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Your grocer has Health to sell—the kind of Health that comes from light, nourishing, easily digested foods. You will find it in every package of Shredded Wheat. Eat it every day with milk or cream and you will be healthy and strong, ready for every test of mental and physical endurance. All the body-building elements in the whole wheat grain—nothing added, nothing taken away—and so easily digested. It's delicious with fruits.



WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

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Erwin & Goldham's Meat Market

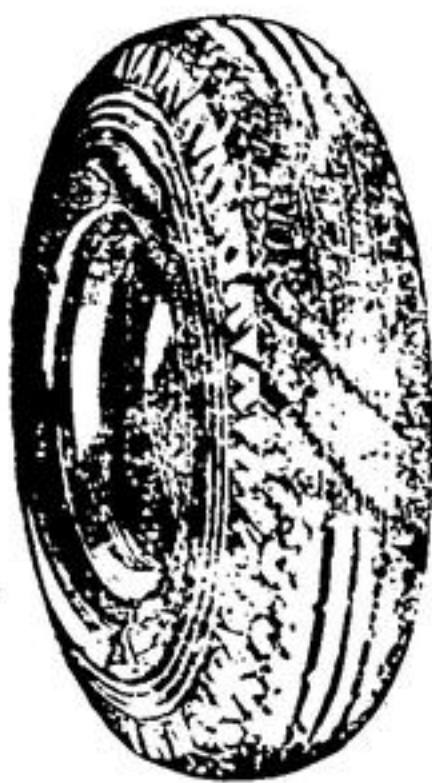
ALL KINDS OF FRESH AND SALT MEATS AT RIGHT PRICES.

ERWIN & GOLDHAM Phone 1 Georgetown

The Weight Test Shows Gum-Dipped Cords are Stronger-Tougher



HERE is a test which easily proves the value of Gum-Dipping—the extra patented Firestone process of saturating and insulating every fibre of every cord in a Firestone tire with rubber to eliminate internal heat and friction—the greatest enemy to tire life.



A two-ounce weight is suspended on the end of a strand of a cord (a) taken from an ordinary tire. The strand breaks in 15 seconds. A similar weight is suspended on a Gum-Dipped strand (b) taken from a Firestone tire—it remains unbroken for 45 seconds—three times as long!

Let your nearest Firestone dealer equip your car with a set of these stronger, tougher, more dependable tires that hold the world's records for mileage and endurance. See him to-day.

FIRESTONE TIRE AND RUBBER CO. OF CANADA LIMITED Hamilton Ontario

Firestone builds the only GUM-DIPPED TIRES

We carry a Complete line of Firestone Tires and Tubes J. N. O'NEILL & SON PHONE 14 MAIN ST. GEORGETOWN Prompt, Efficient and Courteous Service

BACK HOME

The road must turn at last. The road that leads back home; Safe through the storms that break. Lash of the swirling foam; Where the green coach is fixed. The gray World Mother waits To welcome each in turn Back through the ancient gates.

Here is the man all loved Yet the great heart is still; Where the worn hands are crossed. Under the silent hill: Where the far crowds are bowed. And the rain-mist is grey. Here is the man all loved— What is there more to say?

Greater than men might know. When in the bitter fight. He looked through fame's red haze On to the greater light. The light of "Peace on Earth." But dimly understood. Where the seared world might know. Faith in its brotherhood.

Calling her son back home. Where the last dreams abide. Now the World Mother waits. Where the great arms held wide. Arms that were built to hold. Children of pain and love. Each one to find in turn Rest when the sun goes down.

When the dark night is on Each one can hear her say: "See—the green coach is fixed. Where the winds kneel to pray; Here is the rest you've earned Under the rose-crowned sod; Safe in my guarding arms. Here is the peace of God."

GENERAL NEWS

The Ottawa Department of public works has awarded the contract for rebuilding the Oshville east pier to the Esplanade Construction Co. at a figure of \$19,000. The work is to be started at once and should be finished before the autumn storms set in.

Harold Acheson, of Dundalk, lost a roll of bills amounting to \$18, but the money fell into the hands of Albert Priddle, while playing horse-shoes, noticed the money blowing down the street, and promptly returned it to the loser, who suitably rewarded him for his honesty.

Mrs. James Neal, North Cornub was seriously injured when a car pushed against the one Mrs. Neal was milking and she was thrown back under the hind wheel which trampled her badly before Mr. Neal, who was nearby, could get her extricated from her perilous position.

The Bolton Hydro Commission has under consideration plans for the rehabilitation of the whole Hydro system in the village at an approximate cost of \$1,500. It is many years since any improvements have been made to the equipment and owing to the increased business it is felt that a general overhauling is necessary.

Harry Martin Brown, arrested by constable Patterson and traffic officers Rogers and Smith on a charge of burglarizing H. V. Guest's store at Elmira recently, appeared before Judge Munro here, pleaded guilty, and was sentenced to one year in the Reformatory at Guelph.

After having served in various churches in the capacity of choir leader for fifty years and after having enjoyed a respite of a couple of years, Mr. H. Irvine commenced his second fifty years of service, when at the age of his old position as director of ceremonies.

