

Golden Gate CAFE

THE BEST PLACE TO EAT IN GEORGETOWN
ONLY THE CHOICEST FOOD SERVED

Private Dining Room

for Family Dinners, Parties or Banquets

NEILSON'S ICE CREAM— "Take a Brick Home"

HARRY CHU, Proprietor

PHONE 2 Brook Block Main St., South
GEORGETOWN

**Are You Sure Your
Eyes See Correctly**



HAVE YOU SEEN THE NEW RIMLESS MOUNTING?
No screws to loosen and cause wobbly lenses... Less breakage of
glasses... They saving you money.

OUR PRICE IS THE SAME AS CITY PRICES

O. T. WALKER, R.O.

OPTOMETRIST, EYESIGHT SPECIALIST, Brampton
who is at ROBE'S DRUG STORE, GEORGETOWN, the second
Wednesday of every month.

Or you may consult O. T. Walker at his office in Brampton

More heat
in your rooms...
less waste up the chimney
when you burn
blue coal

The Color is your protection.

GOOD SUMMER WOOD IN STOVE WOOD
LENGTHS.

W. H. Kentner & Son

Phones: Office 12 - Res. 211
Georgetown

LAY AWAKE IN AGONY WITH NEURITIS

**Kruschen Salts Brought
Lasting Relief**

Ordinary headaches are bad enough,
but they are as nothing compared to
the awful pains of neuritis in the
head, says this woman. Read how
Kruschen completely banished the
pain:—

"I had neuritis in the head and
right arm. I suffered untold agony
with my head, and I dare not think
what might have happened had it
continued. Everybody knows what
a headache is like, but it is as nothing
compared with the awful pain of
neuritis in the head. I spent sleepless
nights tossing with pain. I began
taking Kruschen Salts, and after
some months of the treatment I have
effected lasting relief."—(Mrs.) L.M.

Neuritis, like rheumatism and sciatica,
frequently fits its roots in inter-
stitial deposits (deposits) — the unsuspected
accumulation in the system of
harmful waste matter, which leads to
the formation of excess uric acid.
Two of the ingredients of Kruschen
Salts have the power of dissolving
uric acid crystals. Other ingredients
of Kruschen assist Nature to expel
these dissolved crystals through the
natural channels.

NO ORATORY?

An Ontario businessman, feeling
the need of a change and having at
last become interested in how the
nation's affairs are managed, went
down to Ottawa during the session.
For two days he sat in the public
gallery and listened, comments Mac-
lean's Magazine.

He reports to us that he was great-
ly disappointed in the speeches made
on the floor of the House. He had
expected to be alternately soothed
and excited by oratory. There wasn't
any. He was bored. Now he wants
to know where all the silver tongue
has got to.

Speaking to the Acadia Alumni of
Montreal recently, Hon. J. L. Ilsley,
Minister of National Revenue, sup-
plied the answer.

The House of Commons style, said
Mr. Ilsley, is the most difficult thing
in the world to acquire and the House
of Commons is the most difficult for-
um in the world in which to make a
successful speech. Those who make
good parliamentary speeches are rare in-
deed.

The pitfalls enumerated by Mr.
Ilsley are these:
A speaker cannot be too serious
and prosy.

He cannot be too facetious.
He cannot afford to quote too many
figures; read from too copious notes.
He cannot give way to outbursts of
temper.

He must avoid talking too much or
too little.
He cannot be guilty of purple pat-
ches, pedantry, display of learning,
bookishness, over-preparation, inaccu-
racy, sloppiness of construction,
slang, funny stories.

In short, he cannot copy the tech-
nique which makes many a good lec-
turer, after-dinner speaker, Dominion
Day orator, stump speaker, evangel-
ist, jury lawyer, Appeal Court law-
yer, or professor.

Our disappointed friend will re-
call that on entering the gallery he
paid no amusement tax.

Epitaph: He walked on the suicide
of the road.

A STRANGE FRIENDSHIP

Probably the strangest tale of animal
friendship on record comes from
Tarrytown, N. Y.

Mrs. Laura Shotwell had two pets,
"Snow," a white mouse, and "McGin-
ty," an Irish terrier. Both had the
run of the house. One day a servant
picked up the mouse and handled it
roughly, and it bit her on the ear.
After that it disappeared, and was be-
lieved to have crept away and died.
In the basement there was an open
disused pipe ending about a foot from
the floor. One afternoon McGinty
was observed to go to the pipe and
whine softly. Promptly the missing
mouse stuck his pink nose out of the
pipe. McGinty whined again and the
mouse jumped to his back, and the
two played together on the floor. The
dog finally lay down, and the mouse
ensconced himself between McGinty's
fore-paws and made his toilet, clean-
ing his fur with great care. Finally
he mounted the dog's back again. Mc-
Ginty walked over to the pipe and his
little friend vanished. The friend-
ship between the two continued as
long as the dog lived, but the mouse
never came out unless the dog was in
the basement. When McGinty died
the mouse was never seen again. The
friendship was all the more remark-
able because the Irish Terriers are
notorious rat-killers.

