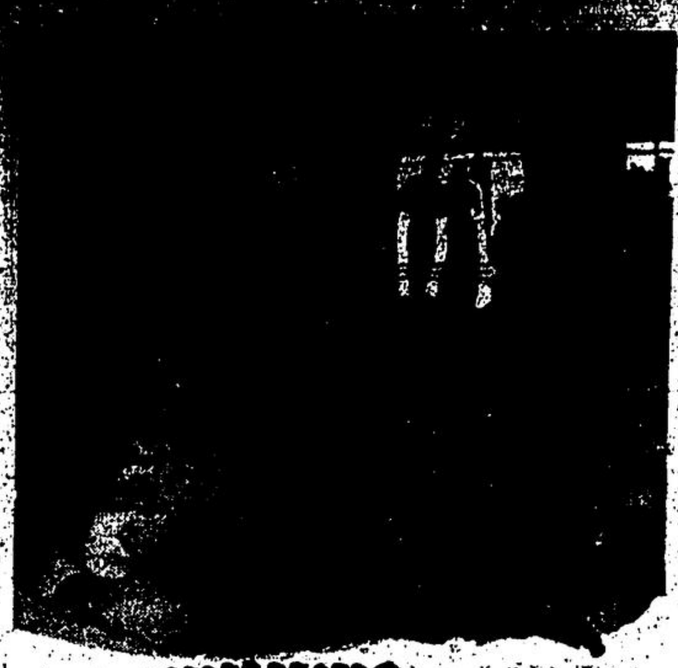

JUST HUMMING WITH ACTIVITY

for men with some time to spare . . .

It's a *centre* of activity—your local armoury, just humming with activity for men with a few evenings to spare.

In the wide list of activities offered by the Canadian Army Reserve Force, you'll find things to turn those odd free evenings into interesting and even exciting ones. You'll enjoy the full programme of social and sports events. You'll be "one of the gang"—with other Reserve Force men who are finding that the armoury is their personal "clubhouse".

All the latest equipment and weapons are now being used for Reserve Force training. The summer camp sessions give you the opportunity to get away and out into the open. To top it all, you will receive full Active Force pay for all time spent in training and camp.

"SEE FOR YOURSELF" by visiting your local Reserve Force unit's open house, parades or demonstrations during Army Week, 20-26 September.

Call at the armoury of the regiment of your choice, NOW!

THERE'S A CAREER for you in the Canadian Army Active Force—a career with every opportunity for advancement and lifetime pension on completion of service. Enquire at your local armoury.

Join the Reserve Force now!

Your County Regiment is

THE LORNE SCOTS

(PEEL, DUFFERIN and HALTON REGIMENT)

For Full Particulars Regarding Enlistment

Apply at Any of the Following Centres:

Brampton Armoury: Tuesday or Thursday Nights
Port Credit: Clarke Hall - Thursday Night
Oakville Armoury: Tuesday Night
Georgetown Armoury: Tuesday Night
Milton Armoury: Thursday Night
Orangeville Armoury: Thursday Night

Clifton Webb takes advantage of his position as a baby sitter in the new Twentieth Century-Fox comedy, "Sitting Pretty," to try his theories of child-training on Master Roddy McCaskill. The laugh-packed hit, which co-stars Webb with Robert Young and Maureen O'Hara opens at the Roxy next Monday.

BALLINAFAD

Mr. and Mrs. John Snow left on [illegible] to visit with friends in [illegible].

[illegible] placed in the church [illegible] Mrs. F. Harris of [illegible] Church [illegible] quite busy performing marriage ceremonies.

Church services will be withdrawn here next Sunday owing to Anniversary services being held at Churchill.

During the storm on Monday, lightning struck the home of Mr. and Mrs. John Gill. Several windows were broken, a post on the verandah was split, and the telephone put out of commission.

HIGH SCHOOL NEWS

by Lloyd

Du-oh. Well it's started again. Yep. Now you can once again have fresh corn off the cob every week all through the winter. Of course, I will not claim the news this year will be told as cornily, (Poetic diction) as it was last year. Vic has left the old Alma Mater behind to go to U of T (Strictly for morons and the other schmoe Jo, has returned to GHS to waste another year. I will now try to bring you up to date on the important news since school opened.

Ah, yes. Tuesday, September 7 was B.S. day (Back to school). Bright and early there was literally thousands of anxious students (Using that term loosely) cramming around the doors to get in. Then the doors were opened and the first form giants were trampled under foot by the 2, 3, 4 and 5th form students raring to get back at it again. When everyone was settled in their seats they had to fill in their prison admittance slip and were given a list of books they were to order (Of course nobody expects to have half their books by Christmas). After all this was finished the dismissal bell was rung and many students could be seen shedding a tear as they were forced to leave the building.

