

Health Service

dy itself must maintain a chemical supply of vitamins.

In order to determine whether a use liberal amounts of a good varfood is acid- or alkali- forming, it iety of vegetables, particularly the
is burned and the ash is tested. To leafy ones, fruits, whole grain cerkeep the body in a state of health eals, and milk. The minerals in vegand to maintain the alkalinity of the etables which are eaten cooked are Reynolds says he thinks an enfruits and vegetables, with a few exceptions such as prunes and rhumeats and cereals are acid-forming be thrown away, but used as a base We are glad to have Dan

nips, oranges and whole-grain cer- We understand John E. Kindree

tuent of the fluids and soft tissues of the body. Together with caicium,

likened to the oil which is used in Iron is present in eggs lean beef, Monoxide Column will again be pub. machinery, as they act as lubricat- liver, leafy vegetables, molasses, lished in order to help the drug

We know that we should eat a vegetables, fruits and whole grain Thorne is still complaining about balanced diet, one which provides the body with a sufficiency of its various food requirements. The body itself must maintain a chemical supplying the foods ensures also an adequate to loaf behind, although it isn't quite to loaf behind, although it isn't quite

the acids which are produced as a wish to keep healthy and enjoy a result of tissue activity.

The Chief and Country doing considerable whitewashing this week, its a good thing white- he was a color with the chief and country doing considerable whitewashing the color was a color with the chief and country doing considerable whitewashing the chief and country doing consi

Calcium is required for the building of strong teeth and bones, to addressed to the Canadian Medical Association, 184 College Street, at taking care of the job.

Esq., proprietor of the Quality Butcher shop on Main street, intends

other secretions obtain the acidity or their or the alkalinity necessary for their or their or the alkalinity necessary for their or their or the alkalinity necessary for their or their or the necessary for the necessary f

balance. The blood must be kept al-kaline in order that it may deal with a distribution of the distribution of the same and the advantages.

blood, a reasonable balance between preserved by cooking the vegetables the two must be obtained. Milk, and in their jackets and paring them af

tonics that are guaranteed to put

NANTICOKE

ver was the guest of Miss Lillian loughty for a few days last week. Miss Jean Pratten spent Sunday with Miss Evelyn Saunders. Mrs. Harold Hopper of Springvale visited her mother Mrs. David Vokes

Mr. and Mrs. Chas. Stringer of Niagara Falls were guests of Mr. and Mrs. W. R. Hodges over the

VARENCY

Mr. R. Parkinson and George motored to London on Sunday last visit Lorne Parkinson. Mr. and Mrs. F. Johnson of To nto visited at the home of the lat ers father, Mr. R. J. Carpenter on

Mr. and Mrs. Chas. Ferguson and

amily of St. Catharines spent Sunday at Mr. Doc Parkinson's

"LEARN HAIRDRESSING: BEAUTY CULTURE" Intensive training, competent instructors, modern equipment, living models, ideal suroundings. Tuition, THE HOUSE OF QUAI

In sizes 6 to 9 1-2, per pair 35c

BOYS' GOLF SOCKS Sizes 7 to 9 1-2 per pair 39c

MEN'S HALF HOSE In many patterns, at prices to suit 25c, 50c, and 75c a pair

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All Kinds of Canned Goods

Variety of Cold Meats Grapefruit & @

CLEAN UP BRIGHTEN

By using Sherwin Williams Paints & Va FLOGLAZE

M.M.P. Floor Wax

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QUALITY MILK and CREAN

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Your patronage Solicited

for poultry, pigeons and birds

75c per bottle

Fresh Lemons, 200 a

Fresh and Cured Pork

Choice Beef and Veal

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Plumbing and Tinsmithing

Galv. Feed Hoppers

Coffield Electric Washer

E. T. Carter RIDAY and SATURDAY NIA SYDNEY and 7

W. J. H. BROW

C. K. O. C

OL IMCOE

PEERLESS POULTRY PRESCRIPTIAL - SAT.

—in— IGALOW

PORT DOVER CHURCH Local Masons Visit

HOP DEDICATES WINDOW IN BRETHERN FROM JARVIS AND PORT DOVER ARE THE GUESTS

K.C., and Mrs. Rowland, all of Tor- in number, were met by Dr. George onto, and Mr. Martin's successor in L. Learn, W.M. of Fraternal Lodge; work were A. S. Blight, P.M.; W. Z. Conservative. Surviving are his wi-Franks.

oster Club. The management they had the privilege of seeing

THE JARVIS RECORD

W.M., J. C. King, P.M., R W Bro singing of 'Auld Lang Syne".

p.m. yesterday, May 4th, with in-

LARCE AUDIENCE HEARS FOR SALE_Duck eggs CLAYTON HARE.

