

Advertising Rate Card

The Jarvis Record  
Jarvis, Ont.

WEEKLY—8 pages, 6 columns to page, columns 19 1/2 inches long, 15 ems wide; set in 8 point.

Display Advertising Contracts  
12 mos. .... 15c per in. per issue  
6 mos. .... 20c per in. per issue  
3 mos. .... 25c per in. per issue  
1 mos. .... 30c per in. per issue  
Single insertion, 35c per in. per issue

Display Advertising—Plates  
Position—Run of paper; space to be used at option of advertiser within six months.  
1 in. and over ..... 25c per line  
100 in.'s and over ..... 20c per line  
250 in.'s and over ..... 15c per line  
Reading Matter—Double Display Matter Rates.

Special Advertising  
Annual statements of Banks and other financial corporations, whether having ordinary contracts or not, 55 cents per inch.  
Political, Election and other special advertising, 35 cents per inch.

Condensed Advertising  
Minimum charge 25c.—Cash with order.  
Locals, notices, etc. 10 cents per line.  
Legal advertising, 12c and 5c per line (agate measurement).

Transient advertisements CASH.  
Accounts rendered monthly.

PROFESSIONAL CARDS

Arrell & Arrell  
HAMILTON—Sun Life Building  
CALEDONIA—Ropers Block  
HARRISON ARRELL, K.C.  
County Crown Attorney  
S. Cameron Arrell

Kelly, Porter & Kelly  
SIMCOE, ONTARIO.  
Solicitors for Norfolk County Council  
DAVID E. KELLY  
Barristers, Solicitors, Notaries, Etc.  
W. E. Kelly, K.C. J. Porter  
County Crown Attorney County Treas.  
Money to Loan at Lowest Rates

PHYSICIANS  
I. J. Leatherdale, M.D.  
OFFICE HOURS  
10 to 12 a.m. 2 to 5 p.m.  
7 to 9 p.m.  
JARVIS ONTARIO

DR. E. M. JONES  
PHYSICIAN AND SURGEON  
Office Hours: 9 to 10 a.m.  
2 to 4 p.m.  
PHONE 74  
OFFICE—In the late Bryce Allen  
Residence Jarvis, Ont.

DENTISTS  
Dr. R. G. Hyde  
DENTIST  
Office Hours: 9 to 12 a.m.; 1:30 to 5:30 p.m.  
Office above Shidrick's Hardware  
Phone 121  
MAIN ST. HAGERSVILLE, ONT.

NANTICOKE C. O. F.  
NO. 1273  
Meets on the last  
Monday of each  
month.  
— Insurance at Cost —  
ABERTON EVANS — Secretary

CAPITOL THEATRE  
SIMCOE  
Friday and Saturday  
NOVEMBER 7 — 8  
Matinee Saturday at 2.30  
"WIDE OPEN"  
Edward Everett Horton  
Comedy and Cartoon

Monday, Tues., Wednesday  
Nov. 10 — 11 — 12  
Matinee, Mon. — Wed. 2.30  
Richard Barthelmess  
THE DAWN PATROL  
with Douglas Fairbanks, Sr.  
and Neil Hamilton, in  
A thrilling drama of warfare  
in the Clouds. Greatest off all  
Aviation films.  
Approved "U"  
Don't Miss This  
also Universal News Reel.

News of the Countryside  
From The Record's Correspondents

SELKIRK

A rather serious accident befell Ivan Stadder on Saturday after attending the Educational Convention in Cayuga. A water tap on the Court House ground was covered with leaves and he tripped over it, falling on the cement walk, breaking his knee cap. He was taken to the Hospital in Hamilton.

The following left for the North on Saturday for a hunting trip: Ernest Lindsay, G. C. Fess, Elliot Dennis, Walter Waterbury, and H. Hamilton.

Floyd Miller of Tonawanda and Elwyn Miller of Buffalo were home on Sunday.

Alfred Pitcher, who has been assisting at the Wheeler Fishery has returned to his home in Toronto.

Alex Miller has installed a bigger and better printing press to be run by hydro.

Thomas Cooper is on the sick list. Mr. and Mrs. J. W. Hibborn and son Paris were visitors here on Sunday.

Mr. Franklin of Dunnville who purchased Mrs. Hare's property is establishing a milk farm.

The Ginseng farm has been making headway.

Mr. and Mrs. Morgan Miller left for their home in Bridgeburg.

Mr. and Mrs. Winger of Stevensville spent Sunday at W. Wardell's Thanksgiving day next Monday.

Business places will be closed.  
Rev. W. W. Keeney, assistant pastor of the Churchill Tabernacle in Buffalo and musicians, Mr. and Mrs. George E. Gowing, Miss Newland, Miss Lyon and others will hold a service in the Evangelical Church on Wednesday evening, Nov. 1th.

Mr. and Mrs. A. C. Neff, Toronto, were visitors at H. Neff's on Tuesday.

Mr. and Mrs. D. Effinger, Buffalo spent the week-end here.

