

## The Stouffville Tribune

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A. V. Nolan, J.P., Editor and Publisher

## Editorial Comment

### She Knew Her Limitations

A woman is reported to have wrote for a car marker (probably to Unionville) and in her letter she asked for a small number which she could remember, and added that she was enclosing a cheque. Possibly the woman realized her limitations, because the letter was not signed, and there was no cheque enclosed.

### The Junior Band

The Junior Band is an organization of which Stouffville is justly proud. They entertain us, and at the same time the band is an educational institution for our young people.

Next week they are calling for your support by way of patronizing their concert, thus enabling them to earn funds with which to carry on.

### The Coroner's Inquest

On Friday evening Stouffville witnessed one of the few coroner's inquests ever held in this village. If the circumstances were such that we could decently tell the whole story, it would prove most illuminating and entertaining for our readers, but it proved to be one of those cases we cannot with decency publish, because the evidence was not the sort of thing that children and young people should read, therefore we forego issuing the evidence in detail.

But what of the case itself? Everybody who listened to the evidence was of the same mind, that someone performed an illegal operation, and evidence led the court to strongly suspect a Toronto person.

Nevertheless, the jury brought in the only possible verdict that could be brought in, when they found that the "woman came to her death through an illegal operation performed by some person or persons unknown."

It is one thing to know something, but quite another thing to prove what you know in a court room. The inquest established one fact beyond doubt, namely that this woman died from an illegal act, and that fact was well established. It is for criminal courts to take any further action, if someone is to be prosecuted.

### War Savings Stamps Drive

The most important news before the eyes of Canadian people at present is the activity across the country in preparation for the campaign in February to enlist two million men and women as regular war savers. The campaign will be nation-wide and Stouffville, Whitchurch, and surrounding districts are preparing to take part in the drive. It is planned to canvass every home to seek enlistment in this necessary cause.

Canadians may take pride in the knowledge that shrewd economists throughout the outside world are watching Canada's war effort with intense interest. Comment from the United States and England in recent weeks indicates a growing belief that Canada's method of carrying out her economic program in war time sets a new hallmark in nation management.

There is more to this forthcoming campaign than raising 20 million dollars a year. It is likely true that the Government could scrap this job being done by tens of thousands of voluntary workers, add 120 million dollars to the objective of the next war loan and get the money. But if that were done, only those with higher incomes and capital reserve would be able to participate. Hundreds of thousands in the lower income groups would then be forced to pay up through taxation alone, from which there would be no return.

By placing emphasis on the sale of War Savings Certificates, our leaders at Ottawa are giving almost everybody an opportunity to have a financial stake in the future of their country.

The policy is a long-sighted one. Put simply, this is what happens when we refuse to spend all the money we earn in war time and invest our savings in Certificates:

We store up spending power against the time when the war is over and the war factories suddenly shut down. Then people will cash their Certificates and start buying all those peace-time needs they have been doing without during the war. And peace-time industrial firms, faced with a sudden increased demand for manufactures of all kinds, will then be forced to hire workmen released from war industries in order to meet the demand.

Canadians ask a full-out effort. Make that full-out war effort possible by devoting regularly a portion of your income to the job of carrying on the war. This is a very small sacrifice to ask of Canadians, but at the moment it is vital and necessary to our war effort.

### Cabbages and Strawberries Source of Vitamin C

The old scourge of seamen, soldiers and explorers, namely scurvy, which was caused by lack of fresh fruit, vegetables and fresh food generally and for which lime juice (really lemon-juice) was a specific, is now readily prevented by the use of either cabbage or strawberries.

