

Does YOUR System Make Excess Acid?

Acid Indigestion, Colds, Headaches, Bilious Attacks, Constipation

OFTEN START THIS WAY
Some people are what are known as acid-makers. They can't help it—acid 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 wake up flat, sour, heavy-eyed, bilious—and the reason why fierce 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 own stomach walls are soothed. And that means of hand, poisonous waste matter lying in your intestines is softened gently, naturally, and passed out of your body. Then 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 store now—but if you're wise, on your business self tonight!

PEACE THAT CAN BE ESTABLISHED

How constantly today do hearts, troubled and perplexed by fear, long for some definite assurance that peace can be established and maintained on material methods.
Many, never having learned that God is Love, and that Love, when reflected, governs every right activity in human experience in continuous peace and prosperity, have turned only to material methods, hoping thereby to find a successful antidote for war. Yet we read in the following Psalm that God destroys the weapons of war. (Psalm 46:9) "He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in the sunder; he burneth the chariot in fire."
It is the application of the spiritual understanding of the true nature of God and man which "maketh wars to cease unto the end of the earth." It is the conscious reflection of Love, manifested in unselfed desire wisely to aid our fellow man, combined with the understanding of man's true spiritual being that casts out the evil temptations to indulge in distrust and subtle methods of revenge. These are the truths which must be understood and utilized in order to establish permanent peace throughout the world.
Speaking of the importance of realizing that the only power is spiritual, or Eddy, writes (The First Church of Christ, Scientist and Miscellany) "The principle of all power is God, and God is Love. Whatever brings into human thought or action an element opposed to Love, is never requisite, never a necessity, and is not sanctioned by the law of God, the law of Love."
How many times have burdened hearts turned to those tender words of the Master (John 14: 27): "Peace I leave with you, my peace I give unto you, not as the world giveth, give I unto you. Let not your hearts be troubled neither let it be afraid." Only through spiritual understanding of God, omnipresent Love and omnipotent Life, as revealed through the teachings of pure Christianity, can that peace wherein is no room for fear or doubt be attained in each individual consciousness. Such peace is not a personal gift. The life and healing ministry of Jesus fully proved that peace and power are attained through the recognition of man's unity with God, a unity which knows no limitations, no sickness, no lack of fear, but only abundance of good for all. It is therefore the gift of God, of impersonal good, to each of his loved.—From The Christian Science Monitor.

CAMPERS MORE FUN FOR MODERN GIRL

Than It Was For Her Older Sister A Decade Years Ago—Shirts and Flax Suits Are New in Order.

Camping must be a lot more fun for girls now than it once was, for most camps seem to have discarded those heavy-pleated serge bloomers, for cooler outfits—one-piece play suits, shorts and shirts, or the flannel slacks for cool days and the evenings. A one-piece play suit of bright blue cotton that buttons all down the middle of the blouse, and across the waistband and down the side of the shorts seems sensible. If one must have bloomers, they are home made of fine light-weight French serge, cut with a moderate flare and held in above the knees with elastic. These come in green, brown or navy. For little girls there are cotton suits with V-necks, front and back and short bloomer panties—colors are green, bright blue, white, deep sea tan or navy.
A well-made leather moccasin with a narrow heel and a broad toe is a time-proven stand-by at one camp shop. It has a rubber sole and a very low heel and a leather insulation for coolness. This is worn by girls who need more support than they get from sneakers.
Tip for mothers who grow weary sewing name tapes; cleansing tissues can take the place of a handkerchief supply. Tissues are specified equipment at some camps.

TEACHING PUPILS HOW TO CHAT

Practical, to the point of teaching pupils how to hold an informal conversation, is the new course of study for grade 8 in Ontario public and separate schools. The outline for grades 7 and 8 has just been issued.
It is the course in English that includes the lessons on how to chat intelligently and interestingly, and the lessons are described as follows:
"Exchanging views and opinions; deferring to the opinions of others; practicing the art of listening; observing the essentials." There are lessons based on the use of the telephone, "dramatized conversations," or placing an order or making an appointment.
All this is in the section on "creative expression," which touches on story telling, writing imaginary log diaries or letters, working on the school magazine, debating, interviewing, relating an anecdote, taking part in a meeting.
The pupil is expected to learn how to make plays out of prose stories and narrative poems; to dramatize historical events, to make original plays which includes planning the action, arranging the stage setting, writing the dialogue, rehearsing and revising.
"The purpose is not to produce Shakespeares or Shakespeares, but merely to permit ordinary boys and girls to express their ideas in correct and pleasing language," says the program.
Reading of at least six books under supervision is part of the course, plus "free reading" of at least six more. Memorization of verse or prose passages is required, to a minimum of 200 lines. There is a stress on speech training, accurate pronunciation, pitch, volume, inflection and quality.
In grade 7 there is provision for teaching the pupils to avoid slovenly speech and treatment for stammering.

