo. Aitken.

Mr. and Mrs. H. C. Wilfrid of Palmerston, Mrs. J. W. Mack and two children of Stratford, visited at Mr. and Mrs. Jan. Smith's, on Sunday. Mrs. Mack and children stayed over till Wednesday.

Quite a number from here attended Anniversary services and fowl supper held at St. Paul's Church last Sunday and Monday.

There will be a bee in the Park on Saturday afternoon for to level the tennis court, as well as have a general clean up. All interested please come prepared.

Mrs. Jas. Reid was moved by motor ambulance from Rothsay to Fergus Hospital, Dr. McLellan accompanying her from Drayton. Mr. Jas. Reid and Mrs. Geddes motored to Fergus with Mr. Clarence Calder on Sunday. We are glad to report Mrs. Reid doing nicely.

The Holstein Institute spent an enjoyable afternoon last Wednesday, when some thirty ladies motored to Russell Hall, Dromore when the meeting was taken by the Holstein ladies, after which lunch was served by the Dromore Branch.

The next regular meeting of the Women's Institute will be held Thursday, Oct. 18th, at the home of Mrs. L. B. Nicholson. Mr. Sharp will have something good to tell on "Pioneer Days." Try and be present.

Rev. L. E. West attended the funeral of Rev. W. E. Cook, M. A. of Arkwright, on Monday, who died after a few days' illness with blood poisoning. Mr. Cook was a bright young man and a brilliant scholar and will be sadly missed in the Methodist church. He was only 35 years of age and leaves a widow with four young children. Mr. West states that about 20 ministers were present, representing Palmerston, Walkerton, Mt. Forest and Warton districts, including representatives of the Northern Summer School of which Mr. Cook was treasurer. The overflowing congregation present at the obsequies, manifested the esteem of the people among which Mr. Cook labored.

YEovil

Mr. C. McInnes has been confined to hospital to hear of his complete recovery the house the past few weeks but we covary.

We are pleased to hear that Mrs. Hugh Sinclair is able to go out again after many wearisome months of illness.

Miss Annie Keith of Toronto, spent the week end with her mother, who we are glad to say is steadily improving.

Mr. H. Reid recently spent a few days with friends in Harrison.

Mrs. G. Freeman and Mrs. Duffield of Mt. Forest, accompanied by Mr. and Mrs. T. Smith of Kitchener, visited at W. Sim's on Tuesday.

Mr. and Mrs. Kleopher of Mt. Forest, were recent guests at T. Bunston's.

Clinton Toronto, is home for a few days. T. Bunston has rented his farm to M. Wilson of the 20th con.

Frank Hopkins Jr. has purchased Mr. Stanley Williams' farm on the 18th con., east of Dromore.

Mr. and Mrs. Harvey Groat spent the week end with her parents in Kitchener.

Miss Susie Haas who has been visiting her uncle, returned to her home in Hallman, Mich. last week.

Inspector Wright visited our school last Friday and was quite satisfied with progress, deportment, etc. of pupils.

Our beef ring for this year closed last Thursday with a pleasant social evening at R. Aitken's. The officers for the ensuing year are: President, A. Ross; Sec'y, P. Mutch; Auditors, A. Hunter, J. Stevenson. Inspectors, A. Eccles, M. Ellis.

DROMORE

On Wednesday, Oct. 3rd, the members of the Women's Institute held their regular meeting in their rooms in Taylor's Hall, Dromore. They had the pleasure at this meeting of entertaining the ladies of Holstein Women's Institute who provided the program for the meeting, consisting of solos by Mrs. Reid and Mrs. McLean, readings by Mrs. D. P. Coleridge and Mrs. Groat. Mrs. Petrie gave a talk on her travels through Italy illustrated by lantern views. At the close the Dromore ladies served lunch and a very pleasant social time was enjoyed by all.

At this meeting a "shower" of fruit and pickles was held for the Durham Hospital.

The Institute members are making preparations for a bazaar to be held about the end of November and will be glad to receive donations of aprons, handkerchiefs, fancy work, etc., for the same.

Mrs. Walker and her mother, Mrs. Wm. Hay, leave to-day to spend a few days with Mr. and Mrs. Peter Hay of Durham, before going on to their home in Oshawa.

Mr. Wm. Eccles has returned home after spending some time harvesting at Webb, Sask.