Of strawberries from three to five ounces (say 30 berries) or about 1 to 4 ounces of cabbage daily will suffice to prevent scurvy. Many other foods, such for example as

## THE LOCAL NEWSPAPER AND ITS NEWS COVERAGE

(Collingwood Bulletin)

In a recent address at Sherbrooke, a well-known eastern editor pointed out some interesting facts in the relationship of the local paper to its readers and to its community. It has always been difficult to get the public to understand that the organization of a local paper is such as to encourage a much freer type of intimacy with its readers than is possible on the more detached city papers, remarks the Huntsville Forester. In other words, our contemporary says, the local editor, in his weekly survey of the happenings of his locality, relies to a large extent upon the contact he has with his readers, whose interests, even though not wholly active, has a noteworthy influence upon the character of the weekly issue, and the extent of its news coverage.

Readers can, with very little effort materially help in the gathering of the week's happenings for recording in their local paper. With no organized newsgathering staff, the editor welcomes a phone call telling of this or that happening in the community, which might not otherwise have been known. He likes to hear of the movement of the citizens to and from town; he welcomes social notes in which his readers are interested and all other forms of news within the radius of his circulation.

The local paper could be made more truly a local weekly newspaper, if the public cultivated the habit of informing it of the little happenings which come to their notice, many of which escape the watchful eye of the editor, however alert he may be.

The same is also true of organizations. One organization has an alert press representative. It secures liberal publicity. Another wonders why this is so obvious, when in reality there is a lack of interest within the organization to have its activities brought to the attention of the paper.

The local paper is essentially an institution very closely connected with the every-day life of the citizens. Its service to the community is not wholly separated from the interest taken by its readers in news gathering. Such interest may very often greatly add to the appeal the paper has for its weekly readers.

## FOURTH CALLUP ALREADY MADE

Divisional registrars across Canada have issued notices calling young men to report for medical examination in preparation for the fourth compulsory military training period, under the National Resources Mobilization Act, it was announced at the National War Services Department Monday.

Maj.-Gen. L. R. Lafleche, associate deputy minister of the department, said the call went out "in the normal course of affairs," but could add no further details.

The fourth class, to be composed of single men between the ages of 21 and 24, was drafted blind since it is not known yet whether the training period at the thirty-eight reserve army centres being used in Canada, will be the usual thirty-day stretch, or an extended time, possibly four months as suggested in some quarters.

An announcement from Defense Minister Ralston regarding the length of the training period is expected shortly.

The third draft of reserve army men now in training will leave camp, February 10. It is expected the fourth class, numbering about 29,000, will move in shortly afterward.

This should quiet the numerous rumors about town for the time at least, that the camp would close for two months.

Send The Tribune to absent friends

spinach, turnips or potatoes do equally well.

On his first great voyage of discovery Captain Cook, the celebrated navigator, insisted that his sailors should use soups made from wild celery and other plants. He set the example by eating wild celery himself and those of his crew who demurred were given the rope's end.

The saving agent in fresh foods, fruits and vegetables is ascorbic acid. Both strawberries and cabbage are amply supplied with this acid. The berries have from 36 to 65 milligrams (one-one thousandth of a gram) of ascorbic acid in each 100 grams of the fruit (a gram is a little over 15 grains). In cabbage the proportion runs from 48 to 181 milligrams to the 100 grams.

A common way in which to provide vitamin C for children is to give them a daily allowance of orange juice, or other fruit juices and tomato juice. All these juices deteriorate on standing exposed to the air, so they should be freshly prepared. This is particularly true of tomato juice.

## COMMANDMENTS FOR THE FARMER

1. Thou shalt pay thy taxes.
2. Thou shalt be thankful for small mercies.
3. Thou shalt produce more and take less.
4. Thou shalt uphold thy politics in all their crookedness.
5. Thou shalt wear old raiment and save it for thy children.
6. Thou shalt take no holidays.
7. Thou shalt use no luxuries.
8. Thou shalt not pay tax for fresh air.
9. Thou shalt vote without conscience.
10. Thou shalt work long hours, be frugal and die before old age pension age limit.

—The Cobourg World.

