

PLANTS FOR SALE

FLOWERS—Salvia, Snapdragon, Carnations, Zinnias and Asters.
VEGETABLES—Tomatoes, Peppers, Cabbage and Cauliflower.

APPLY TO
'Cedarvale Gardens'
R. E. MILLER, Prop.
JARVIS, R. R. 3. Three Miles South of Jarvis. ONTARIO

Health Service

OF THE
Canadian Medical Association

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

PROTECTIVE FOODS

A properly balanced diet is needed by all, both old and young, in order that their bodies may be adequately nourished and that they may enjoy good health.

To secure a balanced diet, it is necessary to use a wide variety of foods. No normal person need worry about substance in his diet if, in addition to using a wide variety of foods, he includes regularly in his diet each day, milk and the leafy vegetables.

The name "protective foods" has been given very aptly to milk and leafy vegetables, because of their ability to make good the deficiencies of other foods. This may be expressed more directly by saying that the use of these protective foods makes certain that the diet is properly balanced and that the person using them will not suffer the loss of health and strength which occurs if the diet is not so balanced.

Milk is the one food for which we have no satisfactory substitute. It is the most important food for young children. It is valuable throughout life and, therefore, milk and milk products should form a regular part of the diet at all ages.

Milk is food containing about two per cent of solids. From one qt. of milk is secured about half a pound of butter fat, milk sugar and small amounts of different minerals.

We do not use these substances in milk as we use it because they are dissolved. They are there, however, and when we take milk into our bodies, we receive all the nourishment which comes from such food elements.

Milk gives us the food substances which build up the body and repair worn out tissues. Milk is rich in calcium (lime) and phosphorus. The green leafy vegetables are also a source of calcium. The use of milk assures the body of sufficient calcium which, if deficient early in life results in the improper formation of the bones and teeth.

Vitamins are present in milk. Their importance in promoting growth and development in children and in keeping both children and adults well is recognized. Vitamins are essential in our diet, and we can safely rely upon milk and green leafy vegetables for a large proportion of the vitamins we require.

One of the simplest and most effective ways of protecting health is through the regular use of the "protective foods"—milk and the green leafy vegetables.

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

News of the Countryside
From The Record's Correspondents

RENTON

Mr. and Mrs. W. D. Pease and Mr. and Mrs. Geo. Stenhouse were attending a funeral in Dunnville last week.

Mr. and Miss Bacon of St. David's were guests on Sunday last at the home of Mr. and Mrs. Ernest Weaver.

Miss Mary and Doris Weaver arrived home on Sunday to spend the summer with their parents, Mr. and Mrs. Ernest Weaver but left again to spend a week with their grandfather at the Falls.

Mr. and Mrs. Geo. Potts were attending a funeral in Woodstock one day last week. Mrs. Potts' brother, Mr. Adams.

Mr. David Weaver and Mr. and Mrs. Herbert Weaver, Misses Laura and Dorothy Weaver of Niagara Falls spent Sunday at the home of Mr. and Mrs. Ernest Weaver their son and daughter.

Miss Eva M. Serod of Hamilton spent the week end with her parents, Mr. and Mrs. D. K. Secord.

Mr. Chris Nelson and Miss Wray of Simcoe called on Mr. D. Secord and family recently.

Haying has commenced in this vicinity and strawberries are in full swing.

Mr. and Mrs. Fred Carter spent the week end in Brantford with their son Robert.

Mr. and Mrs. Percy Potts and daughter Norma spent Tuesday last week at the O.A.C. Guelph.

EVANS — STERNAMAN

On Saturday, June 29th, 1931, at 2:30 p.m., Courland Lincoln Evans, son of the late Ephraim Evans, Mt. Comfort, was united in marriage to Stella Sternaman, daughter of S. H. Sternaman, Selkirk. Rev. T. W. Bradt of Selkirk Church of Christ, performed the ceremony at the home of the bride, who wore a gown of white chiffon and carried a bouquet of white roses and sweet peas. Miss Edith Smelser played the wedding march. Miss Vera Sternaman was bridesmaid and Mr. E. J. Howell of Hamilton was best man. After a wedding luncheon Mr. and Mrs. Evans left on a motor trip to Flint, Mich., Lansing and other places. The brides travelling dress was of white crepe, with coat, hat and shoes to match. On their return they will reside at the farm Mt. Comfort in Walpole.

