THE WINCHESTER PRESS

VOL. XLIV — WINCHESTER, THURSDAY, SEPTEMBER 18, 1930 — NO. 21

POULTRY & DAIRY FEEDS MADE UP!

A good LAYING MASH recommended to us by an authority on poultry feeding.

400 lbs. Mixed Grain, ground.
200 lbs. Bran. 200 lbs. Shorts.
100 lbs. Alfalfa Meal.
40 lbs. Meat Meal.
40 lbs. Fish Meal.
40 lbs. Milk Powder.
40 lbs. Bone Meal.
3½ lbs. Table Salt.

We also have many other formulas for Poultry Mashes and Dairy Rations that we can mix for you. Call and look them over.

FENNELL & WALLACE, Winchester, Ont.

No Kiddin!

IT'S A FACT that Hy. Bessin's is the only store in the County of Dundas that sells at LESS than Mail Order or City Prices.

LADIES' JERSEY DRESSES

Ladies' Sport Dresses in a varied assortment of Styles. Hurry Girls, they're only

$4.49 each

MEN'S RAYON SHIRTS

Men's Rayon Silk Shirts, Full Make. A regular $2.50 Shirt on sale for

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Just Real Value

The money you spend, like the money you invest, should bring you good returns. Spend it at Melvin's Garage for your gas, oil and repairs, where you get quality and service with satisfaction.

Melvin's Garage

Phone 113 - - Winchester

Our Column

The first devision, or vote in the House of Commons on Monday gave the Bennett Government a clear majority of 38

Brockville had a record, six cases of il legal trafficking in liquor in its police court in one day recently.

Ontario is to expend an additional million dollars on road work in the province. Ontario roads will soon be worth their length in gold.

It is said that an automobile has been invented that will obey the human voice. It does now if the human voice is in the back seat.

It is easier to object and criticise than it is to construct and build. Be a constructor, not one who is always tearing things to pieces.

According to recent revelations in the political life of Ontario, G Howard Ferguson had better take warning from the fate of the late President of Argentina. That ex-ruler and dictator has been placed in exile.

The new tariff introduced by Premier Bennett this week increases the duties on all kinds of farm machinery, iron castings, carpets, boots and shoes, clothing, knitted goods, and in fact on almost all manufactured goods.

When the President of the C. P. R. Co. and the President of the Royal Bank of Canada say that we are on the eve of more prosperous times in Canada, it is up to the general public to take some notice. Here's hoping.

From all parts of the Dominion, deputations are journeying to Ottawa to see if they can't have some of that $20,000,000 voted to help the unemployed, expended in their special localities. The government will find the expending of that $20,000,000 more of a problem than they anticipated.

Now Henry Ford predicts the approach of the ten-month year. His idea is that July and August are not desireable months to work in shops, and that the fixing of yearly wages on a ten months basis would remove much unemployment. And what about the housewife. When will her two months release from work come in?

Rt. Hon. R. B. Bennett, Premier of Canada, informed the United States, in a note made public at the State Department to-day, that Canada could not deal with the St. Lawrence waterway project, as proposed by the United States, until November at least, when study would be made and further notes exchanged.

We read a very good editorial in an exchange the other day under the head of "Never On Time." Of course it referred chiefly to those people who always are just a little later, and are forever keeping other people waiting until they are ready. We might just add that the discourse had nothing to say about the delinquent subscriber.

Members of Parliament at Ottawa, in special session, are receiving from the people of Canada $25 a day, to find a way to create employment for the unemployed who in turn will contribute of the wages they will be paid to pay back to the member of Parliament the $25 a day, for a job he will likely receive less than $3.00 a day. Funny, isn't it?

William Lalonde, 737 York Stseet, earns $3 00 per day but managed to purchase beer, wine and liquor to the value of $450 to $500 within a period of ten months. This startling information was revealed in city police court Monday when Lalonde appeared on a charge of illegal possession of liquor and was fined $100 and costs,—says the Cornwall Freeholder. No wonder we have hard times.

A re-organization of the Ontario Government has been announced, Rev. W. G. Martin of Brantford, as minister of the newly-created portfolio of public welfare; Dr. J. M. Robb of Algoma, as minister of health, and Col. T. L. Kennedy, as minister of agricultural

The resignarions of Hon. Dr. Forbes Godfrey, minister of health; Hon. John S. Martin, minister of agricultural, and Hon. Lincoln Goldie, provincial secretary, have been in the hands of Premier G. Howard Ferguson for several days. The oath of office will be administered to the new appointees by Lieut. Governor W. D. Ross sometime tomorrow afternoon.

Leopold Macaulay, M. L. A. for South York is expected to become minister of education in the new cabinet, Premier Ferguson having decided to relinquish that portfolio. In the reshuffle of the government, Hon J. D. Monteith, provincial treasurer, becomes provincial secretary, and Hon. E. A. Dunlop, minister without portfolio, steps into the position of provincial treasurer.

If I Were Father I Would'nt Stand It

"Just you wait, young man, till your father comes home. You'll catch it.

