PLANTS FOR SALE

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

'Cedar vale Gardens'

R. E. MILLER, Prop.

JARVIS, R. R. 3.

Three Miles South of Jaivis.



Health Service

GRANT FLEMING. M.D. .. ASSOCIATE SECRETARY

HEALTH FOR ADULTS

In selecting foods, adults are guid- and other matters of personal hyat largely by their tastes It is thre- giene Farce that they have tastes which pint of milk a day, taken as a bevand Mrs Harry Cox. will lead them to select the foods reguired to maintain the body in a

We eat because we are hungry, or because the meal-hour has arrived study we say it is time to eat. We can satisfy hunger with almost any kind off food. The use of proper food, lowever, does much more than satisfy hunger with almost any kind off hunger.

Otherwise, the diet becomes monotoness and some essential almost any kind are sult of the Smithson Evangelistic Meetings.

freely in the diet. In general it is refue that the person who does not eat the proper food will show the dividual Ry being weighed locas-

Ganadian Medical Association

likely to throw away her health and day evening at Mrs Silverthone's. chances of success because she is grossly careless concerning ha mea's

wired to maintain the body in a vegetable besides potatoes; some raw vegetable besides potatoes; vegetable besides potatoes; some raw vegetable besides potatoes; some raw vegetable besides potatoes; vegetable besides potat

Nowever, does much more than satonly hunger.

Proper food satisfies hunger and, at the same time, it provides the same time, it

eat the proper food will show the dividual. By being weighed loccasionally, each person can keep a check on his weight. The weight of the dividual and Mrs Wm. Harl, a son.

BORN—Selkirk July 6th. to Mr and Mrs Wm. Harl, a son.

Those who successfully passed A great many adults who give connormal person can be controlled by their High School Entrance Exams
normal person can be controlled by their High School Entrance Exams
The game last Thursday was the

Jarvis— Smith, cf.; Church, l.b; played it aderable attention to the proper fedincreasing or decreasing the amount are very care
of feed concurred.

Sylvia McFarlane: Grace Schwever:

ROCKFORD

News of the Countryside From The Record's Correspondents

Haying is about done and wheat returned to Toronto after spending beautiful silver caserole. retting has commenced in this vicin-Mr and Mrs J. Thompson and

daughtr of Port Hope are spending few days with Mr and Mrs James Mr and Mrs Geo. Almos of Hamil- wards spent Sunday afternoon with Hoover. tan spent Sunday evening with Mr Misses Rhea and Eleanor Jones. Misses Marion and Helen Hoover

and Mrs Maitland Tisdale and fam-Slave Vickerman on Sunday Beach , Normandale.

Mr Arthur Secord spent

Mr and Mrs Roy Snell and chidren of Toronto spent Sunday with
Mrs Margaret and Wm. Richards.

Mr and Mrs D. Serord and their
sant, Mrs J. Fisher and cousin Mrs
Schram of Simcoe were gutsts
Mr and Mrs Wilfred Mason of
Hagersville and Mrs Edith Lemon of
Buffalo N. Y visited with Mrs Jas.

Those who were pesent recently at home of Mr and Mrs Ernie Weav and Mrs Richter of Hamilton spent wisitors in Town.

Dullato N. I. visited with Mrs Jas. for a speedy recovery.

Mr and Mrs Clayton House and Harley of Dunnville were Sunday and Mrs Richter of Hamilton spent visitors in Town.

Bacon of Throold, Mrs Laura Weav-er and niece Dorothy of Niagara Onifrichuck. Salls, Mrs Mabel Weaver and son Mr and Mrs Andrew Hoskins, Mr

the recent operation at the Apriolk Hospital.

