

## Hamilton United Chain Stores

No. 122

By special arrangement we have linked up with the above Chain Store Organization and it gives us great pleasure to pass this saving on to you. The following prices are not specials, but will be found every day in our store.

<b>AYLMER TOMATOES</b> 15c can	<b>WAX BEANS</b> 2 for 35c
<b>FRY'S COCOA</b> 1-2 lb. tin, 23c	<b>ICING SUGAR</b> 3 lbs. for 25c
<b>BEEHIVE SYRUP</b> 5 lb. tin 35c	<b>REAL OLD CHEESE</b> 30c lb.
<b>PEAS, size No. 4</b> 2 for 25c	<b>Clark's Pork and Beans</b> 2 for 23c
<b>McLarens Jelly Powders</b> 4 for 25c	<b>P. and G. Soap</b> 6 for 25c
<b>Clark's Soup</b> 3 for 29c	<b>Brunswick Sardines</b> 4 for 25c
<b>Kellogg's Corn Flakes</b> 2 for 19c	<b>Carnation Milk, large can</b> 2 for 25c
<b>Rice Crispies</b> 2 for 25c	<b>Zinc Rings</b> 18c doz.
<b>Catsup, large size</b> 24c bottle	<b>Parawax</b> 2 for 25c
<b>Certo</b> 29c bottle	<b>Shaker Salt, Free Running</b> 9c
<b>Chateau Cheese</b> 1-2 lb. 20c	<b>Lard, lb. prints</b> 18c
<b>Oxodol, large size</b> 21c	<b>Social Coffee, Finest Blend</b> 60c lb.
<b>VITONE</b> 30c and 50c	<b>Fancy Mixed Biscuits</b> 25c per lb.

**REDPATH SUGAR, \$4.90**

Kindly compare these prices. We feel it will pay you to take advantage of these offerings

REG. S. LEATHERDALE

PHONE 29, JARVIS

## Hot Weather Toilet Necessities

**TALCUM POWDERS** that are soft and refreshing  
Duska, Jontel, Orange Blossom, Etc.  
**FACE POWDERS** that stay on  
Duska, Jontel, Cherieth, Etc.  
**TO CHECK PERSPIRATION, AND DEODORANTS**  
Odorono, Mum, Deodo  
**DEPILATORIES**  
Odorono Cream Depilatory, Neet, Delstone, Bath Salts  
Toilet Water, Perfumes.

Get them at

**The Rexall Store**

Phone 77

J. H. SCHENKER, Ph.D.

Jarvis

## HEALTH SERVICE Of The Canadian Medical Association

### THE PURE WATER

There is one thing we can use in abundance, without fear of harm, and that is water. Used freely, both within and without, it helps to keep the body fit.

The body is largely composed of water, and in order to maintain the correct percentage of fluids in the body tissues, water must be consumed. Many of the foods we commonly use contain a surprisingly large amount of water, and this is one way the body obtains the water it requires. In addition, we should drink water regularly.

Everyone knows that on hot days and as a result of physical effort we perspire freely. We know too that some people perspire more than others. Because of these differences, it is quite evident that it is impossible to set down any hard and fast rule concerning how much water we should drink each day.

We should drink a glass or two of water with our meals. Of course, water should not be used to wash down food; a drink should never be taken when there is food in the mouth. A glass or two of water before breakfast and between meals

will help to supply the needed fluids and tends to promote regular elimination.

No doubt many resorts noted for their health giving waters were of benefit to their clients by teaching them to drink water. There are many persons who now neglect the use of water and who would find themselves much nearer the goal of health if they were to make it a practice to drink several glasses of water daily.

During the summer, there is an insistent demand for ice-water. We should use cool water, but it is a mistake to shock the stomach with a flood of ice or very cold water. It is particularly undesirable to drink ice-water just before a meal as this interferes with the increased circulation needed for the digestion of the food which is about to be eaten.

It is a very simple habit to develop the drinking of water between meals. It costs no money; it is within the reach of everyone. The proper functioning of our bodies requires fluid. If we desire health, we must secure a sufficient amount of pure drinking water.

More people would have more health if more people drank more water!

### IN MEMORIAM

On July 30th, Mr. H. W. Roberts, who was then visiting relatives here went over to the United Church Cemetery to view the graves of his departed parents and brother, Homer then sat down and wrote the following lines in memory of his dear brother

Oh! Brother dear, you're sleeping on  
We cannot hear you breathe,  
Nor can we see your smiling eyes,  
It tells us this is death.

We little thought when leaving home  
You would no more return  
That you in death so soon would sleep  
And leave us here to mourn.

We do not know what pain you bore  
We did not see you die.  
We didn't know God's call would come  
Ere we could say good bye.

The blow was great, our grief severe  
Its pangs, a cutting spell.  
But God's great love endureth more  
Than human voice can tell.

Upon these waves of life, oft tossed  
With fear on every side,  
With piercing howls to din the storms  
And foam the angry tide.

But now you're gone to ease and rest  
Far, far beyond the skies,  
Where beauty smiles eternally  
And pleasure never dies.

To that dear realm, our heavenly home  
Where many mansions stand  
Prepared by hands divine for all  
Who seek his happy land.

Beyond this storm, beyond this gloom  
Comes forth His Light of morn  
So brightly beaming from his home  
To cheer your soul forlorn.

