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THURSDAY, OCTOBER 11, 1928

### THE DAY OF REST

Sunday is the day to emerge from der continents. the rut and groove of life and do But it is not for the material blessthe roots of his plants.

L is the common tasks and common their theories. pleasures that should be put aside ard something uncommon taken to fill their places. The real Sabbath breaker is the rest-breaker. Life is exhausting as it stands. Why take the precious seventh day to further ecmplicate matters?

This applies to the man who takes his business problems home with him for settlement or solution over Sunsiay. It applies to the student who pores over his lessons on the Sabbath. It applies to the home-maker who employs the seventh day to catch up with the interrupted work of the These idle words go deep, deep in-

common consent for rest and renew. shown the need of something else.

who works seven days per week, is tengue is the law of kindness." not getting anywhere. Nor is he adding a dollar to his bank account that will not be demanded of him sooner or later to pay damages for a broken contract with nature.

### COLUMBUS DAY

Christopher Columbus discovered Many a moon will pass before the America on October 12th, 1492. But present-day musical hits are listed Columbus day, although a legal holi. or ong the old sweet songs. (int), is less generally celebrated than Most persons will retain a modifeared that if the widespread feeling conscience fund reports a deficit. that we have more than enough of . Motorist-'Is it very far to the holidays should lead to a call for the next town?" elimination of some of them, many Em Honey-"Well, it seems furwould vote in favor of dispensing ther'n it is, but it ain't." with Columbus day. This is not as "I am afraid, doctor," said Petunia # should be. Not only the American to a physician, "that my husband has countries but all the world should some terrible mental affliction. Somepruse on the anniversary to do honor times I talk to him for hours and to the great explorer, for the people of every quarter of the globe have the sin't an affliction," was the Columbus sought a new short route

to the East Indies. Europeans de sired that commerce with the East si ould be facilitated that they might men who do not advertise while liv-

THE JARVIS RECORD lacked means to preserve food. Their charged lifteen able food. Columbus did not bring Et copeans any closer to the Esse in Better send in your adver dian spices that they craved, but his and pay up your subscriptions, as hog discovery gave them potatoes, maise. tomatoes and other foods which imparted needed variety to their fare. This is but one of innumerable ways ir which mankind has materially Man wisely sets apart one day in benefitted from the establishment of seven as a period of rest and change | c., tact between America and the of-

something different. The succe sful irgs that he brought the world but I W; Doris Field, I W; Wray Meade, farmer periodically renews the soil. to the glorious example that he gave 1 W; Cenil Tomkins, 1 W; Lorne The horticulturist feeds and waters of courage and perseverance that the of courage and perseverance that the Class 39 Snow Apples John Parine less picking, but fall ploughing, cay of Columbus' great achievement sons, 10 W; Olive Tomkins, 1 W; Ceespecially after crushing the stubble, All life has a tendency to run down should be remembered. He remains feel Tomkins, 1 W; Doris Field, 1 W; sayes time for other spring work.

8 When cultivating in spring, if not recrated. Perpetual motion a model to be held up for the emula I Walpole. does not exist anywhere. Purely as tion of men in his daring to question a matter of health and mentar hy- the science of his age, in his willing- Hazel Meade, I W; Doris Field, I W; 9. Rolling in spring before cultiboon, a means by which tired nature known. His triumph over ignorance pray pause and take a fresh start. and superstition has encouraged beld Make Sunday a day of rest. To spirits everywhere to stand up for do so does not mean to permit the what they believe to be the truth and day to go to seed through inactivity to face danger, if necessary, to prove mond Young, 6 W; Hazel Ford, 11 W;

### THE IDLE WORD

The idle word that stings is as field, I W. old as human speech. Spoken thoughtlessly or spoken in a moment of irritation, it says more than the speaker le Walpole. meant. At least it says more than he would have said if he had taken second thought. Too often in a hasty moment one who really would not for worlds cause lasting hurt does just that because he reaches for the first remark that will register.

to the heart and memory of the one I fficiency experts have proven that to whom they are addressed. There a man can do as much work in an is no way in reaching this harm by eight-hour day as he can in a ten laws and courts. There is no way of I W; Leslie Blight, 10 W; L. Awde hour day. The two extra hours, are resolving that one will never say the Field, 1 W; Fern Pond 18W. not production hours due to the bodi thing that causes needless hurt, exly and mental poisons of fatigue. It cent by resolving to build up a habit by and mental poisons of fatigue. It cent by resolving to build up a nabit Evans, 1 W; Mac Saunders, 17 W; simple efficiency then to use the in one's life of saying only kindly. Ruth Banfield, 1 W; Vernon Tyrrell, precious seventh day, set apart by trings until quiet reflection has 18 W; Hazel Meade, 1 W.

Emulate a famous lord chancellor a counsel of meekness to the point Dougherty, 18 W. England who used to throw off his or being trouden upon. It was not robe at the end of the week and say, a weak man who prayed, "Set a Turell, 18 W; Marie Gowen, 21 W; Vernon citis causes a condition that a physical line of the week and say, a weak man who prayed, "Set a Turell, 18 W; Bertha Lofthouse, 18 sician will readily diagnose. Pain to-"Lie there, lord chancellor," and go watch before the door of my lips," W; Ruth Tyrrell, 18 W. tome to his famly and his hobbies.

The man who works on Sunday, or her mouth with wisdom, and in her 1: W; Annie Hoskin, 21 W.

## RECORD RAMBLINGS

There are too many light heads back of headlights.

newspapers-and in the Bible.

almost any other; and it is to be cum of faith in humanity until a

reply; "that's a divine gift."

NOW WILL YOU BE GOOD?

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s he r bers will reserve as good a send-of as we are expable of writing ing, without any charge whotsoever Better send in your subscriptions, as hog and pay up your subscriptions, as hog cholera is abread in the land.

