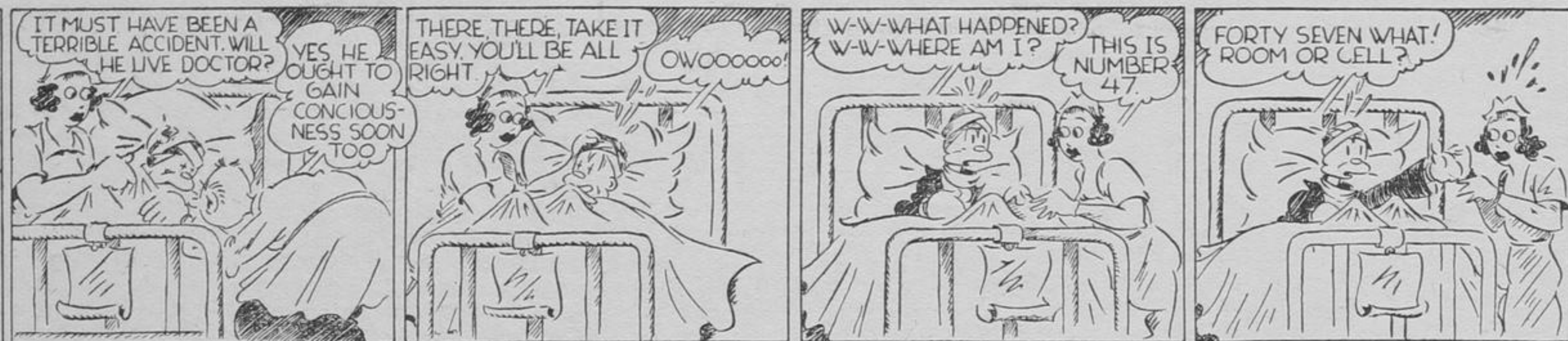


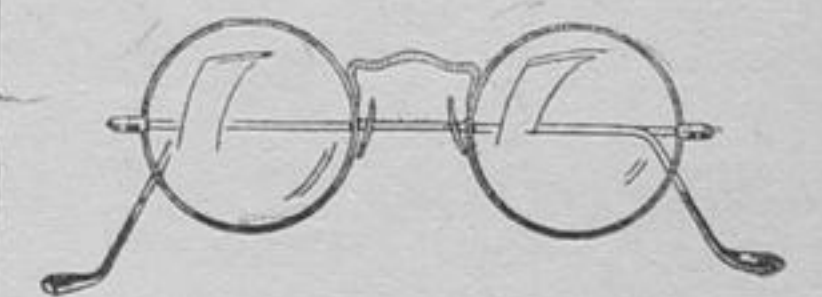
**Adam Zapple**  
POLICE!  
By JACK ROMER



The perfect example of yellowness is that of the fellow who is afraid to hang up when somebody is cussing him on the phone.

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PASSPORTS ARRANGED FOR Rail tickets and sleeper Reservations.  
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**Good Eyesight**

Don't delay any longer. If you are troubled with headaches, blurred images, nervousness consult at once.  
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All enquiries confidential  
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**A. C. HENDERSON**  
PLUMBING AND TINSMITHING  
Thornhill, Ontario  
Hot Water Heating and General Repairs

**WHAT SCHOOL?**

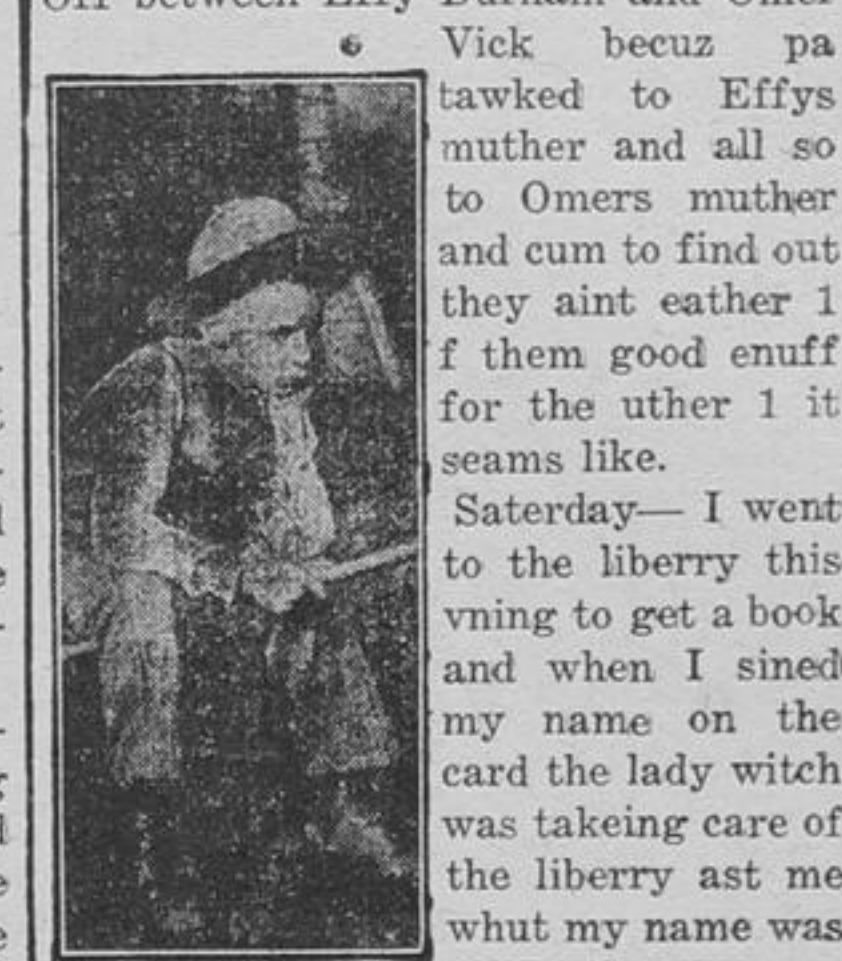
Decisions are always in order. Our catalog may help you. We send it on request. We train for Business Positions and help to place our Graduates. Enter any time. No forced vacations. Write to SHAW BUSINESS SCHOOLS, Dept. Y-1, Bay & Charles Sts., Toronto.