SELKIRK

Mr. and Mrs. Henselberger and son Clarence Centre visited with Mrs. L. Henselberger on Sunday.

Mr. and Mrs. John Hoover visited with Mr. and Mrs. Sherman Hoover Hamilton.

Friends of Mr. S. W. Hilborn are glad to see him about again.

Mr. and Mrs. Harry Falls and family of Thamesville spent Saturday and Sunday with D. W. Hilborn's. Mrs. Falls and family remained a few weeks.

Mr. and Mrs. M. Hoover and Miss Enslin Smith of Hamilton visited at their home here on Sunday.

E. O. Hurst Buffalo visited here.

1886 1931

The Old Reliable

Garden Party

FISHERVILLE

Thursday, July 9th

An entirely new programme

Never before seen in this section, including many well known Vaudeville and Radio Stars, such as The Eight Lumberjacks; Nixon & Rafferty, of Dnm-bell Fame; Ellis & West, R.E.O. Artists; Neapolitan Trio; Goodall Sisters; Famous Gus Van; Mavis Berry; Mack, the celebrated Yodler.

DANCING - SINGING - COMEDY

GUELPH PIPE & DRUM BAND

Better Amplifiers. Seats for All

Gates open 7 p.m. Programme 8.30 p.m.

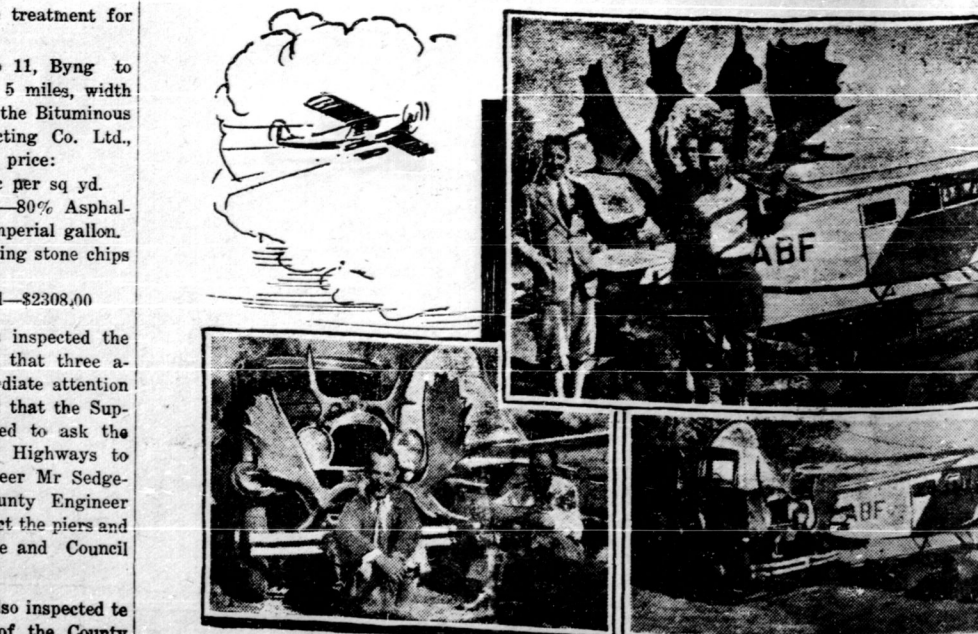
Cars parked on grounds, subject to order of parking committee, at owners' risk 25c each

Admission (reduced)

