

Clark's Pork & Beans, 15 oz. tin	2 - 31c
Miracle Whip Salad Dressing, 16 oz.	44c
Miracle Sandwich Spread, 8 oz.	37c
Feed Saver Waxed Paper, roll	31c
Fly Tex	28c and 58c
TENDER BAKING 31c lb.	
SPECIAL	
Choice Beef Kidneys	lb. 20c
Choice Breakfast Bacon	lb. 61c
Fancy Red Sockeye Salmon, halves 45c, quarters	25c
Sunny Spam Broken Olives, 12 oz. jar	28c
Rose Brand Sweet Mixed Pickles, 16 oz.	31c

Budget Market

Telephone 366 Free Delivery 9 to 5

ROXY

NOW PLAYING
Today and Thursday
"Father Was A Fullback"
"Tuggets' Ahead"

FRIDAY, SATURDAY, AUGUST 4th, 5th

Bing Sings AND TELLS A TALL TALE!
Walt Disney
THE ADVENTURES OF
ICHABOD AND MR. TOAD
Sung and Told by
BING CROSBY
and
BASIL RATHBONE
Color by **TECHNICOLOR**

EXTRA — "SEAL ISLAND"
In-Technicolor

MONDAY, TUESDAY, AUGUST 7th - 8th
ALL LAUGH SHOW!

THE FUNNIEST
THING THAT EVER
HAPPENED ON THE
SCREEN!

GEORGE



in a riot of mirth,

'VOTE FOR GEORGE I

Added Fun Feature

Stan Laurel — Oliver Hardy

in "BULLFIGHTERS"

CIVIC HOLIDAY MATINEE

MONDAY, AUGUST 7 — at 2.00 p.m.

WEDNESDAY, THURSDAY, AUG. 9th, 10th

BOGART'S IN TOKYO
COLUMBIA PICTURES
Humphrey
BOGART
in
TOKYO JOE
ALEXANDER HAMILTON
KNOX - MARLY - HAYAKAWA

JOB-PRINTING A SPECIALTY

Skin Cancers Now Removed Safely With Chemosurgery

Skin cancers of all readily accessible areas of the body can be removed completely and safely by chemosurgery, a technique which makes use of chemistry, surgery, and the microscope, according to Frederic E. Mohs, M. D., of Madison, Wis.

Writing in the Journal of the American Medical Association, Dr. Mohs says that chemosurgery is especially valuable for highly malignant or highly invasive lesions which fail to respond to other treatment. Dr. Mohs pioneered the development of chemosurgery.

The technique is used on the face, lip, nose, ear, limbs and other external parts of the body except on the body openings.

Chemosurgery is unprecedentedly successful against different types of skin cancers and there is practically no mortality rate from the operation.

Physicians using chemosurgery can make sure that cancers are entirely removed because the technique is controlled microscopically, the article points out. This microscopic control makes it possible to remove each of the deeply penetrating branches, which are characteristic of some skin cancers, without mutilating surrounding normal tissue to any significant extent, clinical results show. The technique is so accurate, Dr. Mohs says, that the margin of over-removal which may occur is less than a tenth of an inch.

Small cancers may be treated chemosurgically without giving medicine to control pain. Relief of pain may be necessary in treating large lesions with chemosurgery, Dr. Mohs indicates.

Lack of Exercise in Cows May Be Cause of Ketosis

Ketosis, mainly a disease of high-producing cows, can also strike others if they are poorly fed, Dr. R. P. Link, University of Illinois college of veterinary medicine reports.

In severe cases a cow may die during an attack of ketosis, unless she is treated early. On the other hand, a cow with a mild case may recover without treatment.

To combat ketosis, cows should have good nutritious feed during their dry period before calving.

If ketosis develops, it's generally soon after calving when the milk flow is heavy. The cow's milk supply usually falls off and she loses her appetite. Most cows with ketosis act sleepy and are wobbly in their hind legs. Some are excitable and hard to manage.

"A cow with ketosis has too many ketone or acetone bodies in her blood," Dr. Link says. "Unless she gets enough starch from corn or other grains, she uses too much of her body fat, and ketosis develops."

Many cases of ketosis occur during the winter when cows get too little exercise. Without exercise they can't use enough of the ketone substances, or they can't get rid of them fast enough.

Storage of Vegetables

In storage both the temperature and the humidity need to be considered. Celery and root crops—beets, carrots, parsnips, turnips, rutabagas—need to be kept cool and quite moist. Potatoes and cabbage need coolness and moderate moisture. Onions, squashes and pumpkins all should be kept dry, but squashes and pumpkins can stand more heat than onions. There are many practical devices, from pits and buried barrels to specially constructed store rooms, which you can use for your storage need. Root crops are often successfully stored in crates on a storage floor. Potatoes and cabbage can be left uncovered on shelves above the ground; the air should not be so moist that drops of water form on them.

