At The Churches

SATURDAY, DECEMBER 25th
St. Paul's Church, Jarvis
Rev. M. Brett, B.A., Rector
9.30 A.M. — Holy Communion.
Christ Church, Nanticoke
10.30 A.M. — Holy Communion.
Sunday, December 26th
ST. PAULS CHURCH
10 A.M.—Sunday School and Bible Classes.
11. A.M. — Morning Service.
BROADWAY
2. P.M. — Afternoon Service.
CHRIST CHURCH, NANTICOKE
10. A.M. — Sunday School and Bible Classes.
7.30 P.M. — Evening Service.

WESLEY UNITED CHURCH
Jarvis, Ontario
Rev. W. J. Holley, B.Th., Minister
Sunday, December 26th, 1937
10 A.M. — Sunday School and Bible Classes.
11. A.M. — Christmas Service.
Special Music by the Choir and the Junior Choir.
The Minister.
7. P.M. — Special Christmas Music and Message. "The Song of Simeon."
The Minister.
GARNET UNITED CHURCH
1.30 — Sunday School and Bible Classes.
2.30 — Worship Service

KNOX PRESBYTERIAN CHURCH
Rev. G. Lloyd Evans, Pastor
10. A.M. — Sunday School and Bible Classes.
11. A.M. — Morning Service.
7. P.M. — Evening Service.
CHALMERS CHURCH, WALPOLE
2.30 P.M. — Afternoon Service.
The Minister.

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PHYSICIAN AND SURGEON
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BUILDING FOR BETTER HEALTH

Each year at the Christmas season we are asked to share our blessings with those who are less fortunate than we are. We are asked to help finance the Province-wide fight against tuberculosis.

Tuberculosis is a germ disease. It may affect any organ of the body, but parts most frequently attacked are the lungs, bones and glands. People are not born with tuberculosis and it is not inherited. The germs that cause it must come from some one who has the disease. Infections from cattle can be transmitted to human beings in milk and flesh of diseased animals. Therefore, unless milk is properly certified as coming from healthy cows, it should always be pasteurized. The great allies of the germ are overwork, strain, disagestion, insufficient food and all those elements that lower one's resistance. Although the germs are all about us, if we lead healthy lives we throw them off and do not contract the disease. Children, however, are more susceptible than grown-ups; therefore it is most important that their health be especially protected.

Recovery from tuberculosis is slow and its success depends upon an early discovery of the condition, and faithful adherence to all the requirements of the treatment. It cannot be cured by drugs or patent medicines. The methods of treatment to-day, while closely following those developed toward the end of the last century, rest, sunlight, fresh air, and proper food, under medical supervision, have been supplemented by surgery. Surgery is helping the body in its fight against the ravages of the germs. A strong resolution to get well is a great help also in staging a successful battle.

The careful driver keeps his eyes on the road ahead, ever ready for danger. So when the red light of tuberculosis shows, would we pause? Such signals—a persistent cough, loss of weight, over fatigue on slight exertion, and in general poor condition, all danger signals of this disease too often unheeded.

Don't be afraid to consult a physician. He will diagnose your trouble, and don't lose heart if your fears are confirmed. With proper treatment there is every hope of recovery.

The Muskoka and Toronto Hospital for Consumptives and the Queen Mary Hospital for Consumptive Children stand ready to serve all who are afflicted, but in this they must have the help of many friends.

Please will you aid this life-saving work by sending a contribution to National Sanitarium Association, 223 College Street, Toronto.

CANADIAN MOTHERCRAFT SOCIETY

The whole of the British Commonwealth of Nations to-day is concerned over national health. In each country of the Empire there is a Mothercraft Society. The health of our mothers and babies is the future national health of Canada and every other country. The interest of the people must be awakened in maternal and child care in our Dominion.