Adults, 38c Tax 2c

Children Under 12 FREE

Bring Home Superb Heads



The hunting season is in full swing in the Province of Quebec. In the middle of October a party of three Nimrod left the Gray Rocks Inn, St. Jovite, and took a hydroplane trip into the north to investigate moose hunting prospects. They got a big surprise and one of the highlights of the trip was the bagging of a moose with the magnificent spread of 66 1/2 inches; another of them shot a 60 1/2 inch head and the third also got a trophy which though smaller than either of the other two, would have ranked high in any average moose hunt. They report that the section is unusually well stocked with the animals. The object of the party was to get into the north to spy out the land and compare the results of portaging, camping out, and hunting through unknown or almost unknown territory against the facilities, security and wariness of the hunter. They have returned to tell us of a great moose spread with hydroplane in background and Tom Wheeler, proprietor of the Gray Rocks Inn, with guide.

THE JARVIS RECORD

Published every Thursday morning at 10 o'clock in The Record Building, 100 Jarvis, Ontario.

RECORD PUBLISHING HOUSE

PROFESSIONAL CARDS

Arrell & Arrell
HAMILTON—Sun Life Building
ALEXANDER ARRELL, K.C.
County Crown Attorney
S. Cameron Arrell

Kelly, Porter & Kelly
Solicitors for Norfolk County Council
DAVID E. KELLY
Solicitor, Notaries, etc.
J. Porter
County Attorney
County Treasurer
Loans at Lowest Rates

PHYSICIANS

J. I. Leatherdale, M.D.
OFFICE HOURS
12 to 12:30 p.m. 2 to 5 p.m.
7 to 9 p.m.
J. I. LEATHERDALE, M.D.
121 MAIN STREET, JARVIS

DR. E. M. JONES
PHYSICIAN AND SURGEON
Office Hours: 9 to 10 a.m.
2 to 4 p.m.
PHONE 174
121 MAIN STREET, JARVIS

DENTISTS

Dr. R. G. Hyde
DENTIST
Hours—9 to 12 a.m. 1:30 to 5:30 p.m.
at above address, Hardware Phone 121
ST. HAGERSVILLE, ONT.

SERVICE

We pay the return charges of all mail orders.

Delivered 24 hours after receipt of guarantee for cleaning.

BENNETT
CLEANERS & DYERS
21 Robinson St., Simcoe

County Council

continued from page four

received up to Tuesday, June 22nd noon (E.S.T.) at the office of the County Clerk, Caledonia, for applying and applying matter for land layer on County roads through Hamlets within the limits of the County.

of which is respectfully submitted.

F. W. RAMSAY, Chairman.

men—We your Committee on the report of the road committee be adopted as read, and by Mr. Hewitt, seconded by Mr. Bird, that the report of the Committee be received and read.

Carried.

Moved by Mr. Shaver, seconded by Mr. Coleberry, that the report of the Finance Committee be received and read.

Carried.

FINANCE COMMITTEE REPORT

We your Finance Committee recommend to the County Council that the appropriation schedule for 1931 be as follows:

Administration of Justice	\$ 9,000.00
Miscellaneous Grants	2,000.00
Municipal Government	6,000.00
Public Schools	6,000.00
Printing	1,000.00
High Schools	50,000.00
Interest	8,000.00
County Property	1,000.00
Mothers' Allowance	5,000.00
Insurance, Light and Heat	3,000.00
Industrial Schools and Children's Aid	7,000.00
House of Refuge	6,000.00
Old Age Pension	8,000.00
1st issue County Road Debiture No 19	6,139.63
2nd issue County Road Debiture No 14	6,018.19
1st issue Provincial Roads (By-Law 729) No 10	4,012.13
2nd issue Provincial Roads (By-Law 729) No 8	12,838.80
Court House Debiture No 8	3,209.70
3rd issue County Roads Debiture (By-Law 801) No 6	4,814.55
2nd issue payment to Province Debiture No 6 Bylaw 801	1,094.85
4th issue payment to Province Debiture No 9	5,827.68
5th issue Provincial Roads (By-Law 919) No 1	7,122.72
4th issue County Roads Debitures (By-Law 920) No 1	2,517.33
Miscellaneous expenditure	\$166,885.74
14 mills on \$11,329,410.00 is \$166,885.74	