Those who spent Monday or this with Mr and Mrs D. Secod at son, Mr and Mrs W. Hanna of Caledonia spent Sunday evening with G. Mr and Mrs Wilbur Rowntree and children, Mr and Mrs Wilbur Rowntree and Children, Mrs William Rowntree and Children, Mrs William Rowntree and Children, Mrs William Rowntree and Children Rowntree

CHEAPSIDE

The state of the state of the state of

acturen near ringersvine and third ing her holidays at her home here. the materials being used are Cana-

Mr and Mrs L. Merrill and family

Master Bruce MacFarlane is

ing with his Aunt. Mr and Mrs S. Jepson spent Sur day evening with Mr and Mrs J W

Parade of the County Orange Lodges at Chalmer's Church on Sunday. Mr and Mrs Geo. Mowat and Mr ily have moved into Mrs Weidrick's

Mr and Mrs A. Pond and family spent Sunday with the latter's mother at Simcoe. Muriel and Burney renained with their Grandmother. Sevveral from here attended the July 12th Celebration at Jaris on Saturday.

Mr and Mrs M. Kohler & en Mon-

Mrs R O. Hurst spent o week in The adult diet should include one Buffalo visiting Mrs A. Absalone

preserve the youthful appearance using milk more often as a beverage instead of tea or coffee, by eating by using the protective foods—milk, fruits and green vegetables—more salads and by using fruit despective.

BORN—On July 3dr. at Grace men's and men's sections, on Friday, Maternity Hospital, Calgary, Alta. to Rev. and Mrs H B. Stainton, (nee 2nd, respectively.

Sylvia McFarlane: Grace Schweyer;
Sylvia McFarlane: Grace Schweyer;
So far as the play-off honors are Hedges, l.f; Walker, p; Cresswell 2b going to be. food. They apparently think that it does not matte rwhat an adult eats.

The sabout the selection of their own food. They apparently think that it does not matter rwhat an adult eats.

The sabout the selection of their own food consumed.

Questions concerning health additions the selection of their own food consumed.

Questions concerning health additions food the selection of their own food consumed.

Questions concerning health additions food the selection of their own food consumed.

Questions concerning health additions food the selection of their own food consumed.

Questions concerning health additions food the selection of their own food consumed.

Questions concerning health additions food the selection of the selection concerned. Jarvis seemed to have the Walker c. Many a clever business woman is wered personally by letter.

Mrs Joan McLeod, Mrs Hardison and Mr Geo. Fite of Bridgeburg, visited at E. G Hoovers' on Sunday Mr and Mrs Harry Hamilton and family of Buffalo were week end guests at Grover Fess's.

been visiting old friends in the community.

A number of friends of Mr and Mrs Courtland Evans met at the home of Edith Smelser on Friday July 3rd Mr and Mrs W. E. Potts have and presented the bride with a

and wife and two daughters of Pittsburg Pa. and Mrs McCurdy of Corinh visited at Mrs Derby's this week. Mrs Mary Hoover, Amigare has Mrs Mary Hoover, Amigare has
Misses Francis and Minnie Ed-come to stay with Mr and Mrs E G.

Mr and Mrs R. Vickerman, Nober are spending the week at the Young
Mr Bruce Booth and family, Mr visited at their son's Mr and Mrs
R. Vickerman, Nober Peoples' Conference at Ryerson
Reach Normandele

Buffalo N. Y visited with Mrs Jas. for a speedy recovery

Mr and Mrs Mabel Weaver and son and Mrs Mrs Andrew Hoskins, Mr and Mrs Geo. Fisher and two susk and Mr and Mrs Will Edwards an children of Hagersville spent Sunday with Mr and Mrs Geo. Mannering Mrs J. Mr and Mrs W. D. Pease of Stotch Line spent one day with the lasters sister Mrs D. Secord.

