

### Does Your System Make Excess Acid?

**Acid Indigestion, Colic, Headaches, Bilious Attacks, Constipation**

**OFTEN START THIS WAY**

Some people are what are known as acid-makers. They can't help it—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, the heavy-eyed, bilious—and the reason why those 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 stomach walls are soothed. And that mass of hard, 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—but if you're wise, on your bedroom shelf tonight!

### CURRENT CROP REPORT

Yields per acre of spring grains are considerably higher in Ontario than in 1937 and 1936, in both of which years yields were below normal. Present estimates indicate that the yield of spring wheat, oats and barley will be just about normal. Fall wheat was below average with a large quantity of the grain produced in the northern counties of Western Ontario rather poor due to shrunken kernels caused by rust and late frosts. Oats are generally reported to be of good quality, but barley is only fair to good with some discolouring and a considerable amount of light grain. Rust-resistant varieties of spring wheat are of good quality, but the non-resistant types were affected by rust, especially in Eastern Ontario.

The yields of spring wheat for Ontario as a whole is now estimated at 18.6 bushels per acre as compared with 17 bushels in 1937 and a preceding ten-year average of 19.2 bushels. Oats are placed at 36.7 bushels per acre as compared with 32.6 bushels last year and a ten-year average of 33.7 bushels. For barley the yields are 31.5, 28.3, and 30.6 bushels per acre for the same periods respectively, and for fall wheat 27.0, 26.8, and 24.7 bushels. The first estimate for hay and clover production shows the average for the province at 1.69 tons per acre, which is the same as a year ago, with the yield in Southern, Western and Central Ontario lower than in 1937, slightly higher in Eastern Ontario and considerably greater in Northern Ontario.

Pastures are reported in good condition for this time of year in practically all counties except Middlesex, South Simcoe, and the four or five counties along the St. Lawrence River where supplementary feeding of dairy cows has been resorted to on account of poor pasturage. Milk flow during August was well maintained and was above normal. Live stock are in average to slightly above average condition.

Late crops generally give promise of good yields, with the exception of potatoes which are reported to be below average in most counties due to insects, dry weather and blight. In many fields the number of tubers per hill is reduced, although the size and quality are good. The main crop of buckwheat is now in full blossom and promises a very good yield throughout the greater part of the province, but in the counties along the St. Lawrence River the weather which prevailed at a critical period will result in below average yields. Corn for ensilage has matured unusually early this season and silo-filling commenced in Eastern Ontario during the last week of August. In Western Ontario the crop was permitted to grow longer owing to more favourable moisture conditions and silo-filling was expected to be general about September 10th. The yield of fodder corn is above average. Turnips and mangolds are developing well and with a continuance of good weather during the next four weeks should produce better than average crops.

### THE ONE TRUE GOD

International Uniform Sunday School Lessons, October 2nd, 1938

**GOLDEN TEXT:** "Thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might." Deuteronomy 6: 5.

**LESSON PASSAGE:** Exodus 20: 2, 3; Isaiah 45: 22; Mark 12: 28-34; I Corinthians 8: 4-6.

Wide as the world is Thy command, vast as eternity Thy love; Firm as a rock Thy truth must stand; When rolling years shall cease to move.

—Isaac Watts and John Wesley

The Decalogue, 23

The word "universe" means "turned into one." It was a great advance in thought when men became convinced that they lived in a universe and not in a multiverse. Instead of living in a fear of cosmic conflict there was a basis for faith in cosmic harmony and purposefulness. This faith was matured by the experience of the people of Israel during their bondage in Egypt and wilderness wanderings. Moses was able to write as the founder of a new code of laws. The Ten Commandments have stood the test of three thousand years because they grew out of experience, they embody permanent moral principles and they are capable of adaptation to the changing orders of civilization. Their validity does not depend upon the fact that they were written by Moses or given at Mount Sinai, but rather that they meet the enduring needs of mankind. They have been enriched by the teaching of Jesus and the growing traditions of the Christian Church. For the next three months this lesson course will be devoted to a study of "The Ten Commandments and the Teachings of Jesus." The aim of the series is to help students of the Bible to interpret the Ten Commandments in the light of the teachings of Jesus and to apply them in personal and social relationships.

Monothelism, 22

We have a much roomier universe than Moses knew at Mount Sinai. The telescope has made us aware of the infinity of space and the microscope has let us know something of the structure of the atom. We no longer think of the earth as the centre of the universe nor of the sky as an inverted bowl. But the principle of unity which Moses set forth still holds, and the belief is supported by scientific facts such as Abraham and Moses never knew. But it may be asked, does it make any real difference whether we are monotheists, believers in one living God, or polytheists, believers in many gods. We may admit that there was much truth and beauty in the mythology of Greece and Rome, but it did not conduce to worship in the same way as did the Hebrew faith in one holy, unseen God. Paul found the Athenians confused because they had thousands of gods and a statue for the unknown god in case any had been overlooked. Both mentally and morally there is power in believing that God is One, that his will is supreme and that his purposes are eternal. One God is the Creator of all. The uniformity of nature and the relation of cause and effect make it possible for us to act with confidence because we live in a dependable world.