Rev. J. W. Burnett is attending Synod meeting in Toronto this week.

The Women's Missionary Society is holding their annual Thankoffering in Amos Church, on Oct. 21st, at the morning service.

Mrs. Turner of Collingwood is visiting with her sister, Mrs. Jos. McNally.

Mrs. Wm. Brown returned from Toronto, where she has been spending a month with her daughters, Mrs. Morrison and Mrs. Manary.

THE "VIVID" ONES ARE THE SUCCESSFUL PEOPLE

September brings the beginning of the round of meetings of some of the many organizations in Durham and the discussion of plans for the winter's work. At this time the member's enthusiasm is apt to run high. Refreshed after the summer vacation they look forward with pleasure to the associations of their co-workers and visions an immense amount of work being accomplished by the particular organization of which they are sponsors. There are people who let their enthusiasm all bubble up at once at the beginning of the year: they see impossible tasks accomplished and deem no undertaking too great.

"Of course we can do it," they assure the cautious ones; "we can all help and the thing is done." But as time goes on they let their enthusiasm settle at the bottom of their personality like the dregs of lost youth. As the work progresses and a share falls to their hands their enthusiasm dies and they lose interest, performing the work assigned to them in a half hearted manner. These are the people who are eager for office on election day but who after a very few weeks find the work greater than they expected.

But then again there are people whose enthusiasm neither bubbles to the top nor subsides to the bottom. People who really "let themselves go." They are interested in other people and events outside of their own little lives and this interest sparkles into steady enthusiasm. These are the people whom we call "vivid" and it is they who make happy friendships and accomplish the greater part of the work of any organization.

FOR SALE

Eight one year old cattle, Short-horn crosses, two Leicester rams, three Clyde mares.

W. M. GROAT, Holstein

"How Can we Interfere with Digestion?"

Paper Given by Mrs. (Rev.) J. E. Peters, Durham, at October Meeting of Durham Women's Institute

The body has often been compared to a blacksmith's forge, the lungs being the bellows and the food the coal. The comparison is good for our food is actually burned in the body by the aid of the air we breathe.

All food is capable of being used as body fuel and by far the greater part of it is so used. The units of fuel to which food is likened are called Calories. Many people eat too much—that is too many calories; some eat too little—that is too few calories. The mistake made by most people who are actually unaware of the fact, is that they consider their food by weight or bulk. Some foods are concentrated—that is contain many calories of food in a given bulk, while others known as bulky foods, contain few calories in a given bulk.

For instance olive oil is concentrated and most vegetables are bulky. A third of an ounce of olive oil contains one hundred calories which is as much as is contained in a pound or more of tomatoes, lettuce, cucumbers, celery, string beans, asparagus or water melon.

The ordinary sedentary man needs about 2500 calories a day, but the larger the person, provided the bulk is due to muscle and active tissue and not to fat, or the more muscular the work he does, the more food he needs. It is physical, not mental work, which uses up the greater part of our food. The common impression that brain work or expenditure of mental energy creates a special need for food is not correct. The sedentary brain worker often gains weight without eating very much. What he really needs is exercise to use up the food, but if he will not take exercise, he ought to reduce his food, even below the small amount on which he gains weight. Which meal in the day should be heavy and which light, depends largely on one's daily program of work the aim being to avoid heavy meals, just before heavy work.

When very tired it is sometimes advisable to skip a meal, or eat only lightly, as of fruits and salads. All are acquainted, perhaps even from experience, that a sure way to acquire indigestion is to eat heartily when very tired. Though food may be compared to fuel, there is one constituent of food which is especially needed to build tissue, that is to serve for the growth and repair of the body. This constituent is called Protein. Protein contains nitrogen as its essential element in tissue building. The white of egg and lean meat are the most familiar examples of Protein. Foods should be so selected so to give to the ration the right amount of repair foods, that is Protein on the one hand and the fuel foods—that is fats and carbohydrates, sugar, syrups, etc., on the other. A certain amount of Protein is reckoned absolutely necessary for life, although for a few days Protein may be reduced to a little or nothing. If the body be long deprived of it, it will waste away and finally death will be the result. However when Protein is taken in great excess of the body's needs as is usually the case in the diet of Americans, added work is given the liver and kidneys, thus all flesh foods—fish, meat, fowl, when taken in great abundance, tend to produce an excess of acids which lead to the production of uric acid. Some of the vegetable foods as peas, beans, rich in protein are not always easily digested. These foods however being rich in iron, renders them more valuable for children and anemic people than meat.