## In Our Mail

### HERE'S GOOD ADVICE FOR EVERYBODY

How is your health? Good health is a real blessing but sickness is a joy killer and hindrance to prosperity and the real enjoyment of life.

If a person were told that he is responsible for his own health perhaps he would feel quite indignant, but what machine running at twice its capacity twenty-four hours a day, year in and year out, would last very long? Well, that is the principal by which some folk are running their system.

It is said that some people take about twice as much food as the system requires for the proper nourishment of the body with the result the organs are overworked and fail to do their duty because the system becomes overloaded with impurities. Nature comes to your relief, in some cases by a sick spell although it is not appreciated at the time. This takes away the appetite and gives the organs of the body a chance to do their work. However, many people seem to think they will starve if they go without a few meals and insist on taking nourishment which only retards their recovery. Perhaps some well-meaning person will make up something tasty to induce an appetite and if one is in delicate health it may only cause a relapse. A bilious attack is a great cleanser; of course, it is far from pleasant but is well worth the discomfort it brings by ridding the system of impurities and perhaps save you from something more serious later on. Impurities turn to poisons and if left in the system, soon affect the organs and one is liable to have trouble in any part of the body; the heart may put up a kick, or you may have an infection of some kind.

A soon as one is conscious that there is something wrong, it is better to right the trouble at once. The organs of the body will eliminate the poisons if given a chance but as they are already over-worked the only thing to do is to stop the intake, either wholly or partially according to the gravity of the case. A very light diet might be advisable if the patient feels the need of something before the real appetite comes back, but it will not return as long as poisons are circulating in the system. Once you are on the road to health be wise and do not try to fill up too fast; take small helpings of easily-digested food for a time, and only enough to last until the next meal. By continuing this policy you will be safeguarding yourself for future years.

Doubtless some people would not care to fast but remember, if you are not well and have a poor appetite there is no easier road to rid the system of impurities and poisons than by fasting. It is not likely one would feel much discomfort in so doing; even so is there anything pleasant about sickness or operations to cleanse the system? It has been said that glutton is the greatest known enemy of long life, so do not get the idea that you can gorge yourself indefinitely and get away

with it as nature will have its revenge and "get you" in some shape or form later on. It is much better to skip than to overload the system especially if you haven't an active occupation.

By giving strict attention to your diet and taking only a reasonable amount of wholesome food you are doing more for your health with the proper care of the body, than can be done in any other way.

One who knows.

Goodwood, Ont.

## Music in Schools

Submitted by M.J. Curtis

Music in schools of larger towns and cities is generally taught by a member of the staff who is also qualified with a special certificate in music. Some supervisors of music spend all their time at music only in a large school.

In smaller towns and in one-roomed schools the trend is, more and more towards the employment of a supervisor who spends his time in a group of schools and is employed by many boards. The occupants is a highly competitive one, and thus a school can often have a choice of two or three supervisors.

Music supervisors are usually engaged by the year, and a grant of half the yearly salary is given by the Department of Education. This arrangement provides the school with a lesson a week and supervision over the music lessons taught by the regular teacher in the follow-up work during the week. The plan has worked well; so many schools have now taken it that the total annual grant for music for all the schools in the province is enormous.

As a direct result of increased interest in music, music festivals have become very popular of late years. Pupils of public and secondary schools compete as choirs, and in solos and duets. Opportunity for competition in piano, violin and other instruments is given by festivals. Many have classes for reading and recitations as well. The York Musical Festival, held annually at Aurora is attended by many York County school choirs, soloists, and students of piano or other instrument.

These activities will bear fruit in the future. Choirmasters of churches throughout the county will discover more people interested in the choirs, and will find them able to read music when they join the choir. Those who teach voice and piano will find more and more children wanting private lessons. Finally, the level of taste in music and the interest of the general public in music will reach a height never before known. The achievement of that end is the purpose and plan of every one of the hundreds of music supervisors who labour daily in the schools of Ontario.

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