

THE JARVIS RECORD

JARVIS, ONTARIO

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Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D.—ASSOCIATE SECRETARY

A GOOD HEART

It was not until 1628 that Harvey published his discovery of the circulation of the blood. Previous to that time, the function of the heart was not understood. It was known to be an important organ and was credited with being the centre of some of our emotions. We retain in our language such expressions as 'a broken heart' and 'from the bottom of my heart' which are evidence of the old belief.

The heart is the essential organ. Upon its smooth running and its capacity to meet the demands thrown upon it, depends much of our ability to work, play and enjoy the activities of life.

Damage to the heart leads to the curtailment of activity; progressing further, it may cause pain and bring the sufferer to the point where he becomes dependent upon others as a result of no longer being able to do his share of work.

It is obviously to prevent damage to the heart. To do so, means that we prevent suffering and keep the individual fit to work and to be self-supporting, which means that a good heart is a great asset.

The heart is made up of several parts, and each part may be damaged in more ways than one. There are numerous conditions which may lead to heart disease, but there are some outstanding or principal causes by which attention is directed.

The chief cause of heart disease in early life is acute rheumatism. Growing pains and chorea or St. Vitus' dance are apparently due to the infection which causes rheumatism. It seems that the germ of rheumatism may gain entrance through infected tonsils, and so it is a responsibility of parents to see that the mouths and throats of their children are kept in a healthy state.

Improper habits of living lead to the earlier breaking down of the essential organs of the body. The adult who eats too much, who sleeps too little and who exercises little or none at all, throws a strain on such organs as his heart and thus brings about premature old age.

Reasonable attention to the few simple fundamentals of healthy living and the avoidance of over-indulgence is the part of wisdom and affords a means of prevention.

A damaged heart must be protected if it is not to become worse. The activities of life must be limited and kept within the capacity of the damaged organ. If this is done, the heart will be, in most cases, equal to the demands which are thrown upon it.

QUESTIONS concerning Health, addressed to the Canadian Medical Association, 184 College Street, at Union to heart disease, will be answered personally by letter.

CREAMERY MONOXIDE

We caught Neve upturn the other day ordering some more creamies and sponges to keep that new truck clean. The Co. will soon have to get a new paint job on it, as he will soon have it all worn off.

The staff have already started to work on their entry for the Calithum plan parade on the 24th, but why shouldn't they, everybody is going to be represented in the parade this year.

The Boss says Muriel has certainly taken up the wrong profession. This statement was made of course after he had heard her render one of her heart-breaking crooning songs.

We wonder where Stoney will be when the guarantee on his radio expires.

We understand Stoney had poor luck fishing on Saturday night. The only thing he could get on his hook was the Hound, who persisted in always being where the fish should be.

Leola is beginning to take active steps towards her spring wedding. The splendid results that always follow her work on the flower bed, is a splendid indication of her intellectual understanding of flowers.

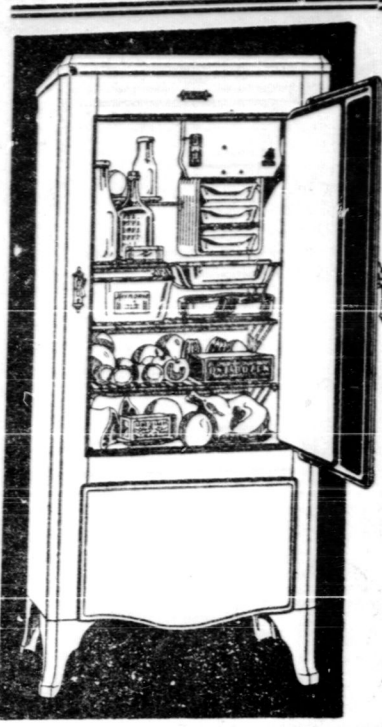
The Buttermilkers' Ball team have just completed their spring training at Butterfield, under the coaching of that renowned trainer, Johnson, and his able assistant, Thorne, and are therefore open for any and all engagements during the coming summer.

Courtesy is starting this year, although Botright, Burditt, the Hog and Fletcher are close runners-up for that position. Of course the rest of the boys are good, however these are the outstanding men on the team.

IT PAYS TO ADVERTISE

Mayflower Refrigerator

Along with Dependable Performance now Brings You New Beauty in Style and Period Design Hardware.