Speaking from the standpoint of the farmer — and what a large proportion of Canadians started life on a farm — in raising a good flock or herd, it is to the mothers and their young that special attention is given "There is little cause for worry if care exercise, fresh air and proper nourishment are given to the mothers, and later, to their young. A sheperd's care of the ewes of the flock previous to lambing is interesting. They must not be disturbed or harsh ly treated in any way and the right food must be given them. The farmer knows, too, that unless the parent's body is nourished, the condition of the young will never be as satisfactory and no later care will make up for the lack of pre-natal care. Cattle fed on the right rations, and gently and firmly handled are generally good-tempered, but a badly fed, badly managed animal is usually a bad-tempered one as well.

When young animals are fed on their own mother's milk, even the skin has a different texture, provided, of course, that the mother has been properly fed. The important thing of this care for stock is generally recognized among farmers, but how sadly different is it where human mothers and babies are concerned How many babies are naturally fed and the mothers given full pre-natal care and teaching?

Canada should produce the strongest and most virile race in the British Empire, but so long as our maternal death rate and morbidity remain so high; the whole race must be lower in health than it should be.

Dairy farm products play a big part in the death of a nation. Nature has richly endowed the largest portion of Canada, and her people should use wisely and well her products. Research men, who are keenly alive to the needs of the human race, are continually telling us of the value of foods — foods containing minerals, vitamins, such as milk, butter, cheese, eggs, fresh fruit and fresh vegetables, fish and natural grains. It is well known now among farmers that the soil must contain minerals first — depleted soil, depleted foodstuffs and improperly nourished families.

The Mothercraft Training Centre is, to the people, the equivalent of the agricultural college to the farmer.

"Mothercraft Society" — this name is becoming increasingly familiar. More and more enquiries are made regarding the methods and aims of the organization, which declares Mothercraft babies are healthy happy babies. The following is a brief outline of the practical side of the Mothercraft Society work in Toronto.

The education of parents in all matters pertaining to the health and training of their children, and especially to promote the breast-feeding of their infants, is the aim of the Mothercraft Society.

This education is carried on in three ways:

1. By the District nurses giving advice to the mothers in their homes, and at the Advice Rooms, 112 College Street.
2. By the Supervisor and the nurses at the Mothercraft Centre, 84 Wellesley Street.
3. By the Well Baby nurses working in the homes, giving Mothercraft care to the babies and help to the mothers.

The attendance at the Advice Rooms consists of

A. The expectant mother
B. The mother with her young baby.
C. The mother with her toddler or pre-school child.

No mother is permitted to come to the Advice Rooms without first procuring her Doctor's consent

As the health of the baby commences nine months before he is born, the expectant mother should begin her education at that period One young expectant mother on her first visit to the Advice Rooms said, "I have graduated from High School and University and thought I knew everything but now I find I have so much to learn about myself and the baby that is coming."

The teaching and advice given the Expectant mother is given by nurses specially qualified in ante-natal care.

Instructions in breast feeding, and in the feeding and care of artificially fed babies is given to every mother seeking advice. Special attention is given to the re-establishment of breast milk. Many mothers who have attended the Advice Rooms have been able to carry on the nursing period when otherwise they would have become discouraged and given up. The parents are taught to realize that although their breast fed baby is perhaps not as fat as their neighbor's artificially fed one, yet the mother is giving her baby his natural food, which is the only perfect food for him.

The toddlers and pre-school children have a special room for themselves, furnished with children's furniture and all sorts of interesting playthings so dear to their hearts. Mothers bring the children for advice in regard to maintaining good health habits of proper nutrition, rest and fresh air, and many other problems pertaining to the pre-school child.

At the Mothercraft Centre, mothers and babies are admitted for the re-establishment of breast milk and the regulating of breast feeding, the training of the baby and the education of the young mother.

Artificially fed babies, who are digestively upset and need special feeding and handling, are admitted and when they are settled the mother comes each day for teaching in caring for her baby. Under nourished children and children needing special training up to two years are also admitted.