BURAL SCHOOL PAIR

RURAL SCHOOL PAIR

RUR

(Continued from Page 1) Class 37 - Lamb, Ewe - Malcolm Peacock, 10 W; Fern Pond, 18 W; Jack Horne, 10 W; Leita Awde, 18 W. Warren Fess, 10 W.

Class 38—Northern Spy Apples — John Parsons, 10 W; Olive Tomkins Marr, 1 Walpole.

W; David Banks, 17 W; Leita Awde, 18 W; Verna Awde 18 W. Class 42-Tomatoes - Lois Holter-

man, 10 W; Lloyd Marr, 17 W; Ray-Leita Awde, 18 W; Grant Caughell, 18 Walpole. Class 43 Pumpkin Essie Brown, W; Marie Gowan, 21 W; Isabel

W; Ralph Fess, 10 W; Andrew Ban-Class 44 Loaf of White Bread Leita Awde, 18 W; Verna Awde, 18 W; Hazel Meade, I W; Ruth Tyrrell,

Class 45-Sandwiches - Rosemary Pond, 18 W; Amy Anderson, 10 W; Fern Pond 18 W; Alice Johnosn; 10 W, Hazel Ford, 11 W; Grace Dough-

Dorothy Miller, 10 W; Lillian Ion, thorough work will dontrol the borer.

1! W; Jessie Dougherty, 18 W; Myrtle Evans, 1 W; Hazel Ford, 11 W; Fern Pond, 18 W.

Class 47—White Layer Cake—Ethel Dellar, 10 W; Lois Holterman 10 W; Margaret Jackson, 1 W; Reta Perrett, W; Jean Pratten, 1 W; Verna Awde 18 Walpole.

Class 48-Candy-Norine Fletcher, 18 W; Verna Awde, 18 W; Elmo Class 49 - Wild Raspberries, pre-

Class 54—Bread Board — Laurence Roulston, 11 W.

17 Walpole.

Leita Awde, 18 W; Leslie Hill, 18 W; Vernon Tyrrell, 18 W.

every week.

advanced.

ontinued on Page 5)

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This College is becoming known far and wide

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ways lengthwise, of the rows.

stubble row as close to it as possible, so that on the next round the stubble will all fall flat into the furrow and

Class 40—Baldwin Apples - Lloyd Toothed implements drag up the stub-

ONLY IF THE SURFACE IS CLEAN

surface after being ploughed and, if there are no pieces of corn or stubble to hide in, they perish from exposure or are destroyed by birds, ants, beetles or other enemies.

SWEET CORN USUALLY SUF-Vokes, 1 W; Laurence Roulston 11 FERS MOST FROM THE BORERS: HENCE DO NOT OVERLOOK EVEN SMALL GARDEN PLOTS.

The best way to deal with them is to leave them until spring and then pull the stalks up by the roots and al' coarse weeds and burn them; then plough or spade the groud. Every person, whether he receives

ply with the Act. The inspector has Class 46—Baking Powder Biscuits without fear or favor. Nothing but been instructed to enforce the Act L. CAESAR.

Issued by the Ontario Department o' Agriculture.

HEALTH SERVICE of the

Appendicitis is a public health. problem because the public need to be told of the early symptoms so Class 50—Wash Cloth—Allan Awde that they may promptly secure proper 17 W; Willie Hoskin, 21 W; Andy treatment which will greatly reduce

wards the centre of the abdomen, followed by nauses and vomiting, is usually the first symptom. The pain Class 53-Doll - Ruth Banfield, 1 varies in intensity; it may be of a W; Bertha Lofthouse, 18 W; Lens Evans, 1 W; Fern Pond, 18 W; Andy Doughty, 21 W; Ruth Tyrrell, 18 W. of the abdomen, and the abdominal muscles in that area become hard and Class 55—Book Ends—Lloyd Marr tense. This is Nature's effort to pro-

harm and that will in many cases greatly lessen or take away the chance of recovery, and that is the

5. Plough 6 inches deep, if possible, and run the last furrow before the

be buried completely. 6. Never plough when the ground is too dry to do a good job.

8 When cultivating in spring, use disc, and in sowing a disc drill.

Raymond Young, 6 W; Doris Field; vating often helps to lessen the amount of stubble dragged up. Class 41—Cabbage—Hael Ford, 11 PLOUGHING KILLS THE BORERS

They nearly all come up to the

this notice or not, is required to com-

Provincial Entomologist.

## CANADIAN MEDICAL ASS'N.

### APPENDICITIS

Emulate a famous lord chancellor a counsel of meekness to the point.

This is not a text for weaklings.

Doughty 21 W; John Columbus, 17

W: Eileen Reynolds, 10 W; Jessie

The present death-rate of this dis

There is much about crime in the Werner, 18 W; Albert Kenline, 1 W; he pain in the abdomen, even when he pain in the abdomen, even when the pain is not accompanied by naus-Class 57—Plasticene Pumpkin—Da- ea or vomiting the family physician should be sent for at once. The only

THE LINE OF GROCERIES PRUITS AND VEGETABLES CURED MEATS, BOLOGNA AND

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use of a purgative or laxative.

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less ordered to do so by a physician.

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going to do any harm, whereas the

secuvity stirred up by a purgative,

when nature has kept the bowel quiet

on account of an inflamed appendix,

ay be disastrous.

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OCTOBER 21 Special Preacher. Rev. H. A. Graham, President Hamilton Conference The choir will be assisted by Mr. E. Chamberlain. of Centenary church. Hamilton and Mr. Maynell, of Hamilton.

CONCREGATIONAL MEETING MONDAY, OCTOBER 15 The Story of Jarvis Church by Mr. J. J. Parson, Rec. Stewart.

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