

Business Directory

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 Footwear For All The Family
SHOE REPAIRING
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 Maternity, Medical and Surgical
 Day and Night Service

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 Farm Stock, Implements, Household Furniture, Real Estate Sales our specialty at fair and reasonable rates—dual services for the price one. Milliken P.O., ph. Agincourt 52w3; Markham P.O., ph. Markham 206. No sales too big or too small.
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 Office over Canadian Bank of Commerce
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C. S. BARKER, L.D.S., D.D.S.
 Honor Graduate of Royal College of Dental Surgeons and of the University of Toronto
OFFICE OVER MARIE JACK'S BEAUTY PARLOR
 Phone 27402
 Markham every Tuesday

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DR. S. S. BALL
 Physician and Surgeon
X-RAY
 OFFICE: Cor. O'Brien and Main
 Phone 196
 Coroner for York County

DR. F. J. BUTTON
 Stouffville, Ontario
 Telephone 371
 Hours—Daily 9 to 12 a.m.
 Tuesday, Thursday, Saturday evenings 7-9 p.m.
 and by appointment
 Office over Button Bldg.

A. C. KENNEDY
 Chiropractor
 Church Street, Stouffville
 Monday and Friday
 9 to 12 a.m.

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 Insurance in reliable Companies at reasonable rates
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 A mutual company with 117 years experience
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 Resident Partner Branch Office
 W. C. Pollard, K.C. Port Perry
 Uxbridge, Ontario Phone 25

O. S. HOLLINRAKE, K.C.
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 Galt, Hollinrake & Bartrem
 49 Wellington St. East
 Elgin 6196
 Residence Ballantrae, Phone 8402

Office Phone Residence Phone
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WEEKLY NEWSPAPER MAN TAKES CONSERVATIVE POST

Hon. John Bracken, Leader of the Progressive Conservative Party, announced the appointment of C. V. Charters of Brampton as Director of Public Relations for the Progressive Conservative Party. Mr. Charters will assume his duties at Ottawa at once.

Mr. Geoffrey Hewelcke, who has been editor of the party newspaper Public Opinion for the past few months, will be associated with Mr. Charters in public relations work and will remain as editor of Public Opinion.
 Clarence V. Charters is probably one of the best known newspapermen in Canada. He is certainly known to every weekly newspaper editor in this country because until September of last year he was managing director of the Canadian Weekly Newspapers Association.

He was associated with this organization for over 15 years as a director and for the last 11½ years was managing director.
 During this latter period he built up membership from 237 to 611; raised the income of the association from \$3,058 to \$13,322 annually, and made hundreds of new friends for himself while he raised the prestige of the organization.

Printer and Publisher recently stated that the better newspaper and the better printing in Canada's weekly newspaper in the past few years are largely attributed to his ceaseless efforts to help and improve the weekly press of this country.
 Clarence Charters was born in Brampton, Ont., in January 1892, the son of the late Sam Charters, publisher of the Brampton Conservator. He was educated in Brampton public and high schools and at the age of 14 went to work as a "printer's devil" in his father's plant. He became secretary and manager of the Charters Publishing Co., Ltd., when it was incorporated in 1919 and president when his father died three years ago. He retired from the C.W.N.A. intending to take a more active part in his own business.

Besides his association with the C.W.N.A. he has been honored by the Newspaper Association Managers of America whose head he was during the past year.

While Canada was at war, and while his two sons served overseas, he was active not only in community war work, but on the Canadian Publishers' War Finance Committee which had charge of all advertising and publishing for the Victory Loans. For three years he was executive assistant to the Printing and Publishing Administrator of the W.P.T.B.

In 1942 he represented the Canadian Weekly Press in a tour overseas.

He is an Anglican; a past president of the Lions' Service Club, a member of the Advertising and Sales Club, Toronto.
 In politics Mr. Charters has always been a Conservative, and a supporter of Peel County's two sitting members—Gordon Graydon and Hon. T. L. Kennedy. His father represented Peel in the Ontario Legislature from 1908-1913, when he retired. In 1917 he was chosen as Union Government candidate and represented his constituency in the House of Commons from that year until 1935 when he retired. He was Conservative Whip under Hon. Arthur Meighen and later under Hon. R. B. Bennett.
 To his new post Mr. Charters will bring not only a great newspaper and organizing background, but a keen interest in and knowledge of politics.