William has heard that same threat so often that the chances are he'll go on pulling the cat's tail or sliding down the banisters as though his mother had merely remarked that the gas man was coming to read the meter,

But dropping water wears away the stone in time and these constant little reminders of William's mother about eventual judgment of William's father are going, in young William's mind, to put that parent about in the category of judge, jury and jailor combined, without much doubt. And if I were a father I wouldn't stand for it a minute.

To be sure he has a right to take half the responsibility of guiding his son in the way he should go and showing him the error of his ways. But just half and that's all.

What happens?

Later on his father will wonder why his son never comes to him to confide in him as he does in his mother—why he isn't his friend.

LOCAL AND GENERAL

The Winchester's Citizens' Band was one of the attractions at the Metcalfe Fair yesterday.

Announcement is made of the appointment of Fred H. Broder of Morrisburg, to be registrar of deeds for the county of Dundas succeeding Johnston Dillen, deceased.

At the special meeting of the Municipal Council held on Monday night, Mr. A. E. Goodfellow was appointed a member of the local Board of Health in place of Mr. H. B. Fetterly who has moved away.

The Freeholder says the Cornwall Fair was a big success except the crowd. So are most of the rural fairs, and that is why so many are discontinuing. A fine display is all right, but it takes hard cash to pay the fair bills, and that is where the crowd comes in.

Married—At the United Church Parsonage, Prescott, Tuesday, Sept. 9th, by the Rev. D. N. Coburn, Sarah Marion Cole, eldest daughter of Mr. and Mrs. Ernest Cole, of Morrisburg to George William Todd, son of Mr. and Mrs. Robert A. Todd, of Mountain.

Breaking their way through doubly barred windows, robbers entered the men's furnishings shop of Walter Shanette Main street, Morrisburg, on Monday night, and took a large number of valuable articles from his stock together with several smaller articles of lesser value.

In turning out to avoid a collision, a car driven by Rev. W. A. Galley, of Cornwall, accompanied by Mrs. Galley and Mrs. Norrie, also of Cornwall, went into the ditch a mile east of Morrisburg. The car was badly damaged, but its occupants escaped unhurt.

The death occurred of Mrs. Walter Garlough at the home of her parents, Mr. and Mrs. William Hall, River road east, Morrisburg. She is survived by her parents, husband, two brothers, Wilfred and Wilburt, and two sisters, Mrs. Ellery Barkley and Marguerite Hall. The funeral, largely attended, was conducted by the Rev. Mr. Russell, of Williamsburg, and interment made at Bouck's Hill cemetery.

A pretty wedding was solemnized at the Presbyterian Manse, Iroquois, on Wednesday, Sept. 3rd, when Marion Agnes youngest daughter of Mrs. Caloren and the late Geo. E. Caloren, was united in marriage to Delbert Elwyn Robertson, son of Mrs. Wm. J. Robertson, Bolton, Ont. The ceremony was performed by Rev. Wm. Merrilees, pastor of the local Presbyterian Church.

On Wednesday evening Sept. 10th at the home of Mrs. R. M. Elliott, Miss Helen Elliott, Miss Mable Suffell and Miss Stella O'Neil were hostesses at a charimgly arranged shower in honor of Miss Marguerite Brown, one of the season's early autumn brides.

The house was attractively decorated in yellow and white autumn bloom. A unique centre decoration for the dining-room table was a large wedding cake decorated with a most attractive bride and groom on the top. Upon cutting this cake it was found to contain a large and numerons collection of china, silver, linen, cut-glass etc, gifts for the bride-to-be for which Miss Brown kindly expressed her appreciation. A visit from the Chinese fortune-teller added much to the fun and merriment of tht evening's entertainment. Delicious refreshments were served to about thirty guests.

Anniversary Services

The Anniversary Services in connection with the United Church, Inkerman, will be held on Sunday, Sept. 21st, 1930 A Supper and Concert will be held on Monday evening Sept. 22nd. You are cordially invited to attend. 20-21p.

Was Not G. H.

With reference to an item in the Press last week about two men named Summers at Cass Bridge being found guilty on a liquor charge, we find that owing to the fact the name of "Summers" occurs too frequently in the list of residents of this section to use the surname only, as in this case. Anyway we want to say that neither G. H nor Almon Summers, of Cass Bridge were in any way implicated, as any who knew them would readily conclude.

Delegates To London

The delegates from the Dundas-Grenville Presbytery as commissioners to the General Council of the United Church, which opened at London, Ont., today are as follows:—Ministerial—Rev. R. W. Armstrong, Morewood; Rev. J. A. Waddell, Winchester; Non-Ministerial—Mr. R. H. Earl, Merrickville; Mr. N. W. Beach, Winchester.

Those from Glengarry Presbytery are: Ministerial—Rev. F. W. K. Harris, Maxville; Non-Ministerial—Mr. A. O. Miller, Avonmore.