The Mothercraft Centre is the training school for Mothercraft work in Canada. Graduate nurses take a four month's course, and are qualified to teach Mothercraft. Girls without any previous nursing experience receive a sixteen months' train ing. These nurses are known as Well Baby nurses, and fill an important link in Mothercraft work. They are trained primarily for mothers with babies, who are alive to the value of breast efeeding and are following Mothercraft advice. There is a constant demand for these nurses from many parts of Canada.

Talks and demonstrations of bathing and caring for baby are given to different interested groups of girls and women by the Supervisors at the Mothercraft Centre.

In closing, may we add we cooperate with the family doctor.

TOURIST TRADE IN CANADA APPROACHES HIGH MARK OF 1929

That visitors are very much impressed with the wonderful territory Canada offers for tourist travel is indicated by the fact that during the past season tourists spent approximately $300,000,000 in Canada for goods and services, indicating an increase of fifteen per cent over last year, according to C. S. Howard, Manager, Tourist and Convention Bureau of the Canadian National Railways. This figure nearly approaches the high mark of 1929 when tourists spent $309,000,000 in the Dominion.

"While this tourist trade is encouraging, it but reveals the immense potentialities yet to be developed along this line in Canada and should make every citizen interested in supporting the work that is being done by Federal and Provincial Governments, civic organizations transportation companies, tourist bureaus, etc." stated Mr. Howard.

Indicative of the work that is being done by provincial governments for attracting tourists, it is pointed out that continuous highway improvement is being made in Ontario, while Quebec has a splendid highway encircling the Gaspe Peninsula and plans are under way to improve high ways in other areas. Nova Scotia will have all main highways hard surfaced by next year and New Brunswick is doing good work in this direction, while Prince Edward Island is also improving the roads.

The increase in tourist traffic during the past season, indicates a greater spending capacity on the part of visitors, and Mr. Howard points out that every phase of industry is affected by this influx of tourists, transportation companies, hotels, restaurants, manufacturers, retail stores, agriculture and many others benefitting from our tourist trade. "The tourist dollar is spread over a larger proportion of our population than any other dollar and it is essential that we maintain or improve our position in this highly competitive industry by accentuating our appeal to our friends in other countries, not only desire, but must be encouraged, to visit us."

"There is still a great deal to be accomplished in making every citizen of Canada tourist-conscious so that they will support in every way possible the work of those charged with the responsibility of the development, handling and directing of visitors to the many pleasurable areas Canada has to offer" concludes Mr. Howard.

UNIQUE SKI CLUB CHARGES NO FEE

Jasper National Park. — What is thought to be the only co-operative ski club in the world has been organized here. There are no fees and anyone in the Park who wants to join simply does his share in clearing ski-runs and trails and building club quarters. The club house is being built of trees which are cut down to make the trails. The Canadian Government has designated a large area on the northwest slope of Whistler Mountain for skiing purposes. It has only two miles of the Valley of Jasper and may be reached by motor road while it is kept clear of snow in winter. Over 10 miles of trails will be in use in two years, it is expected.

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News of the Countryside

From The Record's Correspondents

HAGERSVILLE

The United Sunday School Christmas concert held in the church on Friday evening was largely attended and the program much enjoyed by all. Rev. E. S. Lautenslager, was chairman. The school superintendent, Mr. Roy Bradshaw, gave the opening address. At the close of the program each Sunday school scholar was presented with a bag of candies and an orange. Several received presents from the very tastefully decorated Christmas tree.

Mr. Sandy Tisdale, left on Friday afternoon for Landerdale, Florida to spend the winter months.

Mrs. J. Cr...tinage was in Hamilton on Friday attending the funeral services of her brother, the late James Morgan Hull. She was accompanied by her son, Harold and Mrs. S. F. McCracken.