In that pure home of tearless joy,  
You're parted ones you'll meet  
With smiles of love that never fade  
And blessedness complete.

Where you can lay your troubles by  
And there your Saviour meet  
Where you can find the joys that lie  
In family compact sweet.

Where last farewells are sounds  
unknown  
Death frowns not on that scene  
But where such glorious beauty shines  
Untroubled and serene.

On behalf of his loving  
Sisters and Brothers  
Herbert W. Roberts, Post Office Dept.  
Toronto, Ont.

### Instantaneous Combustion Causes Fire

On Saturday afternoon, fire broke out in the barn owned by Norman Burnett, on the Townline west of Nanticoke. Mr. Burnett was in the barn at the time, but was able to save but a few implements. No stock was burned, but other content were a complete loss.

Port Dover Fire Brigade was called but were unable to find the location until it was too late to save the barn, but were able to save the house from burning. The fire was caused by spontaneous combustion. The building was partially covered by insurance.

### NOTES OF APPRECIATION

Mrs. Ward desires to express her appreciation of the excellent work done by the Fire Brigade, and also to thank those who so generously assisted in fighting the fire that destroyed the barn owned by her on July 10th.

Mrs. E. Eaid wishes to thank all those who very generously assisted in saving the contents of her home, and so bravely fought the flames that destroyed her home on Wednesday evening, July 17th.



## Free Flowing Fertilizers

Here are four big reasons why we recommend C. I. L. Mixed Fertilizers to you:

**First:** Dry, free flowing, they end that costly nuisance, drill-clogging! . . . Save labour!

**Second:** When you need C. I. L. Mixed Fertilizers—that's when you get them! Drive up and get them—right out of stock!

**Third:** This prompt delivery service is less costly than the old-fashioned "order-and-wait" method. . . Saves you actual dollars-and-cents, as well as valuable time!

**Fourth:** Made in Canada.

**F. W. REICHEL**

Jarvis - Ontario

CIF 43

## THE HOUSE OF QUALITY

### SPECIAL

**20 lbs. Redpath Granulated Sugar \$1.20**

**Golden Bantam Corn**  
2 cans for 35c

**J. A. BURWASH** Phone 13-2  
JARVIS, ONT.

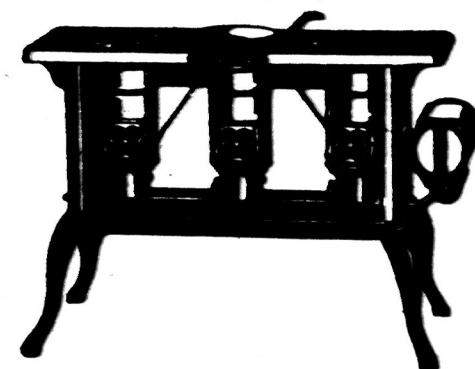
## Specializing In Good Taste . . .



It's one of the things we are proud of—the unquestionable good taste of everything on our floor

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?

**Joan W. Holmes**  
FURNITURE UNDERTAKING  
JARVIS, ONT.



### COAL OIL STOVES

"PERFECTION" or "NESCO" 3 Burner stoves

**\$22.00**

Success 2 Burner, Plain door Ovens, \$4.75

**R. T. CARTER**

PHONE 10

JARVIS, ONT.

The farmers in this vicinity have been quite busy the past few weeks harvesting green peas for the canning factory.

### W. WILLIS BARBER

Also Agent for

Spartan Radios,  
Service and Supplies

MAIN ST. JARVIS

### Duxbury's STORE

PHONE 47.

The next time you are in Jarvis call at our store where quality as well as quantity counts. We carry a full line of groceries, vegetables and fruit. Let us supply you with your raspberries this year.

We have harness and shoes, and do all kinds of leather repairing.

We deliver anywhere in town

"BRIGHT IN CANADA  
IN NEW ENGLAND  
"BAY AT MORSE"  
THAT'S THE STORY

52nd Year

### KNOX SUNDAY PICNIC

On Thursday, July Church Sunday School picnic at Woodlawn record crowd and a ver

A ball game was dinner between Chuck hitters and Geo. O. harvesters. Following programme of sports w the price winners as fo of 1st, 2nd and 3rd:—

Boys' Race, under six: Bobby Laidlaw, Bo

Girls' Race, under six: Kathleen Leatherd

Boys', 6 to 10: Aud

Jim Lethong, Hor

Girls', 6 to 10: Myrt

Margaret Powell, M

Boys', 10 to 13: Har

Jack Horne, Wilfr

Girls', 10 to 13: Doro

tine Almond.

Boys' Open Race: Har

Wilfred Evans, H

Young Ladies Race: Brenda Parkinson,

Boys' Wheelbarrow R

and Harry Leather

son and Audrey E

land Bingleman an

Boys' Three-legged R

and Dill Evans, Jo

land Bingleman, M

dale and Horace E

Girls' Three-legged R

kings and Ellen E

Mitchell and Mi

Brenda Parkinson

Parkinson.

Young Men's Race: T

Brown, Russell Mi

Session Race: Oril W

rew Miller, Ed. W

Married Men's Race: O

Alfred Walker, Ge

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John Brown

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We would like to

some of the impro

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WINGER'S

HAGERSVILLE

THE NEW YORK TIMES