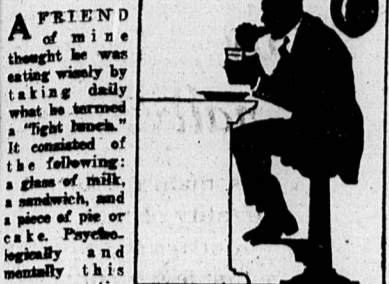


RED ROSE TEA

is good tea and extra good is the ORANGE PEKOE QUALITY

"Proper Food and Exercise," by ARTHUR A. McGOVERN
Farmer physical director, Cornell Medical College

A "light lunch" may be rather heavy



A FRIEND of mine thought he was eating wisely by taking daily what he termed a "light lunch." It consisted of a glass of milk, a sandwich, and a piece of pie or cake. Physically and mentally this man was satisfied; scientifically he was wrong.

His mixture and balance were not well regulated; his bread was of the white and starchy variety; his meat was of some cold-cut such as cornbeef, ham or pork, which he would flavor with a spice and follow with sugary pie or cake.

In this specific case the individual was an office worker and he wondered why his brain was so sluggish; why he lacked the necessary pep and energy to put punch in his work. When I informed him that his diet was wrong he was astonished. He had been under the impression he was taking a very conservative light lunch.

I had him substitute a vegetable luncheon consisting of three of the following vegetables: spinach, string beans, peas, carrots, lima beans, tomatoes, a slice or two of graham, whole wheat, or rye bread and a glass of milk. This he would alternate with a fruit salad, dark bread and a coffee substitute or cocoa. His breakfast would consist of some stewed fruit unsweetened, dark cereal with cream, alternating the cereal with one or two eggs, boiled or poached. Between breakfast and lunch and between lunch and dinner he drank two glasses of water. For

dinner he took a vegetable soup, a broiled chop or one helping of broiled meat, fish or chicken, a vegetable or salad. For dessert some kind of fresh fruit, and before dinner and bedtime one glass of water.

I then prescribed the following exercises: When awaking in the morning, he sat on the bed, raised both knees, clasp hands over the abdomen and raise the abdominal muscles up and down, starting off with ten counts and gradually increasing until he reached 50. Clamping his both hands behind the head, raise the head and right knee up simultaneously, repeat with the head and left knee, and then the head and both knees, starting off with six counts, gradually increasing until 12 counts.

These exercises to be effective should be taken for at least five minutes daily. They will tone up the digestive organs, develop the abdominal muscles and gradually stimulate the circulation.

After the exercises should come a warm bath tapered off as cool as is comfortable, after which the body should be dried briskly with a rough Turkish towel until a healthy glow is obtained. Then try and drink two glasses of water, either hot or cold as may be most palatable.

For the person in good physical condition, the number of times I have suggested these exercises be done may be increased.

Diet for the Seditary Worker

Upon arising take two glasses of warm water. Do some mild passive exercise such as lying on your back, swinging the legs and arms, raising your knees up, etc.

After this take a towel dipped in warm water and thoroughly rub the body until a good reaction is obtained. **BREAKFAST:** Some stewed fruit such as prunes, apricots, figs, apples. Bran flakes or cereal meal. Chocolate, cocoa or coffee substitute. Toast made from dark bread only. At least two glasses of water should be taken between breakfast and luncheon.

LUNCH: A vegetable luncheon consisting of any of the following: Spinach, string beans, carrots, peas, cauliflower, onions, brussels sprouts, lima beans, cabbage. Take any two or three of the above vegetables with some dark bread, toast, cocoa, chocolate or coffee substitute.

DINNER: Clear soup and any of the following meats: Chicken, broiled lamb chop or any broiled fish. At least two vegetables as mentioned above, chocolate, cocoa or weak tea. *Between luncheon and dinner and dinner and bedtime at least two glasses of water should be taken.

SCHOOL FAIRS

LAKE VERDE SCHOOL FAIR

Lake Verde School Fair was held Wednesday, Sept. 24th. Notwithstanding the threatening appearance of the weather the fair proved very successful.