The regular meeting of forward Shiloh Lodge was held in the I.O.O.F. Temple on Thursday evening in Noble Grand Alice Graham, presiding. A donation was received for Christmas cheer for the needy and shut ins. This will be divided and sent out the first of next week. Members of the lodge were requested to co-operate with the Orphans and Institute in packing Christmas baskets for the needy and help with candy bags for the community Christmas tree on Saturday, December 18th.

Large crowds have been enjoying skating on the arena with the excellent ice conditions. Hot coffee and hot dogs are appreciated by those in attendance.

Mr. H. A. Davis will give an illustrated talk in the Parish Hall following the regular Sunday evening service in All Saint's Church. His subject will be "If I Lived in Palestine."

A nomination meeting of the electors of the Village will be held in the Council Chambers on Monday, December 27th, at 7.30 for the purpose of nominating candidates for offices of Reeve and Councillors for 1938 and for Hydro Commissioner for 1938-39.

Mr. and Mrs. Clarence Best and family have moved to their new home at Mount Burgess.

Mrs. Charles Feibeg entertained a number of ladies at cards on Tuesday evening.

After thirty years of service on the C.N.R. section and having reached the age of sixty-five years, Robert Smith, of Victoria Ave. was superannuated on Thursday, December 9th.

Stephen Winger will go to Vittoria on the first of the New Year where he will be employed on the Public Works staff there.

Mrs. William Dorman, Misses Helen and Marjory Dorman, and Mabel Forth, spent a day in St. Thomas during the past week.

Miss Evelyn Nelson, of Simcoe, is over the week-end with friends in town.

Mr. Bert Brooks and sons, spent several days in New York State recently.

RENTON

The funeral of the late Mrs. Annie Misner, who passed away at the home of her son Harry Misner, Tyrrell was held at Mt. Zion Church on Saturday afternoon at 2 o'clock. Interment was made in Mt. Zion cemetery.

A Christmas concert was held in No. 10 on Thursday night in the large crowd attending. This number consisted of rongs, drills, games and recitations with a vocal solo by Jean Duncan, Mrs. C. Bell and music supplied by Mr. and Mr. and Mrs. Ludwig.

Mr. Marshall, music teacher for the school, directed the music. Mr. Ivan Mitchell acted as chairman, assisting Miss Kitchen's eighteenth class S. S. No. 10 the trustees provided her with a gift.

KOHLER

(Received too late for last issue)

Sunday School Christmas entertainment will be held on Wednesday evening, December 22nd.

A pageant is being given also musical selections.

L. Lint is able to be out after his recent illness.

Mr. and Mrs. W. Nablo spent the day at Mr Leslie Graham's, Mt. Hope.

Mr. and Mrs. Marvin Link and Mr. and Mrs. Elson Richert family, spent Sunday at Mrs. J. Rauch and Mr. Norman

Mrs. spent Monday in Elmira.

Mr. Charles Booker of Saskatchewan visited at Mr. J. E. Bookers this week.

Mr. and Mrs. Earl Link visited at the Featherstone's on Sunday Mrs. Jacob Nablo, spent Sunday afternoon with Mrs. Kerr at Mr. Wilson's.

Mr. and Mrs. K. H. Hartwick and family spent Sunday at Mr. A. Meh...er's.

Tenders were opened on Friday for the severe snow storm of Wednesday and Thursday.

ERIE

Mrs. Porter, John McBurney and Mrs. Rutherford attended a business meeting of the Young People's Society of Zone 3, held in Caledonia on Monday night.

Mr. and Mrs. Sanford Fleming, Ila Fleming and Mrs. Leslie Hall spent Wednesday in Hamilton.

Mrs. G. Roth, Evelyn and Myrtle Rutherford, Mrs. O. Easton and Mrs. L. Keen were in Simcoe on Friday afternoon.

Mrs. Rutherford, A. C. Porter, Mrs. Porter and Leslie Keen attended a meeting of the Bray Hatchery, held in the parish hall, Hagersville, on Monday afternoon.

