

## Personal

Mr. W. H. Graham is spending holidays at Niagara.

Joyce Bonita of Elmina has been visiting Aeronaut friends.

Mrs. John Wood and Warren visited in Toronto last week.

Miss Dora Wood spent the weekend visiting in Stratford.

Mr. and Mrs. Joe Johnson of Waterloo, called on Aeronaut friends.

Miss Wilma West spent the weekend in Hamilton with Mrs. R. H. Reid and Laura.

Mr. and Mrs. Fred McDonald and family of Mimico are holidaying with Aeronaut friends.

Mrs. Ethelma Ashton of Toronto is visiting with her sister, Mr. and Mrs. G. R. Rognvaldson.

Miss Madge Hough visited over the weekend with Mrs. E. Codres at the cottage near Clinton.

Mrs. Sidney Harvey of Toronto, visited with Mr. and Mrs. Norman MacEachern last week.

Mr. and Mrs. Lawrence Week have returned from a vacation at Maple Lake Lodge, Haliburton.

Miss Barbara Arnott of Toronto, spent a few days this week with her sister, Mrs. D. Richardson.

Mr. and Mrs. Harold W. Reed spent a few days last week at his former home with James H. Reed.

Miss Helen MacEachern of Markham and Jacqueline Smethurst of Sudbury are holidaying at their home here.

Mr. and Mrs. Wm. Brooks and Mr. and Mrs. Jas. Duke of Toronto, visited with Mr. and Mrs. Harvey Walters on Sunday.

L.A.C. and Mrs. Frank Bowes and wife, of Thornton, are visiting at the home of her parents, Mr. and Mrs. John Lambert.

Mr. and Mrs. Herbert Hamilton of Toronto, spent the weekend with Mr. and Mrs. Gordon Currie and Mrs. Edith Hamlin.

Miss Pat Harrop, R.N., of Detroit, Mr. and Mrs. W. Harrop and Shirley of Hamilton, visited this weekend at their home here.

Friends regret to learn that Mrs. Allan Smith was taken suddenly ill and is in Guelph General Hospital for treatment. All wish her a prompt recovery.

Mrs. Harold Fischer and her son James Michael of Detroit, Michigan, has spent the last two weeks at the home of her parents, Mr. and Mrs. E. E. Harrop.

CANADIAN FIREMASTER SHOW

A recent arrival home from Coast Britain is Canadian Firefighter Robert Downie of Hamilton. Downie was prominent as a Cubmaster before the war and engaged in Scouting activities in England. He suffered two broken arms in an air raid and was invalided home. While in England he visited the four "Blitz Scouts" who toured Canada during the summer of 1942.

## Obtain Vitamins From Home Garden

Science has revealed that apricots, tomatoes and carrots are among the food products that have special value for the promotion of health. Apricots are produced commercially in Canada in the Okanagan Valley of British Columbia and in the Niagara Peninsula of Ontario. Incidentally the apricot prospects for 1943 are favorable for a fair crop.

Even before the comparatively recent discovery that tomatoes are a good source of Vitamin C, tomatoes were becoming one of the favorite vegetables in Canada. This year when there is a prospect that labor shortage will reduce the commercial acreage planted to tomatoes, it is expected that thousands of tomato growers will decide to grow their own. Fortunately plant breeders have recently produced dwarf growing types such as "Bounty" which will ripen fruit in districts with quite short growing seasons. Those who wish to can their own tomato juice can secure full instructions by writing to Publicity and Extension Division, Dominion Department of Agriculture, Ottawa, for a copy of Household Bulletin No. 6, "Canadian Vegetables for Every Day."

Carrots, which used to be considered fit only for horse feed, are now recognized as an excellent source of Vitamin A. And what is of equal importance, people can eat carrots more frequently than most vegetables without becoming tired of them. Accordingly, carrots deserve a place in every home or community garden. As this vegetable develops best quality when grown rapidly, the wise gardener makes a second sowing early in June to provide a supply for winter storage.

