

**PLANTS FOR SALE**  
 FLOWERS—Salvia, Snapdragon, Carnations, Zenias and Astors.  
 VEGETABLES—Tomatoes, Peppers, Cabbage and Cauliflower.

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

**Health Service**  
 OF THE  
**Canadian Medical Association**  
 GRANT FLEMING, M.D., — ASSOCIATE SECRETARY

**SAFEGUARD THE BABY**  
 During the hot weather, the baby is more apt to have digestive upsets than he is during other seasons of the year. This applies particularly to the artificially fed baby. Digestive disturbances occur much less frequently in babies who are being naturally fed. The value of breast-feeding is chiefly evident during the summer months. Care should be taken that the baby is to be properly safeguarded and kept healthy.

There is greater chance for milk to become contaminated in summer. The safe pasteurized milk which you may be contaminated in the home. Flies and other insects which carry infection are present during the hot weather, and they do not hesitate to bathe in the milk if they get the chance to do so. Milk must always be kept covered and protected from these pests.

Milk is a food. In order that they multiply, germs require food and warmth. When milk is warm, it affords the very condition required by germs for growth, and they do grow and multiply at an amazing rate. If much milk is given to the baby, the heavy dose of germs which he receives together with the milk is very apt to set up diarrhoeal conditions. It is obvious then that not only should milk be kept covered, but also that

it should stand in a cold place, and this means on ice. Never should milk be allowed to stand around in a warm room even for a short time.

No not overfeed the baby in summer. In hot weather, less food than usual is required, and this rule applies to the baby as well as the older members of the family. Do not urge the baby to finish his bottle if he is inclined to leave part of it. When the weather is really hot, it is better to reduce the amount of milk given. Do not forget that the baby is often thirsty during the hot spells and that he should be offered cool water between feedings. If there is any doubt as to the purity of the water, it should, first of all, be boiled.

The baby may suffer from excessive perspiration and a heat rash may appear as a result of the hot weather and also because he is overdressed. The way to help the baby avoid this discomfort is to clothe him lightly.

Digestive upsets in the baby should always be regarded as serious. If a diarrhoea does occur, all feedings should be stopped, cool water given for a drink and the doctor called.

We cannot overlook the fact that nearly four thousand babies die in Canada in one year from diarrhoea and enteritis. Everything should be done to prevent the condition, by means of proper care, and if it does occur, then it must be treated promptly and properly if the lives of our babies are to be preserved.

**News of the Countryside**  
 From The Record's Correspondents

**RENTON**  
 Lots of rain these days. Farmers can't get their grain cut and into the barns. Hope for better weather soon.

Mr. Glen Sutton of Toronto, Miss E. M. Seaton and Miss Doris Rowan of Hamilton spent one evening last week with Mr. and Mrs. D. K. K. at East Lynn Farm.

Mr. Harvey Potts who has been staying with his uncle and aunt, Mr. and Mrs. Geo. Potts returned home on Saturday last.

Mr. and Mrs. Tom Billington and family of Nanticoke and Mr. and Mrs. Berri Sloat and son of Hartford were guests on Sunday of Mr. and Mrs. D. K. Seaton at East Lynn farm.

Mr. Frank Adams of Los Angeles and Mrs. John Adams of Brantford were guests over the week-end with Mr. and Mrs. Geo. Potts.

Miss Doris Weaver left on Sunday to attend the Girl Guides Camp at Port Colborne.

Mr. and Mrs. Earl Easton and two sons of Detroit called on their Grandfather, Mr. Jane Fisher at East Lynn Farm before leaving for their home.

**CHEAPSIDE**  
 We are very glad to welcome Dr. and Mrs. Sherk back in our midst again.

Mr. and Mrs. Dan Wallace and son of Oil Springs spent the week-end at the home of Mr. S. Britton.

Mr. Roy Thompson, Mr. and Mrs. Fred Metcalfe and son spent Sunday with the former's mother.

Mr. Geo. Dean and Mr. and Mrs. Mayley visited with Mr. and Mrs. G. Smith on Sunday.

Mr. and Mrs. S. Silverthorne of Oshawa, Mr. and Mrs. D. J. Jones, Mount Pleasant, Mr. and Mrs. W. H. Hobbs of Niagara Falls, called on Dr. Sherk's on Sunday.

**VARENCY W.I.**

The July meeting of the Varenzy Women's Institute was held at the home of Mrs. F. S. Saunders on July 2nd. Owing to the very hot weather and busy time, the attendance was rather small, there being only eight members present.

The meeting opened in usual form with the President in the chair. The minutes of the last meeting were read and approved. Arrangements were made for putting the quilt together.

It was decided to get a book on "Health", which we could study each month, and to write Miss Partridge (school nurse) for advice on same. Also ask her to attend our September meeting. Meeting closed with the National Anthem.

The August meeting will be held on the evening of Thursday, July 30 at the lake in the form of a Weiner roast, men and families are invited. The losing side entertaining the winning side of the Roll Call.