John McBurney has purchased a new Chevrolet sedan.

Mr. and Mrs. C. Easton, Mr. and Mrs. J. Rutherford, Mrs. O. Easton spent Tuesday in Hamilton.

Mr. Harold Harris, of Welland, spent Sunday with his parents, Mr. and Mrs. George Harris.

Mr. and Mrs. Harry Cox, Selkirk, called at Mr. Charles Townson's on Sunday.

Miss Frances Campbell spent the week-end with Geraldine Noper.

Mr. and Mrs. Bert Leng spent Monday at Albert Pond's.

Despite the unfavorable weather conditions on Friday night, a very large crowd attended the Store Church concert. The first part of the program was put on by the juniors who all did their parts very creditably. The three act play, "Brown-Eyed Betty," presented by the older members, was received exceptionally well by the audience. This is a well balanced play containing much good comedy and also some very good lessons for every-day life. As a fitting climax to a happy evening Santa Claus appeared and distributed gifts to young and old.

FISHERVILLE

A number from here attended the funeral of the late H. V. Meadows at Cayuga on Sunday afternoon.

Mr. and Mrs. Elson Kiefer, Mr. and Mrs. Joseph Fess and Mr. and Mrs. Isaac Huber, spent Sunday evening with Miss Rose Nagel and Mrs. Utz

Dr. and Mrs. Tweedie, of Jarvis and Dr. Appleyard of Hamilton, spent Sunday evening with Mr. and Mrs. Ed. Woelfle.

Mr. and Mrs. W. E. Dashner and Andrew, Mrs. R. H. Hartwick and Helen and Mr. and Mrs. O. E. Reichelt called on Mr. and Mrs. A. Mehlenbacher on Sunday afternoon.

Mr. and Mrs. Alfred Fess and baby, spent Sunday with Mrs. Fess' parents, Mr. and Mrs. A. Moyer on the Seventh.

Rev. and Mrs. Brege spent Sunday afternoon and evening in St. Catharines.

We wish to extend birthday greetings to Mr. Fred Otterman, Sr., on his Eighty-eighth birthday on Monday last. Mr. Otterman has been confined to his bed for the past few weeks, and we hope that he will be restored to his usual good health again.

Mr. George Mehlenbacher of Niagara Falls, has returned to his home here for the Christmas vacation.

The annual Christmas entertainment will take place on Friday night Christmas eve in the Lutheran church.

Mr. and Mrs. A. W. Reichheld spent Saturday afternoon with Mr. and Mrs. O. E. Reichheld's parents.

Mr. and Mrs. O. E Reichheld spent Tuesday with Mr. and Mrs. S. McKechnie at Dunnville.

Mr. and Mrs. Alfred Smith, of Selkirk spent Sunday with Mrs. Smith's parents, Mr. and Mrs. Elson L. Held.

The play given in the Parish hall on Thursday night by the Hunnerstone Y.P.S. was a decided success.

WATERFORD

The Baptist Church choir in a capable way put on a very enjoyable candlelight service under direction of Mrs. P. Geo. Pearce, organist.

The United choir presented their Christmas music with the organist, Gordon Winter at the organ and Mrs. Harek, Villa Nova, at the piano. A duet was sung by Meadames Griffen and Farmer Messrs Wieg and Mott also a duet by Mrs. (Dr.) Griffin and Mrs. Wieg and Rev. A. J. Dilly told the wonderful Christmas story which was much enjoyed.

The regular monthly meeting of the Women's Institute was held at the home of the secretary, Mrs. A. E. Evans. The president, Mrs. Goodwin in the chair. The roll call was responded to by "What Christmas Means to Each One." Many beautiful thoughts were brought out. Mrs. Goodwin brought a splendid report of the Needlework course that had been recently taken Mrs. Richardson, of the Children's Shelter was present and gave a wonderful outline of the work from various angles. She divided it into three divisions, Work with Children in Homes, and Definite Housing Reform. She also wished the different societies to assist in arranging a minimum budget. Her talk was very interesting and instructive. After the closing of the meeting the hostess served a delicious supper of soup along with various other favors.