Sacred Band Concert

The Saturday night Concerts put on during the summer months by the Citizen's Band have been much appreciated by the citizens of this and surrounding community, but the Band made a reputation for themselves when they put on a Concert of Sacred Music on Sunday night last, just after the close of the regular church services. There was an immense crowd in front of the hotel, and the Citizens' Band of nineteen instruments, never played better or were heard with greater satisfaction There is always something about sacred music that appeals to the finer sensibilities of the people, and the selections rendered on Sunday night were such as to sooth, charm and delight. We know the Press is but expressing the feeling of all who heard them when we say that the Sunday night concert was most thoroughly enjoyed and appreciated, and it is the earnest wish of many that our Band boys may repeat the programme before the season is over. Following is the programme rendered:

Old Hundred—Selection.
Yield not to Temptation—Duet.
Throw Out the Life Line—Overture.
Unto the Hills—Selection.
Nearer My God to Thee—Hymn.
Tell Me the Old Old Story—Hymn.
Joy to the World—Overture.
Jesus Lover of My Soul—Hymn.
Let the Lower Lights Be Burning—Selection.
God Save Our King.

LOCAL AND GENERAL

A good many from this section attended the Metcalfe Fair yesterday.

Bessin's Store will be closed all day Tuesday and Wednesday in observance of the Jewish New Years.

A branch of the Women's Institute, to be known as the Matilda W. I., was organized at the home of Mrs. R. E. Lee Harkness, Irena, this week.

A Matilda native and resident of Morrisburg passed away Wednesday, September 10. at Cornwall General Hospital, in the person of James W. Duval, in his 64th year.

Fortunately, Idena Jones, who had Infantile Paralysis, will be left with no bad effects owing to the promptness in securing the serum used for this disease.

Idena's many friends wish her a speedy recovery.

With the death of Miss Julia Duschesnau, a familiar and outstanding character is lost to Morrisburg. Miss Duschesnau passed away on Friday last following a paralytic stroke suffered in her home on west Main street, Morrisburg. Her 78th birthday took place the day before her death.

Florence O. Deeks, a former Morrisburg girl, and now a prominent Canadian authoress, has been receiving widespread attention because of her suit against H. G. Wells, English historian and novelist, for $500,000 damages for alleged plagiarism and infringement of copywright.

There died at the home of his nephew, Harold Duval, in the Township of Matilda, Patrick Hutt, in his 76th year. A son of the late Tousaint Hutt, of River Road East, his life had been spent in this community. He was unmarried, and left to mourn his loss is a brother, John, of Iroquois; two sisters, Mrs. Samuel Crobar of Matilda township, and Mrs. Lanson Duval of Waddington, N. Y.

The home of Mr. and Mrs. Charles McGuire at Spencerville was the scene of a delightful reunion on Saturday, Sept. 13. to celebrate the 85th birthday of the former's father Jacob McGuire. About 65 guests were present, all descendants of the original pioneers. A special feature was the presence of Mrs. Fanny Mills, aged 83, of Toronto, Mr. McGuire's only surviving sister, who motored from that city with her sons, J. D. Mills and J. M. Mills, to be with her brother for the occasion.

A quiet but pretty wedding was solemnized at the United Church Parsonage on Wednesday afternoon when Miss Hilda Mae Cinnamon, youngest daughter of Mr. and Mrs. Benjamin Cinnamon became the bride of Mr. James Andrew Fawcett, youngest son of Mr. and Mrs. Andrew Fawcett. The ceremony was conducted by Rev. J. A. Waddell. Miss Eva Docksteader acted as bridesmaid while Mr. George Cinnamon supported the groom. The happy couple left by motor on a trip to Toronto, Hamilton, Niagara Falls and other points. They carry with them the best wishes of a host of friends.

Women's Institute

The opening meeting of our Institute will be held next Tuesday, the 23rd, at 3 p. m., in the Town Hall. Special music will be given also a travel talk by Mrs. Lee. Several important items of business will be discussed and light refreshments will be served. Members are requested to bring in the birthday money and to answer roll call with a quotation from Aunt Het.

Early Closing

The meeting held in the Council Chamber on Monday night to consider the early closing by-law, resulted in those present deciding to have the present by-law remain in force. A petition was presented asking that the Council not to repeal the present by-law, but as there was not any intention or thought of such action by the Council the petition was unnecessary. Some injustices in the present by-law were pointed out, but the feeling seemed to be that a too rigid enforcement was not expected, and that to try an change the by-law might only complicate the situation.

Preston—Brown

On Tuesday afternoon at four o'clock a very interesting event took place at the United Church Parsonage when two of Winchester's popular young people, Dan R. Preston and Marguerite S. Brown were united in marriage, the Rev. J. A. Waddell officiating. Amid showers of rice, confetti and good wishes the young couple took the afternoon train for Montreal enroute to Western Canada Mr. Preston is on the office staff of the C. P. R. here, and both bride and groom are very popular in this community. The Press joins in congratulations and best wishes.

First Meeting Of Young People Of United Church

A very interesting session marked the opening meeting of the Fall term of the Young People's Society of the United Church. It was held on Monday night and took the form of a social evening. The President, Mrs. H. Fetterly, was in charge and in a brief opening message welcomed all former members, and gave a hearty welcome to new recruits and all High School Students.

After the devotional exercise Mr. Waddell supplemented the welcome of the president and expressed the hope that the coming season would be a most profitable one for all. He gave a brief message on "The Spirit of real success."

