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Roof your house or cottage with Rib-Roll. Residence to look at... increase value of property... lasting... collect clean rainwater, handles leaks... ideal for houses, barns, sheds, warehouses, schools, churches, public buildings. Give size of roof for free estimate. Write

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Your sale conducted to meet your
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**TRY THE RECORD
FOR JOB PRINTING**

HEALTH HINTS
By Mrs. C. Erwin

Keep yourself keeping well and home treatment to prevent sickness, also hints upon home nursing.

First, the nurse in a home is to care for the sick and wait upon them, also to prevent and protect the family from taking a disease from a patient if infectious or contagious. When she is resting or off duty she should tell the person taking her place, what and why she does this or that (what is necessary) so her work will be carried on for the good of the patient. Her rest should be taken when her work will be light for her helper, unless another nurse is in charge.

RULES TO REMEMBER

Rules for a nurse to remember: Ventilate the sick room thoroughly and continuously. Remove from the sick room all unnecessary furniture. Avoid as far as possible close contact with the patient and bed. If contagious use disinfectants thoroughly and systematically — when necessary. Bathe and change the clothing frequently — with frequent changes of the patient's bedding. Cleanse the mouth, nose and throat frequently by means of gargles and sprays. Be out in the air as much as possible when off duty. When on duty, be cheerful, kind, conscientious. Never under any condition let a patient read your face. Keep your thoughts from the seeing eye — a sick person may take in more than you think and may be depressed and silent. Say nothing before a sick person of their condition. Tell the doctor at the door when you follow him if not keep a chart for him to read. (A chart will be explained later.) A very sick person cannot stand talking in a room, it irritates him, causes sleeplessness, excitement and depression. All these should be avoided by the nurse in as far as she is able. Keep a patient quiet, have their surroundings pleasant, keep bottles and unnecessary dishes out of their sight. Always remember, the doctor must be obeyed in whatever he orders or says for you to do, under all conditions. If you can not do it, give him notice to get another nurse and you leave rather than disobey.

HERE AND THERE

Another link has been forged in the air express services extending from the Gulf of St. Lawrence into the heart of Canada. The Canadian Pacific Express have undertaken an air express service between Winnipeg, Regina and Calgary in co-operation with Western Canada Airways and in connection with air mail routes. This means that express matter shipped from England may be picked up from incoming Atlantic liners at Rimouski, Quebec and Toronto, placed aboard westbound trains, trans-shipped to airplanes at Winnipeg, and delivered direct to the consignee at Regina or Calgary, or placed on a train again if the destination is further west, putting the shipment many days ahead of the usual service.

A six and three-quarter-pound speckled trout, a monster of its kind, has been caught on the Nipigon River by Philip L. Peterman, of Laurium, Michigan. This catch will probably win the Nipigon River Runzelow Camp trophy for the record catch of the season, for none of the fish previously entered in this competition approach it in size. The winner receives a silver replica of a fish mounted on an oak panel and an engraved gold lapel button. Fishing on the Nipigon has been better this season than it has been for ten years. The regulation of the water level to prevent fluctuation has resulted in fish returning to their old haunts, and sport is now as good as it ever was.

CALEDONIA FAIR
THURSDAY, FRIDAY, SATURDAY
OCTOBER 4, 5 & 6

OCT. 4—HORSESHOE PITCHING
2 Men and 10 Men Teams

OCT. 5—SPEED EVENTS
2:30 Trot or Pace
2:14 Trot or Pace
2:18 Trot or Pace

Special Attractions
Caledonia Citizens Band

OCT. 6, at 2 P.M.—GRAND PRIZE STOCK PARADE

SPEED EVENTS
2:22 Trot or Pace
Free-For-All

91st Highlanders Band
Special Attractions
PALMER'S UNITED MIDWAY ATTRACTIONS
on the Midway

We're in the Midst of a New Season With a Store Full of New Things
NO NEED TO POSTPONE FALL SHOPPING — LOOK AHEAD NOW TO NEEDS OF COOLER WEATHER — SHOP HERE.

BABY THINGS GALORE!
THE IMPORTANCE OF PROPER CLOTHING

THE LAYETTE, \$9.75
26 Pieces

- 3 Flannel Nighties
- 2 Flannel Binders
- 12 Flannelette Diapers
- 2 Cream Vests (Art Silk and Wool)
- 2 Flannelette Barra Coats
- 1 Cotton Embroidered Petticoat
- 1 Plain Cotton Day Dress
- 1 Embroidery-trim Dress
- 1 Pair Wool Hose
- 1 Baby Book Complete \$9.75

DAINTY SWEATER COATS
All pure wool, are snug little coats of white with touches of pink or blue, sizes 1 to 3 years. \$1.00 and \$1.75

WOOLEN PANTIES
So delightfully warm and comfy are these little short Woolen Panties, with snug grip weave at knees; draw string top; white only 95c each