Hard foods like crusts, toast, hard biscuit or crackers, hard fruits, fibrous vegetables and nuts, are an extremely important feature of an healthy diet. We all know that hard food requires chewing, hence the teeth are preserved by exercise, and the flow of saliva and gastric juice is assured. Dry stale bread is better than fresh bread and rolls, though the majority of people prefer the latter. The Igoutis of the Philippines have perfect teeth so long as they live on hard, coarse food, but when they change to our soft foods, their teeth are soon ruined.

Cellulose or woody fibre of one ounce weight, at the very least, is needed daily in our diet and we can make our selection from any of the fibrous fruits and vegetables, such as lettuce, spinach, celery, asparagus, cauliflower, cabbage, corn, tomatoes, cucumbers, beets, onions, squash, pumpkins, parsnips, or berries. Until recently, we heard nothing but concentrated foods, especially for army rations. It was this tendency that caused Kipling to say "Compressed vegetables and meat biscuits may be nourishing, but what Tommy Atkins needs, is bulk in his inside."

There is no doubt whatever that most of our people in Canada and America eat too rapidly. This want of thoroughly masticating our food is attended with many evils. This may be brought about because of the nervous hurry of modern life, or from other causes, but will result in indigestion and intestinal poisoning. The habit of insufficient mastication is subtle because it has become second nature with most of us. So to rectify this fault, we must allow plenty of time for our meals, and rid our minds of the thought of hurry.

In some of the private schools for

boys, the Principals have made a rule that no one should leave the table till all have finished the meal. In some cases, no doubt, there will be boys who become restless waiting for others to finish, but the rule made by the Principal will in time, he hopes, prevent the too rapid bolting of food and the lads will find out that they might as well take more time themselves and thus increase the enjoyment of the meal.

The first three mouthfuls of the meal will generally govern the pace. Slow mastication is important as a matter of taste and enjoyment and to have food thoroughly assimilated and digested, it must have a pleasing taste and flavor and then must be enjoyed.

Salt, pepper and hot condiments must be used very sparingly if at all. A great cause of ill health is over use of sugar in concentrated form, such as candy, especially for the sedentary.

Provided water is not taken at meals when food is in the mouth and used for washing it down, there is no objection to the drinking of one or two glasses; otherwise it tends to constipation. On the other hand free water drinking when the stomach is empty, especially before breakfast, is beneficial. Avoid the excessive use of water however if you are inclined to have heart trouble or dropsy. Sometimes "what is one man's meat is another man's poison." For instance many people think that nuts never agree with them, when the trouble really is they do not masticate them properly. Some people think that peanuts are indigestible, when perhaps the trouble is that they have been over roasted. Peanuts slightly roasted and well masticated seldom disagree with anyone. You often hear people say they cannot eat bananas. Probably they are too green. The vendor of bananas usually finds that he can sell more of an even yellow color and what are left over are those mottled with black, the only really fit ones to eat.

Inasmuch as all of the family budgets that have been prepared, provide that 50 per cent be expended in food, a knowledge of food and food values is most essential, as well as a proper understanding of what constitutes a balanced diet, together with an adequate knowledge of proper methods of cooking. Professor Sherman of Columbia University offers the following valuable suggestion, which if carefully followed out will ensure a fairly well balanced diet and insure against indigestion: "Spend at least as much for milk as for meat and as much for vegetables and fruit as for meat."

Milk contains all three vitamins and we all eat too much meat.

For instance the man in the lumber camp in the winter prefers fat pork to lean beef, in fact he does not object to a two or three inch thickness of fat bacon, obviously because this supplies such an ample quantity of heat and energy. This however would not be a suitable diet for the man in the office or the man engaged in sedentary occupation.

Furthermore when we are out on our holidays, fishing, rowing, paddling or tramping through the woods, the physical exercise, causes us to get an unlimited supply of oxygen and our food is burned up more quickly in our systems. Consequently we get hungrier more quickly after a substantial meal, and we can digest and assimilate a different type of diet than if we were sitting around from morning to night, getting a limited amount of exercise. Therefore these factors must be taken into consideration in determining our diet.

