

**ROADWAY'S RUG STORE**  
STOUFFVILLE

**PHOTOS**  
NEW, NEW, NEW  
Platura Photos

the newest, brightest and most lifelike Photos ever produced. We make nothing else.  
**R. SANDERS' STUDIO.**

**raham Brown,**  
Highest Price Paid for Hides, Iron, Metal, Rubber, Bones, etc. etc.  
Rubber 4c. a lb.  
Eggs 1c. a lb.  
STOUFFVILLE - ONT.  
Phone 8605

**A. ALSOP**  
FOR  
Cured & Fresh Meats of all kinds.  
TS Premier Boneless Bacon, Smoked Hams, Pickled Hams, Cured Pickled Hams.  
Purchase Sheep, Horse and Cattle of all kinds. High Market Price Paid.  
Inville Phone 9701

**A. ALSOP,**  
and Stouffville

**STOUFFVILLE**  
DOORS

**FINING MILL**  
Kinds of Dressed and Lumber  
our "Specialties" is Dress Trims. SEE it and place your orders else we will please you.  
finished in natural out painting.

**T. BOYNTON**

**Biture**  
AND  
Undertaker

House Furniture, Window Blinds, Poles and Picture picture repairing.  
Newcombe Pianos, a good one 16,000 in use today.  
Also Singer Sewing

**Motor Car Dalton**  
STOUFFVILLE, Ont.

**Public Health**

DO WE LIVE TO EAT OR EAT TO LIVE?

Unquestionably most people live to eat instead of eating to live. How can we solve the problem of eating? How can we determine how the condition of insufficient nutrition can be improved? A doubling up of the revenue of the home would quickly solve it, but this is not always possible. However, there is an alternative and that is to carefully consider the quality of the food consumed and determine whether or not the same amount of energy and repair could not be had from less expensive food. In order to make suggestions along this line we are forced to use terms that are more or less meaningless to the average lay mind, for instance—proteins, carbohydrates, and calories. Proteins are flesh and tissue-forming foods, e. g., the lean of meat the white of eggs, the curd or casein of milk and the gelatine in bone and sinews. Then there are the various forms of vegetable proteins, which are found most plentifully in beans and peas and in a less proportion in wheat, oats, corn etc. These go to make muscle and to repair the used up tissue of the body. Carbohydrates include all starchy foods, i. e., all the cereals, rice, potatoes, bread macaroni, corn, also sugar, in fact all these carbohydrates in the process of digestion become converted into a form of sugar. The carbohydrates together with fats, constitute the energy producing part of our foods. The food we consume produces the heat and power for the human body or machine, as gasoline does for the automobile and coal for the engine, but for the full nutrition of the body we must add to these foods rich in mineral matter, such as spinach, lettuce, cabbage, cauliflower etc. The term calorie, as applied to food value, means the heat producing or energy-producing properties of the food. Obviously then, if we are going to have proper nutrition, we must not only have a sufficient quantity of force giving constituents, but also have them in the right proportion and properly cooked, and from the standpoint of economy we should choose a combination of foods that will give us maximum energy at minimum cost.

**Boy Scouts**

A Scout's Duty is to be useful and to Help Others  
And he is to do his duty before anything else, even though he gives up his own pleasure, or comfort, or safety, to do it. When in difficulty when to know which of two things to do he must ask himself, "Which is my duty?"—that is, "Which is best for other people?"—and do that one. He must be prepared at any time to save life, or to help injured persons. And he must try his best to do a good turn to somebody every day.



- Earl Byer
- Frank Burgess
- Percy Booth
- Clarence Burkholder
- Ernest Crossin
- A. Harpor
- Wm MacPherson
- Stanley Lawr
- Ross Lewis
- Chas. Nendick
- F. D. Nighwander
- J. Ogden
- Albert Sutherland
- F. Sewell
- George Vanzant
- Len. Harris
- Wm. Tovey

**STOUFFVILLE Carriage Works.**



**We Repair Carriages**

From a broken spoke to the practical rebuilding of the carriage. No job is too small or too large for us. Our workmanship is thorough, and we use only the best material obtainable, in our work. When anything happens to your carriage give us a trial and let us prove to you that we can do the work well.

