

NOTICE

Applications will be received by the undersigned for the position of Road Superintendent of the County of Brant Good Roads System up till Thursday the 1st of February next.



PARLIAMENTARY NOTICE

Friday, the twenty-third day of February next, will be the last day for presenting Petitions for Private Bill.



SEALD TENDERS addressed to the Postmaster General, will be received at Ottawa, until noon, on Friday, the 23rd day of February, 1917, for the conveyance of His Majesty's Mails, on a proposed contract for four years, six times per week over Brantford No. 3 Rural Route, from the 1st of April, 1917.

Printed notices containing further information as to conditions of proposed contract may be seen and blank forms of tender may be obtained at the Post Office of Brantford, Eagle's Nest, Durbin and Newport, and at the office of the Post Office Inspector, London.



SEALD TENDERS addressed to the Postmaster General, will be received at Ottawa, until noon, on Friday, the 23rd day of February, 1917, for the conveyance of His Majesty's Mails, on a proposed contract for four years, six times per week, over Scotland No. 2 Rural Route, from the 1st of April, 1917.

Printed notices containing further information as to conditions of proposed contract may be seen and blank forms of tender may be obtained at the Post Office of Scotland and Oakland and at the office of the Post Office Inspector, London.

Take Notice

The annual meeting of the members of the County of Brant Farmers Mutual Fire Insurance Company, will be held in the County Council room, Court House, in the City of Brantford, on Thursday, Feb. 15th, 1917, at two o'clock, p.m., to receive and dispose of the financial statement and Auditor's report, to elect directors and Auditors and transact such other business as may be considered for the welfare of the company.

The retiring Directors are Chas. McIntyre, Hugh Allan and Edward Knight, all of whom are eligible for re-election.

For Sale

Dodge Brothers Touring Car... \$900
Dodge Brothers Touring Car... \$850
The cars have had very little use, nearly all city driving.

BRANT MOTOR CO.

151 Dalhousie St.
Bell Phones 370, 515, 2253.
Auto Phone 270.

Miss Pauline Klambush will receive \$25,750 from the estate of the late Edwin C. Way, of Detroit. She occupied the position of his housekeeper and claimed \$135,000 from the estate. A settlement was reached. The coal scarcity in New York City has created a serious situation. The captain and crew of the steamer Portland, abandoned at sea in a gale, have arrived at New York. Reports from Washington state that railroad legislation will have precedence during the remainder of the season.

GIVE HOMES TO RECRUITS

Families of Soldiers Now Enlisting May be Rent Free During the War

Great activity is prevailing in both sections of Hamilton county, as regards the recruiting situation. A telephone message was received yesterday from President Bennett, of the recruiting committee, of the eastern part of the county, by Lt. Col. H. E. Snider, and other places in that locality during the coming week. Another recruit was also secured on Saturday afternoon, but as yet had not reported to the armories here. Four meetings will also be held in the western part of the county in the near future, in Hagersville on the 3rd of February; in York, the 5th; Caledonia on the 7th, and in Clabgrass on the 9th, so that the district will be fairly thoroughly covered.

Private M. Lambert, formerly of the 215th, who deserted some time ago, and who was recently apprehended in Simcoe, was tried this morning. Sergeant Major Borthwick and Serjeant Wallace were present at the trial and gave evidence.

A decided acquisition to the ranks of the battalion will result through the appointment of Lieut. J. W. Watts, who went overseas with the 12th battalion, attached to the Royal Warwick Regiment. He was wounded in the early part of January and has just been transferred from "casualties" to the 215th battalion.

An entertainment is to be given to returned soldiers in Simcoe on the 8th of February, and the committee in charge of the undertaking have applied to Lt. Col. Snider to allow the brass band to be present for the occasion. It is probable that the request will be granted.