Candies and sweets of all kinds, also fats are good fuel food, but do not contain any building material whatever. Candies should only be used in moderation or otherwise they are liable to produce acidity of the stomach. In addition to this like most carbohydrates, are injurious to the teeth and should therefore never be taken as food or as a substitute for food. Their proper place is after meals, with dessert and for children especially their use should be restricted to these periods.

IN DAYS OF YORE

15 YEARS AGO

From the Review file of Oct. 15, 1909

Mr. Wm. Caldwell went to Hamilton Tuesday as witness in a case where a workman on the C. P. R. is suing McDonald and Stephens \$10,000 damages for loss of his hand.

A carol but pretty wedding took place at the home of Mr. and Mrs. Geo. C. "Doc" Varney, on Wednesday, Oct. 7th when Miss Minnie May Ball, second youngest daughter of the late Wm. Ball, was united in holy bonds of matrimony to Mr. Cyrus Theodore Leeson of Varney. Rev. J. W. Ball of Markham, brother of the bride, officiated.

Pomona corr: Among the faces we miss from Pomona we may mention Mr. John McKinnon and family who in his days with our school—has left to end his old age—about his daughter, Mrs. D. H. McDonald, of St. Charles, Mich. Also we miss the smiling face of Miss Maggie Sullivan who has left for Grand Forks, B. C.

Capt. J. A. McGillivray of the Salvation Army, visited his mother at Bunnassan this week. Mr. McGillivray's field is now in the Maritime Provinces, his home being in St. John's New Brunswick.

Th marriage of Miss Emma Robertson, Pricewille, and Mr. Henry D. Elliott, took place quietly at the home of the bride's mother, on Oct. 7th, the ceremony being performed by Rev. L. P. Kipp of Pricewille Baptist Church. The bride was given away by her mother and attended by Miss Anna James, while Mr. Bert Chapman supported the groom.

25 YEARS AGO

From the Review file of Oct. 13, 1898

On Tuesday evening last a quiet wedding took place at the home of Mr. and Mrs. Thomas R. Whelan, the contracting parties being their daughter Emma and Mr. Chas. Urquhart of the Standard Bank, Brussels. Mr. Jno. Whelan acted as groomsman while the bride was supported by her sister, Miss Maude.

Rev. Mr. Jansen left Monday for a 4 week's holiday, part of which will be used by him in lecturing in aid of Leper and other Missions.

Mr. John Graham for the past six years teacher at Edge Hill school, severed his connection with that institution last week and has secured the vacant position in S. S. No. 14, Egremont for 1899. The Edge Hill people are not tired of Mr. Graham by any means, for he has been brilliantly successful, but Mr. Graham had a feeling that a change would suit him better and his resignation was scarcely in when he was again settled with the fair salary of \$375.00 to begin with Hutton Hill Corr.: We regret to chronicle the death of a much loved and highly respected neighbor in the person of Mrs. Geo. Cuff. Deceased was in her 58th year and leaves her husband and five daughters: Mrs. J. Metcalfe, Mrs. W. Cuff, Misses Mary, Maude and Georgina.

Died, in Glenelg on Tuesday, Oct. 4th, Hugh McFadyen, aged 68 years. McLellan—McLean—At the residence of the bride's brother, 60 Argyle St., Toronto, on Wed., 28th Sept., Mr. Jno. A. McLellan to Miss Alice McLellan.

Mr. Arch. Park, Jr., Vickers, came home with wife and family last Friday from Clear Lake, S. Dakota, where they have been for over 2 yrs. They stayed with his sister, Mrs. McAulay over night and on Saturday in company with his brother Walter went home and was very warmly welcomed by his father and other friends. Mr. Park has done very well in the West but believes that Ontario has certain advantages that he intends to utilize.