**SPORTS**

**FISHERVILLE 3 — JARVIS 1**  
 In what was possibly the best baseball game played on the local diamond this year, Fisherville defeated Jarvis to the count of 3-1.

Fisherville was successful in getting the first run, when E. Posa came in, in the second inning. N. Posa counted again in the fifth, making the score 2-0. Givens brought in the first run for the locals in the sixth, however, Fisherville came

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**Saturday, August 1st**  
**at 3 p.m.**

**The CHEVROLET Truck Caravan**

See this complete array of Trucks

There's one to suit every commercial need

On the above date, the great Chevrolet Truck Caravan arranged by General Motors Products of Canada, Limited, will parade through town. 24 trucks, comprising a commercial unit for practically every need, will take part in one of the most unique exhibitions ever brought here.

Following the parade, you are invited to visit our show rooms where you may inspect this wonderful array of trucks

Be sure to see this famous caravan. Included in it is a modern design, good-looking Chevrolet haulage unit which is perfectly suited for your particular needs. Every quality you could demand . . . smooth, 6-cylinder power, long life, remarkable freedom from repairs and economy of operation . . . all these at surprisingly Low original cost.

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Published every Thursday morning in the Jarvis Record Building, 100 Jarvis Street, Jarvis, Ontario.

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 2 to 5 p.m.  
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**DENTISTS**

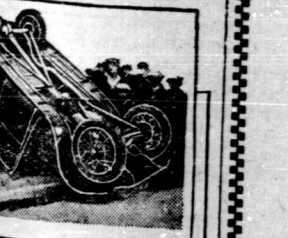
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**HARRISON**

**Garden Party SELKIRK**  
 THURSDAY, JULY 23rd, 1931

**Programme**  
**WEBB'S PINKY PANKY POO REVUE**  
 The biggest and best Garden Party that ever played Selkirk

25 — **HIGH CLASS ARTISTS** — 25

— Dances — Plays — Comedians —

**Capt. Pickard and his Trained Seal**  
**Dorothy Lee**  
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**Kathryn Clifford**  
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**The Daffydills**  
**Snookie Oliver**

**MISSISSIPPI MUSIC MAKERS**  
 An all Girls Orchestra

**ADMISSION 40c** ... Children (under 15) 20c  
 Children under 10 yrs. Free

Autos parked on grounds at owner's risk, 25c Constable in charge

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**THE RECORD**

**New Lakeside Inn is Opened**

Beautifully set in one of the most picturesque sections of Nova Scotia, combining marine and landscape vistas which bid fair to bring it fast into line of popularity with its sister hotels, Digby and Kentville, the new Lakeside Inn, at Yarmouth, N.S., was formally opened on June 14, as the newest link in the Canadian Pacific Railway's great chain of hostels from Atlantic to Pacific. Easily accessible from Saint John, through Digby, via the transatlantic steamer "Princess Helene"; from Halifax, over the Dominion Atlantic Railway; and direct from New York, Boston and Portland by Eastern Steamship Lines, the town of Yarmouth and its new hotel are destined to play an important role in tourist traffic to Nova Scotia, with its famed Annapolis Valley and its fertile Land of Evangeline. Sports and recreations are plentiful and varied. Canoeing, tennis, fishing, swimming and innumerable attractive excursions are only a few of the offerings. There is good golf available near Yarmouth and the hotel and its cottages form a comfortable base of operations. Taste and comfort have been skillfully combined in its spacious public rooms, broad verandahs and airy bedrooms. Its cuisine and service are conducted on the established standards, known to guests of the company throughout Canada.

which is of real protective value where milk encounters high temperatures during shipment. Probably the greatest single aid to cooling is a well-insulated covered tank. Such a tank, with either electric refrigeration or an ample supply of ice, is far more efficient than the old-style open concrete tank, saving an enormous amount of ice and labour, besides cooling the milk more rapidly and thus improving the keeping quality. The provision of such a cooling tank is good insurance against losses from sour milk.

C. K. Johns, Central Experimental Farm, Ottawa, Ontario.

**BRITISH IMMIGRANT BOYS MAKE GOOD**

So much has been published in papers in recent months about immigrants who had fallen on evil days and had to be deported, that it is a pleasant contrast to read of the success that has attended an Organization's Boy Placement. This organization is the Hotel, Norval, Ontario, 1931. Agricultural, Music, Athletic and Aquatic contests have been planned. Anyone interested is cordially invited to attend.

Over 750,000 school children of Ontario have received invitations to attend the Canadian National Exhibition as guests of the management on Young Canada's Day, Monday, August 24th.

Swimmers from the four corners of the world will seek the world championship at the Sixth Annual Marathon Swim at the Canadian National Exhibition, Toronto.

Music Day, one of the outstanding attractions at the Canadian National Exhibition, falls this year on Thursday, September 3rd.