An original method that is at the same time singular and unique, is to be adopted by the 215th battalion in the hope of inducing eligibles to do the khaki. An appeal is being made to ineligible men who are willing and anxious to assist, to place some vacant houses, if such they have at their command, at the disposal of the 215th battalion. As an added inducement to married men with families who fear for the support of their dependents during the absence of the bread winner, the houses so gained will be rented, free of charge for the continuance of the war.

Although this new idea, generated in the mind of an enthusiastic recruiter of the battalion, was only put into operation this morning, at an early hour two offers had been received, and accepted. Monetary contributions are also being solicited, and it is hoped that this will prove an important factor in stimulating recruiting locally.

One recruit, Harry Williamson,

News Notes of St. John's Church

The A. Y. P. A. conference, held on the 26th, was an enjoyable event. Besides members of the congregation, there were over thirty from other places. The Rev. E. C. Jennings acted as chairman, and Miss Helen Suddaby as Secretary. The first paper was by Rev. C. E. Riley, M. A., of Dundas, and was an excellent one.

Rev. Canon Gunne, M.A., of London, came next with a splendid address, after which Rev. A. B. Farney, B.A., of Simcoe gave an address in his forcible way. Rev. Patterson-Smyth, M.A., then conducted a round-table conference that proved very profitable to all. The meeting then adjourned for tea in the basement. It was, as usual, a bounteous repast and appreciated by all. The tables were decorated for the occasion and the ladies saw there was no lack. After tea, Rev. H. Light, M.A., conducted the opening service, after which Rev. Rural Dean Adamson, M.A., of Paris, gave an excellent address, followed by another of merit from Rev. H. C. Rex, M.A. The addresses were followed by discussion in which others took part. The visitors expressed themselves well satisfied with the conference, and the A. Y. P. A. of St. John's congratulated themselves upon the success attained.

was accepted by the 215th battalion this morning, while several others, who although willing, were physically unable to meet the medical requirement, were consequently rejected.

One recruit, William Tarrant, who is desirous of joining some construction unit, was also passed today.

Obituary

Mrs. John Nelson. Paris and Brant County are called upon to mourn the death of an old and widely respected resident in the person of Nettie Cahill, relict of the late John Nelson, who passed away at her home in Paris on May 18, 1866, age of 98 years. The deceased was born in County Clare, Ireland, on Dec. 26, 1819, and emigrated to Hamilton in October, 1854, coming to Paris in June, 1855. She was a devoted wife and mother, and her husband, who she has since resided, being predeceased some 24 years by her husband. To mourn the loss of a Christian mother there are left six children, P. Nelson, Hamilton; Mrs. Jas. O'Neill, of Paris; Jennie and Maggie at home, and Mr. T. J. Nelson of this city. The deceased leaves also sixteen grand-children and eight great grand-children. Her passing will be noted with the deepest regret by a wide circle of friends throughout the county.

Mrs. Freeman. The death occurred on Friday night of Mrs. Cassy Freeman, aged sixty four years, a visitor in the city at the home of her daughter, Mrs.

HOW TO KEEP WELL

BY JOHN W. S. McCULLOUGH, M.D., D.P.H., CHIEF OFFICER OF THE PROVINCIAL BOARD OF HEALTH.

INFANT WELFARE—ARTICLE No. 4. HAVING DEALT with the subject of artificial feeding by means of modified cow's milk, let us return to what has already been pointed out to be the best and most convenient food for the baby, viz., Breast-milk. The mother's milk is the best in every way. It is fresh, clean, and always on tap. It is the least expensive food which can be given. It prevents certain diseases such as diarrhoea and cures these diseases when they occur in babies who have not had breast milk. It increases the resistance of a well baby to disease, and it helps a sick baby to recover from all kinds of illness.