ADVERTISING RESULTS

The Renfrew Mercury published an item on June 28th to the effect that a citizen had ripe tomatoes in his garden. On the following morning ripe and green tomatoes had disappeared. The Mercury commented: "It pays to advertise, but to every rule there is the proverbial exception, to which might be added that newspapers are read alike by the just and the unjust."
Slightly Mixed
Bobby had just returned from school, and was asked by his father what he had been studying. "Grammar," said Bobby. "And what have you learned?" asked his father. "Well, daddy," said Bobby. "I've learned that cats and dogs are common household pets and you and me are the proper hounds!"

SOME NEW USES FOR OLD PAPERS

Periodicals And Newspapers Can Be Made to Form Lining of Cushions or Mattresses.

Each week housewives get rid of newspapers and periodicals that have accumulated over seven days to make a pile of "rubbish." Perhaps you use newspapers to cover shelves and newly washed floors, but the domestic use does not finish there.
A pile of newspapers and two or three old cushions make a really sturdy "humpy." Start with layers of newspaper cut to the shape of your humpy, making a three inch foundation. A cushion comes next, followed by a solid mass of newspaper screwed into small bundles. Make this bundle layer six inches deep before you add the second layer of newspaper corresponding to the foundation. Cover with calico and then gay chintz.

Picnic cushions and a play mattress for baby are made on much the same lines. Here the newspapers form a lining to the cushion or mattress cover and should be about six sheets in thickness. Fill the center of your cushion or mattress with tightly screwed balls of newspaper.
When storing furs or heavy clothing, remember that most insects do loathe the smell of newspaper. Put moth balls in the clothes, then roll in sheets of newspaper and you can be certain that no harm will come to them during the summer. The housewife should have newspapers handy at the sink to rub greasy plates before they go into the dish pan.

LEPERS IN WORLD TOTAL THREE MILLION

Four Hundred of Whom Are in The United States—Science Has Found No Nearer Cause Than In Cancer.
Perry Burgess, of New York, President of the Leonard Wood Memorial Foundation for research in leprosy, back from the World Congress on Leprosy, in Cairo, Egypt, said last week that medical science had not progressed further toward a cure for leprosy than toward one for cancer.
He suggested one immediate treatment of leprosy: segregation of all lepers in self-supporting colonies and a world organization for trade among them. He said there were three million affected by leprosy in the world.
Mr. Burgess enumerated some of the more important facts now known about the disease:
There are not more than four hundred lepers in the United States.
Fifty per cent. of lepers are able bodied.
Leprosy is not necessarily fatal. A large percentage of lepers die of old age or tuberculosis.
Leprosy disease takes about twenty years to incubate, and is contagious only in certain restricted areas.
The germ has been isolated, but has not been grown. Nobody knows how to kill it by treatment.
Experimentation with the disease is difficult because it cannot be transmitted to animals.

