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HYDRO PLAN IS FORWARD STEP
Chairman J. R. Cooke Cites Benefits of Hot Water Heating by Electric Energy.

With public interest focussed on the Ontario Hydro plan to equip Hydro homes in Ontario with electric water heaters at no installation cost...

Quoted on the Hydro plan, Mr. Cooke said that it was already exercising a stimulating and beneficial influence on industrial and domestic life in the province.

"Most of us know," Mr. Cooke went on, "that metal-working and electrical trades in the province have directly benefited by the work involved in the extensive manufacture of heaters...

"Naturally the increased industrial activity and consequent employment in the desirable results of the Hydro Commission's decision to go ahead with the plan...

"There is a plan that permits tenants and owners of Hydro homes to enjoy the recognized benefits of electric water heating service without a cent of installation cost...

"The domestic heating of water electrically in most municipalities is cheaper and more convenient than by any other method. It is entirely without the disadvantages of other systems of water heating...

"Coal-jacket heaters are also used by many yet this type of heater requires constant daily attention and consumes more coal than would pay for the cost of current for an electric heater...

"These in fact lead me to believe that there is a wide market for electric water heaters in Ontario. That installation of such heaters is entirely free and that Ontario domestic power rates are among the lowest in the world...

"Mr. Graham and twenty-two years ago on the 20th of May and since that time Mrs. Graham lived with her son, Mr. Charles Graham. The surviving relations are two brothers, My Simon, of Hagersville, James

Simon of Vancouver, and a sister, Jennie Simon of Jarvis and Charles Graham at home. The only daughter Mrs. Stanley Alward died seven years ago.

At very happy disposition and until a few weeks past had enjoyed good health. She was a woman of active and loyal member of All Saints' Church, having been president of the W.A. for twenty-six years. She was made a life member of Niagara Diocesan Women's Association.

The funeral which was held in All Saints' Church was attended by a large number of friends as well as the interests of consumers and manufacturers. The funeral services were conducted by the Rev. J. P. McKeown, who paid tribute to the fine character and generous nature of the late Mrs. Graham, and pointed out that in her case death was not a tragedy but simply the passing from the weariness of old age to the joy of life with Christ, that her passing was a response to the call of the Master.

"Come unto me all ye that labor and are heavy laden and I will give you rest." The choir reverently led the singing of the hymns, "Forever with the Lord," "Abide with Me" and "Peace Perfect Peace."

The sympathy of the community goes out to the relations, especially to Mr. Charles Graham. The interment took place in Hagersville Cemetery-Hagersville Press.

WALKING AND THE UPRIGHT POSITION
A well-known observer, quoting the recent work of a public health official with regard to achievements in the field of preventive medicine, laid particular stress on the average person's lack of consideration for his personal posture.

Walking is one of the best economical of all forms of physical exercise. Nowadays, whether due to prolonged stooping, over work, or to habitually maintaining a slouching position, a considerable number of individuals are becoming round-shouldered. Walking, apart from giving poise and a certain grace to the carriage, also permits of proper expansion of the lungs. Walking, with the head erect and the shoulders squared ensures that the abdominal muscles are held firmly, with the result that they are less apt to become flabby, a condition which is so commonly seen in the round-shouldered individual. Other muscles brought into play in the act of walking are those of the shoulder-girdle, the thighs, and the legs and feet.

There are unfortunately a certain class of people to whom much walking is more or less forbidden. Among these are people with lungs or heart disease. These individuals, will naturally be advised by their physicians as to the amount of exercise they may undertake without calling on their physical reserves.

To all others, however, walking is a most beneficial and healthful means of stimulating a sluggish intestinal tract, of improving the appetite, and giving a tone to otherwise flabby muscles.

We are in grave danger of losing the art of walking. Walking in the future may be confined to the trip from the home to the office, or from the door to a waiting motor-car. If this be so there will disappear a very "balm in Gilead" for many of our everyday ills and often some of our more serious disorders.

Questions concerning Health addressed to the Canadian Medical Association 184 College Street Toronto will be answered personally by letter.

REICHELDT'S FUNERAL HOME
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The Practical Gardener

(By special arrangement with Arcadian Nurseries, Islington, Ontario.)

CARE OF EVERGREENS

Evergreens should be planted in early Spring or after August and until late in the fall. A good arched earth or "mound" around the roots. The reason for this is that most of the evaporation of water from the plant is through the leaves and the soil around the roots is kept moist.

Another point to be taken into consideration is that sometimes evergreens are neglected during the summer months. It so happens that in some cases they have been neglected to the point where the soil has become so dry that the roots are killed and the plant is lost.

If during the dry hot summer months you decide that your garden is suffering from drought which is often roasting the plants, it is better to water them than to neglect them. Another common mistake is that evergreens being trees, do not require as much water as other plants in the garden.