"Mac" Singleton then led the groups in an interesting recreation period, and also read some interesting items from "The Bumble Bee." "Mac" has been a tower of strength to the Y. P.'s Society, and leaves for Queen's University with the best wishes of all. Several members of the Society will be leaving for University again this Fall, and an expression of the Society's good wishes were voiced in an appropriate resolution.

Dainty refreshments were afterwards served by the committee in charge.

The Executive has under review a number of plans that will be of real interest to all.

SOCIAL AND PERSONAL

Mrs. Albert Johnston and Children are visiting friends in Ottawa.

Miss Nettie Bessin is taking a Teachers Course at Ottawa Normal School.

The many friends of Miss Mary Dixon will regret to learn of her continued illness

Mr. G. Geo. Challies, M. L. A., was a visitor in town on Sunday last.

Miss Irene Dales of Algonquin is the guest of her cousin, Miss Beatrice McConkey.

Mr. A. G. Suffel is in Montreal attending the convention of the Rolston Purina Company.

Mr. Hugh Shennett of Morrisburg spent Sunday at the home of Mr. and Mrs. John O'Neil.

Miss Agnes Potter, of Ottawa, spent the week-end with her mother Mrs. Potter, Church Street.

Miss G. McMillan will be leaving town for a week on the 28th instead of the 17th as in last week's Press.

Miss Evelyn Armstrong spent the first of this week with her friend, Mrs. H. Droppo, near Chesterville.

Mr. and Mrs. G. Dales and family of Algonquin spent Sunday with the former's sister, Mrs. B. McConkey.

Miss Mary Carkner, of Harmony, spent Sunday evening in Ottawa, the guest of her friend, Miss Hazel Niscon.

Mr. and Mrs. A. E. Goodfellow and son, Lockie, left to-day on a motor trip to Toronto and western points.

Harold, son of Mr. and Mrs. N. W. Beach, left this week for Belleville, Ont., where he will enter Albert College.

Mr. and Mrs. Victor Wood and Mrs. B. L. Taylor of Ottawa, were guests of Mr. and Mrs. C. E. Emmerson, on Sunday.

Miss Florence Fennell returned to Macdonald College, Guelph, on Wednesday evening where she will resume her studies.

Mr. and Mrs. Geo. Munroe and little daughter, Helean, of Renfrew, and Mr. Ralph Turner, of Cardinal, were Sunday guests of Mr. and Mrs. W. F. Workman.

Rev. Norman Coll, of Montreal, Director of Religious Education for the the Montreal and Ottawa Conference was the guest of Rev. and Mrs. J. A. Waddell on Saturday.

Visitors at the home of Mr. Robert Carkner on Sunday were, Mr. and Mrs. John Rose and son, Bobby, of Haleys, and Mr. and Mrs. Peter Cumming and children, of Russell.

Miss Olive Allison of Smiths Falls, is convalescing after a operation for appendicitis at the Chambers Memorial Hospital. Miss Allison is a grand daughter of Mrs. Eliza Keyes of town.

Mr. N. W. Beach was elected as a Commissioner to the General Council at London at the recent meeting of the Dundas-Grenville Presbytery, and will go to London this week. The Conftrence lasts ten days.

Mr. and Mrs. D. W. Walters, of Queens University, who have just returned from spending their honeymoon trip in Europe, were visitors this week with Inspector and Mrs. W. J. Stewart and Rev. and Mrs. J. A. Waddell, on their way through to Kingston.

Mrs. Chas. Symonds, of Cleveland, has returned home after spending two weeks, the guest of her uncle, Mr. Robert Rennick. While here she visited many of her old friends. Before her marriage she was Miss Carrie Fleming and was a resident of Winchester.

Mr. Fred G. Hutt, of Inkerman, wishes to thank the members of Dundas-Grenville Presbytery for the privilege to attend the General Council of the United Church of Canada to be held in London from Sept. 17-27. He regrets however, that he is unable to attend.

Mayor Roddell Smith, Warden James Gow, ex-Mayor Phil Fader and Councillor Arthur Cullen were visitors in town on Monday. The delegation who are all members of the Leamington town council, were on their way to Ottawa to interview the Minister of Public Works regarding a harbor at Leamington.

Mrs. Geo. Armstrong received the sad news last Thursday that her nephew, Richard McElroy had been fatally injured in a motor crash north of Milwaukee and died a few hours later. Deceased was 36 years of age and leaves a wife and three children to mourn his loss.

Miss Evelyn Cheney, of Mountain, entertained a number of her lady friends on Saturday afternoon last, prior to her leaving for MacDonald College, Guelph, to resume her studies. The afternoon was pleasantly spent in games and musical numbers. Miss Cheney displayed some of her work accomplished at the College, which proved clearly that she was one of the superior students. A dainty lunch was served at the close of the afternoon.

Miss R. Jennie Perry who has spent the past eight years with her sister, Mrs. P. McIntosh, expects to return to California in a few days. Miss Perry has made many friends in the community and has taken a keen interest in all that tended to community well-being. She has been particularly active in the Sunday School W. M. S. and other organizations of the United Church. She will be greatly missed. She is leaving behind a host of friends who will continue to remember her for her thoughtfulness of the shut-ins for her kindness to the poor, and for the splendid christian character she has exemplified while amongst us. The best of good wishes of a host of friends accompanied her as she returns to California.

