

Annual picnic of St. Andrew's
 by St. S. S. was held at Mr.
 Hitsman's Grove on Tuesday
 Aug. 6th. The weather being
 favorable, there was a large atten-
 dance and a good time was had by
 all. The winners of the races were
 as follows—
 Girls under 5—Lillian McLaren,
 Jean Cumming
 Boys under 5—Herace McLaren,
 Donald Campbell, Harold McLaren
 Boys 5 to 9—Grant Cumming,
 Ralph Arowa, Hughie Campbell
 Girls 5 to 9—Myrtle Harrington,
 Margaret McLaren, Mabel Hay
 Girls 9 to 12—Jean Campbell
 Jennie Morrow, Mary Campbell
 Boys 9 to 12—Gordon Arbuthnot,
 Douglas Cumming, Glen Cumming
 Girls 12 to 15—Ella Shepherd,
 Elizabeth Campbell
 Boys 12 to 15—Dougal Campbell,
 Max Morrow, Glen Campbell
 Matleman Race—Peter Cumming,
 Gordon Morrow, Harvey Morrow
 Ladies Race—Laura Fetterly, Mrs.
 McLaren, Bessie McNab
 Girls Three-Legged Race—Katy
 Cumming, and Grace Arbuthnot
 Jean Campbell and Mary Campbell
 Ella Shepherd and Theima Arbuth-
 not
 Boys Three-Legged Race—Dougal
 Campbell and Max Morrow
 Hughie Cumming and John Hits-
 man
 Glen Campbell and Cecil Hitsman
 Girls Biscuit Race—Ella Shepherd,
 Helen VanBridger, Grace Arbuth-
 not
 Boys Biscuit Race—Max Morrow,
 Glen Cumming, Glen Campbell

A HEALTH ALPHABET
 Air well your beds; shake each blan-
 ket and sheet,
 Better go barefoot than go with wet
 feet.
 Chew your food slowly, if well
 you'd be fed,
 Don't drink strong tea when you're
 going to bed.
 Eat when you're hungry, and choose
 what is good,
 Fruits of the earth are the very best
 food.
 Give yourself time for your meals
 and your sleep,
 Have open windows if healthy you'd
 keep.
 Inside the house should be fresh as
 without,
 Just use your nose when going
 about
 Keep every corner as clean as your
 face,
 Let nothing dirty remain in the
 place.
 Make solid comfort your aim in the
 home,
 Nothing not useful inside it should
 come.
 Old rags and rubbish should never
 kept,
 Plain floors or oilcloth are easily
 swept.
 Quickness is good if no detail you
 shirk,
 Rise in good time and do double
 the work.
 See your cisterns are always kept
 clean—
 Take special care of the corners not
 seen.
 Use lots of water and soap without
 stint.
 Vain's my advice if you don't take
 the hint.
 Walk every day in the sweet open
 air.
 Exactly as if you had never a care.
 You hold in your hands your own
 welfare and health,
 Zealously guard them—they're
 better than wealth— Ex

**MERRY GO ROUND WILL
 BE AT RUSSELL FAIR THIS
 AFTERNOON. & 11**

SEPTEMBER ROD AND GUN

With the approach of fall, the
 highlights of sportsmen are turning
 towards hunting both deer and
 feathered game. The September
 number of Rod and Gun and Cana-
 dian Silver Fox News, just issued,
 contains an exceptionally fine article
 on deer hunting by C. N. A. Ireson
 which will prove of great interest
 to devotees of that sport.
 However this is only one of a
 collection of equally good articles
 and features which deal authoritat-
 ively with other departments and
 adventures in outdoor life as which
 provide thoroughly good reading
 for all interested in outdoor life.
 Open seasons for game throughout
 Canada and a full report of the an-
 nual meeting of the Canadian Na-
 tional Silver Fox Breeders' Associa-
 tion are included in this issue.
 section.
 Rod and Gun and Canadian
 Silver Fox News is published month-
 ly by W. J. Taylor, Limited,
 Woodstock, Ont.

