







# Diet Does it!

Be sure that the children get these foods daily—

**FOODS WITH PROTEIN** which are the main body builders  
MILK CHEESE FISH MEAT EGGS PEAS AND BEANS

**FOODS WITH CALCIUM** which form strong bones and good teeth  
MILK FISH CHEESE GREEN VEGETABLES, WHOLEWHEAT BREAD

**FOODS WITH IRON** to make good rich blood  
LIVER GREEN VEGETABLES, POTATOES EGGS

Some foods from each of these body building groups can be bought at little cost. Next week we will tell you of the ENJOY-LIVING FOODS.

ISSUED BY THE DEPARTMENT OF HEALTH

## DUNGARVAN AGRICULTURAL SHOW

(Continued from Page One)

M. Moloney Ducksfoot House  
Dish of Green Gooseberries—  
1 Miss M C White South Terrace  
Dungarvan 2 Mrs M Moloney Ducksfoot House  
Dish of Black Currants—  
Capt P S Alexander Kilmorna Lismore 2 Miss Morrissey Ballycoe House 3 Miss Cait Kirwan Coligan

Half dozen Sticks Rhubarb—  
Mrs Kate Tobin Mapstown 2 Miss Morrissey Ballycoe House 3 Mrs J Kenny Shandon Lodge Dungarvan

**Flowers**  
Collection of Roses (not Rambler)—  
1 Mrs J Rordan Gliddane Cottage Dungarvan  
Collection of Rambler Roses—  
1 Miss N Beresford Glendine 2 Mrs M Moloney Ducksfoot House 3 Rose Carroll Lackanore

Collection of Sweet Peas—  
Col H S Roche Woodbine Hill Youghal 2 Mrs M Moloney Ducksfoot House 3 Mrs Evans Tarrs Bridge

Collection Annual Flowers—  
1 Mrs Foster Tourtane House Lismore 2 and 3 Miss A M Christopher Stella Maris

Three Heads Cabage—  
1 Mrs M Broderick Coliganore 2 Mrs M Moloney Ducksfoot House 3 Mrs Evans Tarrs Bridge

Collection of Vegetables—  
1 Mrs Chavasse Cappagh 2 Mrs Alexander Lisimore 3 Mrs Foster Tourtane House, Lismore

One Dozen Pods of Peas—  
1 Mrs Chavasse Cappagh 2 Miss A M Christopher Stella Maris 3 Mrs P J Power Lane End

One dozen Pods Broad Beans—  
1 Miss Morrissey Ballycoe House 2 Mrs Chavasse Cappagh House

Half dozen White Turnips—  
1 Mrs M Grene Burgery 2 Mrs M Fives Burgery 3 J A Power Dungarvan

Three Heads Lettuce—  
1 Mrs M Fives Burgery 2 Mrs M Burgery 3 Miss C Norris Burgery

Three Cucumbers—  
1 Col H S Roche Woodbine Hill Youghal 2 Mrs Chavasse Cappagh

Pot Home-made Strawberry Jam—  
1 Miss M C White South Terrace 2 Kathleen McGrath Cappagh 3 Mrs Archdale Morris Piltown

## OUR WATERFORD LETTER

Francis Daunt Bawnfaune, Waterford 2 Miss Mal Coffey Ballylinc, Kilmacthomas Iced Fruit Cake—1 Miss Pearl Fenton Tinniscart 2 Mavis Bowman Mary St Dungarvan 3 Miss Mal Coffey Ballylinc

Half dozen Scissors—  
Mrs J F Bowen Bank House Dungarvan 2 Miss Margaret Ryan Limerick Junction 3 Miss Pearl Fenton Tinniscart

2 lbs Salted Butter—  
1 Miss F P Wilson Gulcaugh Portlaw 2 Hon Mrs Murray-Smith Piltown 3 Mrs Chavasse Cappagh House

Pair Boys or Mens Knitted Socks—  
1 Mrs B Lynch Browninstown Cork 2 Miss J McGrath Kilmacragh Co Kilkenny 3 Mrs E Wood The Rectory Valentia Co Kerry

Hand-knitted Woollen Jumper—  
1 Miss Mollie Sweeney Crisley Castlepollard 2 Miss G Miller Mayfield Dungarvan 3 Miss Alice Coffey Ballylinc

Hand-knitted Woollen Cardigan—  
1 Miss Beta Quirkie Castlepollard 2 Miss Mollie Sweeney Crisley Castlepollard 3 Westmeath 3 Miss Kathleen Westmeath 3 Miss Kathleen Westmeath