The Nursing Mother. The mother should remember that the nursing of her baby is her most important business in life for the time being. Everything else must be secondary to it. Food, exercise, and outdoor air are all important to the supply of breast milk. Her food should be of the best quality, easily digested, and in addition to three regular meals a day she should have a lunch in the middle of the forenoon, afternoon, and at bed-time. These lunches should consist of milk or gruel. She should have about a quart of liquid food daily in addition to the three regular meals. In some cases it is of advantage for her to take a slice of bread and butter and a glass of milk during the night. As a rule, ordinary simple foods taken by a mother will not upset the baby, but if any are found to do so, she had better avoid them. Certain drugs are excreted in the breast milk, so it is advisable not to take drugs except on the advice of a physician. Nothing upsets a baby more quickly than a nervous, irritable, or angry mother. Fatigue of mind or body reacts upon the infant. If mentally upset the mother should give the baby one teaspoonful of lime water mixed with one teaspoonful of boiled water before the next nursing.

The Mother's Nipples. The nipples should receive attention. In order to prevent cracking it is useful in the last month of pregnancy to apply the following mixture each night: Bismuth Carbonate—One drachm. Castor Oil—One ounce. These ingredients should be thoroughly rubbed up together in a clean glass mortar and kept in a wide-mouthed glass-stoppered bottle. The nipples should be washed before and after each nursing with boracic acid solution. The nipples sometimes crack at the top or at the base where they join the breasts. The danger of cracks in the nipple itself is that they may lead to infection and abscess in the breasts. The base cracks are very painful. The best preventive of cracks I have found to be "Wansborough's lead shields." These are little hats of pliable lead resembling more than anything else the type of low-crowned hat worn by some Anglican clergymen. They should be washed in hot water, and after nursing one placed over each nipple. The inventor claims that their value rests in the formation of a lactiferous duct which is antiseptic (that is a destructive agent to germs). While this may be so, I am satisfied that the protection against the friction of the clothing and the action of dirt is quite important. In a long experience I have found the use of these shields a sure preventive against the cracking of the nipples with the attendant pain and infection. If cracks do occur it is useful to wash them with 70 per cent. alcohol and paint with compound tincture of benzoin (Friar's Balsam) twice a day. Until the cracks are healed the baby should be nursed through a rubber-tipped nipple shield, which must be carefully washed and cleansed with boiling water and bicarbonate of soda before and after each nursing. Composition of Breast Milk. Breast milk is composed of fat 4 parts; sugar, 7; proteid (or albumen), 1.50; salts, .20, and water, 87.30, making up 100 parts. The best indication that the breast milk is suitable is that the baby thrives upon it. If the mother is underfed and tired, she should have more fatty food such as the yolk of eggs, cream, and a little bacon. If the mother is too fat, the amount of meat and fatty foods should be lessened and the exercise increased. The quantity of milk is increased by frequent nursing, but the interval should not be less than three hours after the second month. It is also increased by adding fluid to the diet. Malt extract, stout, beer, or porter are of no value in improving the mother's milk and should not be used. When Breast Milk Should Not Be Used. Breast milk should not be discontinued for trifling causes. Too many doctors are prone to allow the mother to begin artificial feeding. Unless there is some real good reason the mother must continue to nurse her baby. A short acute illness is not a sufficient reason. In Tuberculosis and chronic wasting diseases, nursing from the breast should be stopped.

(To Be Continued.)

MARKETS

Table listing market prices for various goods including Apples, Bacon, Butter, etc.

Table listing market prices for various goods including Beans, Beef, Butter, etc.

Table listing market prices for various goods including Butter, Eggs, Honey, etc.

Table listing market prices for various goods including Chicago Live Stock, Cattle, Hogs, etc.

Table listing market prices for various goods including Toronto Markets, Cattle, Hogs, etc.

Table listing market prices for various goods including East Buffalo, Cattle, Hogs, etc.

Table listing market prices for various goods including Tobin, 20 Wells Avenue, etc.

Table listing market prices for various goods including Mr. and Mrs. Wilson, etc.

Table listing market prices for various goods including Infant McLean, etc.

Table listing market prices for various goods including Fire Does \$150,000 Damage, etc.

Table listing market prices for various goods including The arrest and court-martial of two Catholic priests in Mexico, etc.

