

SLIM, YOUTHFUL, HEALTHY



...a slight thickening which may turn into a 'read'? Well, you can avoid this by drinking a daily little 'Limestone' pleasant effervescent beverage, breaks down the system so the waste is regularly eliminated. 'Limestone' including Package makes you a lovely figure. **and Slim with PHOSPHATE**

**Lady**

**LADIES WEAR**

**FAIR**

**Week Only**

**D'S OFFER**

**Ladies'**

**AND**

**KS**

**Early**

**PRICE**

**PLAY**

...of mides to the tanning trade. Canning has now been resumed and we expect a considerable improvement in the trade supply position."

### BAKERS AND THE BREAD SUPPLY

A letter forwarded to the Minister for Supplies by the Secretary of the Guild of Irish Bakers calls the Minister's attention to recently-reported statements of Professor Jessop and Mr. W. A. Fearon, Doctor of Science and Professor of Biochemistry, T.C.D., on the question of the 100 p.c. extraction bread.

The letter says that Professor Jessop expressed the view that the increase in the incidence of rickets among children in the past few years was largely due to the fact that they now ate bread made of 100 per cent. extraction wheat which contained a large amount of phytic acid.

It quotes Dr. Fearon as having stated that there is 10 per cent waste material in our bread which is of no value as human food, but may be harmful in some directions.

"These statements," the letter goes on, "reveal a serious state of affairs. The waste referred to is well known to practical bakers, and the Guild of Irish Bakers brought the matter to your notice in November, 1942, but nothing appears to have been done."

The letter adds that the good offices of the Guild are at the Minister's disposal to co-operate with him in dealing with the situation.

### DEAR MACKEREL!

Dear mackerel, I know you well  
As on the pan you fry,  
Then on the dish, most dainty fish,  
This Friday in July.

One bite atones for all the bones  
That constitute your frame;  
You're very nice, but now your price  
Has mounted, all the same.

The fishermen decide that when  
Their "net result" is small,  
You dearer are in days of war—  
You cost a "bob," that's all!  
W.S.B.

Kilkee, July, '43.

### FILM STAR RESCUED BY WIFE

Harold Lloyd, the film star, was rescued by his wife, Mildred Davis, when fire yesterday destroyed the irreplaceable original films of his silent comedies, which are valued at £500,000. The fire broke out at his Benedict Canyon Drive Estate, Beverley Hills, California. Lloyd's wife dragged him to safety after he had been overcome by chlorine gas fumes in the doorway of the

...off, but the offsetting of a goal by J. Hayes for the Gale men was lost in the applauding echo, when J. Connell, from 40 yards, found the Athea net for the men from the Caher River leaving the scores:—  
Mountcollins, 2 goals 5 points;  
Athea 1 goal 1 point.

### DEATH OF A RETIRED TEACHER

Inside and outside of the district (writes our Athea correspondent) people will learn with regret of the demise of Mr. Timothy Condon, ex-N.T., one of the few remaining members of the teaching profession who started their career during the latter part of the past century. For over forty years he was Principal of Knocknagorna N.S., and during that period many generations of boys and girls passed through his hands. The greatest encomium that can be paid to his memory to-day is to mention the fact that his pupils invariably left school possessed of a good and sound elementary education, and as well equipped to face the battle of life as his unsparing efforts on their behalf could qualify them to do so. That he was a most successful teacher in his time has always been recognised, a fact which has been frequently endorsed by pupils of an older generation whom he taught in the days gone by. He was endowed with an intuitive knowledge of child psychology to a marked degree, and besides this, he possessed a happy method of being able to successfully impart his knowledge—even to the dullest intelligence—with a minimum of effort. He was one of those men who never shirk their obligations, and throughout his long life, whatever might have been the nature of the duties he had to perform, he always discharged them faithfully and well. His passing is sincerely regretted throughout the district where his long-familiar figure is certain to be missed by young and old alike. Even in the greater Ireland beyond the seas the death of this venerable man is certain to evoke a genuine sorrow among those exiled sons and daughters of our race whose mentor he had been in those years that have now vanished into the limbo of the past. To the sons, daughters and other relatives of the deceased, the respectful sympathy of the public is extended in this their time of tribulation and bereavement.

### WON FOUR EVENTS

At the 3rd Brigade Sports held in the Show Grounds, Cork, quite recently, Sergeant P. McMahon, a native of Limerick and attached to the 19th Battalion of the National Army, won the following events:—  
100 Yards Brigade Championship  
(10.2.5.2000)

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Mr. J. Mr. W. M... match be West B... Ballingarry motion was

Mr. F. G... tary. Lime wrote conf... regarding th... tournament... Cross Wee... G.A.A. wou... of the tou... Cross wou...

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James Le... middle of las... father's farr... paling posts... taken away.

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