Next morning all the students were back again cheerfully sleeping at their desks ready for classes to begin. Since then classes have been the same monotonous routine of previous years.

This year we have an ideal First Form. They consist of giants and giantesses — about four feet tall. As yet no water-guns, sling-shots, pea-shooters or other lethal weapons have appeared at school but we're still not giving up hope.

I'd like most to tell you about the new renovations which have taken place over the holidays. They have changed the school from an old dull building into a new dull building (Practically new that is).

There has been one big change. The fifth form room has been changed into the commercial room with new desks, typewriters, a filing cabinet and other necessary regalia including lovely, gorgeous secretaries and Ken Mendham. This meant fifth form had to be put some place. So they turned a 2x4 on its edge, hollowed it out and there it was. I might mention it was previously used for gym and work room respectively.

Other changes include, a doorway between the commercial room and LB and the addition of a new furnace to supply heat to the leaky radiators. All we need now is a new school.

In closing, Harumph. Kaff . . . Kaf. I will say that our two new teachers fit very well into the routine of the school and I hope they will enjoy their teaching years at GHS.

STAFF CHANGES IN HALTON HEALTH UNIT

Miss M. Jeannette Gillespie, who has been supervisor of nurses for Halton Health Unit since last March has been granted leave of absence for a year to return to McGill University, Montreal, for a year to complete her Bachelor of Nursing degree. She will return to the Health Unit in the summer of 1949. In her absence, Mrs. Margaret Cuttier of Cedar Springs will be supervisor of nurses. Mrs. Cuttier has had a great deal of public health experience, including the position of supervisor of nurses for Etobicoke Township.

Miss Lorraine Larsen, Oakville public health nurse, has resigned to attend the course in nursing supervision at the School of Nursing, University of Toronto. Miss Marjorie Armour, now with the Peterborough City Health Unit, will replace her. She is a graduate in Public Health Nursing from the University of Toronto and in nursing from Hamilton General Hospital.

Miss Ellen M. Weedmark is health nurse for Georgetown and surrounding territory. She is a graduate in public health nursing from the University of Toronto and the Hospital for Sick Children, Toronto.

WRONG REQUEST

New Hospital Patient: "Say, doctor, I asked that nurse to put a hot-water bottle on my feet and she stuck up her nose and walked away."

Docor: "What else could you expect? That was the head nurse."

Weak, Tired, Nervous, Pepless Men, Women

Get New Vim, Vigor, Vitality

Say goodbye to these weak, always tired feelings; depression and nervousness due to weak, thin blood. Get up feeling fresh, be peppy all day, have plenty of vitality left over by evening. Take Ostrex. Contains iron, vitamin B1, calcium, phosphorus for blood building, body strengthening, stimulation. Invigorates system. Improves appetite, digestive powers. Costs little. New "get acquainted" size only 50c. Try Ostrex Tonic Tablets for new, normal pep, vim, vigor, this very day. At all druggists.

BIG CITY

THE PICTURE IS REALLY A GEM!

TOM HEWSON

REPRESENTING

- WILLOUGHBY REAL ESTATE AGENCY
- INTERNATIONAL MOTOR TRUCKS
- WOOD'S ELECTRICAL EQUIPMENT Milkers — Grinders — Coolers
- DE LAVAL MILKING MACHINES and CREAM SEPARATORS
- GOODISON-OLIVER FARM IMPLEMENTS
- FERGUSON TRACTORS and EQUIPMENT

Our Mill Street Office is just around the corner from the Bank of Commerce

Office: 332w Residence: 332j

ADVERTISE IN THE HERALD

A friend in need . . .

An important weight in the balance of nature is the Prairie Chicken. By destroying weed seeds, grasshoppers and other insects, it makes the farmer's work easier and more profitable . . . it helps protect the food you eat.

The Prairie Chicken is a fine game-bird too. Given fair protection, it thrives near farms and towns and can contend with its natural enemies. But bush-fires and over-hunting are two enemies it cannot successfully fight against. The Prairie Chicken needs our help in reducing these threats to its survival.

The Heath Hen, a close relative of the Prairie Chicken, has been extinct since 1933. The forces that exterminated the Heath Hen can destroy the Prairie Chicken unless we act now to protect it.

CARLING'S

THE CARLING BREWERIES LIMITED
WATERLOO, ONTARIO

Nature Unspoiled — YOURS TO ENJOY — YOURS TO PROTECT