Mr Harvey Potts of Lynneville is made and Mrs Geo. Potts and aunt Mr and Mrs Geo. Potts and aunt Mr and Mrs Geo. Potts and aunt Mr and Mrs Geo. Potts and aunt Mrs Geo. Potts and Mrs Geo. Potts and Mrs Geo. Mannering Mrs J. This great fair opens on August 22th of this year and from the programmes issued bids fair to outdo any previous Exhibition of its kind in the world. A feature of the opening day at the Canadian National Exhibition, Toronto, this year will be the 6th Marathon World Championship Women's Swimming Race Thefive prize winners in this event will be eligible winners in this event will be eligible to compete against the men in the

J.JURANTS ON WHEELS

materials which the body requires in they are of course where and entering the same time, it provides the profess, providing Mrs H A. Falls of Thamesville dian, including 2,000,000 bricks, 29, game well in hand right up to the 1Caledonia Green s.s; I have also of course where and also of the provides th materials which the body requires in they are of equal value, and also they are of equal value, and also that they are not being used to extract that its machinery may function smoothly and efficiently. Proper that they are not being used to extract the exclusion of other with hor arms of other with hor arms of other with hor arms of the exclusion of the exclusion of other with hor arms of the exclusion of the exclusion of other with hor arms of the exclusion of the e

There are more entries for the Six ched and played a good brand of ball, except the Caledonia seemed to get their hits ujst when they needed them. T. Morrison pitched and the largest galaxy of natatorial stars in history will gather at Toronto for both works are constructed way with her parents Mr and Mrs Hilborn Mr H. E. Hall and John Winger the Marathon Swim at the Canadian National Exhibition than there were for last year's event. Interest appears to be world-wide and the largest galaxy of natatorial stars in history will gather at Toronto for both works a preserve to youthful expressive the world-wide and to the exclusion of other Mr H. E. Hall and John Winger the Marathon Swim at the Canadian National Exhibition than there were for last year's event. Interest appears to be world-wide and the largest galaxy of natatorial stars in history will gather at Toronto for both world-will expressive the world-will expre tells us that one very practical way this tendency can, be evertome by BORN—On July 3dr. at Grace will gather at Toronto for Jarvis having the same number soften as a beverage using milk more often as a beverage went into a the preserve the youthful appearance using milk more often as a beverage will gather at Toronto for Doth wo- for Jarvis having the same number soften. BORN—On July 3dr. at Grace went's and men's sections, on Friday, of strike-outs. The Jarvis team have innings went into a the preserve the youthful appearance using milk more often as a beverage will gather at Toronto for both wo- for Jarvis having the same number soften.

SPORTS

CALEDONIA 6 - JARVIS 5

0 3 0 0 0 2 0 0 0 -5 nevertheless the

two more games to paly, onewith which made it look rath Selkirk and one with Fisherville. the Locals, (or, I

have apparently

noIVI SALE DULLA INO

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's 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 saner 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 care-ful 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 AGENT FOR INSURANCE COMPANY

TORONTO GENE INSURANCE COMP.

CARE Watch children—Slow down!—Sound hora!
 Look out for pedestrians near street care.
 Reed and observe all warning signs, especially at railest crossings.

WITH YOU! COURTESY 1. Do not dawdle along middle of road. Give all faster moving traffic right of way. to benefit by the perience of this office traffic right or way.

2. Do not speed up when overtain by faster moving traffic.

3. Do not cut in closely shead of the car you have just passed.

4. Be considerate of all others of the highways. Don't be seal or obstinate.

5. Be considerate of your passengers. In the event of a rush, they invariably receive seal they invariably receive seal serious injuries than the directions. hout cost or obligationmay save you money.

COMMON SENSE ECANADIAN FIRE COMMON SENSE

1. Drive at speeds in keeping with safety of others and with yet experience as a direct—and fast in crowded traffic or curves or bad roads.

2. Keep on the right side of its road except when passing.

3. Never pass on blind-curve of the curves of the curves or the curves of the cur Represented by

YOU ---

KANTILAN

ARVIS, ONTARIO

a Share of Patronage.

Herman Trelle, of Wembley, Alberta, former wheat and oats king, won first prizes at the Regma Ex-bition for his Marquis and Reward CALL AGAIN

CALL AGAIN

Laura. Sect., wrs second in the Marquis elass and E. Thouson, of Pathlow, Sask., came just behind Trelle in the Reward class.