Meeting Friday Night

A postponed meeting to consider the holding of a Poultry Fair in Winchester this Fall, and to discuss other matters of interests to our merchants will be held in the Council Chamber on Friday night, Sept. 19th at 8 o'clock. Make it a point to be present and see what can be done.

Four Types of Men

The world is divided into four clases:

1. The man of initiative, who does without being told. For him lies the reward of money and honors;

2. The man who does upon being told only once. That man obtains honor;

3. The man who does after having been told several times. He is worth his salt.

4. The man who does nothing till he is pounded, and even then fails. Such creatures deserve the contempt that the world always accords them, unless they happen to be rich men's sons. Then they have the way made easy for them—but pity the father.

Death at Dundela

Thomas McLaughlin, in his 82nd year a brother of Dr. P. McLaughlin of Winchester, of Dundela, Ont., Williamsburg Tp., died in the Brockville Hospital on Tuesday. The funeral will take place from his late residence, Dundela, to-day. He is survived by two daughters and one son.

Death at Elma

Mrs. James Barkley, of Elma, Ont., died on Saturday, Sept., 14th. She was in her 46th year and is survived by her husband and two children, Gertrude and Earl, also three brothers. The funeral service was held in the United Church, Elma, on Monday. Sept. 16th, Rev. W. A. Morrison officiated, assisted by Rev. Mr. Cronmiller, of Williamsburg. During the service the choir rendered "Going Down the Valley."

Buy Fruit For Preserving NOW.

PEACHES—The good quality Peaches are now on, these are excellent for eating or preserving.

PLUMS & GAGES—The crop is very light this year, but prices are reasonable now. Buy your plums and gages NOW as prices are sure to advance.

PEARS—The Bartletts are now ready.

TOMATOES—Owing to the continued dry weather the Tomato crop is away below the average and prices will be firm; the quality is first class.

GRAPES — Concords, Niagara's, Red Roger, will be ready next week.

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New Fall Hats arriving every week—charming little velvet hats, also felt hats.

STAMPED GOODS

We have our new Stamped Goods in—very pretty Chesterfield Cushions, Pillow Cases, Aprons, Apron Frocks, etc. Hand-painted cards for every occasion.

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A quantity of baled straw, 1930 crop. Apply to W. J. Stewart, 22p. Morewood.

FARM FOR SALE

First class dairy farm on the north half of Lot 14, Concession 9, Township of Winchester, County of Dundas, situated about 2½ miles south west of Morewood. This farm contains approximately 130 acres. Reasonable terms will be offered to immediate buyer.

20tfc Thos. E. Coulthart, Morewood.

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A number of Canaries, 5 male singers, also three females for sale cheap. Apply to Mrs. Samuel Kenny, 20-21p R. R. 1, Mountain

FOR SALE

Good farm, containing 100 acres, east half of lot 5, in the 11th Concession. Will sell with or without stock. Apply to 21-3c Orton Rodney, Ormond.

In Memoriam

In loving memory of Alfred Jones, who passed away on Sept. 18th, 1928.

Remembrance is a golden chain,
Death tries to break but all in vain;
Thoughts drift to days gone past,
Time rolls by but memories last;
Two years gone past, my heart still sore,
As the days go by, I miss him more.

Inserted by his wife, Mary Jones.

For Sale or Rent

A comfortable dwelling on Main Street about one block west of Presbyterian Church. Has water system and good bath room. For information and other particulars apply to Mary Ross 21c

NOTICE OF MEETING

The Executive of the Winchester Horticultural Society is asked to meet at the office of Mr. W. J. Cass, at 8 o'clock on Tuesday evening, Sept. 23rd.

Mrs. Geo. Armstrong, Sec'y.

Canadian Pacific Railway

Alterations in Passenger Train Service Effective Sunday, September 28th, 1930

For particulars, apply to ticket agents.

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Mrs. Mary Deeks, nurse, of Piety Hill is open for engagements for maternity cases and all other general nursing, and will go any distance in the country.
Phone 124, Winchester.

The Business of the
Late D. F. Sutherland
PRIVATE BANKER
Is continued as usual at his former office at Winchester.

FIRE INSURANCE
Having taken over the Insurance Business recently carried on by Mr. Harvey Nesbitt, I am prepared to take care of your risks. Best Companies and Reasonable rates. Phone 172.
WALTER MOFFATT

Henderson Lodge, No. 383, A. F. & A. M., Winchester
Meets on Second Friday of each month in Sweet's Block, at 8 o'clock.
Visiting brethren always welcome.
H. L. Lee, W.M. H. Annable, Sec.

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No school in Canada offers a better training, or ensures a more successful future. Henry's leads all others, and ranks among employers as "THE SCHOOL OF HIGHER EFFICIENCY"—a fact borne out by more than 600 pupils who have, since January, 1913, left other Ottawa Schools to come to it.
Therefore, it is not surprising that business men, in advertising for stenographers should specially say, "Graduates of Henry's School preferred."
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wish to announce that they will continue the law practice of Mr. Irwin Hilliard, K. C., in Morrisburg, with
MR. HOWARD O. HASSELL
in charge of the Morrisburg Office.

