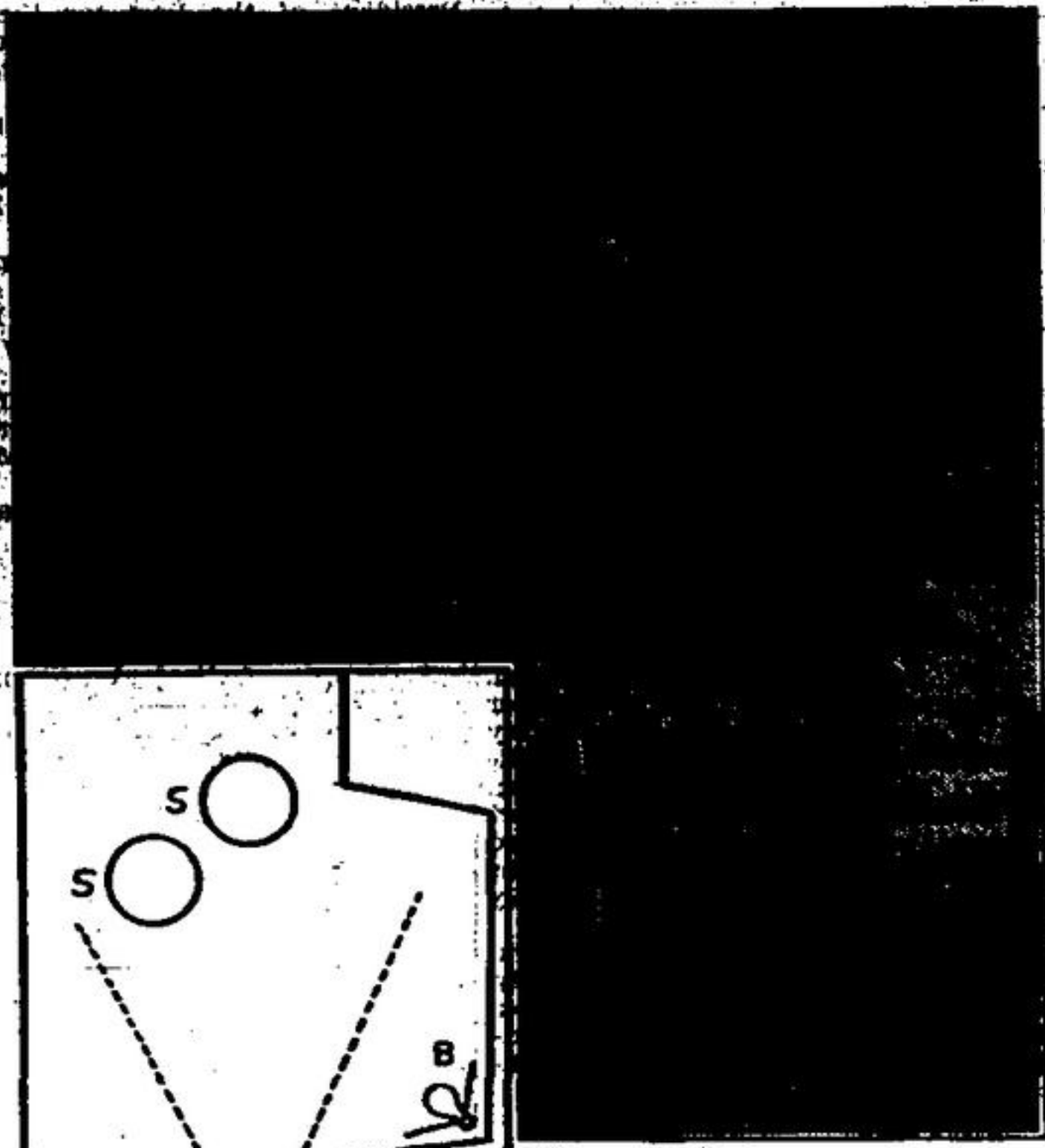


The SNAPSHOT GUILD

UNUSUAL LIGHTINGS



With one small bulb in reflector, put the camera on a table and give a one-second time exposure. Load with super-sensitive film, of course. You get candle-light and lamp-light effects with the arrangement in Diagram 1. Light from the flood bulb and lamp comes from the same direction, so that shadows fall naturally. Note that you point the camera so that the photo bulbs don't show in the picture. And—don't let direct light from a photo bulb shine on your lens.