THE RECORD PUBLISHING - HOUSE -

THE JARVIS RECORD

ROFESSIONAL CARDS

Arrell & Arrell HAMILTON—Sun Life Building CALEDONIA—Ropers Block BARRISON ARRELL. K.C. County Crown Attorney

Kelly, Porter & Kelly SIMCOE, ONTARIO. tors for Norfolk County Cou DAVID E. KELLY ers, Solicitors, Notaries, Etc. V. E. Kelly, K.C.

Crown Attorney

County Treas.

PHYSICIANS

I. J. Leatherdale, M.D. OFFICE HOURS 0 to 12 a.m. 2 to 5 p.m. 7 to 9 p.m. ONTARIO

DR. E. M. JONES HYSICAN AND SURGEON Office Hours:-- 9 to 10 a.m. 2 to 4 p.m. PHONE 74 -MAIN STREET, JARVIS

DENTISTS

Dr. R. G. Hyde DENTIST urs:-9 to 12 a.m; 1:30 to ove Shildrick,s Hardware

HAGERSVILLE, ONT.

LEANERS & DYERS

YOUR

INSURANCE

PROBLEMS

AND BRING

oy Canadian manufacturers, according to a statement just issued by the Dominion Department of Agriculture which also claims that the tobacco is of better quality than that usually imported. Canadian tobacco has also become a factor in the British tobacco market.

An increase of 58% in motor tourist traffic from the United States to New Brunswick is shown in statistics for the 1930 season up to July 31 as compared with the same period last year, according to figures issued by the provincial government Bureau of Information and Tourist Travel from returns from Canadian Customs collectors at the 24 ports of entry along the

CANADIAN GYPBUM Co.

VARIETY STORE SAVES YOU MONEY

 $\begin{array}{c|cccc} \textbf{Ladies} & \textbf{vests, cotton.} & .25c \\ \textbf{Ladies} & \textbf{vests, silk.} & .59c \\ \textbf{Ladies hose, cotton.} & .25c \\ \textbf{Ladies hose, pure silk.} & .85c \\ \end{array}$ Men's Redblack overall. \$1 50
Men's summer pants. . . \$1.50
Men's summer pants. . . . \$1.50 Pastry flour, Daisy....

Salmon, 1 lb. tin good grade 20c Flit, destroys flies. 35c V ARIETY STORE Main Street - Jarvis, Ont. Marian Marian Marian

****** Certainly It Does Pay

To have your car refinished loney to Loan at Lowest Rates with DUCO by an expert.
This is Duco Season.

> BASKERVILLE ONLY AUTHORIZED DUCO AGENT IN NORFOLK SYDENHAM ST., SIMCOR Phones
> Office 147 Residence 381

Here and There

during 1929 set up a new high rec ord, according to the finally revise figures of the Eureau of Statistics Shipments in 1929 amounted to 306,055 tons, valued at \$13,172,581, an increase of 12.1% in quantity and 17.2% in value as compared with previous year. The average

.Nipigon trout, known all over the SERVICE

If amous Ontario resort where the annual contest for the largest speckled trout is aow in full swing and will continue until September 14. The best entry to date is a 5½-b. fish, measuring 22 inches in length and 14 in girth taken with a single spinner with five on a 9½-b. single spinner with fly

> Isles, while Pipe-Major W. C. Mac Kie of the Scottish Company of volunteers is on his way to Banff

Prospects for increased earnings during the fall months are good and directors of the Canadian Pacific Railway flave no intention of reducing the dividend, said E. W. Beatty, chairman and president of the company, recently in reply to rumors that the dividend might be cut.

Nowadays the world moves on Nowadays the world moves on rubber and this does not apply to automobiles alone. According to a recent return of the Canadian Government the people of Nigeria in June bought 300 pairs of shoes with rubber soles from Canada. Barbadoes took 3,020 pairs and Trinidad 6,555 pairs. In June the export of Canadian automobile tires exceeded \$1,000,000 in value.