J. C. Ray of Atlanta is here on a week's vacation.

Mr. and Mrs. Cyrus Beck attended the funeral of their nephew, Cyrus Beck, Jr. at Welland on Wednesday of last week.

Visitors at Elias Hoover's on Sunday included: Mr. and Mrs. M. F. Hoover of Hamilton and Eugene Hoover of Caledonia.

ROCKFORD

Next Sunday our church service will be at 11 a.m. It will be conducted by Rev. J. W. Kitching of Nanticoke. We hope a large congregation will be present to welcome

our former pastor. Sunday School will commence at 10 a.m. Our Y.P.S. will meet on Friday evening at 8 o'clock. We will have a House of Jarvis.

Miss Mary Onifrichuk of Waterford spent Sunday with Mr. and Mrs. Geo. Onifrichuk.

Miss Helen Smith spent the week-end with Miss Katherine Reid of Naber.

Mr. and Mrs. Stanley Anderson visited with Mr. and Mrs. John Webb of Oneida on Sunday.

Mr. Hugo Pegler of Sanduski was a week-end guest of Mr. Frank Hamby.

Mr. and Mrs. J. Boulton of Hamilton, Mr. and Mrs. Jack Phillips of Toronto, Mr. and Mrs. Allan Phillips and Mr. and Mrs. Arlie Wilson visited with Mrs. John Phillips on Sunday last.

Mr. and Mrs. Jos. Williams and son Jim and friend of Hamilton spent Sunday with Mr. and Mrs. A. Angus.

Mr. and Mrs. George Anderson of Waterford called on Mr. and Mrs. Stanley Anderson on Sunday.

RENTON

The farmers are busy plowing and doing up their fall work in this vicinity. More rain is needed to make plowing go decent.

Mr. and Mrs. D. K. Secord and Mrs. Ira Fisher spent one day recently with Mr. and Mrs. Tom Marshall, Ambrose, Walsingham.

Hallow'een passed off very quietly around this burg.

Mr. and Mrs. George Potts were in Brantford on Thursday last attending the funeral of Mrs. Potts' brother, the late John T. Adams.

Mr. and Mrs. Percy Potts entertained a few of their friends at dinner on Friday evening.

CHEAPSIDE

Rev. and Mrs. J. W. Kitching are spending this week in London and Cannington.

Miss M. Stillwell is attending the Baptist Convention in London this week.

Mr. S. Britton and Mrs. A. Meighen attended the wedding of Miss Mary MacDonald in Kincardine on Saturday.

Mrs. G. R. McBurney spent last Thursday with Mrs. William Lent. Mr. and Mrs. Fred Metcalfe and Mrs. English of Hamilton spent Sunday with Mrs. Anne Metcalfe.

Mr. and Mrs. J. C. Armstrong spent a couple of days this week with Mr. and Mrs. McHenry and Mr. and Mrs. G. Butler.

Mr. and Mrs. Willing Hargreave were Sunday visitors with Mr. and Mrs. Austin Peck.

Mrs. John Forest, Hagersville, George Pond.

The Anniversary Services in the United Church on Sunday were well attended. Mr. Park from Hagersville was the speaker for the occasion.

Misses Veina and Louise Cronk spent the week-end with their grand parents in the village.

Mrs. White is staying this week with Miss K. Stillwell.

Mrs. Winger of Springvale spent Sunday with Rev. and Mrs. Earl Sider.

Mr. James Jepson visited Dr. Sherk on Monday.

Plowing Match.

Continued from page one

erosity and help in making the match a success. Mr. J. W. Richardson in a few well chosen words made the motion and Mr. G. Peter Lloyd in seconding it made mention also to the generosity of those who very kindly loaned teams for the day.

A complete list of winners in the different classes is as follows:—  
Class 1—High cut in sod—open to all: 1st, W. N. Vansickle, Cainsville; 2nd, John Capton, Oakwagan; 3rd, Edmond Green, Oakwagan; 4th, Fred Martin, Newport.

Class 3—Plain plow in sod—open to Haldimand County: 1st, Freeman Nixon, Hagersville; 2nd, John Sinclair, Jarvis; 3rd, Fred Otterman, Fisherville; 4th, Avery Winger, Cayuga.

Class 4—Plain plow in sod—open to Haldimand County boys under 21 years: 1st, Ivan Leng.

Class 6—Jointer Class in Sod—open: 1st, George Garlow, Oakwagan; 2nd, Ralph Young, Caistor Centre; 3rd, T. Porter, Oakwagan; 4th, Lorne Marshall, Caistor Centre.

Class 7—Jointer Class in Sod—Open to Haldimand County: 1st, Frank Woodruff, Hagersville.

Class 8—Two Furrow Plow in Sod 1st, George Packham, Caistor Centre; 2nd, Cyrus Loudon, Glanford; 4th, J. C. Bush, Nanticoke.

Class 10—Tractor in Sod—Open to Haldimand County: 1st, Russell Hare, Nanticoke; 2nd, Chris Reichheld, Fisherville; 3rd, Harold Porter, Jarvis; 4th, Wm. Laidlaw, Jarvis.