Space for Kitchen Utensils

To make work in the kitchen easier, Stella Mitchell, A. P. I. extension home management specialist, says there should be a work counter and storage cabinet for every work center. Equipment, supplies, and food used at a particular work center should be stored there. Stack large dishes, supplies and equipment one row deep. Use two rows for small ones. Place heavy stacks of plates and dishes within elbow reach. Do not stack different sized dishes together. "If work centers are far apart," says Miss Mitchell, "use a service table on wheels to carry things between them."

Making Rooms Cheerful

When indirect light entering a room tends to create a cold effect, a warm color on the walls will make the room inviting and cozy. "On the other hand," says Alice Peavy, A. P. I. extension home management specialist, "if the light causes a very warm effect, cool colors will temper it." Those who prefer a cool color, such as blue, in a room that has a cold light may produce a warm effect by using ivory on the walls and sheer, dull yellow curtains on the windows. "When," adds Miss Peavy, "a rug with tan background and a good bit of blue in the figure will satisfy the desire for blue."

CHURCH NEWS

Norval Charge of the United Church
Rev. A. F. Cowan, B.A.
Norval
11:15 a.m. — Public Worship
Glen Williams
Service withdrawn

Balfanzad Charge of the United Church
Mr. William A. Gibb, Minister
Balfanzad
10 a.m. — Sunday School
11 a.m. — Public Worship
Churchill
10 a.m. — Public Worship
11 a.m. — Sunday School
Metville
2 p.m. — Sunday School
3 p.m. — Public Worship
Norval and Union

St. George's Church
Archdeacon W. G. O. Thompson, Rector
Feast of the Transfiguration and Ninth Sunday after Trinity:

Sunday School, 10 a.m.; Holy Communion, 11 a.m.; Evensong 7.00 p.m.

St. Alban's Church, Glen Williams
Feast of the Transfiguration and Ninth Sunday after Trinity:
Matins and Litany — 9.30 a.m.
Sunday School — 10.30 a.m.

Baptist Church
Rev. Chas. R. Gower, Minister
Mrs. R. H. Wright, Organist
10 a.m. — Sanctified Symbols
11 a.m. — Sunday School
7 p.m. — From Death Unto Life
8 p.m. Wednesday — Prayers
Meeting and Bible Study.

Presbyterian Churches
Rev. J. L. Self, M.A., B.D.
Union
10 a.m. — Public Worship
Norval
11 a.m. — Public Worship

Norval, Hornby & Stewarttown Anglican Churches
Rev. J. E. Maxwell, B.A., L.Th.
St. Paul's, Norval
7.30 p.m. — Evensong
(Except 1st Sunday in month — Holy Communion 11 a.m.)
St. Stephen's, Hornby
11 a.m. — Morning Prayer
(Except 1st Sunday in month — Evensong at 3 p.m.)
St. John's, Stewarttown
3.00 p.m. — Evensong
(Except 1st Sunday in month — Evensong at 3 p.m.)

SOCIAL AND PERSONAL

Mr. and Mrs. G. W. McCullum spent last week at Fendon Falls with his parents.

Guests at the wedding in Norval on Saturday of Doreen Jolley and Norman Long included: Mrs. John Long, Mr. and Mrs. H. T. Jolley, Mr. and Mrs. W. H. Reid and grandson Paul, Mr. and Mrs. Herb Reid, Craig Reid, Mr. and Mrs. Bruce Reid, Don Parker, Robert Burns, James Burns, Miss Toots Murphy, Miss Olivia Durnford, Miss Inez Scott, Miss Ann Luke; Mr. and Mrs. William Long, Ottawa; George Long, Toronto; Miss Helen Aitken, Weston; Miss Agnes Ritchie, Mr. and Mrs. George Davies, Noreen and Dianne, Mr. and Mrs. Syd Jolley, Mrs. A. Armstrong, Mr. and Mrs. John Verschoot, Henry, Allan and Penny, Montreal; Mr. William Ostrander, Miss Bernice Watts, Milton; Mr. and Mrs. H. T. Jolley, Jr., Mr. and Mrs. E. Evans and Brian, Limehouse; Miss Isobel Cunningham, Mrs. Horace Bell, Bonni and Ricky.

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Modern Streamlined Styling
Large, fully insulated Dual Purpose Oven for Electricity, Coal-or-wood fire, or both.
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WRESTLING at MILTON ARENA

Friday, August 4th

General Admission: 75c — Ringside \$1.25 — Preliminary Starts 9 p.m.



TIMOTHY
Geohagen
(The Irish Strong Arm)

Ray
VILLMER

Seelie
SAMARA

SKI
Hi-Lee

Wee
WILLIE DAVIS

Frank
SCHOFRO

SKI HI-LEE