Canadian farmers are now producing all the fine tobacco required by Canadian manufacturers, ac-

It is not generally known that the Prairie Provinces — Manitoba, Saskatchewan and Alberta — con-tain important commercial fish-eries. In 1929 the commercial value of fish caught in these pro-

The world's lowest priced Six. 14 models listing from \$610 to \$840 at factory, taxes extra. The most popular car in Canada—because, with beauty and smooth-ness, it combines rigid economy. · PONTIAC . "A fine car, a modern car, a General Motors value". 6 mod. l.s. listing from \$875 to \$1,015 o China Sile .

> HATEVER General Motors car you choose, you will possess the choose, you will possess the beauty and enduring worth of a Fisher Body. On the highest priced car as well as the lowest, the Fisher emblam is a guarantee of advanced but sound style coupled with the best of Canadian craftsmanship and materials. Fisher Bodies are attractively appointed and upholstered to and enjoyment of your car.

examine the

· CHEVROLET ·

ctory, taxes extra. Over

mon is, hains from \$1.035 to

ing at the price of an ordinary

ix. Includes such advanced engineering refinements as the

amous Syncro-Me h transmission and Down Deaft carburetion.

MeLAUGHLIN-BUICK

22 models, listing from \$1,290 > \$2,560 at frager, taxer extra. More than 8 out of 10 McLaugh-

urbee to h 8 our of 10 McLaugh-in-Buick owners buy McCaugh-in-Buick again and gai Every "Chaugh!"-Buick has the non-rissing Swnero Meh transmis-ton and Engine Oil Temperature Regulator.

. CADILLAC .

Over 50 models available rang-

3,520, and the Cadillac V-12 at

\$5,130, up to the Cadillac V-16 with custom bodies for \$15,000 and more. All prices at factory,

axes extra. The world's finest

beauty. General Motors gives with each Through GMAC, you can conveniently

helps to provide assurance of continuously satisfactory operation. Typical of the eight clauses of this policy is one which entitles you to free inspection and adjustments at 500 miles and 1,500 miles. Furthermore, the General Motors Owner Service Policy offers you its valuable protection wherever you may drive. Every one of the thousands of General Motors dealers in North prehensive ferms. See the nearest General You may be confident that your car's fine Motors dealer today. You will find him an performance will continue to match its able business man and willing to serve you.

Here and There

"Bill Havon of Southmore "big Alsatian police dog with an aristo-cratic background, from the Burk Kennels Toronto, is on a 7,000-mile trip from Toronto to Yokohama by Canadian Pacific Express and Em-press of Asia to the order of a Japanese merchant of the latter city. During his long journey the dog is in charge of Canadian Paci-fic officials.

Twenty New Zealand athletes and twenty athletes from Australia have already arrived at Hamilton for the Empire Games under the chairmanship of E. W. Beatty, chairman and president of the Canadian Pacific Railway. There will be representatives from Great Britain, South Africa and nearly every province of Canada at the Games which are

Doubling the population of Co-bourg for the day, a force of more than six thousand members of the Canadian Pacific Recreation clubs of Toronto and Trenton set a new record for picnic attendances when the annual function was held there recently. The freedom of the city was conferred on the visitors for the day and the high spot of the sports, the Grout Cup, trophy of the softball match between the Toronto and Trenton clubs, was won for the fourth year in succession by Trenton.

With an aggregate of 133 years of unbroken service, three Canadian Pacific engineers from the Ontario district retired on pension recently. They are John Douglass. Thomas Bennett and John G. Moore and all have unblemished records. Bennett's service goes back to 1883 while Douglass and Moore go back to 1885 and 1889 respectively.

The Toronto Industrial Commis-

The Toronto Industrial Commission announces that between January 1 and June 30, 15 new industrial firms have come to Toronto, with which the commission has cooperated. Of these, 11 had their origin in the United States and 4 originated in other parts of Canada. The list of these new industries includes a number of outstanding companies whose entrance into the assembling and manufacturing field in Toronto means an important growth and development in the city's industrial life.

The old belief that the Red River

The old belief that the Red River fixes a charm upon those who touch it, was tried out recently as Harry Pearse, undefeated Australian Single Sculls champion and one time world champion, stood on its shore and watched his son, H. R. Pearse, Olympic amateur champion, in a try out as a guest of the Winnipeg Rowing Club. Pearse is a contestant in the Empire Games at Hamilton next month.