The hydro lines in Norfolk during the past year built 15.41 miles of lines. 503 new consumers were added compared with 266 in the preceding year. The majority of the lines being built in Whitingham. At present some 400 miles are built and approximately 2,000 consumers.

Word has been received here of the death of Mrs. Nicholson who died recently in Toronto. Mrs. Nicholson, president of the Ontario Women's Farmers Association.

Mr. and Mrs. Longhurst, Vanessa, today celebrated their Sixty-eighth wedding anniversary.

Mrs. Harry Honey is very ill in Norfolk Hospital. Simcoe.

Little Bobbie Steinoff is suffering from a very badly bruised hand, having got it caught in the electric wringer.

The Christmas Season is once again with us and we extend to all the Season's Greetings hoping that you may have the best of time.

What we get out of Christmas depends upon what we put into it. Our realizations will never exceed our dreams. To enjoy Christmas one must become as sensitive and expectant as a little child. The mystery of the Advent season is not a happy penitance to be treated lightly or sceptically. There is as much mystery in a loaf of bread as in an angel and as much to marvel at in a grain of sand as in a star. When these mysterious forces are understood it will be time to separate prose from poetry. For what do these symbols stand? It is what Christmas has meant in the lives of people, and what the blessed season has done in augmenting human happiness that counts. One cannot escape the fact that London and New York are indebted to the Christ of Bethlehem.

In many of our cities and towns one sees the traditional Christmas tree topped by a star and every village in the land is filled with carols of good cheer. It is amazing that a babe in a manger has become the ruler of the spirits of men in the sense that men cannot escape the influence of Jesus, even in this mechanistic and materialistic civilization. It is tremendously suggestive that in every hamlet and city of the Christian world there are those who celebrate the mysteries of the birth of Jesus. The star of Bethlehem is not yet a sun burned out.

The splendour of it's light increases. Increasing millions respond to it's cheering rays. A still more vital fact is that all these symbols of Christ and Christmas have grown into forces that are used in practical everyday living.

We are not looking into the sky for a star these days s much as we are seeking its star light in our hearts. We do not have to search for the Christ of Christmas as the Wise Men searched. He is all about us. He stands at every street corner. He awaits entrance into every hovel. He is in our offices and shops. He is in our market places. He is in our hospitals and prisons. He is the servant in the house. He is the master of ceremonies at every feast. He presides in a million homes where gifts are generously spread and tables are loden with rich foods of the earth. It is well to remember, that behind our merriment and wonder is the supreme fact from which all gladness and wonder springs. Christmas is more than a tradition, more than annual festivities, more than holly in the windows, more than trees loaded with tinsel and lights that sparkle, more than children whose stockings bulge with the love of others. Christmas is God's gesture of friendship to men through the gift of Jesus. The story of Bethlehem intimates the significance of man's place in God's great plan. When we get at the deeper meaning of the Christmas story we begin to sense the continuity of God's purpose in history. Without this sense of hope and continuity man is lost. There is nothing in the world to encourage hope save as we link God to life. History studied superficially is disappointing and in many instances, contradictory. Cathedral and brothels stand side by side. Palaces and armament factories stand and fall together. Wise men and clowns mingle in cloisters and market places. Saints and sinners live on the same streets. Think of the paradox of Christmas season throughout the World War. Everywhere guns barked messages of hate. But on Christmas Day, friend and foe proclaimed a truce. A great silence made the heart ache at the thought of what would happen when the great day was over. In many a soldier's heart the shepherd's song their songs and they rejoiced. Still others hoped profoundly that ere another Christmas dawned a bleeding world would find peace again. What a mixed up, conflicting, clamouring life this is! How meaningless when greed and hate undermine God's loving spirit. If we do not see this loving spirit in Christmas, there is little to gain. You see, mere celebrations soon pass away. Even the stars we love are but wanderers of the night. What is to be done when the day breaks? The purpose of Christmas is to get ready for the day. The purpose of Christ is to inspire the human heart with hope. This means that what happens during the Christmas season should be made to happen all the year. This is the Christ Child's message to the world. In these days of worry and trouble, it is well to know that there is a better destiny for God's children, than war and poverty. If the Christmas spirit does not teach this, men celebrate in vain.