Embroidered Tablecloth or Bedspread—  
1 exhibit 425A 2 Miss Julia O'Keefe Banteer 3 Miss Maisie Drohan Mary St Dungarvan

Piece of Wool (fancy work)—  
1 Miss Mary Mahony, Monaree Middle Kinsalebeg 2 Anne Bowler Carriglea 3 Kitty Broderick Coliganore

Home-made Rug—  
1 Miss Abigail Dalton Ballynety Dungarvan 2 Mrs M Bowman Dungarvan 3 Anne Bowler Carriglea

Home-made Underwear—  
1 Exhibit 488A 2 Miss Ann Moloney Ducksfoot Dungarvan 3 Doll dressed by hand—1 and 2 Mrs E Power 31 Main St Dungarvan 3 Clara Broderick 14 Mitchell Terrace Dungarvan

Hand-made Garment by child under 16 years—  
1 Dolores Hayes Ballinacorney Dungarvan 2 May Colander Mogeagh Cappagh 3 Brigfid Houlihan Kilmahall N T Cappagh

Best Darned Sock—  
1 Miss Mary Dee Monard 2 Cissie Greene Ballycaule Ferrybank Waterford 3 Catherine Tobin, Ballinacorney Dungarvan

Hand-made Article in Leather Craft—  
1 and 2 Mrs Cella M Longford Kilkashel I.C.G. Co Longford 3 Mrs Arthur Micee Convent View Clare St Limerick

Hand-made Gloves (not knitted)—  
1 Mrs Cella Casey Kilkashel I.C.G. Co Longford 2 Miss M Donlon Ardaghgan Co Longford Kilkashel I.C.G. Co Longford

## TOM BARRY'S MEMOIRS

Questions were asked about the thin background of tall African trees in the pictures. I hereby give notice of the question. Why did the woodman not spare the trees which are said to conserve moisture? With faces relaxed after posing for the photographs he listened to interesting and informative talks by the City Manager Mr Liam Rattis and the Borough Surveyor, Mr L. S. O'Carroll on the history of the Knockaderry Reservoir. The schemes mooted during the past twenty-five years to augment the City's water supply having gone deeply into the water problem (touched bed-rock metaphorically) the party divided into groups some taking to the boats and others (disciples of Isaac Walton) casting the "flies" to inveigle the wily trout. The netting was noticed that veteran members of the party remained on "terra firma" inspecting the streams that help to replenish the Lake at 6 p.m. a sumptuous tea was served by the William Wright well-known City Caterer. An impromptu concert followed. The Mayor (who was in excellent voice) contributing the opening item. The programme was treated to a rare feast of songs. A contributor who surprised us by singing two lovely ditties was Mr Michael McDonnell. O.M. of the host and father-in-law of the host, Mr McDonnell was a member of the Corporation 50 years ago and participated in previous outings to Knockaderry. Position, pleasant, genial, bright, position, time has written few wrinkles on his placid countenance. A memorable function was brought to a close with the singing of the National Anthem.

One of the most stirring books on the Anglo-Irish War is shortly to be published. "Guerilla Days in Ireland" the story of the Cork escape and its daring flying column, the Hundred Men written by the column leader, Gen. Tom Barry has been long in the book form since it was serialised in the "Irish Press" last year. The story begins with the call of the Easter Rising reaching where Tom Barry is serving with the British Army and his return to Cork.

The early organisation of the I.R.A. is told in homely style with many pictures of the times and places and people who were burning with the great idealism born in the fight for freedom.

The book is the painstaking organisation of the gathering of the arms shotgun by shotgun and rifle by rifle the making of the landmines which were painfully dragged under fire to the banks of the Black and finally the coming of the Hundred Men into the ken of the West Cork folk long harassed by the brutal oppression loosed by the Black and Tans.

Names like Crossberry and Kilmeichel Toureen and Bandon Burgalia and Bohola ring in the ears of the old boys. The book is a record of the episodes of torturings and martyrdom.

In nearly 300 pages, illustrated with many pictures (some captured from enemy files) Tom Barry tells this fighting story of the famous "boys of the County Cork".

The price will be 8/6. The number of copies however, will be limited. Irish Press Dublin are the publishers.

**Tallow & Moorehill Notes**  
August Comes.—The seventh month of the year has passed and August is with us—the month that signifies the turn of the year, when all nature adorns itself with a coat of golden yellow in the fields the corn is stocked while the wheat fields have changed from pale green to gold in readiness for the rattling of the combine.