Brown paid the following tribute to was attracted to Central United meet at the home of Mrs. R. Mcsitors. "To the North of us, Church last night when Clayton Carter on Wednesday, May 11th, at as some of you are aware, there lies Hare, talented yong violinist from 2 p.m. Roll Call,—Busy Day Dishes. untry, peopled by the same St. Catharines assisted by Mrs. L. Topic—Helping in the weed camves, speaking the same R. Pattison, vocalist, presented a paign.

ince of Ontario, the banner province le I've Seen' but in every number body welcome. 4.00 of the Dominion; and I venture to his wealth of tone, color, masterly 5.50 there a district that stands higher of his wonderful instrument was 15.00 in Masonic practice than the dist-marked with evident appreciation by

Several deputations waited on the builders of the finest type."

Souncil and their requests were laid over to await further data.

Booth-Miller—That we do now addrict No. 2, Rt. Wor. George D. Vanwhere was especially evident, creating the property of the finest type."

Following the reception of the beautiful singing tone of his violing which has made such a lasting impression on his audiences everywhere was especially evident, creating the property of the finest type."

LECTORS BY 7 A.M. BY ORDER OF THE Control of the beautiful singing tone of his violing which has made such a lasting impression on his audiences everywhere was especially evident, creating the property of the finest type."

OBITUARY

SPRING TERM REPORT

JARVIS PUBLIC SCHOOL

BIRTHDAY PARTY

Wednesday afternoon last

MEN! DON'T MISS 1T!

Be Measured for your Spring Suit or Topcoat by

MR. JONES

HEAD OFFICE REPRESENTATIVE OF TIP TOP TAILORS LIMITED

who will be here

MONDAY, MAY 9th.

Tip Top Tailors are noted for their wide choice of fine fabrics-their smart style and tailoring-and their exceptional value at one standard price, \$24, tailored to your measure.

The Tip Top special representative will personally measure

you, and assist you in your choice of style and fabric. More than three million Tip Top Suits and Coats have been sold to satisfied

Plan to order your Spring Clothes Now, it will pay you.

TIP TOP CLOTHES WILFRED WILLIS **JARVIS**

Write for circular. WYCHWOOD SCHOOL OF BEAUTY CULTURE 633 St. Clair Ave., West, Toron

Ivan Holterman, work on sts. 1.75 rict in which I had the privilege to his attentive audience. 4.55 reside for some four years. In that His high interpretive skill and

p 7 a.m. and a notice be inserted ever in vouching for them as good the conclusion of On Wings of Song men and true, Master Craftsmen and by Mendelssohm. In this number the

.126.00 Solomon Lodge, Jarvis and Erie Hadyn and Rondo by Spohr, the lat-. 55.00 From these two lodges have come gramme in response to a prolonged ARE RESPECTFULLY REQUEST- Leatherdale, Doreen Carpenter, Elliott-Booth—That May 12th be this evening these brethren to pay demand for an encore. and householders have us a fraternal visit. Knowing them curb in boxes or bags as I do I have no hesitation what-

call dermulen was received with the Grand honors: after which visiting brethren under the guidance of the be heard at Chespside Baptist church

JAMES CRAIG BOYD

American Lodge

ing projects. Later he was Superin Carpenter; Gordon Blight,; Robert ndent of the ship canal at Sault Johnson (1); Keith Fess; Garners Ste Marie, moving after twelve year Grainger (1). Morrisburg, where he resided unonic Order, having been Past Pass-Ilene Faulkner (1); Ether Past First Principal of Ezra Chapter Below Pass-Gertrude O'Donnell (17)

Duckling of May 24th hatch. Leg-horn Chicks, June 1st hatch. Sc each Order early. Mrs. Raymond Jaques shown them in their recent bereave-

Public Notice

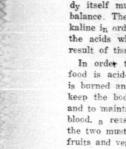
nber of exams missed.)

sons, Chas. and Fred Snively of Pass-Gordon Taylor; Muriel Hamilton, Leslie and Harry of Wal- ley; Kathleen Leatherdale.

CARD OF THANKS

were virtues are fully exemplified. No- the Praeludium Allegro of Pugnani' tea and baking sale at the Manse on eight guests present were all about better exemplified than in the Prov-spiritual "Nobody Knows the troub-mencing at three o'clock. Every-very happily in playing games. Mrs. THURSDAY, MAY 12TH, HAS Joyce Dellar, Mary Duxbury, Inex 50 during my stay there, they are King arly evident in the Autrian Hymn by BEEN DECLARED CLEAN-UP Macnell, Jack Doughty, Mildred I Belbeck, Marguerette Fess, Dorothy;

> tle friends. As the hour neared eight. ter the play and excitement of the ner escorted the little tota



It is, for example, from the minerals that the digestive juices and ply of calcium, phosphorus and iron though for a doctor—his attentions the acidity will be obtained by the person who

kaline in order that it may deal with ill-health and inefficiency. If we The Chief and Courtney have been

quire an abundant supply of lime. and this is to be found in milk, carrots, cheese, leafy vegetables, tur-