I am now living in the house where
this occurred, and have seen and pet-
ted the Irish terrier many times. He
was a grumpy old fellow to every-
one and everything but to his friends.
—Minna Irving—in "Our Dumb Ani-
mals".

NAZI YOUTHS MUST START AT TWELVE

A whole generation of "future
Adolf Hitlers" is being groomed in
Germany. At the age of twelve, the
pick of the boys of the nation are be-
ing launched on a course of training
which will not end until they are 29
years of age.

The first stage of training, from twel-
ve to eighteen years, will be com-
pleted at "Adolf Hitler Schools" of
which there will be one for each of the
32 German districts. Here the
"future Fuehrers" will not be taught
but must work themselves into National
Socialist ideology, according to
Dr. Robert Ley, Nazi labor leader.

Three months per year
Successful matriculants from these
schools will next enter one of four
"Universities for Nazi Leaders" for
courses in rifle shooting, equestrian
sports, light athletics, flying, sailing,
mountain climbing, and spiritual devel-
opment. Twelve weeks, each year
will be devoted to practical work in
political offices.

The student is then released to
complete his academic work or learn
a profession after which he will qual-
ify for the degree of "Political Leader"
by a six-months study of the Ger-
man east.

Intuition—the strange instinct that
tells a woman she is right, whether
she is or not.

LONG DISTANCE MOVING TRUCKING

MOVING, TRANSPORT OR ANY
JOB THAT A TRUCK
CAN DO.

TRUCKS—1 to 10' TON.

Full Government License — Full Insurance

PHONE OR WRITE

Snyder's Transport
PHONE 171j or w Office Mill and Market St.
GEORGETOWN

WE HAVE MADE SPECIAL ARRANGEMENTS
FOR THE

Servicing of General Motors Automobiles

We are also in a position to sell new

**Chevrolet, Pontiac and Oldsmobile
Motor Cars**

We have a number of

GOOD USED CARS FOR SALE

at reasonable prices

YOUR PATRONAGE WILL BE APPRECIATED

J. N. O'Neill & Son

Phone: Office 14, Res. 168
Georgetown

HEALTH

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

WHAT TO EAT TO BE HEALTHY

NUMBER-FOUR

Every individual requires to eat a
certain quantity of vitamin C to pre-
vent scurvy. A lack of vitamin C af-
fects the miles and miles of capil-
laries throughout the body.

The following foods give you vita-
min C: oranges, lemons, and grape-
fruit, tomatoes raw or factory canned,
and most raw fruits and vegetables.
Vitamin C is very readily destroyed
by heat. It is essential, therefore,
that everyone take each day some
raw fruit or raw vegetables. Cana-
dian factory canned tomatoes are an
excellent source of vitamin C be-
cause the cooking is done without
exposure to air.

The lack of vitamin D in the diet
causes rickets in children, soft bones
and defective teeth.

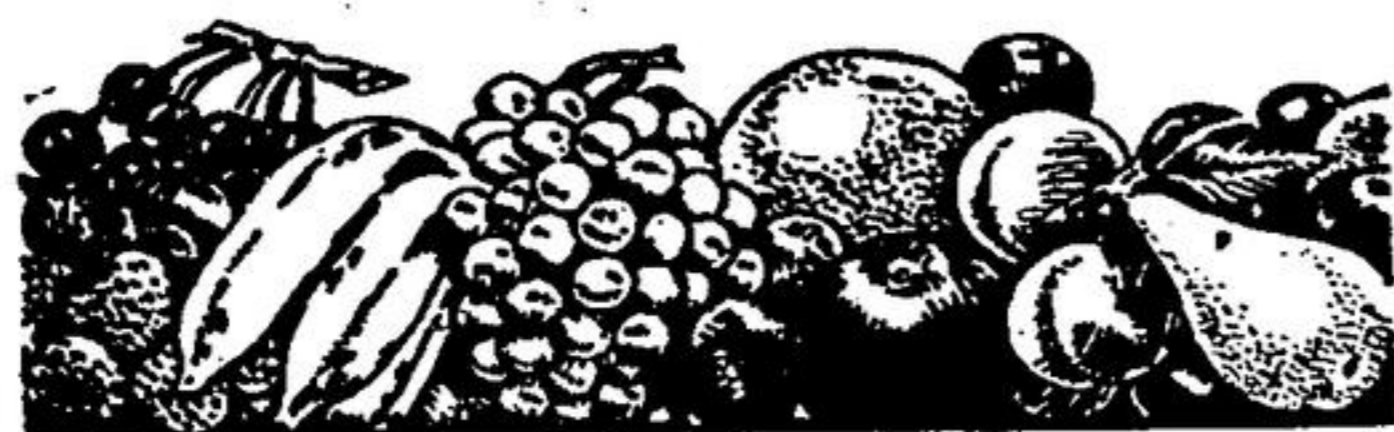
The following foods give you vita-
min D: cod liver oil, and other fish
oils in liquid or capsule form, egg
yolk, and sunshine in summer.
As this food element is not obtain-
ed in ordinary foods in adequate
amounts, it is absolutely essential for
every infant and child, and very ad-
visable for every adult, to take some
vitamin D during the winter months
—October through to April. One tea-
spoonful of cod liver oil gives you as
much vitamin D as 14 egg yolks or
1500 servings of spinach. There are
available in many parts of Canada
specially prepared milk and bread
which contain vitamin D.

