

sets the scene

COMPARE AND PROFIT!

A. I. Freeman Limited *The Store That Sets the Pace*

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HEALTH

MOTHERS AND BABIES

Nature is wonderful. Infants are born with a healthy constitution and because he has used his power of reasoning to learn the secrets of nature, to guide the expression of his instincts into ways that are acceptable to our present civilization. In days gone by, it was thought that when a woman was going to have a baby, before, through the woman's instincts, would give her all the information required with regard to the proper care of herself and her baby. Today, most people realize that this is not so, nevertheless, comparatively few mothers secure the advice they need early in pregnancy. The result is that much illness and suffering occur which could be prevented.

The vast majority of babies are born in a healthy manner, but a small number are born in a manner that is not healthy. The comparatively few abnormal cases can usually be traced to the mother and the baby if proper supervision is given during pregnancy and adequate care secured at confinement.

Supervision should begin very early in pregnancy. If there be any abnormal condition present, it will be revealed by the examination of the mother and whatever treatment is required can be given promptly.

The illnesses which develop during pregnancy usually come on gradually. The various signs and symptoms of these conditions are not detected early. If the woman is under regular supervision, the early detection of these conditions may mean the saving of the woman's life, the prevention of years of invalidism and suffering.

During pregnancy, a balanced diet is important, both for the mother and for the baby. Over-eating and the use of stimulants should be avoided. Milk, fresh vegetables and fruits should be regularly used, as these provide the minerals and vitamins which are required for the healthy development of the child.

The mother should be kept in good health. The mother should be kept in good health. The mother should be kept in good health.

WEDDED

CROSKERY-GRAHAM

St. James United Church, Ottawa, was the scene of a charming wedding ceremony on Thursday afternoon last, when Agnes Lillian Croskery, daughter of Mr. and Mrs. H. Scott Graham, was united in marriage to Mr. George Crawford Croskery, son of Mr. and Mrs. John D. Croskery of Renfrew.

The pastor, Rev. Norman Lawson, officiated, and the wedding march was played by Leslie Woodruff, who played at the organ. During the signing of the register, Mrs. C. D. Graham of Stratford, Ont., a sister-in-law of the bride, sang sweetly "God bless a two hearted man."

Given in marriage by her father, the bride and groom were Mr. and Mrs. George Crawford Croskery, son of Mr. and Mrs. John D. Croskery of Renfrew, and Agnes Lillian Croskery, daughter of Mr. and Mrs. H. Scott Graham of Stratford, Ont.

Later a reception was held, when the bride and groom were surrounded by friends and relatives. The bride was attended by her bridesmaids, Misses Lillian and Agnes Croskery, and the groom by his best man, Mr. Merrill Tucker, a cousin of the bride.

The wedding party included Mr. and Mrs. H. Scott Graham, Mr. and Mrs. John D. Croskery, Mr. and Mrs. Lillian Croskery, Mr. and Mrs. Agnes Croskery, Mr. and Mrs. Merrill Tucker, and many other friends and relatives.

RUSSIAN HOUSEWIVES LOSE

Bread if Not Working

Now, Dec. 28—Russian housewives are suffering from a shortage of bread. The government has decreed that after the first of the year, all housewives under the age of 18 should be supplied with bread. The government has decreed that after the first of the year, all housewives under the age of 18 should be supplied with bread. The government has decreed that after the first of the year, all housewives under the age of 18 should be supplied with bread.

The new order reflects the continuing food shortage and is an extension of the Government's "no-idle hands" policy. It is apparently, to bring more women into industrial occupations, with the hope of increasing the production of goods.

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HERE AND THERE

W. J. S.

Council that Renfrew's water and sewerage systems should be chartered as a public utility. The council has decided to charter the water and sewerage systems as a public utility. The council has decided to charter the water and sewerage systems as a public utility.

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CASTLEFORD W.M.S.

DECEMBER MEETING

The Castleford W.M.S. society held their December meeting at the home of the president, Mrs. D. F. St. John, on Wednesday evening, December 28th.

There were eight members and three visitors present. The pastor, Rev. H. J. St. John, was asked to read the scriptures and to give the invocation. The treasurer gave the financial report for the month.

The meeting was held at the home of the president, Mrs. D. F. St. John, on Wednesday evening, December 28th. There were eight members and three visitors present.

SPRINGTOWN

School re-opened Tuesday

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THE RENFREW MERCURY

THURSDAY, JANUARY 5TH, 1933

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HINTS FOR HOMEBODIES

by Jessie Allen Brown

A NEW YEAR'S RESOLUTION. Now is a good time to check up on your resolutions for the new year. It is a good time to check up on your resolutions for the new year. It is a good time to check up on your resolutions for the new year.

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