Class 11—Tractor in sod—Open to Haldimand County boys under 21: 1st, Harry Thomas, Hagersville; 2nd, George Dobbin, Caledonia; 3rd, Lorne J. Porter, Jarvis; 4th, Milton

HEALTH SERVICE

Of The Canadian Medical Association

MAJORITY

The properly nourished child or the child with good nutrition is active physically and mentally; he is happy and good-natured; his color is good and his eyes are bright; his appetite is good, and his weight is likely above the average for his height and age.

The malnourished child, the child who is suffering from what we call malnutrition, lacks one or more of the characteristics of the normal child. His skin may be pale; dark circles may be noticed under his eyes; he is either cranky and irritable, or dull; his appetite may be poor and he is usually constipated; he is likely below average weight, and his posture is poor.

Malnutrition is not an uncommon condition. It occurs in varying degrees of severity, and it is seen in children from all types of homes.

When nutrition is mentioned, the first thought is naturally as to what the child eats, and many persons jump at the conclusion that malnutrition means that the child does not get enough to eat. The child cannot be properly nourished without proper foods, and in some cases, malnutrition is due to the child's not securing sufficient food.

Rarely is an insufficient quantity of food the cause. Malnutrition is due practically always to an improper selection of foods. It may be that an over-indulgence in sweets, and eating between meals destroys the appetite for the proper foods at meal-times. The growing child requires a gen-

erous diet, because he is growing and also because he is very active. Children in their teens require more food than the average adult.

The growing child's diet should include regularly milk and milk products, fruits and green leafy vegetables in addition to cereals, eggs, meat and potatoes.

But malnutrition is far from being entirely a question of diet. The most common causes, outside of the diet, are lack of sleep, over-fatigue, lack of sunshine and fresh air, diseased teeth and tonsils, and adenoids.

A child may be fed the right selection of foods and in their proper amounts, but unless he secures regularly the long hours of sleep which he needs, he will not be properly nourished. The body cannot nourish itself properly from the food taken if there is not sufficient fresh air, sunshine and exercise. Diseased teeth and tonsils slowly poison the body and so keep it malnourished.

In order to prevent malnutrition, select a proper diet for the child, free him from physical defects and make sure that he leads a hygienic life. House for rent—Large and cosy. Could be divided for two families if wanted. Gas throughout, good cellar. Garage can be provided. For further particulars apply C. R. Bingleman, just north of school.

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

Hemming, Nanticoke.

SPECIALS

Class 1. Best Crown—Edmond Green

Best Finish—W. B. Vansickle.

Class 3, B. C.—Freeman Nixon

B. F.—Fred Otterman.

Class 4. Best Crown and Finish—

Ivan Leng.

Class 6, B. C.—George Garlow

B. F.—Ralph Young.

Class 7, Best Crown and Finish—

Frank Woodruff.

Class 8, B. C.—George Packman

B. F.—J. C. Bush

Class 10, B. C.—Harold Porter

B. F.—Chris. Reichheld.

Class 11, B. C.—Lorne J. Porter

B. F.—Harry Thomas.

Best team and equipment—1st, Ernie

Fess; 2nd, Avery Winger.

Best plowed land by boy under 21:

George Garlow.

Youngest Plowman on Field—

Wilbur Warner.

Oldest Plowman on Field;

Fred Martin.

Best Plowed Land made with tractor

plow; Russell Hare.

Best plowed land made by young

man under 24, open to Haldimand

County; John Sinclair.

Best In-and-outs, Tractor Classes—

Class 10—Russell Hare.

Class 11—George Dobbin

The Judge was Mr. Clark Young,

Milliken, Treasurer of the Ontario

Plowmen's Association.

What Ambition Did for Joe

Joe had a job in a factory. Though it was hard, he worked cheerfully early and late, because he wanted to be a foreman with larger pay in order that he might give his wife and children a better home. Then he began to feel extra tired, couldn't sleep, gained him. One day he fainted at his job. The doctor said he had only one chance of recovery from his trouble—consumption—and that was to be treated at the Muskoka Hospital for Consumptives.

So ill was Joe that it has taken almost two years to build him up to anything like normal, but he hopes to be able to return home soon and take up once more the duty of supporting his family.

For work such as this, your subscription is asked. Will you please send as much as you can to Mr. A. R. Ames, 184 College Street, Toronto.

Good Hunting in Laurentians



The fox hunt scene with 56 1/2-inch spread of 1400-pounds of weight sinking into the mud. The hunters were forced to improvise a raft of cut logs on which they towed the body to camp. Photographs show close-up of the mud and of the body being shot at a passage through shallows. The guide states that in of his experience he had never seen more plentiful in the woods.

Feeding Molasses

We are getting in a car of feeding molasses. The price will be 26c gal. off car. Kindly phone in your orders and we will notify you when the car arrives.

Jarvis Flour and Chopping Mills  
Phone 21  
Jarvis, Ontario