

CHOICE FRESH AND CURED MEATS

KING'S

GOVERNMENT INSPECTED FOR YOUR PROTECTION



Beef
NUTRITIOUS DELICIOUS!

Special!
WALKERTON FIRST-GRADE
Creamery BUTTER 29c lb.
FRESH **Beef Hearts** 10c lb.
FRESH LEAN **Hamburg Steak** 2 lbs. 25c
Sausage 2 lbs. 25c

WEEK-END MEAT SPECIALS!

BONELESS AND ROLLED
Prime Rib Roast 21c lb.
BRISKET OR PLATE
Boiling Beef 10c lb.
CHOICE TENDER - Partly Boned
Blade Roasts 17c lb.
PRIME BEEF
Shoulder Roasts 15c lb.

TENDER AND TASTY ROLLED
VEAL ROASTS 19c lb.
FRESH-PICNIC STYLE
PORK SHOULDERS 18c lb.

SPECIAL SALE - Dumart's Smoked
Picnic Hams 24c lb.

FRESH GREEN
Cabbage 2 lbs. 9c
SPECIAL!
CALIFORNIA JUICY and SWEET
Oranges Large Sizes 19c, 29c, 39c doz.

FRESH CURLY
SPINACH 2 lbs. 15c
NEW CALIFORNIA
CARROTS 2 bunches 13c
EXTRA LARGE
LEMONS 29c doz.
DUTCH SETS 4 lbs. 25c

CHOICE RIPE
Tomatoes 2 lbs. 25c
SPECIAL!
Fresh Lake TROUT 21c lb.

Telephone 27 W.M. KING Prompt Delivery

HEALTH

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

WHAT TO EAT TO BE HEALTHY

NUMBER FIVE

No less than twelve minerals are required for an adequate diet, but from a practical standpoint we need only be concerned with a supply of three of them, because if our diet is at all a reasonable one, it will contain adequate amounts of the other nine. The three minerals that we must watch are:

Calcium, the lack of which causes defective bones and teeth.
Iron, the lack of which causes anaemia.
Iodine, the lack of which causes goitre.

There is a constant storage and use of calcium in the bones, and a person may appear in the best of health, yet his bones may not contain as much calcium as they should. In time, the deficiency will interfere with the health. For example, a pregnant woman is likely to suffer from tooth decay because there is a tremendous drain on her calcium resources. If she does not have an adequate amount in her diet, nature takes it out of her bones and teeth.

Our greatest sources of calcium are milk and milk products. To get an adequate supply, adults should consume each day, close to a pint of milk while the growing child who is forming new bones should take a pint and a half of milk. Cheese is an excellent source of calcium, too.

Iron is obtained largely from vegetables and fruits. Other sources are eggs, liver and kidney.

Iodine is obtained largely in sea foods. People who live remote from the sea have to depend largely upon iodized salt as their source of this mineral food.

The following foods give you minerals—milk and cheese, eggs, liver and kidney, leafy vegetables such as celery, lettuce and cabbage, also fruits and iodized salt.

Remember, milk and cheese for calcium, eggs, liver, kidney, vegetables and fruits for iron, and iodized salt for iodine.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

NEW ADVERTISEMENTS

Gardens Ploughed
Gardens ploughed at reasonable rates. Apply to George Munn 21 Phone 228.

For Sale or Rent
5 Roomed cottage on Main St. south. Immediate possession. For particulars apply Kenneth M. Langdon, Phone 88w, Georgetown.

