

News From the Nyal Drug Store

MOTHER'S DAY NEXT SUNDAY

Remember Mother on this Special occasion

SMILES 'N CHUCKLES FOR MOTHER
25c — 50c — \$1.00

Delicious Chocolates — Beautifully Packaged

A Lasting Gift . . . **YARDLEY'S LAVENDER**
Perfume — Powder — Gift Sets

FORMAL . . . The New Cosmetics
Perfume — Powder — Creams, Etc.

MOTHER'S DAY CARDS — 5c, 10c, 15c, 25c

MacCORMACK'S DRUG STORE

Phone 327 We Deliver Georgetown

Preston's Fish & Chips

Warm weather is on the way. You will enjoy a ready cooked meal of **FISH AND CHIPS**

Wholesome and reasonable in price. . . . 15c per order

Orders Delivered — Phone 293

ALL KINDS OF FRESH FISH DAILY

ART SCOTT Shell Service Station

AT MONUMENT

OIL, GAS & LUBRICANTS

CARS WASHED

GOOD USED CARS FOR SALE

Phone 161 Expert Mechanic Guelph and Main St.

The Family Car



When choosing transportation for your family, your first thought is for their safety. There is assurance of safety in the "no fatal injuries" record of Gray Coach Lines.

All Coach Travel Information at **W. H. LONG** Phone 89

. RUPTURE .

Since 1882—for nearly fifty-six years **ARMSTRONG PATENTED APPLIANCE** have been bringing untold relief to thousands of ruptured people in Canada, United States, England and Australia. NOW is your opportunity to investigate the merits of this efficient, comfortable and sanitary retainer.

R. R. No. 6 Picton, Ontario, December 17, 1936.

J. H. Armstrong, London, Ontario.

Dear Sir:

For some time past it has been my intention to write you in appreciation of what your patented appliance has done for me. Ruptured when a boy, cause unknown, the rupture eventually descended into the scrotum, in later years causing me considerable pain and anxiety (for fear of strangulation) and generally interfering with my work. Your patented appliance being highly recommended I decided to have one fitted and can truthfully say that it caused a complete cure of that long standing rupture in less than ten months. As I was ruptured for over twenty-five years one can readily appreciate what a cure has meant to me. Since taking off your retainer over ten years ago I have not worn it or any other support during that time and have worked hard on my farm, not sparing myself. I DO STRONGLY RECOMMEND YOUR PATENTED APPLIANCE TO ANYONE SUFFERING FROM RUPTURE. It is light, comfortable to wear even in the hottest weather, holds securely and one is not tortured with tight binding around the body or understraps.

You may use this letter if you wish to. I know of others who have worn your appliance with entire satisfaction.

(Signed) Erastus Jessup.

J. H. ARMSTRONG, Specialist

will be at the **McGIBBON HOTEL, GEORGETOWN**

Saturday, May 7th, 9 a.m. to 9 p.m.

and will be pleased to have you call for private consultation and demonstration. There is no charge whatever.

NO LEG STRAPS — NO BINDING TIGHT AROUND BODY — NO PRESSURE ON CHEST OF HIPS OR GENE — NO SALVERS, PLASTERS OR LINIMENTS.

DEATH
REED—At Peel Memorial Hospital, Brampton, on Monday, April 26th, 1938, to Mr. and Mrs. E. C. Reed, of Norval, a son.

DEATH
BRAIN—Suddenly, in the General Hospital, Toronto, on Saturday, April 30, T. Garnet Brain of Grand Valley, in his 56th year.

DEATH
McCULLOUGH—At the General Hospital, Los Angeles, California, on Wednesday, April 27th, 1938, Violet Louise, second daughter of the late Robert McCullough of Georgetown.

OBITUARY

VIOLET LOUISE McCULLOUGH
A native of Georgetown in the person of Violet Louise McCullough, who died at the General Hospital, Los Angeles, California, on Wednesday, April 27th, 1938. Deceased was a daughter of the late Robert McCullough of Georgetown and left here 19 years ago, 15 of which have been spent in Los Angeles. Miss McCullough spent her girlhood days in Georgetown, and her many friends of former years deeply regret her death. She is survived by her mother, two sisters, Mrs. (Dr.) Norton, Owen Sound; Mrs. Harry McCullough, Seattle, Washington; and one brother, W. H. McCullough of Esquimaux. The remains were brought to Georgetown and the funeral took place from the home of her uncle and aunt, Mr. and Mrs. W. A. Wilson, on Monday afternoon. The service was conducted by Rev. F. C. Overend of the United Church, Georgetown, and Rev. J. Ewing Reid, of Toronto. During the service Miss Wills Price sang very beautifully "Going Down the Valley." The pallbearers were W. G. Marshall, P. W. Cleave, J. Melvin McCullough, Clayton Wilson, Peter Ferguson, Alvin Strait. There were many beautiful floral tributes from relatives and friends. The remains were interred in Greenwood cemetery, Georgetown.