For those who are not familiar with the varieties of evergreens to plant, the following list may be helpful: Retinospora Squarosa and Filiformis, Juniper, Sueda, Scotch, Argentea, Blue, Blue, Tuya Pyramidalis and Virginia Blue, Tuya Pyramidalis, Juniper Sabina, Picea Mugho and Taxus Repandens, Koster's Blue Spruce is exceptionally fine planted as lawn specimens.

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SAFE DRIVING will save money

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Because we believe that careful motorists are entitled to a further reward for Care, Courtesy and Common Sense in their driving, we have extended our Merit Rating Plan in Ontario so that DISCOUNTS UP TO 25% are now available for Private Passenger Automobiles on All Classes of Automobile Insurance—PUBLIC LIABILITY, PROPERTY DAMAGE, COLLISION, FIRE AND THEFT.

10% DISCOUNT to motorists who have owned and operated a car for the past year without claims.

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Our Merit Rating Plan is the only one available in Canada which provides such discounts for all coverages for Private Passenger Automobiles. These discounts apply, whether or not the motorist has been insured with this Company in the past, and are deducted from the premium on the issuance of his policy.

A claim having been made under either the Collision, Fire or Theft coverages will not disqualify the motorist for his Merit Discount on the Public Liability and Property Damage sections, and likewise a claim under either the Public Liability or Property Damage sections will not disqualify the motorist for his Merit Discount under the sections of Collision, Fire and Theft.

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ARRELL & ARRELL, Barristers, Solicitors and Notaries Public, Harrison Arrell, K. C.—County Crown Attorney, Solicitor for the County of Haldimand, Alex H. Arrell, B.A., CALEDONIA, ONTARIO.

PHYSICIANS, Dr. H. C. Robinson, I. J. Leatherdale, M.D. & OFFICE HOURS, 10 to 12 a.m., 2 to 5 p.m., 7 to 9 p.m., JARVIS, ONTARIO.

DR. E. M. JONES, PHYSICIAN AND SURGEON, Office Hours: 9 to 10 a.m., 2 to 4 p.m., PHONES: 7-7, OFFICE—MAIN STREET, JARVIS.

VICTORIA DAY CELEBRATION

JARVIS

ON WEDNESDAY, MAY 24

Calithumpian Parade, Headed by Bird's-Eye Centre Bigtime Ragtime, Jass Band, STARTS FROM THE PARK AT 10 A.M.

FISHERVILLE BAND, DURING THE DAY, Dancing in the Arena, 2 p.m. to 5 p.m. Jitney Dancing, Admission to Hall 10c, Ted Phillip's Ezeylife Orchestra, EIGHT PIECE, AFTERNOON AND EVENING, Refreshment Booths on Grounds, BIG NIGHT DANCE IN ARENA, UNDER MANAGEMENT OF THE JARVIS BOOSTER CLUB, 8:30 p.m. to 1 a.m., ADMISSION, [tax included] 40c, Special Prize: FOR THE BEST DECORATED HOME IN THE VILLAGE, Prizes donated by C. S. McCarter, J. A. Fleming, Manager Bank of Commerce and G. L. Miller, FIRST PRIZE \$7.00—SECOND PRIZE \$5.00, THIRD PRIZE \$3.00

SPORTS, Haldimand County League Baseball Games, 11 a.m. CAYUGA Jrs. vs. JARVIS Jrs., 1 p.m. CALEDONIA Ints. vs. JARVIS Ints., 3 p.m. HAGERSVILLE Ints. vs. PT. DOVER Ints., GRAND STAND SEAT 10c, 2:30 p.m. CHILDREN'S RACES, Boys Race, 12 years and under—First Prize \$1.00, Second Prize 75c; Third Prize 50c., Boys Race, 15 years and under—First Prize \$1.00, Second Prize 75c; Third Prize 50c., Girls Race, 12 years and under—First Prize \$1.00, Second Prize 75c; Third Prize 50c., Girls Race, 15 years and under—First Prize \$1.00, Second Prize 75c; Third Prize 50c.

Children Under 12, FREE, Cars Parked 25c, 25c, Tickets Issued on Leaving Grounds in Morning Giving Return Admission in Afternoon

THE COMMITTEE RESERVE THE RIGHT TO CALL OFF ANY OR ALL EVENTS IN CASE OF BAD WEATHER, CHAIRMAN: J. C. WALKER, SECRETARY: A. B. BLIGHT, TREASURER: C. S. McCARTER

THIS IS THE FIFTH ANNUAL CELEBRATION UNDER THE AUSPICES OF THE JARVIS BOARD OF TRADE, "GIVE THEM YOUR SUPPORT AND PATRONAGE"