TWO-PIECE SUITS
Double knit Scarf and neat fitting Toque, in shades of jockey-red, powder blue, camel and pink. \$1.50 set

BONNETS AND CAPS
Art Silk knit with wool lining; fancy embroidery trim; some with angora wool trim. Trims are pink or blue only. Priced \$1.75 and \$2.00 each

KIDDIES' SWEATERS
Knit just like home-made ones; in white, pink, pale blue, camel, delph blue Best value anywhere. One to 3 years. Priced \$1.95 each

CARRIAGE ROBES
Entirely out of the ordinary are these fine all-wool homespun robes, with a wash satin lining. Each embroidered with delicate touches of colored wool. At \$8.95 each

WOOLEN TOQUES
Jumbo-knit, in camel, red or white, with top pompom 75c each

Heavier weight, very fine knit, with pompom at side; jockey, camel, powder blue, also pure white. At \$1.00 each

MADEIRA PILLOW TOPS
Hand Madeira on very sheer quality or medium weight English Batiste; a very dainty design \$1.25 each
Pillow Forms to fit above cases. . . 40c

WOOLEN 4-PIECE SUITS
All wool knitted Pullover Sweater with little collar and tight-fitting wrist. Overalls with feet in them. Well-fitting Toque and long Wrist Mittens. In shades of camel oriental blue, grey and red, at \$3.75 set

GOSSARD FOUNDATION GARMENTS
GIRDLES, ONE-PIECE GARMENTS, BANDETTES — SPECIALLY DESIGNED TO MOULD THE FIGURE TO "GOSSARD" LINE OF BEAUTY

For the Average and Larger Figure
—A front-lace Gossard Corset of pink fancy brocade. It has the comfortable low elastic top and thigh section and is well boned for support and figure control \$8.50

The "Gossard" Uplift Bandette—Of pink knitted rayon; has elastic at back; rosebud trimming and fancy tape shoulders \$1.25

For Slim and Youthful Figures—A side-hooking girdle of pink knitted rayon lined with satin. It has side sections of elastic and is lightly boned front and back \$6.00

The "Gossard Complete"— Of royal batiste in pink, has wide side sections of elastic with top of knitted rayon. A figure moulding garment for the average type. All sizes \$14.50

AN OUNCE OF UNDERWEAR IS WORTH A POUND OF MEDICINE

Ladies' Cotton Vests—Turnbull's fall and winter weight cotton vests in three styles—low neck and no sleeve; V-neck and short sleeve; Duchess neck and a long sleeve. Cream only; 36 to 44 sizes. The garment 90c

Ladies' All-Wool Bloomers— With a wide gusset, elastic waist and knee; has buttonholes to change elastic without ripping. Colors: rose, mauve, black, saxe blue, navy and sand; sizes 36 to 44. At \$1.69 pr

Ladies' Cotton Drawers— To match above vests. Two styles—ankle length or knee length; open or closed. The garment 90c

Ladies' Cotton Bloomers— A heavy weight with wide gusset, elastic waist and knee; shades of sand, grey, mauve, peach or cream; sizes 36 to 44. . . 89c pr

Children's Combinations—Heavy cotton, with long sleeve, ankle length and drop seat. Price the suit . . \$1 and \$1.75

Children's Cotton Vests — Fall and winter weight, in two styles: high neck, long sleeves; low neck, short sleeves; sizes 2 to 14 years. Also Drawers to match in ankle length; cream or natural shade. 50c and 85c garment

Special-- LADIES' COMBINATIONS—Finest grade silk and wool. A few odd lines. Low neck, short sleeve, knee length. Low neck, short sleeve, ankle length. Odd sizes. Regular \$5.50 \$2.95 Suit

WOMEN'S KIMONAS
Ultra-smart in style and pattern are these newer fall weight robes of fancy Corduroy, Eiderdown, Kenvale Wool and the well-known Kenwood.
\$5.95, \$6.50, \$7.95, \$9.95, \$10.50, \$15

TOWELLING
Fancy checks, plains and stripes; all pure linen towelling; real quality. For Christmas gifts or home use there's none better 25c yard

JERSEY DRESSES
Extremely smart and well-tailored Dress of quality, and a deal of service. Season's newer autumn shades; sizes 14½ to 44—
\$7.50, \$10, \$12.50, \$13.50, \$15, \$20

BLANKETS
Grey Blankets, heavy quality in two sturdy types. These are suitable for either home or camp purposes. Priced per pair \$3.95 and \$4.95

KENWOOD BLANKETS
All-wool, long selected fibre and long fleecy nap, that does not wash or pull out. Thoroughly shrunk and fast colors; 3-inch satin binding. Luxurious comfort with decorative beauty in color harmony. Plain and fancies:
60 by 84 \$ 9.50 each
72 by 84 \$10.75 each
64 by 84 very heavy. . . . \$12.00 each
60 by 72 Slumber Throws. \$ 7.75 each

FALLS' DEPARTMENT STORE — Simcoe — FALLS' DEPARTMENT STORE