Agricultural Societies' Fairs and Exhibitions, 1938

Bellefleur	August 30, Sept. 2
Ottawa (Central Canada)	August 26-27
Peterboro	August 16-20
Sutton (West)	August 4-6
Toronto (C.N.E.)	August 26-Sept. 10
Woodstock	August 25, 26, 27
Coldwater	Sept. 6, 7
Cornwall	Aug. 31-Sept. 1-3
Durham	Sept. 9, 10
Elmira	Sept. 2-5
Etobicoke	Sept. 9, 10
Lambton	Sept. 7
Napanee	Sept. 8-10
Tavistock	Sept. 9, 10
Chesley	Sept. 13, 14
Hanover	Sept. 15, 16
Huntsville	Sept. 13, 14
Kincardine	Sept. 16, 17
Lindsay	Sept. 14-17
London (Western Fair)	Sept. 12-17
Midland	Sept. 15, 16
Milverton	Sept. 16, 17
New Hamburg	Sept. 16, 17
Oranville	Sept. 10, 11
Orleans	Sept. 12-14
Renfrew	Sept. 13-16
Warton	Sept. 15, 16
Acton	Sept. 20, 21
Alliston	Sept. 22, 23
Barrie	Sept. 19, 20
Bancroft	Sept. 22, 23
Caledon	Sept. 23, 24
Cooksville	Sept. 20, 21
Forest	Sept. 20, 21
Gait	Sept. 22-24
Goderich	Sept. 20, 21
Listowel	Sept. 22, 23
McLeod	Sept. 22, 23
Milton	Sept. 23, 24
Mount Forest	Sept. 22, 23
Schomberg	Sept. 23, 24
Shelburne	Sept. 22, 23
Stratford	Sept. 19, 20
Beamsville	Sept. 30, Oct. 1
Brampton	Sept. 29, 30, Oct. 1
Collingwood	Sept. 29, 30, Oct. 1
Drayton	Sept. 27, 28
Dundalk	Sept. 27, 28
Elmvale	Sept. 26-28
Georgetown	Sept. 28, 29
Grand Valley	Sept. 30, Oct. 1
Harriston	Sept. 29, 30
Ingersoll	Sept. 29, 30
Markdale	Sept. 30, Oct. 1
Markham	Sept. 29, 30, Oct. 1
Mitchell	Sept. 27, 28
Palsley	Sept. 27, 28
Palmerston	Sept. 27, 28
Port Egin	Sept. 29, 30
Powassan	Sept. 27, 28
Aberfoyle	Oct. 4, 5
Arthur	Oct. 6, 7
Beeston	Oct. 5
Cookstown	Oct. 6, 7
Erin	Oct. 6-10
Owen Sound	Oct. 1-4
Stouffville (North York County)	Oct. 3-6
Streetville	Oct. 7, 8
Tara	Oct. 5, 6
Woodbridge	Oct. 7-10
International Flowering Match and Farm Machinery Demonstration at Milnesburg, near Barrie, Ontario, (Simcoe County) — October 11, 12, 13, and 14, 1938.	
Royal Winter Fair, Toronto, November 15-22.	
Geolph Winter Fair, November 20-December 1.	

To Ask for Provincial Park at the Elora River Gorge

OVER 44,000 TOURISTS VISIT ROCKS DURING YEAR

Efforts to have the Grand and Irvine Gorges at Elora taken over as a provincial park are likely to be made in the near future.
For many years the residents of that village have been taxed for improvements to the park and the Grand Gorge until the burden has become too heavy for taxpayers of one municipality.
It is felt there that since Elora will derive little or no benefit from the proposed Grand River conservation scheme, as it is outlined at the present time, yet is being asked to support the plan financially the same as municipalities with sewage systems and those likely to be affected, some consideration should be given a parks project.
During the past year, according to authentic information, hundreds of dollars have been spent in the erection of a foot bridge in the Irvine Gorge. Last year a considerable amount of money was provided for the construction of bathing pools, which were washed away by high water.
Each year between 40,000 and 50,000 tourists visit the rocks at Elora, with many coming from the United States. One part at the Gorge is operated by a private individual, while the other is owned by the municipality. If these were taken over by the provincial government and improvements added, many feel that Elora would become one of the outstanding tourist attractions in Ontario.
Some years ago a movement was on foot to have the province assume the entire district surrounding both rivers and establish a provincial park but no definite action was taken.
It is expected that a committee composed of council representatives, merchants and citizens will be organized shortly to go into the matter fully.

WEST'S DRY CORNERS ARE MOISTENING UP

Saskatchewan Expects, in Consequence, A Crop of 200,000,000 Bushels This Year.
A cropless droughtland for nearly ten years, Alberta's "dry corner"—the south-eastern tip of the province centring on Medicine Hat—is coming back. Prospects are the best since 1928 for a good grain crop.
Fields which for years were baked under the blistering suns and ravishing winds, give promise of yields ranging from 15, 20 to 40 bushels an acre, a year picture as compared with a year ago, when no crop was harvested.
Had Given Up
"They had given up around here," said Tom Jacobson, a wheat grower in the West district. "For ten years we got no crops at all and you couldn't give the farms away. But it's a different story now."
Agerwine, 14 miles from the Saskatchewan border, where little grain has been sown in recent years, it is expected 400,000 to 500,000 bushels of wheat will go through the elevators at harvest time.
Expect Good Crop
With moisture conditions ideal and growth best in nearly ten years the Saskatchewan farmers have a wheat crop of between 200,000,000 and 230,000,000 bushels in prospect.
It is two weeks to cutting time and improved prospects are reported in most parts of the province, although there is talk of rust in the southeastern districts, where the winds have carried spores from the American districts.