Porcelain Cooling Unit, sanitary easy to clean.

Handy Temperature Control.

Ice Cubes in Ninety Minutes.

'Mayflower' is now a Canadian product.

Powerful and compact compressor.

More Economical to operate.

Unusually quiet mechanism.

No Vibration.

Backed by years of experience.

See the "Mayflower" to-day at Carter's Hardware.

E. T. CARTER :: J. C. WALKER
JARVIS, ONTARIO

PRIZE CONTEST

HOW MANY SUPER-TWIST CORDS

IN THE AVERAGE GOODYEAR TIRE?

CASH

st. price—\$1,000.00 cash
nd prize—\$500.00 cash
rd prize—\$200.00 cash
th prize—\$100.00 cash
prizes, each \$50.00 cash
4 prizes totalling \$3,000.00

Anyone from a household where a car is owned may enter except tire dealers, employees of rubber companies and the families of both. There is no entry fee, nothing to buy, no special requirement.

See the six Goodyear Tires of various sizes, types and ply-thicknesses on display here. Then estimate the number of cords in each, find a total, and divide by six to arrive the average. Submit the number you estimate on a standard entry blank, obtainable from the undersigned.

Closing date June 5th, 1932. Address: "The Goodyear Super-Twist Cord Contest," New Toronto, Toronto 14, Ontario.

Come in and see Super-Twist Cords demonstrated and get a helpful booklet of contest directions.

F. W. REICHEL

TALBOT STREET

JARVIS

STRAWBERRY PLANTS

SENATOR DUNLAP, GLEN MARY, O.A.C.

See PER HUNDRED AT THE FARM

R. E. MILLER

R. E. 3, JARVIS, ONT.

CONCERT DANCE

To be held under the auspices of
The Jarvis Booster Club

in the

JARVIS ARENA

on the evening of

FRIDAY, MAY 6th

AT 8.15 p.m.

PROGRAMME

MYRTLE HARE BROWN, L.T.C.M.
Contralto of Toronto

MURIEL GIDLEY, A.T.C.M.,
Piano Soloist and Accompanist, Toronto Conservatory of Music

CLAYTON HARE,
Violinist of St. Catharines

ADMISSION, [Including Tax] 50c

Rev. C. H. SCOFFIELD, Pastor

Lunch will be sold in the Arena

In The Automotive World

POPULARITY OF THE SEDAN

The Sedan, often called Canada's favorite family car, is increasing in popularity, despite the growing number of body styles being added to the standard line. The statistics show a steady increase in the sale of this model. Automobile retail merchants offer two main reasons for the popularity of the sedan. One is the lowered production costs, the other is the comfort and seating capacity which make it an all-purpose favorite in all kinds of weather.

As an example, McLaughlin-Buick retail dealers point out that ten years ago the lowest-priced McLaughlin-Buick sedan had a wheelbase of 100 inches, while today the McLaughlin-Buick sedan for a much lower price has a 114-inch wheelbase.

The McLaughlin-Buick of ten years ago had a 4-cylinder engine; the same model today has a straight eight engine. The former body would be considered a box-like affair as compared with the luxurious Fisher Body of today.

Of the dozens of different cars sold in Nova Scotia during the first quarter of 1932, the Oldsmobile set up probably the most remarkable record. As in the rest of Canada, the Oldsmobile in the Maritime Provinces is steadily making a secure place for itself in the esteem of buyers. During the first three months of this year, Oldsmobiles purchased in Nova Scotia were more than three times as many as the number purchased in the first quarter of 1931. Oldsmobile increased its percentage of the whole market in that period from 1.5 to 3.3 per cent.

It is a question of education as much as engineering and designing, said C. L. McCuen, director of engineering for Oldsmobile, when asked his opinion on the probable course of engineering development. "The public will not accept radical ideas at once but must be educated through a process of gradual development. Because of this factor in human nature the engineers and designers have been able to keep ahead of public demand. It is safe to predict as any of the past will be seen in the future. These will include new body lines offering less wind resistance and providing more comfort and new beauty; quieter engines and chassis; decided advancements in transmissions; engineering refinements that will make driving easier and reduce the amount of service required.