Much has been said and written in
recent years about the vitamins, but
not all that one hears and reads
about them is true. Food faddists
and exploiters have toyed with the
vitamins extensively.

They have a very important part
to play in normal diet for normal
people and if you follow carefully the
information contained in this series
of articles on "What to Eat to be
Healthy" you will secure authentic in-
formation and practical advice on the
foods you should eat.

The next article in the series will
deal with minerals in the diet.

Questions concerning health, ad-
dressed to the Canadian Medical As-
sociation, 184 College Street, Toron-
to, will be answered personally by
letter.



Cucumbers Delicious Flavor 5c
Nice Size

CABBAGE Delicious Firm Heads 4c lb.
Green NEW

ORANGES Delicious Sweet 20c DOZ
Medium Large

ONIONS 3 POUNDS 19c
DUTCH SETS

CELERY 2 NICE SIZE STALKS 9c

SPINACH 2 POUNDS FRESH 13c
Curly and Green

Tomatoes FIRM RIPE 13c lb.

Pineapples, Bananas, Radishes, Carrots, Etc.

CARROLL'S



- A Nourishing Drink
Vi-Tone 1 1/2 oz 47c
- Our Golden Tip
Tea 1 1/2 lb Pkg 33c
- Aylmer Grape
Juice 2 Tm 23c
- Champion Dog
Food 2 1/2 19c
- Domestic
DOMESTIC 2 1-lb Packages 25c
- Cream of
WHEAT Package 14c, 22c
- Cowan's Econo-milk
COCOA 1-lb Tin 25c
- Hot Dan Mustard Spoon with French
MUSTARD 6-oz Jar 9c
- Aylmer
POTATO SALAD 15-oz Tin 15c
- Small White
BEANS Pound 3c
- Crusty Family
MOLASSES 3 Tm 25c
- Good Sized
PRUNES 3 Pounds 25c
- Del Malt Corn
NIBLETS 2 12-oz Tm 25c
- Garden Patch Choice
PEAS 2 17-oz Tm 23c
- Holmes
CORNED BEEF 2 Tm 25c

VALUES



- Johnson's "Giant"
Glo-Coat 1m 59c
- Johnson's "Giant" Floor
Wax 1m 59c
- Eagle Pie
BLUEBERRIES 2 No. 2 Tm 25c
- Ready Cooked
PIE APPLES 2 No. 4 Tm 23c
- Aunt Jemima
PANCAKE FLOUR Package 15c
- Pure
MAPLE SYRUP 16-oz Bottle 23c
- McLaren's Quick
PUBBING 2 Package 17c
- Heinz Tomato
SOUP 2 16-oz Tm 23c
- Glacier
SARDINES 1m 8c
- Both
SOAP CHIPS 2 Pounds 13c
- For Quench Such
CHIPSO Large Package 19c
- For Laundry Work—
RINSO Package 9c, 23c
- Woodbury's
FACIAL SOAP 2 Cakes 15c

- CHOCOLATE BRIDGE** Pound 17c
- E. D. SMITH'S PURE
DAMSON JAM 32-oz. Jar 23c
- HEINZ SALAD
VINEGARS 2 16 1/2-oz. Bottles 25c
- AYLMER TID-BIT
PINEAPPLE 2 15 3/4-oz. Tins 25c
- AYLMER CHOICE
TOMATOES 3 No. 2 Tins 20c
- SOLID-PACK PIE
PUMPKIN 2 No. 2 1/2 Tins 15c

CARROLL'S

Main Street
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