Financial and Commercial

50 Acre Farm For Sale in Burford Township. Bargain at \$3,000. Payable Half Cash: Balance 5 Years. S. G. READ & SON LIMITED. REAL ESTATE AGENTS AND BROKERS. INSURANCE AGENTS & AUCTIONEERS. 129 COLBORNE STREET. BRANTFORD.

MAKE YOUR DOLLARS FIGHT AT THE FRONT. BUY DOMINION OF CANADA THREE-YEAR WAR SAVINGS CERTIFICATES. \$25.00 FOR \$21.50. 50.00 " 43.00. 100.00 " 86.00. INDIVIDUAL PURCHASES LIMITED TO \$1500. FOR FULL PARTICULARS APPLY AT ANY BANK OR ANY MONEY ORDER POST OFFICE. JAN. 9, 1917. FINANCE DEPARTMENT OTTAWA.

THE TRUSTS AND GUARANTEE COMPANY, LIMITED. CALGARY: JAMES J. WARREN, PRESIDENT. TORONTO: E. B. STOCKDALE, GENERAL MANAGER. BRANTFORD: T. H. MILLER, MANAGER BRANTFORD BRANCH.

CANADIANS WANTED FOR THE ROYAL NAVY. Canadians wanted for the Royal Naval Canadian Volunteer Reserve for immediate overseas service. Only men of good character and good physique accepted. Pay \$1.10 Minimum per day—Free Kit. \$20.00 per Month Separation Allowance. Experienced men from 38 to 45, and boys from 15 to 18 accepted for service in the CANADIAN NAVAL PATROLS for defence of the Coast. Apply to COMMODORE EMILIUS JARVIS, Naval Recruiting Officer, Ontario Area, 103 Bay Street, TORONTO, or Dept. of the Naval Service OTTAWA.

FOR SALE. FOR SALE—A good lot on William street. FOR SALE—A house on St. Paul's avenue, lot 40 by 296 with brick house, three bedrooms, four living rooms, bath, electric lights, large verandah. Price \$1750. FOR SALE—A cottage on Graham avenue, three bedrooms, parlor, dining room, kitchen, electric light, county taxes. Price \$1325. A bargain. S. P. PITCHER & SON. Sole agents for the above property. Auctioneers and Real Estate Brokers. —ISSUERS OF MARRIAGE LICENSES— 42 MARKET ST. Phone: 02, 951, House 589, 519.

3 Bargains. Three people leaving the city, have just placed their properties in my hands for quick sale. Two full 2-story, new red brick, and one bungalow. All conveniences. See these. Don't wait. FARMS For Sale or Exchange. L Braund. Real Estate, Fire Insurance. 7 South Market St. Phone 1533; Open Evenings.

OUR BIG Motor Truck. is for long distance moving and the rapid handling of Pianos, Furniture, etc. We do all kinds of teaming and carting. J. T. Burrows CARTER and TEAMSTER. 226-236 West Street. Phone 805.

THE GIBSON COAL Co. D. L. & W. Scranton Coal. OFFICES: 154 Clarence St. 150 Dalhousie St. 52 Erie Ave.

Steamship Tickets? Consult: J. S. DOWLING COMPANY, LIMITED. Temple Bldg., Dalhousie St. (Ground Floor)

Wood's Eschscholm. The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins, cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Fatigue of the Heart, Fading Memory. Price \$1 per box, \$4 for \$5. One will please, six will cure. Sold by all druggists or mailed plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT., Canada.

January Sale

Two Sale

the best of what we put Bargains.

ng Serge... \$1.50

en's and enter ear

Shirts and sizes, worth 75c

Sweater .98

Coats, in carblack, regular \$2.98

Vests 15c

Wool Caps 39c

in low and \$1.00

als in 23c

Pure Linen \$2.75

Linen Table \$3.29

CO. Bell 351-805

EMENTS RICK

reet HINE 46

batross type. This is brought down by the present time. ur airplanes threw us on the railway sta-Savy and Etrelleirs."