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Specials For This Week-End

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ORANGE CAKES, each	20c.
PEANUT COOKIES, 2 doz. for	25c.
HANDY AMMONIA, pkg.	5c.
GOOD QUALITY PEARS, 3 tins for	25c.
SUNNY SIDE BLEND TEA, 1/2 lb. pkg.	23c.
MARMALADE, 32 oz. jar	27c.
SOAP FLAKES, 5 lbs.	29c.
CORNFLAKES, 3 for	25c.
KIPPER SNACKS, per tin	5c.
DATES, per lb.	10c.
MACARONI, 3 lbs. for	19c.
RAISINS, 2 lbs. for	23c.
SHREDDED WHEAT, 2 pkgs.	23c.

Fresh and Cooked Meats, Phone 117
 Bakery and Grocery, Phone 77 PROMPT DELIVERY

King Township Council

Regular Meeting at Kettleby, Aug. 25th, 1934.
 All Members present.
 Accounts ordered paid.
 General—Hydro-Electric, King City street lights \$126.15; Municipal World, stationary \$2.64; Woodbridge and Vaughan Telephone Co., L. D. calls, \$2.17; Schomberg Telephone Co., L. D. calls, \$5.33; Toronto Stamp and Stencil Works, supplies \$8.58. Relief—\$259.51.
 Road Voucher No. 16—\$168.95.
 Road Voucher No. 17—\$190.59.
 Unemployment Relief Voucher No. 14—\$115.80.
 Resolutions passed.
 Fox-T. MacMurchy—That the Treasurer be and is hereby authorized to remit cheque to County Treasurer, W. Gardhouse, for \$71.25 as this Municipality's share of hospitalization for July.
 T. MacMurchy-J. Jefferson—That the Clerk be and is hereby authorized to add the cost of weed-cutting on Lots 57 to 62, Plan 202, to the 1934 Tax Roll. Wm. Bahen, 5 hours, @ 20c., \$1.00.
 Fox-Jefferson—That in connection with the request of Hydro-Electric Commission this Council in session agree to the cancellation of the Hydro contract of Wm. Burger of Lot 65, Con. 1, and that a copy of this resolution be forwarded to the Hydro Commission.
 Lawson-T. MacMurchy — That whereas the farmers and business men and laborers of this municipality are seriously affected by the present financial depression so that they cannot meet their obligations and pay their taxes, and whereas the Council have increased the salary of the Township Clerk and Road Supervisor, therefore be it hereby resolved that owing to the above facts that any action taken by the Council be rescinded and nothing be done with salaries till 1935.
 Upon demand Yeas and Nays resulted as follows:
 N. D. MacMurchy — No
 J. P. Jefferson — No
 J. S. Lawson — Yes
 T. MacMurchy — Yes
 G. J. Fox — No
 Jefferson-Fox—That the following sheep claims be paid as per valuator's sworn statement now on file: Thos. Trainor \$12.00, Aubrey Doan \$7.00, A. Crawford, Mgr. \$102.00, Garret Brown \$5.00, Harry Carter \$5.00, P. L. Whytock for Eaton Hall Farm \$229.50.
 T. MacMurchy-Lawson—That Dr. R. A. Bigford be paid the sum \$16.00 balance, in full of account rendered re Ben Curtis.
 T. MacMurchy-Lawson—That the Treasurer be and is hereby instructed

ELDER NEWS

Miss J. and A. Lawrie spent last week at Barrie and Wasaga Beach.
 Mr. and Mrs. M. Smith and Mr. and Mrs. C. Cameron motored to Lake Simcoe on Sunday last.
 Miss Hosie Elder has returned to her home in Toronto.
 Mr. and Mrs. W. Lawrie and family visited friends in Weston on Sunday last.
 Mrs. Tunstead held a family gathering of the Smiths on Saturday last.
 Mrs. Spoffard of Tottenham and Miss Maggie Smith of Detroit are visiting their sister, Mrs. Tunstead.
 Miss Eva Nattress of Weston is spending a few days with her cousin, Mr. W. Nattress.
 Mr. and Mrs. Ed. Robinson of Castlederg called on Mr. and Mrs. W. King on Thursday of last week.
 Master Andrew McClure is visiting his friend, Master Ronald Carr of Hamilton.
 Services at Knox Church will be held as usual, 2:30 p.m., with Sabbath School at 1:30 p.m.