## ALL CANNING COUPONS ARE DECLARED VALID

On and after July 26, all canning sugar coupons, including those made August and September will be valid for the purchase of sugar for home canning. Announcement of the change was accompanied by the explanation that a larger share of the year's supply of sugar had arrived in Canada during June and July than was expected. No major change in the overall sugar situation is anticipated, it was emphasized.

**H. A. H. THE BRIDGE**

**CAIRO, (CP)** — An R.A.F. rescue launch crossed all the way along the north African coast, keeping the Allied air striking force and retreating armament of both sides brought down into the sea. Many lives were saved off Cyrenaica and Tripoli.

**600 "TOP" FLIGHTS:**

**LONDON, (CP)** — Sqdn. Ldr. Sydney Astor of Bradford, England, leader of a bomber flight in the Middle East, who has flown in 600 operational sorties over enemy territory, has been awarded the D.F.C. Until four years ago he had never flown a plane.

## Announcement

### Dr. W. G. C. KENNEY

Will be absent from his practice from August 1st until 8 a.m. on August 9th.

The office will be open from 8 a.m. to 4 p.m. during this vacation and in charge of Mrs. Edith Van Niemeyer.

Soldiers on leave and personnel will be seen during this vacation and medical attention will be taken care of by Dr. W. G. Cullen.

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**E. P. HEAD**  
Registered Optometrists  
55 ST. GEORGES SQ.  
PHONE 1529 — GUELPH

## Civic Holiday

### MONDAY

### Dancing!

### Ryan Auditorium GUELPH

Sunday After Midnight

AUGUST 2nd — 10:30 to 1:30

Johnny Boyd and His Orchestra

ADMISSION 50c PERSON

## GREGORY THEATRE

FRIDAY, JULY 20

**"HELLO, FRISCO, HELLO"**

In Technicolor, with Alice Faye, John Payne, Service Special "Rear Gunner" Cartoon "The Last Round-up," Chapter 10 "King of the Mounties."

SATURDAY, JULY 21

Matinee at 2:30

**"HOME IN WYOMING"**

Gene Autry.

**"ICE-CAPADES REVUE"**

Jerry Colonna, Vera Vague, Fox News.

MONDAY, AUGUST 2

**"RANDOM HARVEST"**

Story by James Hilton with Greer Garson & Ronald Colman, Disney "How To Play Baseball."

Many of you are dissatisfied with



## THE ACTION FREE PRESS

### Weekly War Commentary

(Continued from Page One)

It is clear that Germany may be forced to withdraw in the west geographically to her own frontiers. Certainly control of Greece and Balkans, where guerrilla opposition is increasing by leaps and bounds, would be a tremendous task for Germany alone.

#### Attack on Crete

Heavy attacks on Axis defences on the island of Crete are being made by British and Greek bombers and in the bombardment of the island July 23 no less than 177 allied planes were lost. Naval spokesman said the attack was made for the purpose of pushing Axis defences in Crete, but in Crete was bulletin called the raid a large-scale offensive operation.

Eloussis' counter-offensive in the Greek area on the Aegean front appears to have put a definite stop to any plans for a German summer offensive. Moves of the Allied and Russian armies have been perfectly timed and there is no doubt that Hitler's air strength has been split between the Russian front and the Mediterranean.

If the Red Army succeeds in capturing Gavril military observers believe that like the Germans will be forced to end a withdrawal along the northern sector of the front to avoid encirclement. German planners say that Hitler has ordered German forces in Crete to hold out to the last man.

#### Thrust May Medics

A mysterious conference held on Tuesday between Ankara Foreign Minister Menemenlioglu and Radzafe Guaniglia, Italian Foreign minister in the new Erdogan cabinet, has started the opposite view, and holds that, so far as possible, everyone should have an equal chance in life and that man's success in life should depend only on his willingness to work hard and his natural abilities. This party believes that better government is to be had in this way. The Liberal party has always taken the opposite view, and holds that all sharply differ in its to the best and safest means to achieve this result. The Conservative party and the Liberal party both have a long established record of their policies. Since the early days of the Family Compact in this country the Liberal party has always maintained the right of the tax-payer to get and to enjoy a liberal share of the wealth. This party believes that better government is to be had in this way. 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