Devotion to God, 28 - 30

The consciousness of God is a distinguishing feature of the Old Testament. Abraham became sure of an unseen presence Jacob discerned the working of God in his conscience. Moses became impressed with God's will expressed in law. Isaiah had a vision of the holiness of God. Amos found evidence of God's working in justice and Jeremiah in suffering and sympathy. So definite was the faith in God that from early times the Israelites taught their children, as a basic doctrine of their faith, the unity of God. They had children repeat daily their creed, "The Lord God is one Lord." This was the faith taught to Jesus in his Nazareth home but which he expanded and made more clear. The secret of the unique power of Jesus was his consciousness of God. His delight was to do the will of God. In his greatest blessing he said, "No man can have this love." He demonstrated to his followers the release they could experience by letting God control their lives. Life is transformed when we definitely and finally give first place to God.

Love to Man, 31 - 34

Love to man is an outgrowth of love to God. It is idle to say that we love God if we do not love our fellowmen. Christ's standard for us is: "Thou shalt love thy neighbor as thyself." An apostle asked the pertinent question as to how it could be possible to love God whom we have not seen if we do not love a brother whom we have seen. There is much more than a play upon words. All that we know of God comes to us through human consciousness. Man has been made in the image of God. It was the Spirit of God that breathed life into our spirits. God's Spirit is in every person and we come into living touch with God through ourselves and through other people. Our spiritual experience has been represented as a triangle with God at the top, ourselves and our fellow men at the other two corners. Our attitude of people changes radically when we cease to think of them as hands or voters and think of them as persons in whom God's Holy Spirit dwells. Christ stressed the fact that the Kingdom of God is within us. We need to trace the implications of this fact for others as well as for ourselves.

One God, 4 - 6

This belief in the oneness of God calls for more than faith; it demands action. The next step is surrender. In his wilderness temptation Jesus completely discarded his self-will as the people changed radically when we cease to think of them as hands or voters and think of them as persons in whom God's Holy Spirit dwells. Christ stressed the fact that the Kingdom of God is within us. We need to trace the implications of this fact for others as well as for ourselves.

### Sir Edward Beatty Becomes Freeman of Cranbrook



When Sir Edward Beatty, G.B.E., K.C., LL.D., chairman of the Pacific Railway, attended Cranbrook's Pioneer Reunion, Friday, September 3, he received the freedom of the city and heard himself extolled as an outstanding Canadian and head of the company which 40 years ago forced the Crow's Nest Pass link

of its great railway system into the rich Kootenay country. Sir Edward is seen receiving a silver tray commemorating the occasion, from Mayor T. M. Roberts. On the left is Judge G. H. Thompson who swore him in as a freeman of the bustling East Kootenay city. Ross H. McMaster, of Montreal, director of the Canadian Pacific Railway, is at the extreme left of the picture. This, the thirty anniversary of its kind in which Sir Edward has participated, Galt, John and Vancouver having previously conferred the freedom of their cities, was a joint tribute to Sir Edward and to the pioneers of the road, many of whom were present to see the brilliant ceremony and to hear their own work of four decades ago praised.

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### AN AD. WILL SELL IT

When a motor car dealer in Montana, recently acquired a long-vacant building adjoining his garage to expand his business, he was amazed to find it brand new 1937 automobiles stored therein. It developed that the dealer died in 1907, and in settling his estate the automobiles, then worth \$30,000, were overlooked.

An advertisement in a local newspaper, offering the ancient vehicles for sale, brought such enthusiastic response that the garage man boosted the price from \$25 to \$125 each and disposed of the entire lot.

You may not have branched into the model automobiles about the place, but it is probably no exaggeration to say that every home and business place in Georgetown has some valuable but no longer-used article. About the premises that could speedily be returned into cash by a little ad placed in the Herald. Anything that is still usable can be sold if advertised in the columns of this newspaper. You will be amazed at the number of prospects the expenditure of fifty cents or a dollar will dig up.

### Agricultural Societies' Fairs and Exhibitions, 1938

Georgetown	Sept. 28, 29
Cooksville	Sept. 27, 28
Beamsville	Sept. 30, Oct. 1
Elmington	Sept. 29, 30, Oct. 1
Collingwood	Sept. 29, 30, Oct. 1
Drayton	Sept. 27, 28
Dundalk	Sept. 27, 28
Elmvale	Sept. 27, 28
Grand Valley	Sept. 29, 30
Harriston	Sept. 29, 30
Essex	Sept. 29, 30
Markdale	Sept. 30, Oct. 1
Markham	Sept. 29, 30, Oct. 1
Mitchell	Sept. 27, 28
Palmerston	Sept. 27, 28
Fowlesham	Sept. 27, 28
Aberfoyle	Oct. 4, 5
Arthur	Oct. 6, 7
Beeton	Oct. 4, 5
Erin	Oct. 8-10
Owen Sound	Oct. 1-4
Simcoe (Norfolk County)	Oct. 3-8
Streatville	Oct. 7, 8
Tara	Oct. 5, 6
Woodbridge	Oct. 7-10
International Plowing Match and Farm Machinery Demonstration at Minnesing, near Barrie, Ontario, (Simcoe County)—October 11, 12, 13, and 14, 1938.	
Royal Winter Fair, Toronto	November 15-22
Geoph Winter Fair, November 29 - December 1.	

