

AT THE CHURCHES

Sunday, July 27th.

ST. PAUL'S CHURCH

11 a. m.—Morning Prayer
7 p. m.—Evening Prayer
Mr. Lamb will conduct the Services.

KNOX PRESBYTERIAN CHURCH

Rev. G. L. Evans, Minister.
10 a. m.—Sunday School
11 a. m.—Morning Worship
7:30 p. m.—Evening Worship
Prayer Meeting, Wednesday evening at 8 o'clock.

WALPOLE

2 p. m.—Sunday School.
8 p. m.—Prayer Service.

WESLEY UNITED CHURCH

Rev. P. E. Deeth, B. A.
10 a. m.—Sunday School & Bible Classes.
Woman's Missionary Society Services
11 a. m.—Special Speaker—Mrs. Rev. Newham, of Canfield.
7:30 p. m.—Evening Worship. The Minister.

GARNET UNITED CHURCH

1:30 p. m.—Sunday School
W. M. S. Service—Mrs. Newham

CHRIST CHURCH

NANTICOKE
Rev. W. Gibson
10 a. m.—Sunday School
11 a. m.—Morning Prayer

MILLER'S LUNCH

Get your Lunch at Miller's
Quick, Clean Service with the Best Quality Food

Complete New Stock of Tobacco, Ice cream, etc.

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"We aim to please"

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In linking up with the above mentioned chain organization, we are in a much better position to give you real service, quality goods, and at greatly reduced prices. Watch for our announcement later.

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Every comfort of a modern hotel awaits you. Autos carried.

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Steamers each way, every night, leaving at 9:00 p. m., arriving at 7:30 a. m. (E.S.T.)

April 15th to November 15th. FARE \$5.00 One Way; \$8.50 Round Trip. Auto Rate \$6.50 and up.

CLEVELAND-PORT STANLEY, CANADIAN DIVISION

Steamer leaves Pt. Stanley, 4:30 p. m., arriving at Cleveland, 9:30 p. m.; returning, leaves Cleveland at midnight, arriving at Pt. Stanley, 6:00 a. m. (E.S.T.) June 21st to Sept. 7th.

FARE \$3.00 one way; \$5.00 Round Trip. Autos Rate \$4.50 and up.

Write for free folder and Auto Map. Ask for details on C & B Line Triangles, Circle and 221 F. Auto Tours, also 1930 Cruise to Lake to Chicago, via South St. Mar.

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The system is so simple that you will be amazed at your ability to write simple sentences at high speed, with only a little practice, and how soon you can learn to take dictation. Because your notes are written in plain alphabet type you can always read them. They never get "cold."

Come in today and let us show you how Stenotype has helped hundreds of young people into better business positions and how it can help you. Classes are now forming.

ROBINSON BUSINESS COLLEGE

Waterford

Traffic Lights Which Stop 'Creepers'
England is experimenting with a new type of traffic light, which is said to be much superior to the ordinary light on a pole. The new system calls for a line of electric lamps beneath small glass lenses, flush with the pavement, or inside a glass-topped trough across the road. These lights make an illuminated line across the

roadway when traffic is to be stopped. One way in which this system seems an improvement is in stopping the evil and yet common practice of "creeping". Most motorists indulge in this stealing habit, and familiarity with the habitual changes from red to yellow to green gives them a degree of contempt. At any rate, whatever the explanation, the motorist do not take such liberties with the illuminated stop line; they seem more willing to obey it implicitly. The conclusion is reached that the new system is an advance step in safety measures.

AIR MAIL SERVICE FOR FAR NORTH

During the season of navigation, parcel post to points in the Mackenzie River District may be accepted at the same rate of postage as prevailed prior to the inauguration of the air mail service in that district, according to advice from the deputy postmaster general's department.