TOWNSHIP OF OSGOODE

Clerk's Notice of First Posting of
 the Voters Lists, 1929, Municipality
 of the Township of Osgoode,
 County of Carleton.
 Notice is hereby given that I
 have complied with Section 7, of
 the Voters Lists Act and that I
 have posted up at my office at
 Metcalfe, Ontario, on the 28th
 day of August, 1929, the list of all
 persons entitled to vote in the said
 Municipality and that such list
 remains there for inspection.
 And I hereby call upon all voters
 to take immediate proceedings to
 have any errors or omissions cor-
 rected according to law, the last
 day for appeal being the 19th day
 of September, 1929.
 R. A. F. Blair
 Clerk, Township of Osgoode
 Dated at Metcalfe, Ontario, this
 28th day of August, 1929.

CEDAR WOOD FOR SALE
 60 cords good cedar wood, 18
 inches long, for sale. Sold delivered
 or purchaser can draw his own
 priced right.
 R. C. Kinkaid
 Kenmore

RUSSELL FAIR SEPT. 10 & 11

"The Brown Lantern Inn"
 For Tourists
 On Provincial Highway at
 MORRISBURG
 Comfortable Rooms And Bath
 RATES REASONABLE
 THE MISSES BROWN

FOR SALE
 Walnut Buffet, six Walnut
 Dining Chairs and an oak Dining
 Table.
 Mrs. K. R. Burna
 Russell

The following prizes were omitted
 from the prize list of Russell
 Fair—A prize of \$2.00 for the best
 Essay on, Injury to the health by
 Pyorrhea.
 A prize of \$2.00 from K. R. Burna
 for the P. S. pupil taking the great-
 est number of First Prizes.

PIGS FOR SALE
 Pure-bred Yorkshire Pigs, six
 weeks old, for sale.
 Apply to
 Lloyd J. Morrow
 Russell

SPECIAL SERVICES

AGAIN AT THE TENT

Next Sunday, September 8th

In the Afternoon at 2 o'clock the Subject will be

Ancient Free Masonry

The undersigned having been a member of the craft for twenty years, is therefore
 in a position to speak with authority on this theme of universal importance.

Every Free Mason is respectfully invited to be present at this service in the Tent
 on Sunday afternoon next.

Special seats will be held in reserve for all members attending

Do not form any conclusions regarding this service until you hear what I have
 to say, please.

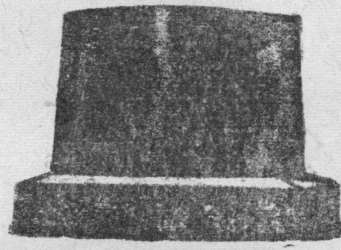
The public are also cordially invited

Non-denominational—Everybody welcome

T. J. Ellis

Gospel Tent

Russell



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 Manufacturer and Importer of
 Marble and granite Monuments
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 Conveyancer Etc.
 Russell Office open on Wednesdays
 in the Flynn Block, Broadway.
 Money to loan on easy terms on
 Farm Property
 RUSSELL --- --- --- ONT

There will be offered this year at
 the Russell Exhibition a 26 piece
 set of Hadon plate, Dorothy Ver-
 non pattern silverware in Mahog-
 any finished case, value \$22.50, for
 the following:—For the best
 Dairy Type Calf, six months and
 under, open to boys and girls un-
 der 18 years of age, to be owned
 and raised by exhibitor or their
 parents or guardians.

RANGE FOR SALE
 Findlay Range for sale in first
 class order. Sold only because it
 is too large for the family. Priced
 reasonable.
 Apply to
 Robert Long
 Russell



**an
 astonishing
 revelation of
 ability and value**

If you love beauty, you'll revel in the impressive
 modern styling of Oakland Six. If you like
 to be comfortable, you'll rejoice in the roomy
 luxury of Oakland's Fisher Bodies.
 But the two most astonishing discoveries you'll
 make about Oakland Six are when you experi-
 ence the thrill of its performance . . . and when
 you learn the lowness of its price.
 Oakland Six is a car of superb abilities . . . of
 power, speed and smoothness every bit as un-
 usual as Oakland's matchless beauty . . . of
 driving ease as restful as Oakland's deep-
 cushioned interiors.
 And Oakland Six is a car of amazing value . . . a
 car that challenges comparison . . . not alone
 with all other cars in its price class, but with
 those selling at hundreds of dollars more. Be-
 fore you spend your money for any car, make
 your own test of the sensational Oakland Six.

2-DOOR SEDAN - \$1,490
 At Factory, Oshawa—Taxes and Spare Tire Extra

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