The following schools took part: Mount Albion, Village Green, Hermitage and Lake Verde. Following is the prize list.

GRAIN

Oats—1 Lona Jenkins, Mt. Albion; 2 Hilda Weatherbie, Hermitage; 3 Eileen Jackman, Village Green; 4 Ivan Redmond, Lake Verde.
Wheat—1 Marie Curley, Hermitage; 2 Lona Jenkins, Mt. Albion; 3 Eileen Jackman, Village Green; 4 Ivan Redmond, Lake Verde.
Threshed Beans—1 Mary Stewart, Mt. Albion; 2 Theresa Cairns, Lake Verde; 3 Reta Weatherbie, Village Green; 4 Dorothy Weatherbie, Mt. Albion.

ROOTS

Red Potatoes—1 Marie Curley, Hermitage; 2 Hilda Weatherbie, Hermitage; 3 William Jenkins, Mt. Albion; 4 Parnell Woods, Lake Verde.
McIntyre Potatoes—1 Marie Curley, Hermitage; 2 Clarence Redmond, Hermitage; 3 Hilda Weatherbie, Hermitage; 4 Leonard Hughes, Lake Verde.

Turnips—1 Marie Curley, Hermitage; 2 Margaret Doyle, Village Green; 3 Elsie Brown, Mt. Albion; 4 Edith Lane, Hermitage.
Carrots—1 Elva Acorn, Village Green; 2 Mary Horton, Mt. Albion; 3 Hilda Weatherbie, Hermitage; 4 Austin Jardine, Lake Verde.
Parsnips—1 Mary Horton, Mt. Albion; 2 Bertha Brown, Mount Albion; 3 Elsie Brown, Mount Albion; 4 Hilda Weatherbie, Hermitage.

VEGETABLES

Tomatoes—1 Marie Curley, Hermitage; 2 Mildred Woods, Lake Verde; 3 Annie Jenkins, Mt. Albion; 4 Irene Curley, Hermitage.
Cucumbers—1 Marie Curley, Hermitage; 2 Irene Mitchell, Village Green; 3 Irene Curley, Hermitage; 4 Elva Acorn, Village Green.
Beets—1 Irene Curley, Hermitage; 2 Dorothy Weatherbie, Mount Albion; 3 Laura Love, Hermitage; 4 Marie Curley, Hermitage.

Cabbage—1 Eileen Jackman, Village Green; 2 Ivan Redmond, Lake Verde; 3 Maurice Redmond, Lake Verde; 4 William Woods, Lake Verde.
Pumpkins—1 Bertha Brown, Mount Albion; 2 Elsie Brown, Mt. Albion; 3 Ewen McNeill, Village Green; 4 Florence Chandler, Mount Albion.

FLOWERS

Bouquet—1 Mary Stewart, Mt. Albion; 2 Marguerite Myers, Mt. Albion; 3 Annie McNeill, Village Green; 4 Sadie Jenkins, Mt. Albion.
Mixed Bouquet—1 Harry Horton, Mt. Albion; 2 Edith Lane, Hermitage; 3 Eileen Jackman, Village Green; 4 Marion Stewart, Mt. Albion.
Potted Plant—1 Marguerite Doyle, Village Green; 2 Marion Jackman, Village Green.

FRUIT

Duchess Apples—1 Bertha Brown, Mt. Albion; 2 Hilda Weatherbie, Hermitage; 3 Annie McNeill, Village Green; 4 Sadie Jenkins, Mt. Albion.

Red Astrachan Apples—1 William Jenkins, Mt. Albion; 2 Marion Jackman, Village Green; 3 Irene Mitchell, Village Green; 4 Annie McNeill, Village Green.

CANNING

Preserved Raspberries—1 Sadie Jenkins, Mt. Albion; 2 Lona Jenkins, Lake Verde; 3 Edna Redmond, Hermitage; 4 Hilda Weatherbie, Hermitage.
Picked Beets—1 Marie Curley, Hermitage; 2 Avis Noy, Village Green; 3 Margaret Redmond, Lake Verde; 4 Hilda Weatherbie, Hermitage.