YOU can make interesting indoor snapshots by using regular photo lights to imitate freelight, candle-light or lamp-light. It is necessary merely to conceal the actual nature or source of the light.

You must give long exposures if only candle-light or ordinary lamp light is available but if you use enough flood bulbs, you can take snapshots with a box camera.

For a "fireside picture," tuck away a photo bulb in the corner of the fireplace, using an extension cord (see Diagram 1). Don't let the cord show. In your picture, all the light seems to come from a fire. Use three large flood bulbs, in cardboard reflectors, for a box camera snapshot.

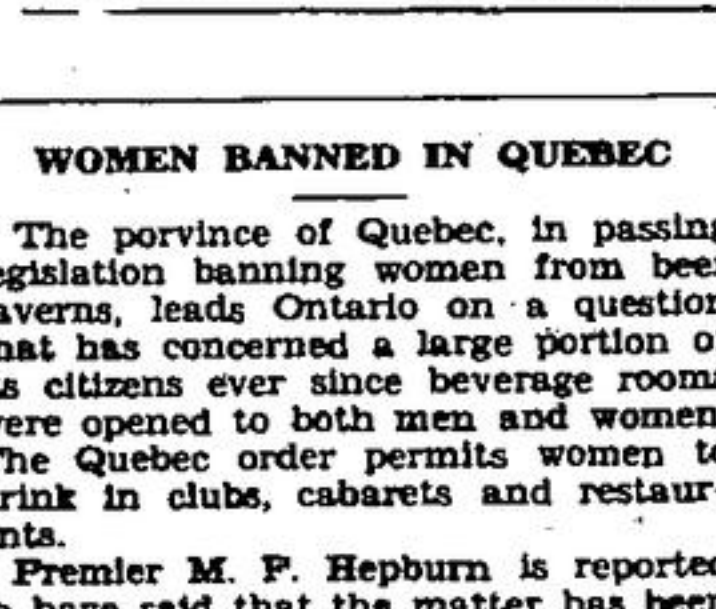


DIAGRAM 1—Fireside picture, as above. S, subjects; B, photo bulb in fireplace; C, camera. Room lights on for shadow detail.

Try snaps of this type. They are interesting, and well worth your while.

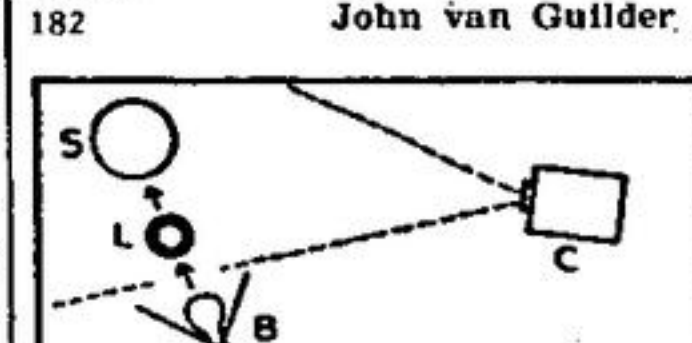


DIAGRAM 2—Lamplight picture. S, subject; L, lamp or candle, lighted; B, photo bulb; C, camera.

HE SUFFERED AGONY IN WET WEATHER

Rheumatism Attacked Limbs and Body

He had been bothered with rheumatism for years. The pain in wet weather—to use his own expression—was "indescribable." But all that is gone now—thanks to Kruschen. Read this letter:—

"I suffered with rheumatism for years. I dreaded wet weather, for during such periods the pain was continuous and indescribable. To be gin with, it was confined to my limbs, but in time I began to suffer as much agony in my body as I did in my limbs. When I began to take Kruschen Salts, I found it did me more good than all the other medicine I had taken put together. Today, I have peace and freedom from pain, even during wet weather, and can heartily recommend Kruschen Salts to anyone who suffers from rheumatism."—N.M.

Rheumatic conditions are often the result of an excess of uric acid in the body. Two of the ingredients in Kruschen Salts have the power of dissolving uric acid crystals. Other ingredients in these salts serve to expel the dissolved crystals through the natural channels.