EXCESSIVE SPEED BLAMED FOR DEATH

The court room in Acton on Tuesday night was packed when a Coroner's Jury enquired into the death of George Frederick, of Oshawa, who was killed in a motor crash three miles west of Acton on March 9th. Eleven witnesses were heard and at the conclusion of the hearing the jury brought in the following verdict:

Acton, April 26th, 1938. "After deliberation we, your jury, have decided that George Frederick, of Oshawa, Ont., came to his death on March the ninth, 1938, at or about 8 o'clock p.m., on No. 7 Highway, about three miles west of Acton, after and due to having collided with Mr. Brown's car and trailer. The coupe deflected across the highway, breaking off a Hydro pole and hitting and dislodging some large rocks, causing the coupe to somersault, throwing deceased out of the coupe and fracturing his skull, which was apparently the direct cause of his death. It is perfectly evident that the fatal accident was entirely due to excessive speed of the coupe, driven by Peter Opychany, 188 Annis St., Oshawa."

RATIO OF SPRING LENGTH TO WHEEL BASE DETERMINES RIDING EASE SAYS WILLYS ENGINEER

"An important determining factor in designing springs for easy riding in any motor car is the ratio of the spring length to the length of wheel base," says Delmar G. Roos, vice-president in charge of engineering of Willys motor cars.

"Supplemental factors also include the size and type of shock eliminators that are used. The total length of the springs used on the new Willys is unusually long in proportion to the wheel base when compared with any other car of equivalent specifications. In addition to the smoothness of riding obtained by this feature of Willys chassis design, further reduction and absorption of road shocks is obtained through the use of shock eliminators of a size ordinarily used on cars weighing up to 1000 pounds more than the Willys. The combination of extra long spring construction and over-size shock eliminators results in a smooth, flexible riding action which has won for the Willys an enviable reputation for comfort over all types of roads."

CHURCH NEWS

Scripture Text
"Truly God is good to Israel, even to such as are of a clean heart." Ps. 73: 1.

St. George's Church
Rev. W. G. O. Thompson, Rector.
Third Sunday after Easter: Holy Communion 8 a.m. Sunday school 10 a.m. Matins 11 a.m. Evensong 7 p.m.

St. Alban's Church, Glen Williams
Third Sunday after Easter: Holy Communion 9.30 a.m. Sunday school 2 p.m. Evensong 3 p.m.

Baptist Church
Rev. E. G. Baxter, Minister, 10.30 a.m. Sunday school, 7 p.m. Evening service "A Large Place." Monday 8 p.m. B.Y.P.U. Thursday 8 p.m. Prayer meeting.

United Church
Rev. F. C. Overend, B.A., Minister. Wednesday 8 p.m. Prayer meeting. Sunday 10 a.m. Mother's Day service in the Sunday school. Parents and friends are invited. 11 a.m. Mother's Day, 8.15 p.m. A religious drama "Simon the Leper," presented by the Y.P.U. of Kitchener United Church.

HEALTH

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

WHAT TO EAT TO BE HEALTHY

NUMBER SIX

In addition to vitamins and minerals, the value of which we have already discussed in this series of articles, on What to Eat to be Healthy we must know consider the three food essentials known as proteins, fats and carbohydrates.

The following foods give you protein: meat, fish and poultry, milk, eggs, peas, beans and lentils, and flour.

The list above indicates that there are animal, vegetable and grain proteins. The most effective tissue builders are the animal proteins.

The following foods give you fats: Butter and cream, bacon and other fat meats, lard and vegetable oil, shortening and yolk of egg.

Fats are used chiefly to supply heat or energy. They are also essential for the normal metabolism or working of the body. If some of the fatty acids contained in fats are withheld, the health of the individual will be seriously impaired. The proper amount of fat will be furnished if one consumes two-ounces of fat per day. Butter is one of the best forms of fat.

The following foods give you carbohydrates: Sugar, molasses, candy, jam, marmalade, etc., bread and pastry, macaroni and potatoes.

Our chief source of energy in foods is carbohydrate, and if we did not have this chief source of energy in the form of flours and sugars, with their wonderful keeping qualities, our modern civilization, with its huge consumption of food could not exist. However, one must be careful, that due to their use in tasty products such as cakes, pastries, jams, candies, etc., and their easy accessibility, one does not consume an excess of these and thus crowd out the other food elements.

And we now conclude this series of articles on What to Eat to be healthy by repeating what we said at the outset.

Every day of your life, except during illness, aim to have a pint of pasteurized milk, which includes that used in cooking, some meat, an egg, two cooked vegetables besides potatoes, and some raw fruit or vegetables.

