

## News of the Countryside

From the Record's Correspondents

### HAGERSVILLE

Too late for last week

A disastrous accident occurred on Saturday evening about 6.30 p.m., north of Hagersville on the Hamilton highway, when N. McNiece and L. Ince were driving along the highway one with a load of hay and the other with a load of sheep. They were moving from their farm in the township of Walpole to a farm on the 5th line in Oneida township, when Fred Morse of Hamilton, in a large sedan travelling in the same direction, drove into the wagon loaded with sheep, killing 24 out of 25 and killing both horses instantly, the compact being so hard that the boards of the wagon rack were drove through the horses, striking the head of hay on the head wagon, upsetting the hay and wrecking the wagon. Both Mr. McNiece and Mr. Ince had a narrow escape. The road for a time was impassable. Mr. Morse, driver of the car, was taken to St. Joseph's Hospital in Hamilton. Mr. J. A. Hoover has undertaken the management of the rink for the coming season. He has the badly needed repairs completed and has the rink flooded. With this cold weather continuing he expects to have a splendid sheet of ice for the local skaters by the end of this week. Mr. Hoover will endeavour to please the public and is looking forward to liberal support from the community. Mrs. Paul Cook entertained the Ladies Euchre Club at her home on Thursday afternoon of last week. Prizes were won by Minnie Awde, Mrs. Cook and Mrs. Harkins. Mrs. Leslie Reid will entertain the club at her home this Thursday afternoon.

### SELKIRK

Mrs. Pettigrew and Miss Margaret are spending the Christmas holidays with relatives in Kitchener. Evangelist Smith, who has been conducting meetings here for the past two weeks left for his home on Saturday. Mr. James Nunn, who was seriously injured in an accident recently and has been in the hospital, is progressing favorably.

### CHEAPSIDE

Mr. and Mrs. O. Wiedrick of Buffalo spent Sunday with his mother, Mrs. J. Weiderick. Mr. and Mrs. W. H. Hobbs spent Sunday at Dr. and Mrs. Sherks. The oyster supper held in the hall on Tuesday night was a decided success. The teacher and pupils of S.S. No. 4 held their Christmas concert in the hall on Thursday evening. Mr. and Mrs. G. McBurney visited at Mr. I. Jepsen's, Hagersville on Saturday. Rev. E. S. Fox has purchased Miss Day's house and is having a sale on the furniture and is very sorry to lose it. The United Church of Christ held their annual Christmas service on Thursday evening of this week.

### THE JOY OF GIVING

Continued from page one

away from the fullest enjoyment of Christmas because we have passed away from the years of manifest joyfulness of childhood. We have become makers of Christmas now—we have discovered the joy of giving as well as receiving—the enrichments there are of adding our little to the world's wealth of Christmas happiness—and our life has grown larger in the experience. (The above was written by the late Mrs. Charles Howard, (nee Mabel Parkinson) for the Christmas meeting of the Springvale Women's Institute one year ago, and published in last week's issue of the Farmer's Advocate. It carries the thoughts of thousands at this time, and speaks throughout of the true character and unselfish life of the writer.

### Christmas Concert

Knox Presbyterian Church Sunday School held their Christmas entertainment on Friday last, Dec. 19th. The schoolroom was filled to its utmost capacity. The entertainment consisted of dialogues, recitations, songs and choruses. The children taking part did what was expected of them with great credit to themselves and the satisfaction of the audience. All present testified that it was one of the best entertainments they had ever attended. There were too many in the concert to mention any names, but it may be said that they all deserve the highest praise for the work they did. Mr. Frank Laidlaw, the reeve of the township presided as chairman. Of course Santa Claus came in after anxious waiting for him and distributed the Christmas gifts to the children. It did not last too long but long enough to make the people wish it had lasted longer.

### AT THE CHURCHES

**ST. PAUL'S CHURCH**  
a. m.—Morning Prayer & sermon  
p. m.—Evening Prayer & sermon  
Rev. J. Hirst Ross will preside

**WESLEY UNITED CHURCH**  
Rev. P. E. DEETH, Minister  
New Years Service, 1930  
11 a. m. Sunday school and Bible class  
11 a. m. A New Years Message.  
p. m. Evening Worship.  
Christmas music will be given at both services.

**CARNET UNITED CHURCH**  
Services—1.30 and 2.30 p. m.

**KNOX PRESBYTERIAN CHURCH**  
Rev. G. David Evans will preach  
both services next Sunday.  
Prayer meeting Wed. at 8 p. m.  
Y. P. A. meeting on Friday, at 8 p. m.  
All are welcome.

**UNITED CHURCH**  
Rev. W. G. G. G.  
Prayer meeting Sunday at 2.30 p. m.

### NOTICE TO CREDITORS

IN THE MATTER of the Estate of JEMIMA GIBBS, late of the Township of Walpole, in the County of Haldimand, Widow, deceased.