We your Finance Committee have met and recommended the following accounts for payment

J. C. Eccles, July salaries \$ 4.00

Brook Print Shop, supplies for Sheriff's Office 2.08

John Walsh, freight on Court House supplies 15.80

Baird Bros., repairs to Court House 1.50

B. J. Hammond, Registry office supplies 2.65

B. J. Hammond, Court House supplies 8.55

E. B. Davis, Court House supplies and repairs 3.00

Jas. B. Smith, Messenger Service 1.50

Mrs. Jas. B. Smith, Coal Supplies 108.90

Geo. Wagon, Hagersville, mgt. J. C. Bowman

COMMITTEE on COMMUNICATION

To the Warden and Members of the County Council:

We, your Committee on Communications have met and beg leave to report as follows:

Letters from—

Ass. of Managers of Homes for Aged and Infirm, re Convicting Referred to Committee of the whole

N. R. Marshall, re damages, filed with the Clerk.

Hald. War. Mem. Hos. re Gladys Meadows, account Ref. to Com. whole

Dept. of Education re grant for public school equipment filed.

Com. on Municipal Act Revision, referred to Com of Whole

J. L. Mitchener, referred to committee of the Whole

Hand Firework Co. Filed

Old Age Pension Commission, re Brown and Lock Referred to Old Age Pension Board.

All of which is respectfully submitted.

M. M. SUNDY, Chairman

Moved by Mr. Bird, seconded by Mr. Anderson, that the report of the committee on Communications be adopted as read.

Carried.

Moved by Mr. Ramsay, seconded by Mr. Marshall, that this Council go into Committee with Reeve Coleberry in the chair.

Carried.

Moved by Mr. Laidlaw, seconded by Mr. Leary, that he resume business with the Warden in the chair.

Carried.

COMMITTEE OF THE WHOLE

We your Committee of the Whole beg leave to report as follows:

That no action be taken in reference to meeting of Association of Managers and Matons of House of Refuge

Re Gladys Meadows, that the County Solicitor give his opinion as to the County's liability at our next meeting

Re Committee on Municipal Act Revision That no action be taken

Re Musical Festival. That the Committee on Grants be asked to consider this application

Re John Snowden that the County refund \$25 to Theo. Sweden if paid to County by mistake

H. M. COLEBERRY, Chairman.

Moved by Mr. Hewitt, seconded by Mr. Gloyd, that the report of the Committee of the Whole be adopted as read

Carried

Moved by Mr. Shaver, seconded by Mr. Coleberry, that the report of the Finance Committee be received and read