In addition to this service there will also be the air parcel post service at the higher air parcel post rates. The boat service will not be as frequent as the air mail service and parcel post forwarded via this route will necessarily take much longer to reach destination than parcel post prepaid at the higher air parcel post rates. The choice of the route for parcels to points in this district during the season of navigation will rest with

the sender. Persons wishing to forward parcels by the air mail service should prepay them at air parcel post rates and endorse them "via air mail"

CARILLON AT SIMCOE

Sunday, July 27, at 8:30 p. m. (E. S. T.)
(Carillonist H. Schier)

The City Four-square... H. P. Danks
Two numbers from Verdi's opera
II Trovatore

(a) Anvil Chorus
(b) Manrico's farewell to Leonora
Some Glad Sweet Day... Bilhorn
Somewhere a Voice is Calling... Tate
Paraphrase on 23rd Psalm J. E. Jones
Toccata in A (Sonata VI) P. Paradies
Hymn 'St. Asaph'... Giornivichi
Sonnet... Huberti
Hymn 'Holy Trinity'... Sir J. Barnby
Rondo (onata Op. 48) Ignace Pleyel
The Rosary... Ethelbert Nevin
March of the Noble... Keats
Savior, again to Thy Dear Name we raise... Ellerton Hopkins
God Save the King.

SUMMER BIBLE CONFERENCE

The Oaklands Park Summer Bible Conference is to be held this year from July 27th to August 10th, inclusive. This Summer Bible Conference has the largest attendance of any summer Bible conference of its kind in the United States or Canada. Oaklands Park Summer Bible Conference is under the auspices of the Associated Gospel Churches, and is not a commercial enterprise, but is solely for the moral and spiritual uplift of mankind.

HEALTH SERVICE

Of The Canadian Medical Association

HOW ARE YOU?

If the subject of conversation is an indication of interest in the subject, then, without a doubt, health comes first in the public interest, since the question most frequently asked is—How are you?

What is your answer today, and what is it going to be in the future? Are you making things pleasant for yourself and for those with whom you live and work, because you are happy with the joy of good health, or are you one of those depressing persons who demands sympathy because he looks so miserable?

It is surprising how much of ill health is due to neglect of those essentials which can easily be secured by most people and which do not cost money. The proper kind of food costs no more than the wrong kind. Fresh air and sunshine are to be had for the asking. Sleep is not for sale; it means a proper bed-time. Exercise, rest and cleanliness can usually be secured by making a reasonable effort.

These are the factors upon which personal health so largely depends. They are under our own control; nobody can help us very much in securing them. If we want to enjoy health, we cannot neglect them.

Too many late dances which take up the time for sleep; too much living in artificial light and not enough sunlight; too many sweets between meals spoiling the appetite for proper food; indoor parties instead of outdoor exercise, are some of the common reasons for ill health.

In addition to neglecting themselves, many persons are, in other ways, particularly careless as regards the health of others. They cough and sneeze without covering the nose and mouth; they talk right into your face; they kiss the baby on the mouth. In fact, they do about everything they can to spread to everyone they chance to meet any disease germs which may be present in their own nose and throat.

Many are careless of themselves in function normally. The human body can stand up under a great deal of wear and tear, but beyond certain limits, it begins to break. It is a matter of common sense to keep within the limits. Success is empty which is gained at the expense of a wrecked body. Health without wealth is preferable to wealth without health.

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

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2 cans for 35c

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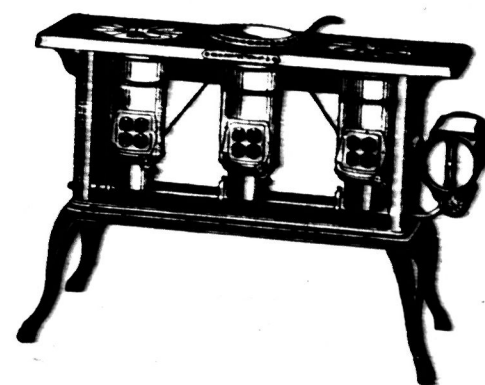
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It may be only a little end table; it may be a costly lounging chair, in every instance it will be a piece pleasing of line, artistic in design, worthily built. Need we add that prices are sensible and fair?

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PHONE 19

E. T. CARTER

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Argentina dug up 30,000,000 more bushels of wheat than statisticians gave the country credit for, and it worked out much to Argentina's advantage to underestimate the crop.

W. WILLIS BARBER

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MAIN ST. JARVIS

HALDIMAND COUNTY LEAGUE SCHEDULE

Intermediate Series "B"

July 10,—Caledonia at Fisherville.
" 10,—Dunnville at Jarvis.

(x)
July 16,—Hagersville at Caledonia.
" 17,—Jarvis at Fisherville.

(x)
July 23,—Caledonia at Dunnville.
" 24,—Jarvis at Hagersville.

First and Second Teams play off for League Championship.

Some of these tourists' cabin along the highways are so neat and cozy that they make one feel sleepy when driving past, even at noonday.