

Does YOUR System Make Excess Acid?

Acid Indigestion, Colds, Headaches, Biliary Attacks, Constipation. OFTEN START THIS WAY

Some people are what are known as acid-makers. They can't help it—and often they don't know it. The results of an excess of acid may seem just like ordinary stomach trouble—but they can't be put right by ordinary stomach remedies. Excess acid may be the reason why you have a flat, sour, heavy-eyed, bilious—and the reason why these purgatives only leave you in the grip of a weakening habit and the same old symptoms.

But there's one thing that acid can't face. That's the neutralizing power of Vange Salts, the alkaline remedy with the natural mineral spa action. A teaspoonful in warm water surges through your system just like the medicinal spring water far away in England where Vange Salts come from. Excess acid is neutralized quickly, painlessly. Your blood is purified of poisons. Your sore stomach walls are soothed. And that mass of hard, poisonous waste matter lying in your intestines is softened gradually, and passed out of your body. How do you feel good! It's marvelous! But the most marvelous thing is that Vange Salts are only 60 cents a tin! At your drug-gist now—but if you're wise, on your bathroom shelf tonight!

House Fly Worrier Carrier of Disease

A serious menace to health and a nuisance of the first order is the charge rightly made against the common house fly. This is especially true in the warm months, from mid-summer to autumn, when it reaches its greatest abundance. It is a menace to health because it breeds in garbage, manure and human feces, and may pass directly from filth and other infested matter to foodstuffs. Particles of decomposing organic matter, bacteria and other living organisms, adhere to its hairy body and legs, and sticky feet and mouth parts, or may be conveyed to food in its excreta and saliva. One fly may carry as many as 1,000,000 germs.

The house fly, known to scientists as *Musca domestica*, is world-wide in distribution and notorious for the part it plays in the dissemination of dangerous diseases such as infantile diarrhoea, tuberculosis, typhoid, cholera and dysentery. It also serves as the intermediate host of certain species of roundworms that infest the stomachs of horses, and of tapeworms that occur in poultry. In Canada, the house fly is probably the most important insect pest of man in his daily life. Its transmission of disease is very essential that measures be taken to control it and to prevent it from having access to human foods.

Methods of Control
The most effective method of controlling house flies consists of eliminating or reducing their breeding places by properly treating or disposing of manure and garbage. Fresh horse manure is probably responsible for the majority of flies in rural sections. It has been estimated that more than a million flies may develop from one ton of manure. In the cities, garbage is an important factor in fly production. To be fully effective, control measures should be organized on a community basis, as one neglected manure heap or garbage dump may infest a whole neighborhood. Collections of manure should be removed from city stables and disposed of at least twice weekly. In rural sections, where practicable, the manure should be removed daily and spread thinly in fields where the drying effect of the sun and wind will prevent breeding. An alternate method consists of taking advantage of heat produced by fermentation when manure is placed in tightly packed piles. The manure pile should be constructed on hard ground or concrete. The sides of the pile should be clean cut and almost vertical, but sloping slightly towards the centre. As fresh manure is added to the pile it should be tightly packed by means of a shovel. The heat produced by fermentation destroys all fly eggs, larvae and pupae, except possibly those close to the surface of the top layer. The application with a watering can or sprayer of a solution of borax consisting of one pound of borax in 6 gallons of water will destroy any fly stages in the top layer. Six gallons of the solution is sufficient to treat 30 square feet of surface area.

Measures should also be taken to prevent the accumulation of manure from other domestic live stock such as pigs, cattle and poultry, as flies will breed in these substances, although to a lesser extent.

Cover Garbage Then Burn It
All organic refuse such as household garbage should be wrapped in paper and stored in fly-proof garbage cans until finally disposed of by burning. The accumulation of garbage in municipal dumps during the warm months of the year is undesirable, as such dumps produce enormous numbers of flies as well as other vermin, and may constitute a serious public nuisance. The only satisfactory way of disposing of garbage during the fly season is by incineration.