Perhaps there is no better way of describing Christmas than by the word, "goodwill." That was the word of the angels in their Christmas song, "Glory to God in the Highest, and on Earth Peace, Goodwill Toward Men." Yet how quickly this spirit passes with the season of celebration.

Surely what is good for one season is good for all seasons. How stupid to crowd altruism into one day, it other days are given over to selfish motives and desires. How utterly short-sighted to limit goodwill to seasonal demands when human needs are constant. Why should virtue be celebrated on feast days if evil crowd our humdrum months from January to December? Is it that people are careless or that human nature is incapable of sustaining the ideal? Is this one-sided way of living indifference or incompetence?

One would think that Christmas should be but the beginning of ideal human relationships.

Suffice it to say, if the Christ spirit lived as intensely in human hearts as does the acquisitive instinct the whole of life would be changed to great and noble ends. If the will were present, millions would learn anew that love is not dead, nor justice burned out like an aged star.

This, then, is Christmas: that there is truth behind the fun, a loving mind beyond the symbol and a Holy person transcending all tradition.

Rev. G. Lloyd Evans,
Knox Presbyterian Church.

Christmas Messages From Our Ministers

With the coming of the Christmas season it gives me a very great pleasure to extend Season's Greetings to all the citizens of Jarvis and the surrounding community, and to all the readers of this paper in distant places: "May your Christmas be filled with joy and happiness and your New Year with peace and prosperity."

King of the World,
Break every terror with Thy
Rod of Love;
Heal all the hurts of life
with herbs of Heaven,
And give us Peace.
Thy Peace and let goodwill
Thy Will rule over all.

Once again we stop to listen to the strains of the oldest of carols first sung by the Angel Choir over the Plains of Bethlehem as they announced the Birth of the Prince of Peace — "Glory to God in the Highest and on earth peace, goodwill towards men." With the approach of Christmas we find ourselves becoming attuned to the heavenly music; our hearts are gladdened and our hopes revived as we listen to the message of "Peace on earth, goodwill to men." There is no deeper yearning in our hearts than this yearning for peace. How many sad and troubled hearts there are all around us seeking for that which will satisfy and give them peace. The heart of the world longs for peace. World peace may be a long way off on the horizon of time, but Christmas reminds us one and all that we can have that true peace within if we will let the Christ dwell in us and let Him take over the control of our lives.

"Peace on earth, goodwill to men" — What a Christmas message? What a challenge? The two phrases are inseparable, there can be no **real peace without** goodwill. Let us each one seek to answer that challenge by unselfish service to create goodwill in our midst which shall make for peace and progress in the year that lies before us. May we do our part to bring nearer the time

When peace shall over all
the earth
It's ancient splendour fling,
And the whole world give
back the song
Which now the angels sing.

Rev. W. J. Holley, B.Th.,
Wesley United Church.

FIFTY YEARS AGO

Fifty years ago when the organized fight against tuberculosis started, about 200 persons out of every 100,000 then living, died annually from this disease.

To-day in Canada, only 60 persons are dying of tuberculosis out of every 100,000 and the death rate is steadily declining.

If the same number of persons in proportion to population were dying from tuberculosis to-day as there were 50 years ago, we would have in Canada this year over 33,000 deaths—we have less than 7,000, a large enough number to be sure, but by comparison it shows that organized work has been successful.