In addition, during the winter months take a teaspoonful of cod liver oil daily, or some other source of Vitamin D.

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

A young woman organist wanted to make a good impression on the visiting clergyman. The organ was pumped by the venerable sexton, who occasionally gave up the job, or else failed to work vigorously enough, very much to the chagrin of the fair organist.

On this very special occasion she wrote a note intended for the sexton's eyes, only, in which she said: "Oblige me this morning by blowing away till I give you the signal to stop. Miss Allen."

Imagine her discomfort to see the sexton take it up the aisle and hand it to the visiting clergyman for whom he thought it was intended!

Mary—"Please, madam, I've knocked the marble clock off the sideboard."

Madam—"Has it stopped?"

Mary—"No, madam, it's gone straight through to the basement."

The SNAPSHOT GUILD

AGAINST THE LIGHT



This scene was snapped against the light, so shadows come toward the camera. Ordinary exposure gives the silhouette effect. A lens shade must be used—if direct sun rays strike the glass, they spoil the picture.

HAVE you ever tried taking pictures "against the light"—that is, with sun or photo lights beyond the subject so that the shadows point toward you instead of away from you?

This lighting is a source of many interesting pictures. Striking silhouettes of trees and persons can be obtained. Sunlight, coming from above and slightly behind the subject in an informal portrait, gives appealing highlights on hair and shoulders. Numerous "different" effects are possible.

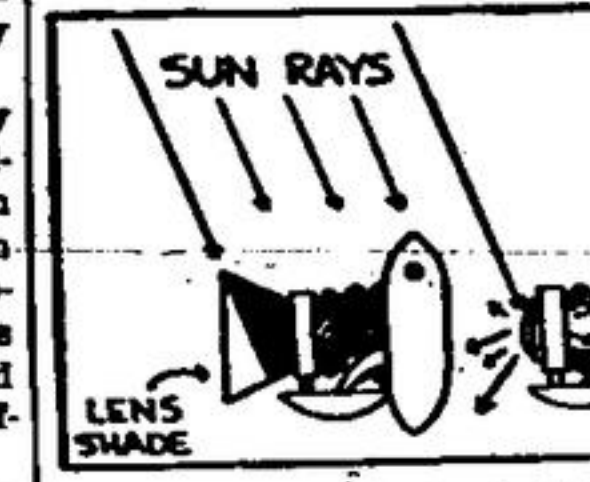
When you take such pictures, your lens must be shaded so direct rays of sunlight or artificial light do not strike it. An inexpensive lens hood or sun shade (see diagram) is very useful, and slips on easily. Indeed, it is an advantage to use such a shade for many pictures. It cuts out stray sidelights and reflections, gives brighter, "snappier" pictures.

Of course, when the sun is low in the sky—almost on a line with your lens, the hood may not help, but frequently you can find a position where the sun will be hidden behind a tree trunk. Then the shadow of the tree will serve to shade your lens.

In "against the light" pictures, your lens must be shaded so direct rays of sunlight or artificial light do not strike it. An inexpensive lens hood or sun shade (see diagram) is very useful, and slips on easily. Indeed, it is an advantage to use such a shade for many pictures. It cuts out stray sidelights and reflections, gives brighter, "snappier" pictures.

For informal portrait studies, with the sun back of your subject, arrange a sheet of white cardboard or cloth so that it reflects light on the subject's face. And when the sky is the background of your picture, use a sky filter on the lens. This darkens the sky a bit and makes sunlit subjects stand out. It slips on the lens just as the sun shade does.

John van Gulder



... MOTHER'S DAY ...

SAY IT WITH FLOWERS
Potted Plants or Spring Bloom

from **JOHN FARMER**

PHONE 229 NEXT BUCK'S MEAT MARKET GEORGETOWN



"DOMINION" CLARK'S SALE

- CLARK'S TOMATO KETCHUP - 2 12-oz. Bots. **25**
- CLARK'S ASSORTED SOUPS Except Chicken with Rice 4 10 1/2-oz. Tins **25**
- CLARK'S BEANS with Pork 3 22-oz. Tins **25**
- CLARK'S TOMATO JUICE 3 21-oz. Tins **25**
- CLARK'S SPAGHETTI 16-oz. Tin **10**
- BAKING POWDER **28**
- MAGIC CASH AND CARRY 16-oz. Tin
- MAPLE LEAF SOAP FLAKES 1 1/2-lb. Pkg. **18**
- FOR BRIGHTER CLEANING CLASSIC CLEANSER Tin **05**

CROWN or BEEHIVE
CORN SYRUP
.35

Values Effective May 2nd to 7th

PLEASANT PERSONAL SERVICE