The appointment of C. E. McTavish as general sales manager of the General Motors Products of Canada Limited, was received with great interest in the automobile industry. Mr. McTavish will be in charge of all sales, parts and service activities of all General Motors divisions of the province. Born in Fiesherton, Ont., Mr. McTavish has been in the transportation business most of his life, his father building fine carriages in Fiesherton in the early days. His first contact with the automobile industry was during his work with the Conboy Carriage Company when they built many of the first bodies for McLaughlin-Buicks. It was during his connection with the Cockshaw Plow Company in Regina in 1916 that he made his chance to the automobile field as a Western sales manager of the Chevrolet Motor Company. In his new position with General Motors of Canada, Mr. McTavish succeeds W. C. Herring, who has been recalled to Detroit for similar work there.

A novel plan to make literary books available in the homes of rural as well as the urban centres was forecast at a recent meeting of the Ontario Literary Association. The distribution will be done through Bookmobiles. Briefly the system is to select a unit, usually a country, and from a central point circulate books to groups of people regularly. The system has brought about a revolution in the service in England, where in 1926, about 97 per cent in the country and in towns were supplied with adequate literary facilities. In Canada, British Columbia has already begun the system; it was pointed out.

It being the annual meeting, Mrs. D. MacDonald was appointed chairwoman of meeting for election of officers. Minutes of annual meeting were read and adopted. The officers were all re-elected for coming year. Mrs. D. MacDonald gave a very interesting paper on "The History of Cheapside W.I. From Meeting closed singing God Save the King. Lunch was served by Mrs. G. Bartlett, Mrs. L. Buckley, Mrs. and Miss Greenbury and a social half hour was spent. Program Committee for next month: Mrs. G. McBurney and Mrs. A. Metcalfe.

WHERE DOES THE GAS GO

ROCKFORD

If you want to get the most of your gas, it is well to be familiar with some of the chief causes of wasteful fuel consumption most of which can be corrected inexpensively when detected. A serious "leak" in the average gas tank presents a careful list of points to watch.

In the first place poor mileage may be due to dragging brakes, lubrication or under inflation of tires. If all these parts of the running gear are in good order, wasted gas may sometimes be due to poor compression in the motor itself, due to worn piston rings, leaking valve or cylinder head gasket; sticking, broken or improperly adjusted valves, or valves incorrectly timed. Plugging of the muffler may be another cause, or the motor and manifold may be either too hot or too cold.

Causes of low gasoline mileage to be found in the ignition are: timing improperly set; incorrect firing sequence; worn-out distributor points; or defective distributor cap; weak ignition coil; defective condenser; loose connections; cracked or worn spark plugs. Then we come to the carburetor. Too much fuel is lean or too rich. The same is true if the choke is improperly used, or if the auxiliary gasoline needle is not seating. Other causes are worn metering rod, imperfect float lever, damaged air valve spring use of a poor grade of gasoline, or air leaks in the manifold.

It is a good idea to have the car checked up periodically.

PROPER USE OF SPEED

Some car owners see no reason for making fast cars if they cannot be driven fast, but experts explain the matter very simply. To have a satisfactory cruising speed an auto must have a high top speed, but to drive much above the cruising speed is neither economical or safe. Those who misunderstand the performance characteristics of the modern automobiles are the ones who are getting into trouble with the authorities. Speeding in defiance of safety is just a bad habit that is no-wise explained by present day high available car capacities.

SPRING

Oh, the joyous spring time
The gayest of the year
When the frosty old winter is over
And our hearts are full of cheer
I can see the beautiful sunshine
Across my window pane.
We can hear the Blue Birds singing
As they flit through the lane.
The Robins they are singing
Out on the lilacs bough,
Methinks I hear them calling,
Cheer up, Cheer up, We have come
to cheer you now.
We can hear the boys a-laughing
As they go back the sunny lane
To gather a lilac for Ma to wear
On Mother's day again.
The Robins and the Blue Birds
Have come with us to stay
And we will hear such lovely music
In the merry month of May.
Mrs. Minnie Anderson

CHEAPSIDE W.I.

The Cheapside Women's Institute met in the Hall on Tuesday May 3. Mrs. L. Buckley in the chair and twenty ladies present. Meeting opened in usual manner. After minutes and correspondence was read the roll call was answered by "Busy Day Dishes." Arrangements were made to send two girls to the girls conference in Guelph.