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Telephone 67

DR. A. W. SHERWOOD
Dentist
Successor to Dr. McKeown in his office, St. Lawrence St., Winchester, Ont.
Telephone No. 28. Winchester

Loyal Orange Association
L. O. L. No. 862, meets First Wednes' of each month.
Prince Edward R. B. P. meets Las Wednesday of each month.
Victoria Lodge L. O. B. A. meets on Second Wednesday of each month.
IN ORANGE HALL WINCHESTER

CANADIAN PACIFIC


TIME TABLE
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Early Emigration Scots to Canada

Particulars of Interest in Pamphlet 100 Years Old.

From an old pamphlet written in the early part of the nineteenth century by Robert Brown it appears that in the first six years of the nineteenth century not less than ten thousand people emigrated to America, chiefly to the Maritime Provinces of Canada. This was before most of the notorious clearances described by Alexander Mackenzie took place. It is true that in Glengarry there had been clearances in the last part of the eighteenth century and that about 1772 a few hundred Highlanders emigrated to the Mohawk Valley in New York state, and afterwards removed to Ontario, following upon the outbreak of the Revolutionary War. They settled round about the present Glengarry district in Ontario and they and their descendants did yeoman service for the British Government in the Revolutionary War and in that of 1812, writes Clanranald in the Weekly Scotsman.

Again, we learn that in 1790 about 100 persons were evicted from Ard-na-fuaran, in Arisaig, but there do not seem to have been any other evictions of consequence in Arisaig and Moidart before 1810.

The most of the early emigrants to Lower Canada, then, left for economic or religious reasons, chiefly the former. Some years ago, the writer, while looking over a copy of the Scots Magazine, published in 1772, came across a letter written in that year to the editor by someone whose name is forgotten, describing the trouble caused in the West Highlands by the tacksmen and better-off farmers selling their lands and stock in order to emigrate to America and thus removing a large amount of capital from the country. Up to that time it would seem that most of the emigrants had gone to what are now the United States of America, and Lord Selkirk, writing in 1806, states that up to 1803 the people in Skye had such a bent for emigrating to Carolina that no emigrant ship had left Skye except with settlers for Carolina.

THE FIRST VESSEL

The earliest vessel leaving the West Highlands with emigrants for Canada seems to have been the Alexander, containing 210 settlers from South Uist and the adjoining mainland. This emigration was sponsored by the then Laird of Glenadale, Captain John Macdonald, and the emigrants were Jacobites or their descendants. The vessel came to the Island of St. John (now Prince Edward Island), and the descendants of these settlers now number very many thousands. From 1772 on the movement increased rapidly.

WORKED IN LUMBER CAMPS

When the first settlers came out to Lower Canada almost the whole country was an unbroken forest, and settlement naturally began along the shore and the rivers. One of the tragedies of the first settlers was that, coming from a treeless country, or comparatively so, they did not know how to use the axe. The second generation mastered its use quickly, and many of the pioneer settlers in Nova Scotia around 1810 or 1820 used to go to the Mirimachi country in New Brunswick to work in the lumber camps. These provided the only source of ready money at that time. A good deal of lumber seems to have been imported from New Brunswick into Britain, and one reason for the low fares charged the pioneer settlers in coming out was that the vessels were obliged to come out anyway for cargoes of lumber.

As is well known, certain parts of Nova Scotia are peopled largely by descendants of those who came out in the vessels mentioned above. The Gaelic language is still used considerably in some districts, but it seems likely that in another generation it will have largely disappeared, or be understood only by some of the older people. Obviously, except in a few cases, the Highland population in Canada has long ago lost touch with its cousins in the far-off islands and glens of Scotland.

The pioneer settlers to Lower Canada brought out with them their loyalty to law and established authority, and a sturdy hardihood. While many of them were followers of Prince Charlie, their descendants afterwards proved abundantly their loyalty to the British Crown. In Canada the familiar Scotch clan names are written in the places of highest honor.

Exercise Alone Does Not Reduce



By Marie Ann Best

Article 7—"The Daily Dozen."

There are many excellent exercises. We read of them in papers, hear them over the radio. The main thing is to be sure we do them and do them regularly. It was thought that to reduce one must go through exceedingly tiring and long drawn out performances.

It is found that this is not necessary, in fact it is sometimes harmful.

One often hears of a person who tries to reduce by exercise. Suddenly they will take a notion to walk four miles every day. They do so for a while, coming home tremendously hungry and quantities of foood are eaten with great relish. This may go on for days but it seems a very little is accomplished for so big an effort. Why?

Because you cannot reduce just by exercise alone. What should be remembered is the fact that with the increased exercise, which should not be too strenuous, the intake of food must not be increased, so that in this way the body will draw on the surplus body fat for fuel. Everyone knows the great value of the daily walk, or a swim, when every muscle of the body is being exercised, but do not start on too long a walk at first, get the flabby muscles used to it.

Here is a good daily sample for exercise: 1. When you waken yawn and stretch every muscle in the body. Yawn again and feel glad. you are alive. Then take hold of each side of the bed with your hands, bend the knees so that the feet are planted on the sheet, then lift hips while lying on your back and sway over to one side of the bed as far as you can before you let yourself down. Then lift and move over to the other side. Repeat fifteen times. Gradually you will be able to do it forty times or more. This is excellent for reducing the hips and also strengthens the back.