Carried

M. E. Shaver, postage, etc., Old Age Pension 5.12

Hagersville News, advertising tenders	8.75
Davis, Stationery Co Sheriff's Office supplies	2.10
Victoria Industrial School, maint to May 31	64.00
Dr J Douglas Tyrrell, exam M. Mehenbacher	5.00
W. H. Wheeler, auto service	15.00
Harry Hewitt, auto service	15.00
H. J. Hoshal, insurance, boilers at Court House	125.00
Cecil W. McDermey, House of Refuge insurance	60.00
Grace McDonald, Division, Court	16.00
Grace McDonald, reporting	26.70
Village of Cayuga, advance re debentures	3000.00
Bert Wilkinson, Judge's residence	5.50
Davis Stationery, supplies	2.10
Mothers' Allowance Commission—May account	455.00
Old Age Pension Board, account for April and May	1445.79
Jessie C. Nelles, attending Court	4.00
British American Bank Note Co., printing bonds	75.75
Dr. E. C. W. Dean, re W. Davidson	11.25
Dr. E. L. McInnes, exam Gladys Meadows	6.40
Grand River Schem, Inspector's Report	5.00
Township of Rainham, rebate re Gusta Lodge	7.50
Grand River Schem, printing exam papers	73.50
United Typewriter Co., supplies, Judge's office	1.50
United Typewriter Co., supplies, Registry Office	9.53
J. C. Massey, office rent to July 1, 1931	125.00
War Memorial Hospital, account May 31, re John Stevens	54.25
Haldimand War Memorial Hospital, re Helen Daly	54.25
Lewis E. Ricker, Corn Borer Inspector	361.00
Mount Hamilton Hospital, re Mrs C. Otterman	12.25
Hamilton General Hospital, ditto	26.25
Hamilton Health Association, re Lena Mann	115.50
Hamilton Health Association account to May 31	186.00
Industrial Refuge, re Rena Senasbaugh, Jan. to June	90.00
Children's Aid Society, account for May	710.84
House of Refuge, May account	651.16
Leg. Marshall, indemnity	107.00
M. E. Shaver, ditto	116.00
Frank Laidlaw, ditto	67.70
R. S. Colter, ditto	73.50
Theo Jepson, ditto	174.10
W. H. Wheeler, ditto	120.00
C. N. Aldridge, ditto	57.60
H. A. Hewitt, ditto	112.00
Lloyd Huber, ditto	124.80
M. Furry, ditto	156.20
M. M. Sundry, ditto	123.80
H. M. Coleberry, ditto	128.80
R. Ramsay, ditto	152.00
A. Anderson, ditto	69.40
Wm. Bird, ditto	90.20
Jas. Lockie, ditto	51.80
M. E. Shaver, postage, etc., Old Age Pension	49.60
	5.12

Health of children good. One ward ran away and replaced in a foster home.

One ward placed in foster home.

House of Refuge Accounts for May — \$651.16

JAS. N. ALLAN, President. CHAS. R. BILGER, Local Sup.

COUNTY ROADS MAINTENANCE

H. C. McLean Publications, advertising	\$ 14.80
Theo. G. Scott, cement	2.45
Harry Lucken, truck service	65.00
Maurice Logan, truck service	85.00
Isaac Huber truck service	64.50
Marshall Lindsay, truck service	5.90
A. M. Evans, truck service	46.00
Dunnville Chronicle advertising	8.25
W. J. Bailey, lumber and posts	2.90
Chas. Ross & Sons, tile	10.15
W. H. Lishman, lumber tile posts	27.35
Imperial Oil Co, asphalt C. Patch	19.70
J. Allen, sharpening picks	39.00

COUNTY ROADS CONSTRUCTION

Theo. G. Scott, hardware \$ 9.15

continued on back page,

SAFE DRIVING

will save money

A new plan of Automobile Insurance, sponsored by two Canadian companies, provides reduced premium rates based on the individual merit of drivers.

10% REDUCTION for two years
driving without accident.

15% REDUCTION for three years
driving without accident.

20% REDUCTION for four years
driving without accident.

Discount applicable to Public Liability, Property Damage and Collision Premiums.

Human Life Is In Your Hands

Our merit rating policy is offered with a sincere desire to encourage careful driving and to foster a keen regard for life and property. Remember, it is the man at the wheel that counts—in his hands lies the safety of children, pedestrians and passengers.

The need for safety is imperative. Life and property are being sacrificed unnecessarily by careless and thoughtless drivers. Do your part. Help in the crusade for safer and safer driving. Talk, think and practise safety.

The SAFE DRIVER Comes Into His Own

Our merit rating policy rewards every safe and sane driver for his care, courtesy and common sense. He is no longer classed with reckless motorists. Instead, his premium rates are adjusted in accordance with his personal record of careful driving.

Under the New Financial Responsibility Law, no matter how careful you may be, you need the complete protection of our Automobile Policy.

"It's the man at the wheel that counts"

If you can qualify for this policy, see us today. Full details furnished gladly on request.

GEO. L. MILLER
Main St. Jarvis

CANADIAN GENERAL INSURANCE COMPANY **AGENT FOR** **TORONTO GENERAL INSURANCE COMPANY**