NOTICE

A public meeting will be held in the Agricultural Hall, Holstein, on **FRIDAY, 12th OCTOBER** for the purpose of re-organizing the Livestock Shipping Association. R. J. McMillan of Seaford will address the meeting. All interested in live stock shipping are invited to be present. Meeting will commence at 8 p. m. **W. H. HUNTER, President** **NEIL CALDER, Sec'y**

FOR SALE

- 1 International Titan Tractor, 10-20 h. p., only used a short time and in good order.
 - 1 Three Furrow Tractor Plow, Cockshutt, 12 in. bottoms and steel shares.
 - 1 International Double Action Disc Harrow, 10 ft. wide, 16 in. plates, nearly new.
 - 1 Lister Cutting Box, 13 in. throat, mounted on trucks, with 20 ft. blower pipe. Works well with either corn or straw.
 - 1 Eleven Disc Fertilizer Drill, sows grain, grass seed and fertilizer—Cockshutt.
 - 10 square No. 1 Shingles
- Apply to **JAS. C. YOUNG,** Lot 8, con. 14, Proton Hopeville, R. R. No. 1
- FARM FOR SALE**
- 200 acres good clay loam, lots 7 and 8, con. 15, Egremont, 3 1/2 miles from Holstein, near school. Bank Barn 50 x 60, cement station, frame house, drilled well, well fenced. Apply to **Mrs. John Reid, or Fleming Reid,** R. R. No. 1, Holstein

SURPRISE SOAP
A PURE HARD SOAP

Made to Wear

SURPRISE is specially adapted for use in hot water. It lathers freely but lasts a long time without crumbling or breaking up.

A Pure Hard Soap

Every Day Bargain Day

AT **THE PEOPLE'S MILLS**

Sovereign Flour, Eclipse Flour, White Lily Pastry Flour

Wheat Cereal, Rolled Oats, Bran, Shorts, Feed Flour, Oat Chop, Crimped Oats, Mixed Chop, Mixed Grain for Poultry Food, Blatchford's Calf Meal, Pig Meal and Poultry Feeds.

Our prices are of the best quality and our Flour is guaranteed. Our prices are right for spot cash.

Highest Price paid for any quantity of wheat delivered at the mill. Goods delivered every day.

Phone No 8, Day or Night.

JOHN MCGOWAN
The People's Mills Dnrham

VOL. XLVI.

TOWNSHIP

Just Received—A load of special price for per square for 35 and

Oh! This Weather!—We join with our words of praise for October weather. It grazed especially the fine on our multi-colored "this dreamy Indian Sh even though it is a "ho hovering softly over de

Has Purchased Residence Mr. Arthur Innis who Mr. Robt. Torry's house Town for the past year purchased Mr. Jas. O'Brien South Lower Town. Mr. occupy Mr. J. Pilroy's lot his family are leaving

\$300 and Costs \$300 and costs was the on the Central Hotel Tuesday last for a bratio Temperance A Beckett prosecuted beforeistrate Laidlaw. The a he had made the staff but admitted that it w

Very Favorably Received Rev. J. W. Currie, M. Tara, occupied the pul Presbyterian Church of while Rev. W. H. Smith anniversary services He was a classmate in Mr. Smith and his disday brought many kind

Remembering Mrs. Rice The Women's Mission the Presbyterian church shower of dried trinkets to Mrs. E. F. Africa. This is only a tical forms their mind tends to and it is no will thoroughly appreciate thought shown behind

Students Go to Walker A picked bunch of Durham High School boys and 15 girls, son on Saturday next in field day sports the of Walkerton. Chesh dine High Schools were for honors. The lo teachers will accompa

Noted Missionary Spe Dr. A. E. Armstrong Secretary of Presb Missions for Canada, pulpit of Durham Pres on Sunday morning. Dr. Armstrong has r from a trip through the of the church in the quently his messagorant bearing. It s Offering Sunday of sign Missionary Soci Smith is very an member and adherer hear Mr. Armstrong, service Mr. Smith is of sermons on the men's

Women's Missionary The W. M. S. of church held their O the church last we gave an interesting "Obedience in Thib The topic was prese Mr. and I read by the last chapter of "Building the Natio picture of this la by the Church. Following the tea teachers from them. ty house in the hosp the ministry of hual Thank-offering conducted by Sun Rev. Dr. A. E. Arm the of Foreign Mi ent. A reading was meeting by Mrs. N ted "The House."

The Late Mrs. Tho On Saturday las received, stating "Thos. Martin of O deceased's friends by her maiden nam formerly of Durha ter of the late W The deceased was years of age. Twen years where they Besides her son leaves three son Will, aged 21; E 17; Marie, 15 and so leaves one son ent in Port Arth Messrs. Jas. C. S ald of Bentick. suffered a short During that tim Hamilton Hospital peacefully away to the Great Be was held at her to Oakville comm