How beautiful the countryside is in August when the leaves turn slowly from russet to brown. On the farm it is a very busy month and from dawn to dusk the farmer works hard as he endeavours to store the harvest. Mr Weatherman is the most discussed man of this period of the year, as on him depends the success or failure of the harvest but here in Ireland the ancient proverb always helps us when skies are grey—"Is maith an fear Dia is ta mairth an fear" (God is good and when sunny skies appear the work goes on).

**A Memorable Day At Knockaderry Lake**  
Knockaderry Lake covers ninety acres of land and is the source of the city's main water supply. The catchment area is 400 acres. I had the privilege of participating in the Mayor's outing and found it a most interesting and enjoyable experience. Leaving the city by bus at 2.30 p.m. we arrived at Knockaderry at 3 p.m. What a change in the matter of transport in 40 years! When the previous visit to Knockaderry took place during the Mayor's outing in 1909, we were taken every one by horse-drawn waggonettes.

The traditional hospitality associated with the function was maintained, in fact, excelled by the "faithful" manner in which the Mayor (Councillor Croke) treated his guests. Refreshments, galore were served on arrival at the venue. Photographs were taken when every one was in a merry mood



I would buy a good farm, well equipped and stocked; a home in the country away from the noise and rush and dirt of the city. A clean life, full of interests from morning until night—watching the wheel of the sun, the changing seasons, the sowing, the growing, the reaping, the harvest, in winter snug, secure and warm—but why continue—it's a dream now—but a dream that can come true, through the magic of a ticket in the

**IRISH HOSPITALS' SWEEPSTAKE ON THE CAMBRIDGESHIRE**  
TICKETS 10/- EACH  
IRISH SWEEPSTAKES • BALLSBRIDGE • DUBLIN

They were marched forth from the blazing cottage Volunteers Liam Ahearne Jeremiah Ahearne David Desmond Christopher Sullivan, Donald Denny, Morrissey and John O'Leary first seven to emerge were massacred by the Black and Tans. The wounded Volunteer O'Leary having lapsed into unconsciousness prior to the house by three comrades. An action which saved their lives as it gave time to a British Officer to stop the Black and Tans in their ghoulish work before the other prisoners wounded and unwounded reached the place of surrender. And it ended the battle of Clonmull. Of the survivors the seven were sentenced to death. Volunteers P O'Sullivan and M Moore were executed the sentences on others were later commuted. They gave their all for Ireland.

Regretted Demise—It is with very deep regret we record the death of Mrs Annie McGrath which sad event occurred with tragic suddenness at her residence, 21 Tallow, on Monday the 2nd inst. The death of the great grief of her beloved husband and family. Member of an old widely-connected and highly respected Tallow family she was held in the highest esteem by all classes of the community and seldom have expressions of such deep regret been everywhere evidenced as those which on all sides followed the announcement of her unexpected demise. Her husband, kindly and gentle sums up the character of the late Mrs McGrath. We tender deep and sincere sympathy to her bereaved husband and family in their sorrow and loss. May she rest in peace. Full report of obsequies in next issue.

For Next Round—St Patrick's qualified for the 3rd round of the Junior football championship when they defeated Blackwater Rovers by a comfortable margin. The "Saints" were off to a flying start and were ten points ahead in the first fifteen minutes. The Rovers made every effort to even up the play but all to no avail. The game was played in a robust manner and more often than not it was rather unsporting and it seemed the case of playing the man and forgetting the ball. It seems a pity that a better spirit of sportsmanship is not displayed on the field, for after all victory or defeat are little things, it's the game that counts.

Thanks—On behalf of the St Patrick's hurling and football club we would like to extend very sincere thanks to all those who subscribed to their annual election, and while it would be impossible to thank everyone individually, the Committee ex-

**KILPEST QUICKLY KILLS**  
**LICE and VERMIN**  
1/- 3/- and 6/6

**Coughing Calves**  
HOOSE AND HUSK kills thousands and thousands of calves every year!  
New read this letter—  
"I found the Cofox for Hoose and Coughing act splendidly. I gave it to all the worst cases and in a couple of days there was not a trace of a cough in them."  
Cofox Cures Coughing Calves 5/-, 8/6, 15/6, 28/6 from all Chemists and Agricultural Stores  
In bad cases or as a preventive use also Bell's Hoose Throat Injection, 16 injections 4/-, Injection Syringes 5 c. 12/6, post 5d.

**BIP KILLS FLEAS**  
MADE BY BELL'S OF WATERLOO  
6d. and 1-

**COFOX**  
MADE BY BELL'S OF WATERLOO  
6d. and 1-