**Keep Your Liver Active**

Will Repay You in Health  
**Parke's LIVER TONE**  
has long been noted as a stimulator of lazy livers. It pepes you up and keeps your stomach acting properly. Try it for that dizziness, headache and biliousness.  
\$1.00  
**GLENN'S DRUG STORE**  
Telephon 71

**SLATS' DIARY**  
BY ROSS FARQUHAR

Friday—well the ingagemint is all off between Effy Durham and Omer



Vick becuz pa tawked to Effys muther and all so to Omers muther and cum to find out they aint eather 1 f them good enuff for the uther 1 it seams like.  
Saturday—I went to the liberry this vning to get a book and when I sined my name on the card the lady witch was takeing care of the liberry ast me whut my name was and I pointed to my name on the card and she sed Yes she cud see that but she was still curious to no what my name was. Kinda looked like a slam at my Hand writing.  
Sunday—Pa woodent go to church this morning becuz since he has got a lecktrick fan in his room he says he can sleep better there a spechully this hot Wether.  
Monday—well Blisters says he is a going to leave home mebbly this nex week. he says last winter they cut down his dads over cote for him and this Spring they cut down his bruthers suit for him and yesterday his ma went to get a new Set of False teach so he says this is more than he can bare.  
Tuesday—pa herd of a cupple witch has ben married for thirty 1 yrs and hassent nevr kissed 1 a muther so today he drove over to there house to get a story for the noose paper where he wirks at but when they cum to the door he diddent ast enny kwestions. he sed he cud under stand why.  
Wednesday—Pa give Joe Hix a pear of his searsucker pants today and Joe sed heed like to have us hear his ottomobile radio tonite. if he had a car.  
Thursday—Pa went to the city today with ma and Ant Emmy and when they eat dinner h ewas very imarressed. he ordered sum Tremoni Filberti and the waiter had to apologize and told him that was the name of the proprietor of the resturant.

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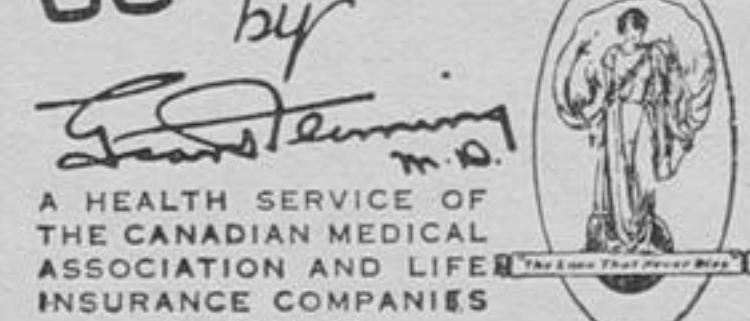
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**HEALTH**



