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Vests and Drawers	- St 75 m
Combinations, per suit	\$2,75 to \$4.50
Fleece lined, each	\$1.00
Red Label, extra heavy, each	\$1.50

#### FOR LADIES

Vests, cotton, winter weight, each	\$1.00
Drawers, cotton, winter weaight, each	\$1.00
Bloomers, cotton, winter weight, each	\$1.25
Vests, all wool, with and without sleeves	\$1.50 up
Vests, all wool, long sleeves	\$2.25 up
Drawers, all wool, ankle length, each	\$2.25
Combinations, extra weight, knee length.	- \$2.50
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## Autumn Lines

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Mincemeat, high grade
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Cornmeal, Golden Dust, 6c lb.
Flaked Wheat, try this breakfast food 2 lbs. for 19c

MAIN STREET VARIETY STORE JARVIS, ONT.

ine Miell, of Hami s the guest of her uncle and aunt fr. and Mrs. Wm. MacMurchy, dur

Mrs. Ward left on Saturday for an ztended visit in California. was accompanied by her daugh

George Howell of Beamsville, died o Thursday last, aged 86 years. Deceased was a brother of the late Dr. W. H. Howell of Jarvis.

Mr. and Mrs. R. A. Walter, Miss Crace Waiter and Mr. Russell Waltor, spent Sunday with Mr. and Mrs. J. W. Biggar of Mt. Hope.

Mrs. Lois Rodgers, Miss Zelma Rodgers and Mrs. Bruce Hair spent Thanksgiving with Mr. and Mrs. Wallace Bakers at St. Johns, near

Farming First-The Family Herald nd Weekly Star, Montreal, Canada's National Farm Journal, and a nome magazine included. A year for a dellar or three years for \$2. Wonerful!

L. S. Parsons of Hamilton, Miss Berthe Parsons, R.N., of the Norfolk County Hospital, Simcoe, Mr. Harold Thake of Hamilton, and Mr. and Mrs J. W. Parsons and family, spent Thanksgiving with Mr. and Mis. J. J. Parsons.

#### HEALTH HINTS By Mrs. C. Erwin

BED SORES

The bed must be always clean and

smooth. The draw sheet and under sheet should be frequently tightened and any foreign substances, such as crumbs or partirles of poultices that are liable to fall into the bed, care fully brushed out with a wiskbroom You cannot be too particular in caring for the bed, for in a long-continued illness, if the bed is not kept smooth and clean a bed-sore may be

CAUSES-Bed-sores are liable to cccur wherever there is prolonged co 'mement in bed and in diseases in which there is extreme weakness and poor circulation. Bed-sores come from long continued pressure upon the more prominent parts of the pody back of the heels, lower parts of the hips, back, elbow, knees. Rubbing of the bed cloths will cause it with some persons, but more frequently they are the results of lying on wet sheets, of perspiration or urine. These irritate the skin and causes Infrequent or careless bathing may also lead to the same rer.lts: a crease or fold in a sheet, a crumb or a bit of a string in the hed, a patient laying on it may be rifficient to cause a bed-sore.

When a bed-sore begins to form the skin appears red and inflamed within a few days it will look as tough skin and moist with watery discharges. A nurse must be always n the watch for them; if the skin is red and shiny, utmost precaution

The parts that are subject to pressire should be washed daily with soap and water, dried thoroughly, bath with alsohol (pure alcohol in best) to harden the skin, and dusted with a pewder such as boric acid. stearate of zine, or taleum. Do not apply oil

In treating bed-somes all pressure moved by pads to lift the parc off the bed, as a round pad with a hole in it. A physician if in charge, vashed with a normal salt solution

dger running wild. Their coats

A new world record was set by the Canadian Pacific Railway recently when a train of grain more than a mile in length was operated between Stoughton and Arcola, in Saskatchewan. It was the longest and heaviest grain train in history. naisting of 135 loaded grain cars, each approximately 40 feet in length, a water car, a caboose and engine. The gross weight was 8,722 tons and the total contents of the cars were 202,000 bushels

The enthusiasm of the citizens of Quebec is so infectious that it is an easy matter to interest visitors in winter sports, stated J. G. Strathdee, winter sports manager of the Chateau Frontenac, in giving a forecast of this winter's programme. Skating, skiing and tologganing will be in full swing as usual; the dog derby will most certainly take place; and the ice carnivals and storming of the citadel will probably be featured again he said. Mr. Strathdee mentioned the splendid co-operation given the winter activities at the Chateau Frontenac by the Quebec Winter Sports Association.

The number of disciples of Isaac Walton, Canadian and American, who have plied rod and reel in Canadian waters during the past season is greater than ever before, states A. O. Seymour, general tourist agent of the Canadian Pacific Railway at Montreal in announcing the winners of the Ontario bungalaw camp fishing trophy competitions. Phillip Peterman of Laurium, Michigan, won the Nipigon River contest for speckled trout, Edmund Sleehbart of Chicago won the French River "muskey" prize, and Theodore Kipp of Winnipeg caught the largest bass entered in the Devil's Gap camp competition.

adian apples shortly to keep the doctor away for the next year, if there is any truth in the proverh, as ships sailing for the old country this autumn are carrying many boxes of souvenir apples shipped by Canadians to their friends overas. This has been the custom for the past few years and according to J. B. Martin, manager of the foreign department of the Canadian Pacific Express Company, it is becoming increasingly popular. So great has been the demand for fresh Canadian apples each autumn for shipment to Europe that grecers throughout the country now have standard size boxes for shipping and special low rates are granted by the express company.

used in the manufacture of a pigment called "Titanium White (to be used in the same way as white lead) according to R. H. Monk, of Montreal, who states that plans are nearing completion for the erection of a plant in Montreal, and, if everything develops as expected, this plant will be set up in the autumn. The development branch of the Department of Colonization and Development. Canadian Pacific Railway, has been active in furthering the establishment of this

#### Fisherman Wrecked

Peter was a deep sea fisherman from one of the Maritime Provinces who came to Ontario, married and made his home here. Went in for commercial fishing, but he says the winter work here is even more trying than among the fogs and ice floes of his old fishing grounds. Of course, he was working harder because there he was working harder because there were now two people dependent on him. Anyway, he caught a severe cold which brought on pleurisy, and because he is a sturdy-willed Canadian lad he wouldn't give up, but fought on, at home, for over a year. No use! The doctor finally gave him up and said he would have to take hospital treatment—his only chance. So here Peter is, in the Muskoka Hospital for Consumptives, where doctors and nurses of skill and experience are trying to lead him back to the ways of health and usefulness again. A long road, but better this than the fate that used almost inevitably to overtake the consumptive poor. Would you not like to help in this great work? A sub-cription would mark your interest. Such may be sent to Hon. W. A. Charlton or A. E. Ames, 223 College Street. Toronto 2, Ontario.

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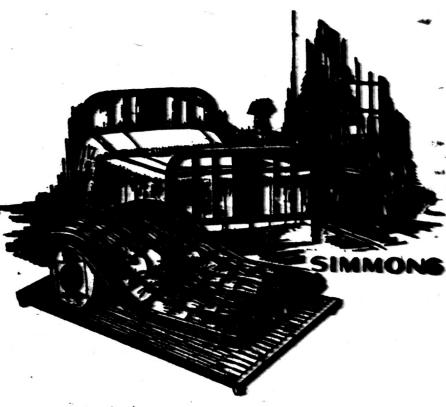


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