COOKING

Bread—1 Marion Jackman, Village Green; 2 Bertha Brown, Mt. Albion; 3 Mary Horton, Hermitage; 4 Edna Redmond, Lake Verde.
Biscuit—1 Hilda Weatherbie, Hermitage; 2 Mildred Woods, Lake Verde; 3 Marie Curley, Hermitage; 4 Edna Redmond, Lake Verde.
Sugar Cookies—1 Avis Noy, Village Green; 2 Sadie Jenkins, Mt. Albion; 3 Margaret Redmond, Lake Verde; 4 Edna Acorn, Village Green.

Pie—1 Eileen Jackman, Village Green; 2 Sadie Jenkins, Mt. Albion; 3 Lona Jenkins, Mt. Albion; 4 Elva Acorn, Village Green.
Candy—1 Annie Jenkins, Mt. Albion; 2 Lona Jenkins, Mt. Albion; 3 Sadie Jenkins, Mt. Albion; 4 Eileen Jackman, Village Green.
Ginger Snaps—1 Annie McNeill, Village Green; 2 Regina Wood, Lake Verde.

SEWIN AND KNITTING

Apron—1 Annie McNeill, Village Green; 2 Regina Woods, Lake Verde; 3 Mildred Woods, Lake Verde; 4 Marie Curley, Hermitage.
Hemstitched Towels—4 Kathleen Woods, Lake Verde; 2 Catherine Chandler, Mt. Albion; 3 Regina Woods, Lake Verde; 4 Mildred Woods, Lake Verde.
Embroidered Linen—1 Regina Woods, Lake Verde; 2 Mildred Woods, Lake Verde; 3 Marion Jackman, Village Green; 4 Eileen Jackman, Village Green.

MITTENS

Mittens—1 Annie McNeill, Village Green; 2 Florence Chandler, Mt. Albion; 3 Eileen Woods, Lake Verde; 4 Marion Stewart, Mt. Albion.
Crocheted Yoke—1 Marion Stewart, Mt. Albion; 2 Catherine Chandler, Mt. Albion; 3 Regina Woods, Lake Verde.

BEECHAM'S PILLS

The Safest and Best Family Medicine

Lake Verde; 4 Laura Lane, Hermitage.
Mended Wool Sock—1 Catherine Chandler, Mt. Albion; 2 Marie Curley, Hermitage; 3 Florence Chandler, Mt. Albion; 4 Kathleen Woods, Lake Verde.

MANUAL TRAINING

Hammer Handle—1 Harry Horton, Mt. Albion.
Milking Stool—1 Harry Horton, Mt. Albion.

LIVE STOCK

Calf (Dairy Breed)—1 Elva Acorn, Village Green; 2 Frances Curley, Hermitage; 3 Hilda Weatherbie, Hermitage; 4 Bertha Brown, Mt. Albion; 5 Maurice Redmond, Lake Verde.
Poultry—1 Mildred Woods, Lake Verde; 2 William Woods, Lake Verde; 3 Parnell Woods, Lake Verde.
Pig—1 Hilda Weatherbie, Hermitage; 2 William Jenkins, Mt. Albion.

COLLECTIONS

Woods—1 Mount Albion school; 2 Village Green school; 3 Lake Verde school.
Weed Seeds—1 Mt. Albion school; 2 Village Green school.
Tree Leaves—1 Village Green school; 2 Lake Verde school; 3 Mt. Albion school.
Samples of Wood—1 Maurice Redmond, Lake Verde.

SCHOOL WORK

Exercise Books, 4th Reader—1 Elva Acorn, Village Green; 2 Avis Noy, Village Green; 3 Martina Chandler, Mt. Albion; 4 Lona Jenkins, Mt. Albion.
Third Reader—1 Hilda Weatherbie, Hermitage; 2 Parnell Woods, Lake Verde; 3 Maurice Redmond, Lake Verde; 4 Marie Curley, Hermitage.
Second Reader—1 Kathleen Woods, Lake Verde; 2 Delite McNeill, Village Green; 3 Leonard Hughes, Lake Verde; 4 Mary Redmond, Hermitage.