A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

**POSTURE**

No one would question the desirability of good posture, or deny that it is a social asset. Good posture expresses alertness, self-confidence, and a capacity to do things, and, for these reasons, it is an essential characteristic for the business man or woman.  
By good posture, we mean the unconscious habit of sitting and standing erect and walking with a free and easy carriage. In good posture, the ear, shoulder, hip, knee and ankle are in a straight line when the individual is standing erect.  
The relationship between posture and health is not definite. In general, we may say that good posture reflects good health, but good posture does not necessarily imply good health, nor does poor posture always result in ack of health. Good posture enables the body to function well mechanically, while faulty posture may lead to the displacement of important organs, thus interfering with their proper functioning, which, in turn, may cause pain or other symptoms.  
An understanding of the causes of poor posture enables us to prevent or correct the condition. An important cause is fatigue, because when the muscles are relaxed, as a result of fatigue, there occurs loss of the support which the muscles normally provide, and the result is poor posture. The afternoon rest for children up to school age is one practical means of avoiding fatigue and, in this way, securing good posture.  
When the young child is lifted or carried, adequate support should be given him, as otherwise, a stress is placed upon the muscles, which they are unable to meet because they are not sufficiently developed. The mattress of the child's bed should be firm and even, with no sagging. The child who has never been given a pillow does not miss it and, in fact, is better without it.  
Good posture cannot be hoped for unless the body is properly nourished by a balanced diet. Poor posture is one symptom of malnutrition which, in turn, is often associated with fatigue. An adequate supply of vitamins and minerals is essential for good nutrition, and that is why cod liver oil and orange juice are introduced early into the child's diet.  
Poor posture may be largely a matter of habit, growing out of a slouching position while reading or sitting at a desk. Clothing which constricts the body or restricts its free and comfortable movement nterferes with good posture and may cause stooping shoulders.  
The securing of good posture depends, in large measure, upon attention to the points mentioned. Without making the child self-conscious, he should be encouraged to sit and stand erect, and to develop his muscles through play.  
Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

**PAYING DEBTS**

(Almonte Gazette)  
One of the things that makes it hard for people that pay their debts, these days, is the reluctance of others to do likewise. Collections are expensive, especially in times of depression, and the cost of them must be shared by the business that does the collecting and the people who pay their debts. While this seems unfair, it is well known that a portion of the buying public pays through the nose for credit extended to others who won't pay. This applies to every line of business whether large or small, in cities, towns or villages. And the worst of it is many people who could pay their debts without undue sacrifice take advantage of the depression to evade their obligations. In the end it won't get them anywhere and in the meantime it works a distinct injustice on honest folks.  
A free land is one where you can slip a kind of collar on the folks if you label it "freedom."

**THE EDITOR'S DREAM**

The Editor, after working over his list of delinquent subscribers until he was weary, fell asleep. He dreamed that he was a boy away back in the district school, that they were having an entertainment and that his part was to recite "The Old Oaken Bucket."  
When it came to his turn he spoke out in his sleep but this is what the stenographer heard his say:  
How dear to my heart is the steady subscriber,  
Who pays in advance at the birth of each year.  
Who lays down the money and does it quite gladly;  
And casts 'round the office a halo of cheer.  
He never says "Stop it, I cannot afford it;  
I'm getting more magazines now than I read."  
But always says "Send it! I read it; I like it;  
The fact is I think it a help and a need."  
How welcome his cheque when it reaches out sanctum,  
How it makes our pulse throb; how it makes our heart dance!  
We outwardly thank him, we inwardly bless him—  
The steady subscriber who pays in advance.  
If the politician is a friend of the down-trodden, how strange that he never invites his friends to his home.  
Master's degree: A method of prolonging college life when nome proves a bore.

**Sure You Will Come!**  
TO A  
**Cooking Demonstration**  
BY  
**The COLEMAN LAMP and STOVE CO. Limited**  
AT  
**TROWELL HARDWARE**  
DOMINION HARDWARE STORE  
Authorized Agent for this District  
**Saturday, June 30th, 1934**  
SEE A CAKE BAKED or a STEAK BROILED on  
**The Coleman Instant Gas Range**  
with  
**The New Band-a-blue Burners**  
**FREE**  
Write your name below and hand it in. At the close of the demonstration, a name will be drawn and a  
**COLEMAN GYPSY QUEEN CAMPSTOVE**  
will be given FREE of charge to the lucky person.  
**Phone 93 We Deliver**

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NINE times out of ten you will find that the man who advertises is the man who most willingly returns your money if you are not satisfied.

He has too much at stake to risk losing your trade or your confidence. You can depend on him.

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You get better merchandise at a fairer price than he could ever hope to sell it if he did not have the large volume of business that comes from legitimate advertising and goods that bear out the promise of the printed word.

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**Used Harness**

2 sets heavy breeching harness with back band and twin straps.  
Several good used collars; 1 set single harness, Goldine mounted, russet lined, only used a few times.  
**ISAAC BAKER**  
Maple, Ont. R. R. No. 2  
Telephone Maple 1063  
(1 1/4 miles North of Concord)

**CAN IT BE DONE?** = By Ray Gross

**TAIL GATE ELEVATOR**  
EQUIPPING THE TAIL GATE OF A TRUCK WITH ELEVATORS POWERED BY THE MOTOR WILL PERMIT EASY HANDLING OF HEAVY OBJECTS. CAN IT BE DONE?  
Do you think this idea is practical? Write Ray Gross in care of this newspaper