Every effort should be taken to exclude flies from dwellings. The screening of doors and windows is very useful in this regard. Flies that find their way into the house should be promptly destroyed. Fly swatters, sticky fly paper, poisoned fly pads, poisoned bait made by mixing one teaspoon of formalin in a cup of sweetened milk or water, and exposing it in saucers out of the reach of children or pets are included in the various means of doing this. Fly sprays containing pyrethrum extract in mineral oil are a valuable and widely used killing agent. Leaflets concerning the house fly and its control may be secured by writing to the Publicity and Extension Division, Department of Agriculture, Ottawa.

ONTARIO BUSINESS SUMMARY

The following is a brief summary of information received by the Bank of Montreal from its branches throughout Ontario—its branches throughout Ontario shows little change from last month, with cautious buying in evidence. Retail trade was fairly well maintained but sales of seasonal commodities were adversely affected by lack of sunshine. Collections are fair. Woollens and worsteds and textile mills continue quiet but hoisery plants are well occupied. Knitting mills are on reduced schedules. A slight improvement is noted in the tire industry. Decreased export demand has curtailed production of rubber footwear. Hesitancy in placing fall orders is reflected in continued dullness in the shoe manufacturing and tanning industries. Activity in the iron and steel industry is holding up well. Production of agricultural implements shows a slight decline from April and operating schedules are now largely dependent on Western Canada crop conditions. The immediate outlook in heavy and light engineering industries is reasonably favourable and plants are moderately active. Automobile and allied industries have reduced schedules. The furniture industry generally remains quiet. Gold production for April totalled 220,261 ounces (\$7,708,786), as compared with 198,219 ounces (\$4,972,688) in April, 1937. Production of silver was 44,714 ounces against 32,619 ounces a year ago. The quantity production of all metals in the first quarter of 1938 exceeded that of the corresponding period of last year but due to lower prices for copper the dollar value declined approximately \$800,000. May construction contract awards were \$7,959,600 compared with \$9,882,800 for the same month in 1937.

FEDERAL RELIEF \$400,000,000

Canada has spent approximately \$400,000,000 on relief and relief projects since 1930—these are the federal expenditures in addition to provincial and municipal outlays. The Dominion has also lent money to the four western provinces to help them meet their share of relief costs, and these loans now stand at \$130,000,000. The worst depression year was 1933, but the peak of Dominion relief expenditures was not reached until 1936, when it was \$79,500,000. It is now down to \$69,500,000 and would be lower still if it were not for the burden of drought relief in the West, offsetting the reduction in unemployment relief which better times have justified. In the fiscal year which ended with March, the cost of drought area assistance was nearly \$25,000,000. In Ontario complaints in the West, heard of the reduction in the Dominion's grants-in-aid to help the provinces and municipalities meet their relief costs. These federal contributions amounted to \$28,275,000 in 1938, rose to nearly \$29,000,000 in 1937, and were down to \$19,500,000 in the fiscal year 1938. It is obvious, however, that the Dominion, with its relief expenditures of \$400,000,000 to date, and its relief loans of \$130,000,000 additional, has been carrying a heavy burden.

THESE FIGURES DON'T LIE

Last year in Ontario, according to the accident records of the department of highways, 766 people lost their lives and 12,002 were injured in motor vehicle accidents on the streets and highways of this province. These figures are facts—they do not lie. They cannot be juggled by statisticians to make the picture any better or any worse. But these figures are more than facts. They are people. Thirty-nine of those killed were happy little children of four years or less. One hundred and eighteen were elderly people of 65 or more. All of them were folks you know or folks like those who live next door or in the next block. They were children and parents who were loved dearly—people on whom the "sun rose and set" for someone.

You can juggle these figures until Doomsday, and you will still get exactly the same answer—in 1937, 766 people were killed and 12,002 were injured on Ontario's streets and highways. And the "lost of life and limb" was completely useless. Those children did not die to advance the cause of science—that other little children might live. Those grown-ups did not die to protect their homes and country from a foreign invader—that their children—and a generation to come might live in peace and security. There was no reason in the world for them to die as they did.