Map Drawing

3rd Reader—1 Parnell Woods, Lake Verde; 2 Eileen Jackman, Village Green; 3 Marion Jackman, Village Green; 4 Ewen McNeill, Village Green.
4th Reader—1 Regina Wood, Lake Verde; 2 Elva Acorn, Village Green; 3 Avis Noy, Village Green; 4 Mildred Woods, Lake Verde.
Art Work, 4th Reader—3 Avis Noy, Village Green; 2 Martina Chandler, Mt. Albion; 3 Eileen Hynes, Hermitage; 4 Elva Acorn, Village Green.

Junior Classes

1 Delite McNeill, Village Green; 2 Ewen McNeill, Village Green; 3 Bertha Brown, Mt. Albion; 4 Leonard Hughes, Lake Verde.
Penmanship, 4th Reader—1 Avis Noy, Village Green; 2 Elva Acorn, Village Green; 3 Edith Lane, Hermitage; 4 Mildred Woods, Lake Verde.

Fenmanship

Third Reader—1 Marion Jackman, Village Green; 2 Eileen Jackman, Village Green; 3 Marguerite Cairns, Lake Verde; 4 Eileen Hynes, Hermitage.
Second Reader—1 Edna Redmond, Lake Verde; 2 Ewen McNeill, Village Green; 3 Delite McNeill, Village Green; 4 Kathleen Woods, Lake Verde.

SPORTS

50 yd. Dash for girls under 9—1 Mary Redmond; 2 Edna Redmond; 3 Marie Curley; 4 Hilda Weatherbie.

50 yd. Dash for Girls 9 to 12—1 Edna Redmond; 2 Delite McNeill; 3 Lona Jenkins; 4 Mildred Woods.

75 yd. Dash for Girls over 12—1 Lona Jenkins; 2 Theresa Cairns; 3 Florence Chandler; 4 Mildred Woods.

100 yd. Dash for Boys under 9—1 Roger Chandler; 2 Allan Hughes; 3 Ivan Redmond; 4 Maurice Redmond.

75 yd. Dash for Boys 9 to 12—1 Garfield Cummings; 2 Clifford Chandler; 3 Clarence Redmond; 4 Willie Chandler.

75 yd. Dash for Boys over 12—1 Bert Murphy; 2 Garfield Chandler; 3 Clifford Chandler; 4 Clarence Redmond.

Wheelbarrow Race

1 Harry Weatherbie and Daniel Cummings; 2 Garfield Cummings and Bert Murphy; 3 Joseph Woods and William Jenkins.

Three-legged Race for Boys

1 Garfield Cummings and Clarence Redmond; 2 Leonard Hughes and Maurice Redmond; 3 Parnell Woods and Roger Chandler.

Three-legged Race for Girls

1 Margaret Cairns and Theresa Cairns; 2 Laura Lane and Elva Acorn; 3 Edna Redmond and Matilda Hughes; 4 Florence Chandler and Kathleen Woods.

Blindfold Race for Boys

1 Ivan Myers and Parnell Woods; 2 Raymond Woods and Clarence Redmond; 3 Maurice Redmond and Leonard Hughes; 4 Bert Murphy and Garfield Cummings.

Teachers' Race

1 Elsie S. Brown; 2 Kathleen O'Connell; 3 Mary Hynes; 4 Loretta Acorn.

Free for all Race

1 Frederick Cass; 2 Henry Weatherbie; 3 Daniel Cummings.

HUNTER RIVER SCHOOL FAIR PRIZE LIST

Best sheaf 100 heads of Oats—Melvin Ling, Leonard Ling, Theo. Sellar, Wheatley River; Gordon Waye, Hunter River.

Best sheaf of 100 heads of Wheat—Theo. Sellar, Melvin Ling, Mabel Ling, Leonard Ling, Wheatley River.

Best pint of Threshed Beans—Ruby Stead, Wheatley River; Annie Carew, Hunter River; Dorothy Stead, Hunter River; Edith Ling, Wheatley River.