The Action Free Press, one of our progressive contemporaries, has installed a new Babcock Optima printing press. This important plant addition will place the Free Press in a position to give its constituency even better service than in the past.

The Orangeville Band, which recently had its instruments called in by the militia authorities, has been reorganized and has been granted a sum of \$600, which is to be spent for new instruments.

Percy Lee, of Tansley, met with a painful accident recently. He was using an emery wheel when it suddenly burst, breaking three fingers and cutting his right hand badly. Medical aid was summoned and he was taken to the Hamilton City Hospital for treatment. He is progressing nicely.

Canadian Medical Assoc.

HEART DISEASE One of the reasons which makes heart disease difficult to deal with is that unlike tuberculosis it is not one definite condition. It is a group of conditions, and it is against tuberculosis, we have been able to give definite instructions, and by listening to our constant repetition of such instructions, most persons have grasped the idea of how the disease may be prevented.

Heart disease is not one disease. There are many abnormal conditions of the heart due to different causes which give rise to different symptoms and require different methods of treatment and prevention.

When some of the heart is damaged, we say that there is organic heart disease. The significance of the condition depends upon what part of the heart is damaged, how extensive the damage is, and whether or not the condition is progressive. These and other similar points determine the gravity of the condition and indicate the proper form of treatment.

Some hearts are improperly formed from birth. The vast majority of hearts that are damaged have suffered injury because of the occurrence of some disease. Diseases of the body, due to the action of disease germs which give off poisons, are very often the cause of damaged hearts. Rheumatism in children is serious because of the fact that it often involves the heart.

Local infections, such as diseased teeth or tonsils, are centers where germs persist for long periods of time and are frequently responsible for damage to the heart.

The heart responds to every effort of the body and, within limit, it does so with ease and comfort, when the heart is subject to strain by improper living or by overexertion, there is always and possibility of permanent damage resulting.

The prevention of heart disease begins with the building up of a sound body through attention to a proper hygienic mode of living. Proper care during an attack of disease, and particularly during the convalescence from a communicable disease, is essential. The removal of any focus of infection should not be delayed.

If a heart condition does develop, the life of the individual must be adjusted to the capacity of the heart. This does not mean that the person becomes an invalid; it does mean that he must learn his limitations and live accordingly. It never pays to abuse the healthy body, and it is fatal to abuse a damaged organ.

News and Information for the Busy Farmer

Canada Well Represented At the Fourth World Congress being held at the Crystal Palace, London, England, from July 22nd to 30th, Canada will have a total of 863 birds in competition. There are also 438 exhibition birds and 244 production birds. Exhibits of ducks, geese, pigeons and rabbits will also be there from the Dominion.

Fall Wheat Crop Good The harvesting of fall wheat in the southwestern portion of the province has been general during the past ten days. The weather has been with cool nights during ripening time, the heads are quite plump and the growers are reporting much larger yields than they expected. Reports of agricultural representatives from other parts of the province indicate a fair average crop of wheat.

Why is it? Why do clients of many years standing continue to send us their troublesome collections? Why is the volume of business we handle increasing so rapidly? Because our service is eminently satisfactory and our rates reasonable.

Kelly & Aiken Collection Specialists Guelph Owen Sound

J. SANFORD Stewarttown Plumbing & Tinsmithing Estimates cheerfully given Phone 84 r 12 Georgetown R.R. No. 2

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CARROLL'S COMPARE our regular prices with prices that you regularly pay elsewhere—check up the savings that you can make on our special prices each week—you will readily see why we claim to save you ten cents on each grocery dollar! For satisfaction shop at CARROLL'S.

Special—Heinz Tomato	KETCHUP large bottle	21c	LOW REGULAR PRICES
Special—Golden Net Cohoe	SALMON 1-lb. tin	27c	LOW REGULAR PRICES
Special—Carroll's Own	Butter lb.	30c	LOW REGULAR PRICES
Special—Fancy Golden	DATES 2-lb. pkg.	19c	LOW REGULAR PRICES
Special—Carroll's Special Green Bag	TEA 1-lb. This Week	39c lb.	LOW REGULAR PRICES
Fancy Smyrna	FIGS 3 lbs.	25c	LOW REGULAR PRICES
Special—Bean Hole	BEANS No. 2 Tin	13c	LOW REGULAR PRICES
Special—Shredded or Medium Chip	COCOANUT lb.	15c	LOW REGULAR PRICES
Special—Pearl	SOAP White Naphtha	10 bars 34c	LOW REGULAR PRICES

Potatoes, new, home-grown, 8 lb. 25c Peck 45c
Cabbage, new home-grown, large heads 5c Watermelon, each 55c and 68c
Lemon, extra fancy, doz. 31c
Main Street Georgetown

BATHFINDER

GOOD YEAR TIRES Selected Dealer

IT carries the best-known name in rubber on its sidewall—Goodyear. It is built of famous Goodyear Supertwist cords. It looks rugged, husky, stout. And it is just as good as it looks. Yet it is priced much below any other tire of equal quality.

Where you see a sign like this, you will find a reliable merchant, able to give you immediate service on the World's Greatest Tires and Tubes.

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