Many people, when confronted with these facts and figures, will shake their heads sadly and talk about hit-and-run drivers, drunken drivers, inexperienced drivers, erratic bicyclists and motorcyclists, drivers who go to sleep at the wheel, drivers with bad eyesight of drivers who are subject to epileptic fits.

They will talk about young people (at one time referred to as "flaming youth") who go dashing around without any regard for the rights of others on the highway, or drivers who are operating a motor vehicle without a license, or about people who are "just learning to drive."

They will talk about drivers who try to beat trains to the railway crossing, about drivers who cut in, pass on curves or hills, fail to signal, pass standing street cars, pass on the wrong side, or take the right of way when it doesn't belong to them. They will talk about bad brakes, glaring headlights, defective steering mechanism and other faulty equipment.

They may also, if they are callous, make some mention of "elderly people who dodder uncertainly across the road" or "silly children who run suddenly out from behind parked cars or hitch rides on ice-wagons."

If they do talk about all these things which result in death and injury on the highways and city streets, they will be quite right. For all these things do cause fatalities and accidents every day.

But they won't be entirely right. And they will probably make some mental observation as this: "Accidents are bound to happen to people who drive or walk under such conditions, but thank heaven I am not responsible for any of this tragedy. I've been driving for ten years—always keep my car in good mechanical condition—and I've never been in an accident yet."

They won't be entirely right for several reasons. And these reasons are the figures compiled by the department of highways' accident reporting division, and they do not lie. These figures tell us that it's the very person who thinks he is the safest driver on the highway who, in the aggregate, is most likely to add to the accident or death toll of 1938, unless he drives constantly with "care, courtesy and common-sense."

TESTED RECIPES

By Betty Barclay

GUEST "DELIGHTERS"

Many a simple meal may be turned into a company feast by the addition of an attractive and novel relish or salad—an added touch that always delights the guest. Here are two recipes for such dainties that may be prepared in the morning and served either at the noon or evening meal:

Cottage Cheese with Tomato Jelly Sauce

- 1 package salad gelatin (aspic)
- 1 cup boiling tomato juice
- 1 1/2 cups cold tomato juice
- 2 cups cottage cheese
- 1 teaspoon onion juice
- 1/2 tablespoons chopped parsley
- 1/2 teaspoon salt
- few grains pepper

Dissolve salad gelatin in boiling tomato juice; add cold tomato juice. Chill until firm. Add remaining ingredients to cottage cheese and pack into pint mould. Chill. Unmould cottage cheese on shallow serving plate. Break up jellied tomato with fork and place around cheese. Serve as a relish with cold cuts or mixed salad. 8 Servings.

Moulded Potato Salad

- 1 package of salad gelatin (aspic)
- 1 cup boiling water
- 2 eggs
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 2 tablespoons vinegar
- 1 hard cooked egg, chopped
- 1 tablespoon chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped cucumber
- 1 tablespoon chopped parsley
- 1 1/2 cups cubed potatoes

Dissolve salad gelatin in boiling water. Beat eggs; add sugar, salt and mustard. Add hot gelatin mixture slowly, stirring continually. Add vinegar; chill until mixture begins to thicken then add remaining ingredients. Pour into mould and chill until firm. Garnish with strips of pimento. 8 Servings.

Orange Baking Powder Biscuits

- (Makes about 18 biscuits)
- 2 tablespoons shortening
- 2 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup orange rind
- 1/2 cup milk or water
- Loaf sugar
- 2 Sunkist oranges, juice of
- Powdered sugar

Work shortening into sifted dry ingredients. Add 1 tablespoon grated orange rind and milk or water. Roll and cut out. Put biscuit rounds together in two's with a sugar cube, moistened in orange juice, between, powdered sugar moistened with orange. Spread tops with powdered sugar juice, sprinkle with orange. Bake in hot oven (450 D. F.) 15 minutes.

USE BERRIES IN SEASON

Strawberries, raspberries, blackberries—each year they trail in the same order, delight our palates, and then disappear almost as rapidly as they came.

Take advantage of these berries. Eat them raw with cream. Use them for shortcake. Preserve them for next winter. And by all means try both strawberries and raspberries when making your rennet-custard—those beautiful desserts that require no eggs, no baking no boiling, and no urging to eat o' your part when they are placed before the family.