HEALTH

A HEALTH SERVICE OF THE ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

WHAT TO EAT TO BE HEALTHY

This is one article of a series of six, one of which will appear each week, consecutively. The information is absolutely authentic, has been carefully checked, and we believe will be of great interest to our readers.

NUMBER ONE

Great advances have been made in the science of nutrition during the last few years, and no doubt further advances will be made in the future. However, a number of fundamental principles essential for your good health have been established and are now universally recognized. In this series of articles entitled "What to Eat to Be Healthy" we propose to tell you how our present knowledge can be applied in your life and the life of your family.

Follow this series closely and you will be in possession of absolutely reliable information on what foods you should eat and the importance they play in maintaining normal health. Many persons today, and you may be one of them, do not eat an adequate amount of all the food elements necessary for the highest possible level of health. As a consequence, malnutrition may result. But malnutrition is not a spectacular condition. For example, everyone knows that a lack of iron will result in the development of anaemia. The mildly anaemic person usually does not realize he is anaemic. His weight may be quite normal, and he may be able to carry on with his every-day life, but he lacks energy and vigor. A deficiency of calcium in the diet may take years before it obviously affects your health, but eventually it will. These are only two examples but many others might be given. Therefore, it

behoves us to watch carefully that our diet does contain all the necessary food elements in adequate amounts.

What food elements are necessary for life and health? You may be surprised to know that there are no less than 30 iron elements, five carbohydrates, proteins, vitamins, and others. They may be arranged into five groups of food substances, the vitamins, the minerals, the proteins, the fats, and the carbohydrates. A deficiency of any one of these essential food elements endangers your health.

To get these five groups of foods and enjoy the highest possible level of health, take each day one-half to one pint of pasteurized milk (children one and one-half pints) one egg, some meat, two vegetables besides potato, and some raw fruit. Vitamin D is also necessary in the winter months.

The next article will deal with the dangers associated with deficient intake of a number of these 30 food elements.

Watch this paper for the next in the series—"What to Eat to Be Healthy." Questions concerning health addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

TEST OLD SEED BEFORE SOWING

When seed fails to germinate after sowing, real loss results, for reseeding costs money and early crop prospects vanish. Recently a gardener sent samples of lettuce, onion, beet and carrot seed to the Dominion Seed Branch Laboratory, Ottawa, for germination test. The seed was three years old and intended for use next spring. The lettuce germinated 72 per cent, the beet 71 per cent, the carrot 49 per cent and the onion 2 per cent. Three years ago, when fresh, all of these seeds germinated over 90 per cent. These tests proved once again that some kinds of seed lose their viability quicker than others. The onion seeds were practically dead when three years old, while the beet and lettuce seeds retained reasonably high germination. The carrot seeds had declined almost 50 per cent in the three years, but was still serviceable at a heavier seeding rate. These results are typical of many tests made.

The point is that old seed should not be used before tested for germination. This may be done at home between two damp blotchers or a sample may be sent to the nearest Dominion Seed Branch laboratory.

Victim: "You've pulled three teeth! I only wanted one pulled."
Dentist: "Yes, I know. We gave you a bit too much gas, and I didn't want to waste it."

"Come here!" shouted the officer to the recruit. "Why do you pass me without saluting?"
"Well, sir, I thought you were still cross with me from yesterday."

WOMEN BANNED IN QUEBEC

The province of Quebec, in passing legislation banning women from beer taverns, leads Ontario on a question that has concerned a large portion of its citizens ever since beverage rooms were opened to both men and women. The Quebec order permits women to drink in clubs, cabarets and restaurants.

Premier M. F. Hespburn is reported to have said that the matter has been under discussion for some time and a decision to withdraw beer parlor privileges for women was only withheld a year ago because it might have an effect on American tourist traffic. The government, and the liquor commission are said to be still considering the proposal to bar women from beer parlors.

People who want beer to be sold in beverage rooms to both men and women argue that women are entitled to the same privileges as men and should not be deprived of the privileges of visiting beverage rooms, if they so desire. In Quebec the women have no vote and therefore cannot register their opinion at the polls.