1 peck Dakota Red Potatoes—John Matheson, Greenvale; Leonard Ling, Verre Andrews, Rennie's Road; Annie Carew, Hunter River; 1 peck McIntyre Potatoes—Inez Andrews, Rennie's Road; Eric Brown, Greenvale; Dorothy Dingwell, Hunter River.

Collection of 3 Turnips—Verna Andrews; Caroline McDonald, Rennie's Road; Gordon Andrews; Gerard McDonald, Rennie's Road.

Collection of 8 Carrots—Dorothy Cutliffe, Hunter River; Ran Rackham, Wheatley River; John Ross, Hunter River; Kenneth Stevenson, New Glasgow.

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The outer wrapper of water-and-moisture proof paraffin paper

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O'LEARY SCHOOL

Honor Roll for month of September.

Grade X—1 Eca Harris, 2 Noyl's Inches, 3 Arthur Williams.
Grade VIII—1 Budd Howatt, 2 Leigh Howatt, 3 Jack Hallett.
Grade VII—1 Earl Jolly, 2 Verna Phillips, 3 Ruby Williams, 4 Russell McWilliams.
Grade VI—1 Willard Harris, 2 Harry Champion, 3 Jeanette Easter, 4 Maud Phillips.
Grade V—1 Edna Williams, 2 Alotha Ladner, 3 Helen Adams, 4 Muriel Whitney.
Perfect attendance in Principal's room, by Williams, Earl Jolly, Harry Champion, Keir Easter, Marjorie Whitney, Eneva Easter, Jeannette Easter, Gerald Sheen, Leigh Howatt, Budd Howatt.

Primary Dept.
Grade IV—1 Elmer Bopler, 2 Doris Dennis, 3 Mattie Ladner.
Grade III—1 Alvin Palmer, 2 Harold Harris, 3 Emma Frederickson.
Grade II—1 James Dennis, 2 Don MacDonald, 3 Ena Williams and Bonnie Williams.
Grade I—1 Gerald O'Brien, 2 Lloyd Silliker, 3 Charlotte Dennis, 4 Grade I, Jr.—1 Ralph Silliker, 2 Hilard Johnson, 3 Vernon Dennis.

Best pair Knitted Mittens—Annie Carew; Olive Silliphant; Ruby Stead.
Crocheting—Sadie Ross; Flora McDonald.
Best Hammer Handle—Mack Curley; Raymond Bernard; Leonard Ling; Arthur Houston.
Best Milking Stool—Raymond Bernard.
Miscellaneous—Raymond Bernard; Chesley Wood; Gordon Andrews; Lawson McLeod.
Best Heifer (special prize)—James Brown; Inez McDonald; Leonard Ling; Marek Curley; Robert Stead.
Best Piglet and Cockerel—Allan Wedlock; Irene Wedlock; Leonard Ling; Frank McMillan.
Pig under 6 months—Raymond Bernard; Lawson McLeod.
Noxious Weeds, school collection—Greenvale; New Glasgow.
Tree Leaves—Olga Waye; James Brown; Musa Stevenson; Rennie's Road school.
Samples of Wood—Ira McDonald; Theo. Ling; James Brown; Leonard Ling.
Exercise Book (2nd Reader)—Ada Stead; Martha Ling; John Matheson; 3rd Reader—Bessie Stead; Lilla Moore; Louise Moore; Mabel Ling; 4th and High School Readers—Robert Ross; Laura McRae; Sadie Ross; Olga Waye.

When we begin to make excuses to ourselves we may be tolerably sure that the act which requires such treatment had something wrong about it somewhere. That which is sound needs no ointment.

If you cannot sleep try

OVALTINE

TONIC FOOD BEVERAGE

Builds up Brain, Nerves, and Body

A cup of "Ovaltine" taken just before retiring will always bring a night of sound and restful slumber.

"Ovaltine" contains no drugs. It is made from rich, creamy milk, fresh eggs, ripe barley malt, and flavoured with cocoa. It acts directly on the nerve tissues, restoring and soothing them to rest. It makes no tax on the digestion.

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