Phone 2112  
**Mantle & Watson**

**Our Clubbing Rates**

THE TRIBUNE and each of the following for ONE year  
Daily Globe .....\$3.75  
Daily Mail and Empire .....\$3.75  
Daily Star .....\$3.00  
Daily World .....\$3.50  
Daily News .....\$4.00  
Farmer's Magazine .....\$1.75  
Farmer's Advocate .....\$2.40  
MacLeans Magazine .....\$2.00  
Fam. Herald and Wkly. Str. \$1.85

**FOR SALE**  
One acre, Brick house, large barn, fruit fine location  
Three acres, fruit farm, house and barn, fine home.  
Five acres, brick house, cement stabling, extra location.  
Thirty acres with buildings, low price sell quick  
100 acres, Whitechurch, good buildings, good land, lee

**J YAKE**  
Jeweller and Real Estate  
STOUFFVILLE  
**Children Cry FOR FLETCHER'S CASTORIA**

**Ford THE UNIVERSAL CAR**

**New Prices AUGUST 1st, 1916**

The following prices for Ford cars will be effective on and after August 1st, 1916

Chassis	\$450
Runabout	475
Touring Car	495
Coupelet	695
Town Car	790
Sedan	890

f.o.b. Ford, Ontario.  
These prices are positively guaranteed against any reduction before August 1st, 1917, but there is no guarantee against an advance in price at any time.  
**FORD MOTOR CO. of Canada**  
**E. A. Button, Local Agent**