For Sale or Rent
Frame house with five rooms, five acres of land, barn and chicken house, good well, in Glen Williams. Apply to S. A. Sutcliffe, Glen Williams. 2tp

Farm for Sale
West part of lot 21, con. 5, Esquesing, known as the Dobbie farm, containing 95 acres more or less. Frame house and bank barn on the premises. Immediate possession. I. M. Bennett, Clerk Esquesing Township. 2t

For Sale
1 Jersey cow, 3rd calf, due to calve now; also 1 heifer due to calve last of June; both passed third test. Apply Mrs. H. Morrow, College View. 1tp

Plants for Sale
Strawberries 75c per 100, raspberries \$1.50 per 100, asparagus 75c per 100. Cheaper in large quantities. Choice flowering perennials 15c. E. B. Snow, Norval, Phone Georgetown 101 r 34. 4tp

For Rent
Five-roomed modern heated apartment—Grandview Apart., corner King and Queen Sts., possession at once. Apply J. B. Mackenzie & Son. 1t

For Sale
Irish Cobbler seed potatoes in any quantity; also first-class eating potatoes. Gardens ploughed. A few loads of manure for sale. A. Hyde, Main St., Phone 101, Georgetown. 3t

For Sale
Racing bicycle in good condition, will sell cheap for cash. Apply Lloyd Sanderson, Ewing St., Georgetown. 1tp

To Rent
6 Roomed house with all modern conveniences; wired for electric stove. Apply to Mrs. McDougall, Chapel St., Georgetown. 1tp

Help Wanted
Girl for light housework, room and board provided. Sundays and most evenings free. Apply by letter, stating age and wages desired Box "B," Georgetown Herald. 1t

To Rent
Cement block house on 9th Line, Georgetown, to rent. Water and light. Apply to Geo. H. Leslie, Georgetown R. R. 4. 1tp

Painting and Paperhanging
Brighten up with the Spring. Estimates cheerfully given. All work guaranteed. If you are thinking of redecorating let's talk it over.—John Farmer, Main St. South, Phone 229. 4tp

Pasture to Rent
Good pasture, running stream, East half lot 16, Con. 5, Esquesing, about 100 acres. Apply George Leslie on the premises. Phone 91 r 12, Georgetown. 2t.

HOUSE FURNISHING WEEK

CURTAINS
A large assortment of Lace and Net Curtain material.
Prices 15c, 20c, 25c to 75c yd.
Silk Rayon, Lace and Net Curtains 95c to \$3.50 pr.

PILLOW SLIPS

42" H.S. Pillow Slips	49c pr.
42" Fancy H.S. Pillow Slips	98c pr.
42" H.S. Pillow Slips	70c pr.
69 x 87 H.S. Sheets	\$2.50 pr.
72 x 90 Wabasso H.S. Sheets	\$3.98 pr.
Madiera Pillow Slips	98c to \$1.75 pr.

LUCKY NUMBER CONTEST
We are pleased to announce the Congoleum Gold Seal lucky number contest. Remember the opening date Friday, April 29th.

Simplicity Patterns 15c, 20c, 25c
Agents for LANGLEY'S, Cleaners and Dyers

McBean & Co.

PHONE 64 WE DELIVER GEORGETOWN

SPECIAL OFFER

BY DAGGETT & RAMSDELL



Golden Cleansing Cream helps wake up new beauty with its invigorating action. Perfect Tissue Cream for overnight use to soften the skin and help correct and prevent lines and wrinkles.

Two famous Daggett & Ramsdell Creams for just slightly more than the price of one.

\$1.10 Jar of GOLDEN CLEANSING CREAM
\$1.25 Jar of PERFECT TISSUE CREAM

\$2.35 VALUE FOR \$1.49

Robb's Drug Store

Phone 76 "The Rexall Store" Georgetown

Watch Our Window!

FOR WEEKLY ICE CREAM SPECIALS AND CONFECTIONERY

Pineapple Nut Sundae 13c, 2 for 25c

Long's Confectionery

PHONE 89 Georgetown

PERFECTED BY PEARSONS

A combination of chemical moth-killing substances with old fashioned CEDAR OIL. Will not harm most delicate fabrics. Kills moths, eggs and larvae, and moth proofs, WITHOUT STAINING draperies, blankets, clothing, furs, carpets and furniture.