For the first time in history,

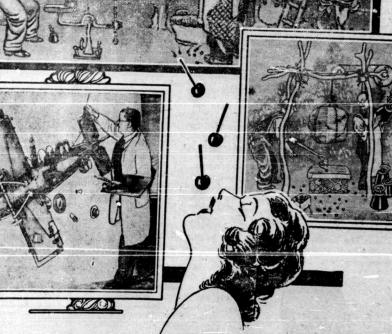
city next month.

car a broad Owner Service Policy that purchase on time payments. Look in the classified pages of your telephone book under "General Motors Cars" for the address of the nearest dealer

GENERAL MOTORS CARS HAVE OUTSTANDING VALUE

Imagination Runs Riot





When he launched the 42,500 ton Canadian Pacific liner Empress of Britain, H.R.H., the Prince of Wales, referring to the Knickerbocker Bar—as the cocktail bar of that magnificent new ship is to be humour of Mr. Heath Robinson."

The Prince referred to the announcement that Britain's foremost humourous artist has been given a free hand to decorate that room on the new liner which is to make its bow to Canada *** 22nd next.

Developing a humourous legend of the cocktail of his own invention, W. Heath Robinson, who is shown above at work on some of the panels, has prepared a decorative scheme that extolls the virtues of the cocktail and depicts ingenious machinery employed in its manufacture.

Heath Robinson's ideas of the latest labour-saving machinery in connection with the selection and preparation of cherries for cocktail embellishment are shown together with the Foolproof Safety Aeroplane, a direct descendant of the mythical cocktail bird. This ceiling decoration depicts the uplifting powers of an appetizer. These, and other drawings will appear on the walls and ceiling of the room.

Gypsum Company will be completed to spend the holidays with her parin a few days in readiness for the inents, stallation of the machinery. Rapid Rev S. Fallis of Toronto was a on Saturday.

Miss Marion Ried Miss Strathdee, and Miss Harris of Regina, Sas, and

progress has been made by this con- recent visitor active noing of Mr and and Miss Harris of Regina, Sas, and pany and it is quite evident that min- Mrs W. W. Jennings.

and Miss Harris of Regina, Sas, and ing operations should be commenced Miss Isobella MacLeod, R. N. of the very shortly. It has all the earmarks Public Health staff Toronto is vigiting a motor trip to Montreal and other eastern points. of an excellent manufacturing plant. Mrs J. F. McGrackell.

William Mac Kay moved his household effects to Windsor on Monday,

Jaques Picnic

HAGERSVILLE

held effects to Windsor on Monday,
where he intends to reside
Mr Jas, B. Wilson is undergoing
Mrs Netic Anderson of Saskatchetreatment at St. Joseph's Hospital at nic was held in Orchard Beach Park
wan, is visiting ofd friends in town.
Hamilton. His many friends hope for on Wednesday July 8th. About one hu
ngred and twenty-five set down wan, is visiting ofd friends in town.

Mrs(Rev.) A L. Budge is spending a few days up in Northern Onting a few days up in Northern Ontario.

Miss Oaks left for Akres last week of Buffale were yielding relatives and were from Simcoe, Nanticoke, BrantJarvis as well as from Poisson in Wess.

For the first time in history, horses were ridden over "Ball Pass" near. Banff recently. The riders were Jim Brewster, J. Murray Gibbon and Giory Temple, the latter a Lake Louise guide and the purpose of the trip was to locate camps for the Trail ride at end of July. Only three hours were required to travel from Banff to the summit of Ball Pass yet this pass has hitherte been considered impassible except and the summit of the summit of the summit of Ball Pass yet this pass has hitherte been considered impassible except and the summit of the summit of Ball Pass yet this pass has hitherte been considered impassible except and the summit of the summit of Ball Pass yet this pass has hitherte been considered impassible except and the summit of the summit of Ball Pass yet his pass has hitherte been considered impassible except.