2—Draw up one leg tight to the body encircle the knee with hands to draw up tighter and let go. Repeat 10 times or more, then exercise the other leg, after which try both together.

3—Sit up in bed without using arms, lie down again and repeat 15 times. Now, then, you will feel like getting up.

4—To tone up the nerves and keep a cold away there is nothing quite so good as a quick cold sponge bath every morning. It is not nearly as hard to do as it sounds; many people can take a cold sponge who find the plunge into cold water hard on the system. Some prefer a quick tepid bath or shower in the morning.

Afterwards the brisk rub with a rough towel also helps to remove the surplus fat. Pull the towel back and forth many times across the body in every position. It exercises the arms as well. At night, two or three times during the week, is the time for the hot bath. They help to reduce but too many turkish exhausting baths are weakening. Everything accomplished should be gained naturally.

5—At night massage your neck with cold cream, rubbing straight up and down vigorously with fingers from point of chin to chest. This prevents the neck from becoming wrinkled and removes the fat.

6—A fine exercise for plumb backs and shoulders is to stand erect, feet together, stretch arms straight out side ways, palms up, then make a large circle with your hands without flexing the elbows. Swing from the shoulders. Then reverse. At first this seems hard to do but if you persist it will take off the flesh just where you want it off. Be satisfied with four or five times at first, working up to twenty times each way.

7—Bend sideways with arms outstretched to left and right.

8—Place hand on door and swing leg back and forth, then sideways ten times.

9—To reduce the hips and the calf of the leg step up on a chair and down again twelve times, each foot alternately.

Besides reducing we are building up a subtle self control, for with the increased exercise of the body we do not intend to eat more food. We will in this way bring back the body to its normal weight and beauty, and best of all it will stay normal because we will not care to eat such quantities of high caloried foods after we understand how much they count.

Keep on with your 1200 Calorie per day reducing diet if your normal weight is 150 pounds, a few more than 1200 calories if you have a bigger frame, and less if it is smaller.

Recipe

Tuna Fish a la Newburg
1800 Calories

1 large can tuna fish	½sp. salt
½ green pepper	pinch cayenne
½ pimento	1 pt. whole milk
3 stalks celery	1 tbls. cream
3 ripe olives	1 tbls. butter
3 green olives	2 tblsps flour

Method.—Parboil green pepper and celery till tender, then drain. Chop them up with pimento and olives. Make a white sauce with milk, butter flour and cream. Season. Pull fish apart in big pieces. Add to sauce, turn in other ingredients, cook together a minute and serve with toast points.

Next week—Sugar and Chocolates.

Here are a few definitions given by some school-children: "Etc. is a sign used to make believe you know more than you do." "The equator is a menagerie lion running around the centre of the earth." "The zebra is like a horse only striped and used to illustrate the letter Z." "The vacuum is nothing shut up in a box."—Christian Observer.

It gives more pleasure than you thought tea could give

"SALADA" TEA

724

'Fresh from the gardens'

Teeth Were Better 25,000 Years Ago

Modern Diet Soft-Teeth Need Plenty of Exercise.

A person who needs many aliases is generally one who is a detriment, if not a positive menace, to the community. A disease which goes by many names may be looked upon in the same light.

An infection of the gums commonly called Pyorrhea is known by many names, as Rigg's Disease, after the man who first wrote about treatment of gum disease, Gingivitis, Interstitial Gingivitis, etc., but the last name to be given this disease is Periodontoclasia. The last title is probably the best, for it describes the condition present in a way that is unmistakable to the dental profession. Though the word is abbreviated and called dental Periclasia, the full term is taken from Greek words meaning "breaking down of the tissues around the teeth." The term Pyorrhea is the most generally used, but there is no reason why the layman should not use the better and more scientific dental term "Periclasia."

Raw Foods Are Best

In Java there have been found remains of human beings who lived more than 25,000 years ago, and the teeth found show that this prehistoric man suffered little from dental troubles. There is also the "Cro-Magnon Man," whose bones have been found in Europe. He lived about 25,000 years ago, and he, too, had sound teeth in sound jaws. But from then on through the centuries the bones of our ancestors testify that teeth gradually have been becoming worse. Why?

Foods and nutrition seem to have had something to do with this.

It is known that raw foods are better for bones and teeth than cooked foods, and we know that the cooking of foods started about the time that the Cro-Mafinon Man was living. Before that, raw foods only were used and the teeth were strong. After that the luxury of fire and the art of cooking came into use and teeth weakened.

The lesson seems to be that we, as intelligent people, should make greater use of foods which can be eaten in the raw state, and omit the highly refined, cooked foods so much in favor to-day. Not necessarily, but certainly we should adapt our habits to newer knowledge of what is good for the body's health.

Infections of the gums known as pyorrhea arise from lack of use of the teeth, from faulty diet, lack of proper care of the mouth, improper relation of the teeth one to the other, and many other complications.