In Ontario last year there were 1,327 deaths from tuberculosis, a death rate of less than 26 per 100,000 population, with probably 6,500 or more living victims of the disease within the Province. The saddest part is that more than half of those who die or now suffer from this disease are young people in the prime productive period of life.

In spite of the greater diagnostic facilities offered the public and the improved methods employed, it is still true that only 10-15 per cent of sanatorium admissions are found to be in the early stages of the disease. This means that far too many unrecognized cases are still threatening their families and neighbours with infection.

To find the afflicted and to give them treatment and care, is the one aim of the Toronto and Muskoka Hospitals for Consumptives and the Queen Mary Hospital for Consumptive Children. Their success depends largely upon the amount received through voluntary contributions, for which an urgent appeal is now made.

Please will you help this life-saving work by sending a gift to National Sanitarium Association, 223 College Street, Toronto.

You Will Find Lots of Christmas Specials at Our Store

HERE ARE JUST A FEW:

Mixed Nuts, fresh, lb.	20c
Cranberries, per lb. late pack	20c
Oranges, doz.	25c, 40c, 50c
Mixed Candy, 2 lbs.	25c
Popping Corn, 2 lbs.	25c
Choice Golden Bantam Corn, per tin	10c
Fancy Mixed Cakes, 2 lbs.	25c
3 pkgs. Nu-Jell and Sherbert Dish	25c

We extend to one and all a Very Merry Christmas

DELLER'S
GROCERY
Phone 29 — Jarvis
— WE DELIVER —

A Merry Christmas and a Happy Prosperous New Year

In a few days we will have completed another year of business. We sincerely appreciate the loyal support of our many customers and would take this opportunity of expressing the greeting of this festive season.

MILLER BROS.

The SNAPSHOT GUILD

THAT THIRD DIMENSION

Above — Heavy shadows contribute much to third dimension quality. Left — Contrast in tones and unusual top lighting contribute to the rare stereoscopic effect.

HOW many times have you heard the expression "Don't take a picture with your camera facing the sun"? It's one of the old beliefs in amateur photography that has been handed down from year to year to every new snapshooter.

While this is good advice for the beginner it is not necessary to forever abide by this rule. Those of us who like to try breaking such rules have found that most of the work of which we are proud has been produced under other lightings. The important thing to remember is that you must never stand so that sunlight will strike into the lens.

The lighting of the subject has much to do with securing that quality sometimes called "atmosphere" in a picture. There are a number of ways in which a photograph may be given apparent depth or "third dimension." Taking the picture when there are long shadows, getting a reflection in the foreground, using strong sidelighting or back-lighting, and timing the exposure just right so that the detail of objects in shadow is not blocked out, are precautions that contribute to the desired effect. Let us consider each of these separately.

Shadows, thrown in long drawn-out splotches across walls and walks, more than anything else make one feel that he is "looking into" a picture instead of "looking on" a flat piece of paper carrying the images of the objects recorded. The foreground should be well broken up with shadows so that there is not too much contrast between it and the rest of the picture.

When a body of water can be included in the foreground, then there are wonderful opportunities for adding depth. The reflection will carry one's attention back and away from the foreground—into the picture—and lead to the principal point of composition. Reflections often serve as an avenue to lead back from the foreground of a setting. The only precaution necessary when dealing with a water foreground in strong sunlight is to watch that a swell or wave does not throw reflected light sparkles upon the lens, as that may fog the picture.

Side-lighting, where the source of illumination comes from the side of the object or scene, and back-lighting, where the light comes from the rear, are not difficult to handle if the lens is protected from the light coming toward it. Shade the lens with the hand, or stand in the protecting shadow of a tree to make the exposure. Also, you should time the exposure more for the parts in shadow than for those that are highlighted.

Don't be discouraged if you fail to get the desired appearance of depth or "third dimension" in your first attempt. At first you don't succeed watch out your contrasts and shadows and try, try again.

JOHN VAN GUILDER.