Fear Peter  
"Mother, may I go over and play with Tommy Wilson?"  
"No, Tommy has gone away with his father and mother. Why not go and play with little Peter?"  
"Well, I played with Peter yesterday and I don't think he'll be well enough yet."

and goodness of God, self becomes too paltry to be the centre of our affection. Life is full of zest when God is in all our thoughts. The Greeks discovered a correspondence between the world of nature and the mind of man because God had created both. The Hebrews stressed the thought of God as Spirit, an invisible power like the wind. Christians come into contact with the power that is both mind and spirit through Christ. A Jewess once said: "Every moral and spiritual value which I sought in God, I find clearly in Christ." The Christian faith in the Trinity is no departure from monotheism; it is rather a finding of the working of God in creation, in history and in present experience.

- Questions for Discussion
1. Why have the Ten Commandments endured?
  2. How did the Hebrew people become monotheists living among polytheists?
  3. How has the Sermon on the Mount enriched the Decalogue?
  4. What are some modern forms of idolatry?
  5. Am I personally living up to the Ten Commandments?

### USEFUL HINTS ON STORING VEGETABLES

Vegetables intended for storing for winter use should be grown to as nearly full maturity as possible, otherwise they cannot be expected to keep so well, states James Gallaher, Head Gardener, Experimental Station, Kentville, N.S.

Squash and pumpkin should be turned over while growing to get all the sunshine possible and the fruit may be raised off the ground by placing boards or flower-pots underneath. As soon as the rind is firm enough to prevent piercing by the fingernail the fruit may be taken off the plant. On no account should the fruit be exposed to the least frost. They should be stored in a warm dry place; a temperature of from 40 to 50 degrees Fahrenheit is suitable. They should at all times be handled as carefully as eggs; the slightest bruise, even though not noticeable, is likely to cause decay in storage. When large quantities are to be stored, slatted shelves should be used so that the fruits may not be piled on top of each other.

Onions when dried well may be put into storage for winter. A cool dry place where the temperature not over 40 degrees at any time is ideal for keeping onions. Shallow slatted shelves or crates are satisfactory if the bulbs are not piled to any great depth.

The late cabbage is best for storing for winter use. All the outer leaves should be removed and the heads handled carefully to avoid bruising. Select a dry day when the heads have no rain water lodged in them, and store in a cool dry place. If there is a good circulation of air in the store-rooms, they may be piled in several layers. Small quantities may be pulled without cutting off the head, and suspended from the joists in a dry cellar, with the roots left on but all the outer leaves removed.

Carrots, beets and parsnips should be kept very cool, and if well dried before storing may be put in large piles so long as there is no disease present. If carrots show signs of rust-fly injury the roots should be stored in smaller quantities, as one bleached root will spoil many in a very short time.

Celery should be lifted from the garden before it gets too much frost, as otherwise it may rot when stored. The plants may be put into soil or sand on the floor of the cellar in beds about 4 feet wide, with sufficient space between the plants for air to pass through. One good soaking of water will do for a long time, when watering is done care should be taken that the soil only be watered, and that the plants go on the foliage. A very cool cellar where air can be admitted is best.

Potatoes keep well in a dry place where the temperature is between 30 and 40 degrees Fahrenheit.

Fully Prepared  
Lawyer—Then, too, there will be the court's fee.  
Fair Beauty (breach of promise)—Oh, I shall do my own crying.—I should never think of trusting anybody else to do that.

**FLOWERS THRIVE ON EVEN HEAT... so do people.**

Be assured of comfort and health this winter by using Old Company's Anthracite. It will keep your home at an even temperature because it's harder, more compact... because it burns more steadily.

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**CHANGE OF TIME TABLE**

EFFECTIVE SUNDAY, SEPTEMBER 25th

LEAVE GEORGETOWN (Eastern Standard Time)

Eastbound to Toronto	Westbound to London
a 7:08 a.m.	9:35 a.m.
b 9:28 a.m.	x 11:20 a.m.
c 11:48 a.m.	2:05 p.m.
	cx 2:55 p.m.

—Except Sun. and Hol. —Sun. and Hol.  
d—except Sat., Sun. and Hol. —Sat., Sun. and Hol.  
x—To Kitchener; y—To Stratford

Copies of the new Time Tables are available at all offices and agencies.

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