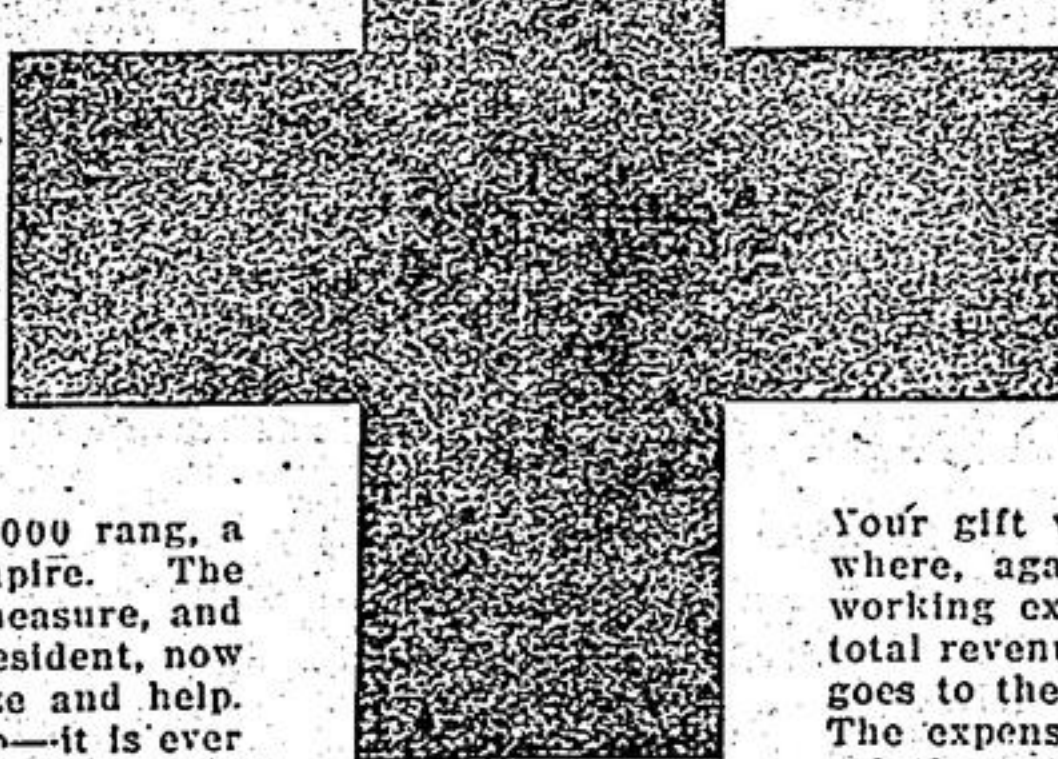


Dressing Station, Firing Line—Official Film, "Battle of the Somme."

An urgent call for help again goes forth from the Motherland's mighty life-saving agency—the British Red Cross. The Empire is called upon to give greatly, give lovingly, give quickly, that the sick, wounded and suffering on all the battle fronts may not languish and perish in their hours of deepest need.

Here is a great work in which all can share. The Joint War Committee of the British Red Cross Society and Order of St. John is the only institution which carries voluntary aid to the sick and wounded of the British forces on land and sea in every region of the war. Thousands of lives of our bravest and best are saved through this splendid work. YOUR gift may save a life. Isn't it worth doing? It is. GIVE!

Make "Our Day" Your Red Cross Gift Day  
Give on October 19th



The Sick and Wounded Call For Your Help  
Give on October 19th

Ontario's princely gift in 1915 of \$1,514,000 rang, a clarion mercy call, throughout the Empire. The British Red Cross were grateful beyond measure, and their appeal through Lord Lansdowne, President, now comes to us as to friends who sympathize and help. The need is greater to-day than a year ago—it is ever growing. Will Ontario do less than she did last year? No! GIVE—give a day's pay, give all you can, GIVE.

**Premier Hearst Has Seen the Work**  
"My visit to England and France has aroused deeper appreciation than ever of the splendid work of the Red Cross. It deserves every support, and I trust the people of Ontario will respond with their usual generosity to the British Red Cross Appeal for October 19th."

**HON. W. H. HEARST,**  
Prime Minister of Ontario.

He gives twice who gives quickly.  
Your help is needed NOW!

The Motherland's only direct appeal to us for help in this great war is her great Red Cross mercy work. Ontario's response must and will be quick and generous. Give through the Treasurer of your Local Committee—or, send your subscription to the Clerk of your municipality—or, make it payable to Hon. T. W. McGarry, Treasurer British Red Cross Fund for Ontario, Parliament Buildings, Toronto.

Don't Let Your Stricken Defenders Call in Vain, but

**Give and heal!**

**Give and heal!**

The Red Cross looks after the transportation of sick and wounded—it equips thousands of hospitals, rest and convalescent homes. It supplies countless requisites for hospital work, clothing and other comforts. Over 2,000 Red Cross Motor Ambulances are at work on the various fronts, while "rest stations," hospital trains, steamers and launches, food for prisoners, books, special work for the blind, etc., etc., are a few, only, of Red Cross activities.

Your gift will go entirely to the British Red Cross, where, again, through much voluntary work, the working expenses are cut down to only 2 1/2% of the total revenue. Thus, if you give \$10, actually \$9.77 1/2 goes to the healing and saving of some stricken hero. The expenses of the Ontario Committee, advertising, printing, etc., are being met entirely by the Provincial Government.

**Mr. N. W. Rowell, K.C., Brings a Red Cross Message**  
"I bring a message of cheer to those who have relatives at the front and who fear they may be wounded. I believe everything human skill can do, that human care and sympathy can provide, is being done and provided each day and each night throughout the year by the Army Medical Corps and the Red Cross. It is a perfect marvel of efficiency."

**MR. N. W. ROWELL, K.C.,**  
Leader of the Opposition.



Wounded in the Trenches—Official Film, "Battle of the Somme."

**ATHER, STOUFFVILLE**