NOTICE IS HEREBY GIVEN that all persons having any claims or demands against the late JEMIMA GIBBS, who died on or about the 26th day of October, A. D., 1930, are required on or before the 10th day of January, A. D. 1931 to send by post (prepaid) or to deliver to John Vokes, Nanticoke, R.R. 2, Ontario, one of the Executors of the last Will and Testament of the said Jemima Gibbs, deceased, their names and addresses and full particulars of their claims or accounts and the nature of their securities (if any) held by them.

AND FURTHER TAKE NOTICE that after the 10th day of January, A. D. 1931, the said Executors will proceed to distribute the assets of the said deceased among the parties entitled thereto, having regard only to the claims of which they shall then have had notice and that the said Executors will not be liable for the said assets or any part thereof to any person or persons of whose claim they shall not then have received notice.

Dated the 16th day of December, A. D. 1930.  
John Vokes, James Vokes, Executors  
S. E. Lindsay, their Solicitor.

### Miscellaneous Adv.

For Sale—Box stove, only used 3 months. Also a coal stove, in A-1 condition. Cheap for quick sale. Apply to Mr. Will F. Jacques.

Apples for Sale—A quantity of northern spy and Baldwin apples. Domestic quality. Price 50c bus. at farm. Joseph Gilbertson, Simcoe 2 miles southwest of Simcoe.

FOR SALE—10 Holstein Bull calves of excellent breeding, from 3 to 5 weeks old, with Register and transfer, for \$25 each, until January 1st, 1931. H. A. Schwyer, Eriedale Farm, R.R. 1, Selkirk, Phone 7-30.

For Sale—Limited number of winter apples—Greenings and Baldwins. 50 bushel. Frank Hamblly, R. R. 3, Waterford. Phone 16-22 Waterford

For Sale—Frame dwelling. Nicely located. In first class condition. Apply to Geo. L. Miller, Jarvis

For Sale or Rent—Comfortable dwelling in the village of Jarvis. Will be vacant December 10th. Apply to Mrs. Allen Lishman, Hagersville. R. R. No. 5.

For Sale—Brick dwelling, in good shape. A bargain for quick sale. Apply to Geo. L. Miller, Jarvis

For Sale—200 acre farm on No. 3 Highway. Good outbuildings. Brick dwelling. Plenty of water. Apply Geo. L. Miller, Jarvis.

FOR SALE—First Class building lot on Main Street, Jarvis, there is on this property a good frame building. Will sell separately if desired. No reasonable offer refused. Apply to Geo. L. Miller.

A grocer has received this communication from a delinquent customer:—"Dear Sir: I got your dune what I owe you. Now be pacht. I ain't forgot you, please wate. When some other fools pay me I pay you. If this wuz judgment day and you wuz no more prepared to meet your Maker as I am this account, you sure would go to hell. Hoping you will do this, I remain, yours very truly."

### Health Service.

#### VITAMINS

For many years we have known that the foods which we use consist of various combinations of fat, protein, carbohydrate and minerals. It was generally understood that the value of a diet depended upon the quantity of these ingredients and the way in which they were combined. A few years ago, scientists who were doing research work on diets discovered that there are present in foods other substances which are essential to nutrition. When food is taken into the body, it must be utilized so as to keep the body in running order. The proper use of food is the process of nutrition, and if body and nutrition is to be maintained, that is, if the body is to be kept running smoothly and efficiently, vitamins must have their

place in the diet.

The research workers have found six different vitamins. The total absence of one or other of these will cause a condition such as scurvy or rickets. Diseases which are due to the absence of vitamins in the diet are called deficiency diseases.

It has been shown that an insufficient amount of vitamins in the diet may not cause any definite disease, but their absence may prevent an individual from enjoying good health.

To put it the other way around we may say that vitamins are essential not only to prevent the deficiency diseases but to keep the body fit and to secure a full measure of health for the individual.

The absence or deficiency of vitamins in the diet is, therefore, a serious matter. Fortunately, however, the average adult does not need to

worry about this, providing he eats a balanced diet, that is, a diet composed of a wide variety of foods.

The vitamins are present in certain foods in varying amounts. The average adult can rely on milk and dairy products, eggs, green leafy vegetables, fresh fruits, tomatoes (raw or canned) and whole-grain cereals to supply him with all the vitamins he requires.

For infants and expectant mothers it may be necessary to supplement their diet with some preparation such as cod liver oil. In their cases, there is an extra demand for vitamins, and in order to make sure that there will not be a deficiency, the ordinary diet may be added to as suggested.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College St. Toronto, will be answered personally by letter.

## The Glooms

Tried to make people believe that there wasn't going to be a Merry Christmas this year, and that there wouldn't be any Santa Claus, well if they could just of seen what was going on here the days before Christmas, the most wonderful Christmas business in all the history of the store, and beautiful business, such nice things people bought for gifts--such good things as for toys, dolls, games, etc., this year's record just simply ran away from any other record ever made.

Our hearty thanks and all best wishes to the public that made this possible... "Never mind the glooms."

To YOU and YOU and YOU  
"a Merry Christmas"

H. S. FALLS and STAFF.

# SPECIAL OFFER

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