SLATS' DIARY
BY ROSS FARQUHAR

Friday—Elsy thinks I am the nicest Boy in town a cording to what her ma told the other day and I suggested to ma that I ast her to let me take her to the Lon fate in the skool yd. next Teusday evning but ma sed if she was me she woodnt do that but wood let Elsy go a hed thinking I am the nicest Boy in Town Saturday — The people back wear pa was Born at rote a letter to him and ast him to send them the Histry of his life but he rote back to the people in his Home town and sed he cud not do what they ast him to on acct. he cudent remember a thing that happened before he was 2 months of old age.
 Sunday—Ant Emmy got a letter from her cuzzen witch is liveing by his self over in Adams county and he sed he was a bout Fed up on the place becuz a cupple weeks a go he shot a Republican witch was on his place and the judge went and put him under a Peace bond.
 Munday—Hezzy Zwink says the 1 Ambishun of his yung life is to live beyont his Income but he dont no wear he is a going to get the munny to do it with.
 Teusday—Pa says these here Evolushionists makes him very very Tired. he says he issent near so much intrested in wher he started from as he is in wher he is a going to Finish up at.
 Wensday—Ant Emmy says she cant see mutch harm in Teaching Evolushun in the skools. She says They tot spelling in the skools ever sense she can Rimmer and people diddent seam to pay mutch a tension to it even then.
 Thirsday—Pa went out to collect a Bill for the bos down at the noose paper office wear he wirks and the customer sed it wood be empossible for him to pay the Dett unless they wood go ahead and Cancel the dett.

HEALTH

DIABETES

The part played by heredity and overweight in the occurrence of Diabetes has been recognized for many years. In more recent years, through the combined use of insulin, diet and exercise, the life of the diabetic has been raised to a normal level. With this wonderful advance in treatment has come the pressing necessity of discovering diabetes early in order that cases may be placed under proper treatment before complications develop.

Most of our readers are familiar with the importance of discovering tuberculosis early, and how unsuspected cases are looked for in the families of the known cases. It is becoming much the same with diabetes. Not every fat person develops diabetes, nor do all the members of the family develop the disease when one of them is a diabetic. Nevertheless, obesity and heredity are two outstanding factors in the histories of those who become diabetics.

The physician of to-day looks for unsuspected cases of diabetes among the members of the family of the known case. His attention is directed in particular to those who are overweight, more especially to the women past fifty and whose weight is above the average. He does this because it is the most practical way to discover unsuspected cases in their early stages. Examination of the urine for sugar is now such an accepted part of all medical examinations that it has been said that "the only place you can go without an urinalysis is to church."

Diabetes is much more common in cities and towns than it is in rural areas. It may be that this is because city people do not have as much hard physical work to do as have those on the farm. The result is that city people put on fat which is, as we have said, the worst enemy of the diabetic. The increased prevalence of diabetes in women over forty, as compared with men of the same age, may have some relationship to the introduction of labour-saving devices into the home.

In so far as the prevention of diabetes is concerned, those with a diabetic history should not marry into a family with the same history. The children of such a union are seriously handicapped as regards diabetes. Overweight should be avoided at and after middle life by all. Those who have a family history of diabetes should avoid an increase in their girth, and they should be examined periodically by their physician to allow for early detection if the disease should develop.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

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Parke's LIVER TONE

quickly tones up a lazy liver and soon restores you to normal. It is also a great aid in stomach disorders. A month's treatment for \$1.00

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THE Canadian National Exhibition is the rendezvous of champions, amateur and professional. Famous athletes representing many nations compete for medals and money prizes in keen athletic contests on land and water. Here's what you'll see. Sculling race for world's professional championship, three miles, preliminary heats Aug. 24; finals, Aug. 31... International power boat racing, Sept. 4, 5, 6... Ninth

world's championship Marathon swims, men's Aug. 29, women's Aug. 30... Harness races featuring \$6000 Futurities, Sept. 4, 5, 6 and 7... Canada's oldest and largest track meet Sept. 1... Rowing, sculling and canoeing regatta; yacht and dinghy racing, and other spectacular sports events. There's something to interest every sports enthusiast. This is the big year at this Exhibition.

Elwood A. Hughes, General Manager.

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CANADIAN NATIONAL EXHIBITION TORONTO
 AUG. 24-TO-SEPT. 8