PREPARING FOR NEXT POULTRY CONGRESS

Indications are that Canada will be well represented at the forthcoming Seventh World Poultry Congress with a number of provincial or sectional exhibits. The Congress will meet at Cleveland, Ohio, from July 27 to August 7, 1939. The members of Canadian Executive of the Congress in their meetings at the Central Experimental Farm, Ottawa, have been busy arranging pre-congress tours for European delegates, Canadian tours to the Congress, and matters pertaining to the exhibits and other details.
Canada has been represented at all the previous World Poultry Congresses except the first, which was held at the Hague, Holland, in 1921. The second Congress assembled at Barcelona, Spain, in 1924; the third in Ottawa, 1927; the fourth in London, England, in 1930; the fifth in Rome, Italy, 1933, and the sixth at Leipzig, Germany, 1935.

HATCHERY APPROVAL CHICKS

Preliminary reports of 1938 hatchery operations under the Hatchery Approval Policy and Hatchery Regulations indicate that there is an increase in the number of chicks being reared in Alberta, Manitoba, Ontario, Quebec, Nova Scotia, and Prince Edward Island, compared with 1937.
Both a Bit Astray
Explaining that sculpt in sculptor meant to carve, the teacher asked for an example.
One boy said, "The Indian will take the sculpt right off the top of your head."
Cost of road building was met by private subscription by Loyalist settlers before the end of the 18th century and many routes were undertaken.



GET UP PROPERLY IN THE MORNING

If You Would Start the Day Right—It Improves Your Looks To Do a Bit of Stretching.

Getting up in the morning sometimes seems to be the hardest task of the day. But half an hour spent on your health and looks in the morning is worth two hours spent at night, when the body is tired and ready for sleep.
So shake off the sluggishness of sleep and follow this simple routine. The first day you may find it a fearful effort, but by the end of the week you'll wonder how you ever got along without this early morning ritual. It is planned to tone up the muscles and to give you a radiance that will last the whole day.
First wake yourself up. You can't do anything with your eyes half closed. Splash tepid water over your face and bathe your eyes.
While you're waiting for your bath to fill, sip a glass of water—hot or cold, whichever you prefer.
Then fling open the window wide and do some deep-breathing exercises. Not the old toe-touching, efforts that sent all the blood into the head, but stretching. Stretch your arms above your head and push, push right into your finger tips. Push all the sleep out of your body. Then relax quietly. Repeat this for about five times.
ONTARIO LEADS IN BLIND PEOPLE

The annual report of the Canadian National Institute for the Blind which has recently been published is an encyclopaedia of information concerning the blind people of Canada and what is being done for them. In some parts of Canada it is a rare thing to see a blind person on the street, but this report discloses that there are now in the Dominion 9,450 men, women and children who must get along without the use of their eyes. There are 734 in British Columbia, 443 in Alberta, 583 in Saskatchewan, 581 in Manitoba, 3,097 in Ontario, 2,748 in Quebec, 103 in Prince Edward Island, 438 in New Brunswick and 748 in Nova Scotia.

DUNNING MAY QUIT FINANCE POST

Illness of two Cabinet Ministers has revived rumors in Ottawa that Prime Minister Mackenzie King's Cabinet may be due for a shakeup soon, although there has been no official intimation that this would take place in the near future. Finance Minister Dunning, stricken with circulatory ailment, but this report discloses that he has been ordered to the seashore for a long rest, and there is a possibility that when he has fully recovered he will be advised against returning to so strenuous a task as the Treasury Department presents. Postmaster-General Elliott, ill for months, has been making a slow recovery, and his return to departmental work has been considered in Ottawa circles as unlikely.

Dentists recommend Wrigley's Gum as an aid to strong, healthy teeth, cleanses them of food particles, massages the gums. Aids digestion, relieves study feeling after meals. Helps keep your healthy! Take some home for the children too—they will love it!

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Explained
"Ay," exclaimed Sandy McTavish to his English friend, "Scotland's the finest place on earth."
"Then what made you leave it, since you like it so much?" said the friend.
Sandy smiled.
"Ah, well," he chuckled, "it was like this. In Scotland everybody was as clever as mase! and I couldn't muck muckle progress. But here—here I'm getting on verra weel!"

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