KILLMOTH CEDARIZED MOTH SPRAY 75c
— and —
KILLMOTH CEDARIZED MOTH CRYSTALS 50c
Both with pleasant cedar odor. NEW and BETTER.

FOR MOTHER'S DAY . . . Don't forget our Special 75c "Fluck-a-Rose" package of Chocolates.

AGENTS FOR BUTTERICK FASHIONS

S. P. CHAPMAN

PHARMACIST

PHONE 72 Bring us your Films PERFECT PICTURE MINTS WE DELIVER for

CHURCH NEWS

Scripture Text
"Knowing that he which raised up the Lord Jesus shall raise us up also by Jesus, and shall present us with you." 2 Cor. 4: 14.

St. George's Church
Rev. W. G. O. Thompson, Rector.
Second Sunday after Easter, St. Philip and St. James: Daylight Saving time. Sunday school 10 a.m. Corporate Communion 11 a.m. Evensong 7 p.m.

St. Alban's Church, Glen Williams
Second Sunday after Easter, St. Philip and St. James: Daylight Saving time: Sunday school 2 p.m. Evensong and Litany 3 p.m.

Baptist Church
Rev. E. G. Baxter, Minister. 10.30 a.m. D.S.T. Sunday school. 7.00 p.m. D.S.T. Evensong service; Lord's Supper. Monday 8.00 p.m. D.S.T. B.Y. P.U. slides on provincial work will be shown. Thursday 8.00 p.m. D.S.T. Midweek service.

The United Church
Rev. F. O. Overend, B.A., Minister. 10 a.m. Sunday School and Bible Classes. 11 a.m. "What You Represent." 7 p.m. The Woman's Missionary Society will hold their regular monthly meeting in conjunction with the evening service. The slides on the study book: "A New Church Faces a New World." will be shown and the address given by the president.

Mrs. Briggs was vigorously powdering her nose before going out.
Husband (who was patiently waiting in the hall) — "Why do you go to all that trouble?"
Mrs. Briggs (struggling her shoulder and smiling) — "Modesty, my dear Henry."
Husband (ejaculating) — "Modesty!"
Mrs. Briggs — "Yes, I've no desire to shine in public."

Spring Garden Needs

PERENNIALS — Hardy varieties for rock gardens and borders.
SHRUBS — All types of flowering and ornamental shrubs and evergreens.
ROSE-BUSHES — Anyone can grow roses. We have first-grade named Hybrid Teas, perpetuals and climbers.
ANNUALS — A wide range of annuals for bedding. Order now.
FERTILIZERS and INSECTICIDES — Let us recommend the correct one for your garden. A soil test with every bag.

Barber Floral Co.

PHONE 47w Day or Night

GREGORY THEATRE

Friday, April 29 — "STAND IN"
comedy-romance, with Joan Blondell and Leslie Howard
Gang Comedy "Fishy Tales."
Cartoon "Timid Rabbit."
Song Hit "The Big Apple." Fox News

Saturday, April 30 — "THE BARRIER"
story by Rex Beach, with Leo Carrillo and Joan Parker.
Cartoon "Little Bantom Weight."
Community Sing with Carl Robinson and His Buckaroos."
Chapter 2 "Radio Patrol."
Matinee at 3 p.m.

Tuesday and Wednesday, May 3 and 4
"EVERY DAY'S A HOLIDAY"
Mac West, Edmund Lowe and Charles Winger
Comedy "Uncle Sol Solves It."
Popeye "Fowl Play."
Canadian Cameo "This Badminton Racket."
WEDNESDAY GIFT NIGHT
COMING: "The Plainsman."

ROUND TRIP RAIL TRAVEL BARGAIN

From GEORGETOWN, May 7th
— TO —
WINDSOR, Ont. and DETROIT, Mich. \$4.90

Equally Low Fares from all adjacent C.N.R. Stations.
Ask for handbill and complete information from Agents T-120A.

CANADIAN NATIONAL