MILK PRODUCTION DOWN IN 1946

Production of milk in Canada in 1946 decreased about 4 per cent from the peak years of 1943-45 and totalled slightly more than 16,900 million pounds. The decline in production from 1945 was general in all parts of Canada but was most marked in Ontario. The decrease in the overall production of milk together with the diversion of milk to the fluid trade had a serious effect on creamery butter and cheddar cheese production during the year. Dairy butter production and milk consumed on the farm and fed to live stock was slightly higher in 1946 than in 1945. Milk available for concentrating purposes in 1946 was less than the previous year.

During 1946 several changes occurred in government policy which had an effect on the whole dairy industry in Canada. Early in the year the ceiling price on creamery butter was increased by 4 cents a pound and this resulted in some shift from cheese to butter in parts of Canada where combined factories were in operation.

The effect of the removal of the producers' subsidy on milk used for fluid consumption on October 1, 1946, can now be seen as a result of the published figures of fluid sales in Canada. In September, 1946, sales of fluid milk were 6 per cent higher than in the corresponding month of 1945, while October sales showed a 3 per cent decrease in fluid milk sales, says the Current Review of Agricultural Conditions in Canada, resulted in more milk Bartlett, Zephyr, and Mrs. John purposes.

V.C. AWARDED HER SON



At the first investiture at Manitoba's Government House, Mrs. A. Mynarski of Winnipeg received the Victoria Cross, awarded posthumously to her son, Andy Mynarski, shown with Lieut-Governor R. F. McWilliams, stood expressionless and unmoving while the citation was read, the medal

pinned on her dress, and then the four and a half minute ceremony was over. Andy Mynarski, a pilot officer in the R.C.A.F., died after an attempt to release a trapped comrade in an aerial flight over Cambrai, France, in June, 1944. His was the second V.C. won by the R.C.A.F.



THE MIXING BOWL

By ANNE ALLAN
 Hydro Home Economist
 "Health Within — Beauty Without" is a good motto. New year resolutions should include something pertaining to our physical well-being. And that "Something" is food. The protective substances which encourage normal growth and optimum health are found in abundance in Canadian foods.
 Science has proved that growth and fitness of the human body depends to a large extent on the food that it consumes. The ability to do good work cheerfully; the pep and energy for fun—all these are dividends which come from a wise choice of foods to make up our three meals a day.
 The protective substances in food are the ones which should command the greatest share of attention. They include high quality proteins, minerals and vitamins which contribute to strong bones, straight limbs, firm white teeth, sparkling eyes and smooth complexions. Properly cooked food increases resistance to colds and other ills, by maintaining efficiency and endurance for good work—and most important, buoyant health.
 Enough of the right kind of food is the concern of those responsible for meals. This emphasis on quality has been brought about by a knowledge of nutrition. Five groups of foods have been selected to form a complete daily meal plan. May we review these easy-to-remember daily servings.

1. Serve 4 cups milk per child and 2 cups per adult, and cheese—to provide protein for body building and repair, calcium for strong bones and teeth, and riboflavin for growth and vitality.
2. Serve one citrus fruit or tomatoes and one other fruit—to provide Vitamin C, other vitamins and minerals.
3. Serve 3 vegetables (do not neglect potatoes) to provide minerals and vitamins in worthwhile amounts.

Note: Use raw frequently Cook in small amount of boiling water. Save cooking water to use in soups and sauces.
 1. Serve a whole grain cereal product and about four slices of enriched flour bread to provide energy and extra B vitamins and minerals.
 Note: When using wheat germ with cooked cereal, add it just before completion of cooking rather than at the start.
 5. Serve meat once a day along with 3 or 4 eggs weekly. Include liver, heart or kidney once a week. These foods are needed to supply protein for body building and repair.
 Note: Cook meats at moderate temperature to retain flavour and food value.

TAKE A TIP
 1. Health-wise shoppers buy for food value.
 2. Save food values and you save food.
 3. The amounts of food needed vary with age, occupation and sex.

SUGGESTION BOX
 Budget Record
 Living within your income, living according to your actual means is one of the purposes of a budget. A budget should also make for the creation of a "family mind," an understood standard of living and a definite plan for the future. It should promote better understanding and co-operation between husband and wife, and it should help the children to understand that it isn't parental cruelty but the limitations of the family purse which prevent the fulfilment of their every desire.
 Enquire about a good account book now.
 Anne Allan invites you to write to her c/o The Tribune. Send in your suggestions on homemaking problems and watch this column for replies.

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