

HEBURN WANTS THE APPELLE Modern Fishing Methods Retain the Best of the Day's Catch

A source of amusement to see what a variety of life there is in water, in lakes and rivers, as well as the ocean.

starvation. And they are delicious canned, fresh, pickled or smoked. Talking of smoked fish, we mustn't overlook the famous Ojibweges which are tasty either fresh or smoked.

For getting back to the subject of herring, few realize that herring are rich in health-giving qualities. They contain precious, health-promoting vitamins and are rich in such mineral nutrients as calcium, phosphorus, copper, sulphur and iodine.

Another way of serving them is "Kipper Herring Salad". Mix one cup of diced kipped herring, one cup of cold potatoes cut in cubes,

one small chopped onion, one-half cup raw carrots, salt, pepper. Mix with mayonnaise. Serve on a platter with sections of hard-boiled egg cut in eighths. Sprinkle with parsley, with unbroken onion and a dash of lemon juice.

well-butter a fireproof pan, finely chopped mushrooms, pepper and salt, and sprigle some of the mixture on top of the crumbs, dot with a dash of water and dash of vinegar. Bake in a moderate oven for 20 minutes.

Clean four herrings, heads and fins and scales. Lay them in a fireproof pan and add a dash of onion, cut in rings. Add a bay leaf and a sprig of parsley. Just cover the fish with water and cook for an hour.

You Just think You're Steering, EARL!



Vote for Unemployment Insurance Premier Hepburn will pass an Unemployment Insurance Law next session if the Liberals are returned. A vote for a Liberal candidate is a vote for Unemployment Insurance.

Vote for Low Hydro Rates Hepburn brought down Hydro Rates, saving consumers \$4,800,000. Vote to keep Hydro from being loaded up with costly power from the Quebec Power Barons.

Vote for the "Treasure Hunt" to Continue Hepburn has already uncovered a treasure of 28 millions hidden away in inheritance taxes on under-valued estates. Vote to continue the hunt.

Vote Your Approval of Lower Auto Fees Hepburn has cut \$5 off the cost of motor license fees. Vote Liberal and show your approval.

Vote for Lower Taxes Hepburn's desire to help the taxpayer was shown by the one-mill special subsidy he made for municipalities to be passed on to the taxpayer. Vote Liberal and show your approval.

Vote for Debt Reduction Hepburn, by sound financing and good government, reduced Ontario's Public Debt by 33 million dollars last year. Vote for further reductions.

Vote for Courageous Administration Hepburn has not been afraid to stand up against the Lewis crowd, the Quebec Power Barons, the financial ring, Ontario needs a courageous Premier in times like these. Vote for lower interest rates.

Vote for More "Sunshine" Budgets Hepburn's last budget, with its nine-million surplus and its tax reduction accomplishments, has become popularly known as the "Sunshine" Budget. Vote for a continuation of these "Sunshine" Budgets.

Vote Liberal And Keep The Old Henry Gang Out

IT'S all right to let Earl Rowe kid himself that he is steering and running the Conservatives, but the electors don't want to let Mr. Rowe kid them into believing that he is leading a new, clean, thoroughly purged Conservative party.

Hepburn's Social Legislation Proves He Is "a Man With a Heart"

BY his deeds, Mr. Hepburn has shown he has the interests of the masses at heart. His government has assumed the full cost of Mothers' Allowances. A mother with one child is now entitled to an allowance, a denied her by the former Conservative government.

Hepburn Benefits Labour

HEPBURN has shown true friendship for the workingman, with advanced labour legislation—Minimum wages for men as well as women, an Industrial Standards Act providing codes by agreement between employees and employers and already improving conditions for 75,000 workers;

Hepburn Takes Liquor Out of Politics

HEPBURN'S proposed Board of Three—a Judge, a Liberal, a Conservative—is the sanest, soundest, most constructive plan for removing liquor from politics that has yet been devised.

VOTE LIBERAL

At The Church

ST. PAUL'S CHURCH, Rev. M. Brett, R.A., 19th Sunday Afternoon School, No Sunday School, 11 A.M.—Holy Communion, CHRIST CHURCH, No Sunday School, 7.30 P.M.—Evening Service, The Rector, BROADWAY, 3 P.M.—Afternoon Service, The Rector, WESLEY UNITED CHURCH, Jarvis, Ontario, Sunday, with Mrs. Fred Pess, coming with Mr. and Mrs. W. J. Holley, R.T.A., 11 A.M.—Morning Worship, 7 P.M.—Evening Service, Both services will be postponed owing to the school.

PHYSICIAN DR. E. M. JON

DR. T. TWISS

RENTON

SELKIRK

WATERFORD

IVAN W. HOLLAND

News of the Countryside

KOHLER Mrs. J. J. Kohler and Mrs. J. J. Kohler, who have been married at Kingston, Ontario, returned to Jarvis last Wednesday.

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DUXBURY'S STORE - The "Square Deal" House - COAL & COKE - Get your winter supply of fuel in now before your lawns get soft and prices are low. Fuel Prices Are Advancing



Vote Marshall the man whose honesty and public service is unquestioned

Elect LEA MARSHALL Defeat HEPBURN

Liberal-Conservative Association of Haldimand-Norfolk

During the business session, the Waterloo Officers were elected which were as follows: Honorary President, Mr. J. Evans, Secretary, Mrs. E. E. Wain, Treasurer, Miss Mary Cline, Auditor, Miss Florence Bailey, Ed with Miss Shirley Pearson, and Mrs. E. J. Wain, Villa Novos, a vocal solo. Mrs. Welsh, Wilsonville, a solo speaker for the afternoon was Mrs. Wright, Brantford, Provincial representative and bringing a message of temperance and giving an account of her recent visit to the city of Washington. The report of the Women's League was read by Mrs. Wm. Creek.

MARBURG Mr. Edward Edmonson, Miss A. Edmonson and Mrs. F. M. Edmonson were present Sunday with Mr. and Mrs. S. F. M. Miss Eleanor and James Cruik and Ruth Ryser are attending Silver Hill School this term. We are glad to report Mr. Harvey Evans is improving after his recent serious operations. Mr. and Mrs. J. E. McEldred attended the funeral of Fred Brayley on Sunday last at MacGregor's Funeral home in Simcoe. Miss Jean Porter is attending the Simcoe business college.

HAGERSVILLE Mr. and Mrs. George Linton, who returned from a week's holiday in Simcoe at the home of Mr. and Mrs. Walter Tatcliffe, Mrs. Susan Linton, who is ill at her home in Onondago, Mrs. E. M. Simpson, of Simcoe, is the guest of her sister, Mrs. E. H. Robinson.

COUNTY COUNCIL MINUTES NINTH SESSION Cayuga, Sept. 16, 1937. Council met pursuant to adjournment. All members present except Lea Marshall, reeve of Jarvis, and Vernon Bate, reeve of the Township of Dunn. The warden in the chair. Mr. William Harkins, King Street, west.

Scarfe's Varnishes, Paints, Enamels, Wax - SCARFE'S HOUSE PAINT - W. J. ELLIOTT, JARVIS

Table with 2 columns: Name and Amount. Lists various names and their corresponding amounts, such as 'Wiltred Hamilton 23.25', 'A. Gillis, care Minnie Makers 19.00', etc.