The Danger of Pyorrhea

We do not eat the foods that give exercise to the teeth and gums and which have a cleansing action upon them. We do not brush in such a way as to clean them properly and massage the gums. The teeth must be kept clean and free of tartar. Spend more time cleaning your teeth and having them cleaned, and you will have less need for restorative work and less danger from pyorrhea. Massage with the brush brings about better circulation of blood in the gum tissues. It hardens them and increases the resistance to disease. Eating coarse foods will help to keep the gums in condition.

Any abnormal condition in the mouth, which lowers the health of the individual even temporarily, may cause a tendency to pyorrhea.

No mouth washes, no tooth pastes, and no medicines are going to cure pyorrhea. They are good only so far as some of them may help to get the teeth cleaner.

The best preventive of diseased gum conditions is the use of proper foods, plus the constant hygienic care of the mouth.

The Java Man should be outdone by the modern well-informed man. Teeth should be better instead of worse.—Tit-Bits.

"Thought without action is a disease."—Dr. Will Durant.

Tactful

A very short woman said to a millinery assistant who came forward to serve her, "I've come in to buy a hat, but I don't want you to tell me that any particular shape adds to my height. I've had to listen to that so many times that it makes me feel as if I were dumpy. And I'm not dumpy, am I?"

"No, indeed," replied the assistant, who promised that, no matter how many hats the customer tried on, she would say nothing about her size.

The woman tried on hat after hat, and then at last she selected a shape that suited the assistant, who expressed honest admiration.

"You wouldn't find anything more becoming. It suits the way you wear your hair and the quill adds to your ——" She clapped a hand over her mouth.

"Well?" asked the customer, indignantly.

"Your literary appearance," finished the tactful assistant.

Milk and Sunlight

Some time ago investigators in the Department of Agriculture discovered that milk exposed to sunlight acquired a cardboard taste and it had a linseed odor. They placed milk in a cool, dark place, and, even after a week, the milk showed no offensive odor or taste. After a thorough test these experts gave out the information that in order to prevent odor and disagreeable taste milk should be carefully guarded against sunlight.

In their tests the milk acquired the undesirable state within a few hours. After milk reaches the kitchen it is usually placed in the refrigerator and is thus insured a cool, dark storage place, but it may have been standing on the steps in the direct rays of sunlight for several hours.

A TEMPTING FRUIT SALAD

On summer days of glaring heat
Fruit salad is the thing to eat:
Stone one pound cherries, leave them whole,
And put them in a salad bowl.
One dozen good-sized blackberries next
(The thievish birds will be quite vexed
To see them go), and then put four
Bananas sliced; if liked, one more.
Oranges also should equip
This salad, two, take out each pip
And quarter them. Arranged in rings
These salads can be pretty things.
Heat up some apple jelly, then
Pour over all the fruit, and when
This salad's served for lunch or tea
Extremely popular 'twill be!
—Answers.

Teacher—A stratum is a layer of anything. Can you name one, Tommy? Tommy—Yes'm—A hen!—Humane Pleader.

"MEATS THAT SATISFY"
AT ERRATT'S MEAT MARKET.

Choice Beef, Pork and Milk Fed Veal.
Roll Bacon, Breakfast Bacon and Cured Hams.
Swift's Pure Lard and Domestic Shortening.
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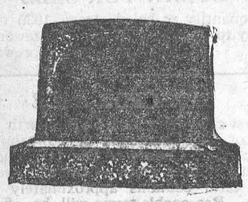

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Manufacturers and Importers of Marble and Granite Monuments, Cemetery Fences, Copings, etc. Scotch Granites a Specialty.
Shops at Winchester
Morrisburg & Farran's Point.

HEALTHY POULTRY!

If you wish to have a flock of heavy laying pullets this fall and winter it is important that you give the chicks a proper start in life.
With this end in view, let us supply you with LAKKO and MONARCH Baby Chick Starters.
We also have plenty of Feeding Rolled Oats and Pinhead Oat Meal.

H. McMaster, Winchester, Ont.

ELECTRIC FIXTURES

Don't forget that the Hydro Store is Headquarters for all kinds of Electrical Goods, such as, Electric Stoves, Heaters, Fans, Toasters, Irons, Washers, Light Bulbs, etc. Prices Reasonable.

Winchester Hydro Electric System

BENEFIT
No other sweet lasts so long, costs so little or does so much for you.
WRIGLEY'S
Promotes good health when used regularly after every meal.
It cleanses teeth and throat, sweetens mouth and breath, and strengthens the gums.
Your health is aided while your pleasure is served.

Good *and* Good for You
CK45
AFTER EVERY MEAL

ISSUE No. 37—'30

"Is Bangs of an optistical turn?"
"Is he! Why, he can laugh while he's playing solitaire!"

"Would Anyone be a social lion this way?"

A faded, battered hat is hardly respectable . . . yet no worse than dull, gray-looking shoes . . . your morning toilet should always include a "Nugget" shine—which waterproofs the shoes as it polishes.

"NUGGET"
SHOE POLISH
The NUGGET TIN opens with a twist!

PAINS
No matter how severe, you can always have immediate relief:

Aspirin always stops pain quickly. It does it without *any* ill effects. Harmless to the heart, harmless to anybody. But it always brings relief. Why suffer?

ASPIRIN
TRADE MARK REG.