Vanilla Rennet-Custard with Strawberries

- 1 rennet tablet
- 1 tablespoon cold water
- 1 pint milk
- 1/2 cup whipping cream
- 7 tablespoons sugar
- 1-teaspoon strawberry flavoring
- with a few drops raspberry red food color
- 4 strawberries

Make rennet-custard according to directions in package, using strawberry flavoring in place of vanilla and adding food color with 3 tablespoons sugar and flavoring. Chill in refrigerator. When ready to serve, whip the cream and just before it is stiff, add 4 tablespoons of the sugar and a few drops of food color. Mix thoroughly together. Put on top of each dish of rennet-custard and garnish with whole strawberries.

Raspberry Fig Surprise

- 1 package of raspberry rennet powder

1 pint milk

4 Fig Newtons
First break Fig Newtons into small pieces, and place in the bottom of the dessert dishes. Then dissolve rennet powder in lukewarm milk, and pour immediately over the Fig Newtons. Do not disturb until firm—about 10 minutes. Chill in refrigerator.

SMILES

A smile is quite a funny thing; It wrinkles up your face, And when it's gone you never find Its secret hiding place. But far more wonderful it is To see what smiles can do; You smile at her. She smiles at you. And so one smile makes two. You smile at someone; since you smile. That other one smiles back; Then that one smiles until, in faith, You fall in keeping track. Now, since a smile can do great good By cheering hearts of care, Let's smile and smile, and not forget That smiles go everywhere.

Exports of fresh apples from Canada to Belgium in 1937 (10,506 quintals) were approximately six times as large as in 1936.

—This week's fairy story: There is a small boy in this town who doesn't care whether the school has any summer holidays or not.

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1-lb. Bag 21¢

Plain, Sweet, Congress	TEA BISCUITS	2 Pounds	25c
Ling's Peppermint	PATTIES	Pound	19c
Carroll's Pure	BAKING POWDER	16 oz Tin	17c
Silver Star	PASTRY FLOUR	24-lb. Bag	51c
Carroll's Dandee	CORNFLAKES	3 Packages	23c
TEA			
1-lb. Package 41c			
Belle City			
PEAS			
3 17-oz. Tins 25c			

Garden Patch	CORN	17-oz. Tin	10c
Country Kist	CORN	2 17-oz. Tins	19c
Carroll's Dandee	TEA	1-lb. Package	41c
Belle City	PEAS	3 17-oz. Tins	25c
Lachine	WAX BEANS	3 No 2 Tins	25c
Libby's	PORK & BEANS	2 21-oz. Tins	15c
Silver Ribbon	JUICE	2 25-oz. Tins	15c
Helmet	CORNED BEEF	12-oz. Tin	12c
Aylmer Choice	TOMATOES	2 14 1/2-oz. Tins	11c
Brunswick Canadian	SARDINES	2 Tins	9c
Catell's Cooked	SPAGHETTI	34-oz. Tin	15c
Stuart's Orange	MARMALADE	2 32-oz. Jars	37c
Jewel Vegetable	SHORTENING	2 1-lb. Pkgs.	25c

For Sandwiches—McLaren's or MacLaren's	PEANUT BUTTER	25-oz. Jar	23c
Victory Sweet Mixed	PICKLES	27-oz. Jar	23c
Clover Leaf Sockeye	SALMON	1/2-lb. Tin	17c
Clover Leaf Fancy Pink	SALMON	1-lb. Tin	11c
Isagenoll Malted	CHEESE	1/2-lb. Package	14c
For Quick Suds	CHIPSO	Package 9c, 19c	
Used by Screen Stars	LUX SOAP	4 Cakes 16c	
Carroll's Own	CLEANSER	2 Tins 9c	
H O Powdered	AMMONIA	Package 5c	
Disolves Instantly	OXYDOL	Package 9c, 21c	
Infants Delight	SOAP	1c Sale	
4 Cakes 16c	MATCHES	3 Boxes 19c	
Boo Ton	TOILET PAPER	4 Rolls 13c	

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