Mrs. Geo. McBurney gave a reading "The Refugee," followed by community singing. Mrs. Wilson McBurney gave a splendid report of Directors meeting held in Nelles Corners on April 8th. Mrs. Freeman Steel favoured with a solo.

CHEAPSIDE

Mr. and Mrs. Frank Claymon and daughters of Buffalo, spent the week end at H. MacKinnon.

ROCKFORD

Mr. and Mrs. Dave Vickerman of Hagersville visited on Sunday with Mr. and Mrs. Wilfred Vickerman.

Mr. and Mrs. Thos. Smiles of Jarvis visited with Mr. and Mrs. Ralph Kenny on Sunday.

Miss Katie Oulfrichak of Waterford spent over the week-end with her parents Mr. and Mrs. George Oulfrichak.

Miss Margaret Angus of Port Dover is at home caring for her mother who is ill.

Mr. and Mrs. Hugh Wilson of Hagersville spent the week-end with Mrs. John and Wilfred Wilson.

Mr. and Mrs. C. Thompson called on Mrs. Martin Anderson on Sunday.

Mrs. Jas. Priest and Mrs. Bud Priest took dinner on Sunday with Mrs. Benj. and Raymond Landy.

Misses Fannie and Minnie Edwards took tea on Sunday with Mr. and Mrs. Floyd Lefler of Bloomburg.

Mrs. John Phillips has gone to Villa Nova to live with her son, Allan.

Cameron Thompson has been spending a few days with his uncle Mr. William Thompson.

Mr. Will Edwards, Beta and Will of Hagersville and Mr. and Mrs. Allan Phillips and family of Villa Nova took tea on Sunday with Mr. and Mrs. Geo. Edwards.

Mr. Dennis Ross and Miss Jessie Maxwell of Hamilton were recent visitors with the formers grandparents, Mr. and Mrs. W. D. Peace on Scotch Line.

Mr. and Mrs. John Rowntree and son of Hagersville were visitors on Monday with the latter parents, Mr. and Mrs. D. K. Secord.

Mr. and Mrs. Elmer Jewel of Normandale spent Friday last with Mr. George E. Secord of Detroit spent a couple of days last week at the home of his parents, Mr. and Mrs. D. K. Secord of East Lynn.

Mr. and Mrs. D. Secord had few visitors one day recently from Hamilton Mr. Secord's brother, Mr. F. S. Secord and Cousin, Mr. George Almas.

Mr. and Mrs. A. M. Tidale was a recent visitor with Mrs. Carrie Ferris in Normandale.

Some of the farmers are done spring seeding in this vicinity.

Miss Mable C. Campbell of Windy Hill, Woodhurst, was the guest of her father, Mr. N. J. Campbell on Sunday last.

Miss Hargraves and Miss Richardson of Brantford spent last Sunday at the home of Mr. and Mrs. George Potts.

Mr. and Mrs. Robert Stapleton of Brantford spent one afternoon recently with her aunt and uncle, Mr. and Mrs. Geo. Potts.

Mr. H. K. Saunders spent a few days last week in Port Dover with Mrs. R. I. Jones who was seriously ill.

Mrs. F. Johnson of Toronto is spending a few weeks at the home of her parents, Mr. and Mrs. J. Carpenter.

Mr. R. Parkinson and George motored to London on Saturday to visit Lorne Parkinson who is very ill in London Hospital.

Mr. and Mrs. R. St. Clair Miller of Aylmer called at Mr. R. E. Miller on Wednesday evening of last week.

Mr. and Mrs. Chas. Fleming of Toronto spent Sunday at the home of Mr. J. B. McKenzie.

Mr. Maitland Bird of London was renewing acquaintances in this vicinity over the week-end.

Mrs. Dell and Mrs. Bruce Dell; Mrs. Carrie Miller and Miss Alice Miller of Port Dover were Sunday visitors at the home of Mr. and Mrs. Emerson Miller.

Mr. and Mrs. Geo. McBurney and family visited at Mr. Gordon Roths on Sunday evening.

Miss Violet Beaudin and Mrs. Margaret Mechen, Hamilton, Mr. and Mrs. H. Woodridge and son of Ontario, spent the week-end at their home here.

Miss Blanch Pynd, R.N., returned to her duties last week.