Premier Hespburn declared some time ago, and sticks to it, that he will not permit liquor advertising in Ontario newspapers despite the fact that there are many ardent advocates of prohibition in Ontario who subscribe to and regularly read newspapers printed in Montreal and the United States and which carry a great deal of liquor advertising; besides that it is dinned into the ears of everyone with a radio several times every day. Mr. Hespburn is right, and deserves commendation for sticking to his guns in the face of great pressure.—Amherstburg Echo.

Notice of Registration
Notice is hereby given that a by-law was passed by the Municipal Corporation of the Town of Georgetown, on the 1st day of February, 1938, providing for the issue of debentures to the amount of \$14,500.00, for the purpose of paying a floating indebtedness incurred pursuant to the Ontario Housing Act, 1919, and that such by-law was registered in the Registry Office for the Registry Division of the County of Halton, on the 15th day of March, 1938. Any person who has a claim against the Town of Georgetown, or who is entitled to a share of the proceeds of the debentures, must file a statement of his claim or entitlement within three months after the first publication of this notice and cannot be made thereafter.
Dated this 14th day of March, A.D. 1938.
P. B. HARRISON,
Clerk Town of Georgetown

Two Irishmen were gazing in admiration at Westminster cathedral. "Shure, Molke," said Fat, "it beates the devil."
"Faith, and that was the intindion," replied Michael.
"We don't print stuff like that," said an editor, handing back a poem that had been offered him.
"Well, you needn't be so haughty about it, replied the poet; "you are not the only one who won't print it."

TOMATOES Delicious, Firm and Ripely Baby Eed—Special 9c lb.	Oranges Delicious Navels—Sweet Medium Large 19c doz.
Potatoes 15 lb. peck 10c Good Mealy Cookers	SPINACH 2 lbs. 13c Fresh and Curly
CARROTS 5c bunch New, Nice Size Bunches	Celery 2 for 9c Nice Size Stalks
CABBAGE FRESH GREEN NEW HARD HEADS 4c lb.	
Grapefruit Texas Seedless Medium Large 6 for 23c	

CARROLL'S

LIMITED

CARROLL'S

LIMITED

Crown CORN SYRUP 2-lb. Tin 16c	Clark's PORK and BEANS With Chili Sauce 3 22-oz. Tins 25c	Maxwell House COFFEE 1-lb. Tin 36c
AYMER CHOICE TOMATOES 3 No. 2 Tins 20c	SANDWICHES 2 Pounds 25c	Red Package Tea—RED ROSE 1/2-lb. Package 31c
BOONE'S SMOKED FILLETS Pound 17c	PRUNES 3 Pounds 25c	JOHN DICK TISCH'S SECRET SERVICE PATROL Save the package tops from these cereals
SILVER CREST RED SALMON 1-lb. Tin 24c	RASPBERRY 32-oz. Jar 23c	QUAKER CORN FLAKES Pkg 8c
QUICK OATS Large Package 21c	OLD COLONY PURE MAPLE SYRUP 32-oz. Btl 51c 16-oz. Btl 27c	QUAKER PUFFED RICE Package 12c
SPECIAL! CRISCO Shortening 3-lb. Tin 51c 1-lb. Tin 21c	Aunt Jemima PANCAKE FLOUR Buckwheat Flour Pkg 17c	QUAKER PUFFED WHEAT Pkg 9c
AYMER TID BIT PINEAPPLE 2 15-oz. Tins 25c	IMPROVED QUALITY PALMOLIVE SOAP 3 Cakes 17c	FRANKFORD PEAS 3 17-oz. Tins 25c
MONARCH PASTRY FLOUR 24-lb. Bag 69c		JOHNSON'S PASTE FLOOR WAX 1-lb. Tin 59c
OUR CREAMY OLD CHEESE Pound 25c		COMFORT SOAP FOR LAUNDRY 4 Bars 15c
SPECIAL—FACIAL SOAP		PEARL SOAP—White NAPHTHA 3 Bars 10c
WOODBURY'S SOAP 2 Cakes 15c		BYBITE'S CLEANSER 3 Tins 13c
Jergens' Floating Carbolic SOAP 3 Cakes 14c		

Main Street Georgetown - Free Delivery - Phone 357