

Unpaid Advertisements

FOR SALE.

AMONGST a huge assortment of Drapery Bargains just arrived are: Curtains, Net at 1/6, 1/7, 1/10, 2/1; Table Oil Cloth, lovely patterns, at 2/11; Dark Mantel Cloth at 1/3; Calico, Flannelette and Towelling at 1/4; Towels, 1/11; Bleached Sheets at 3/11 each. Men's Socks, 1/6, 1/9, 1/11. Everything and anything in General Drapery is far cheaper at Brennan's Hall Profit Drapery Stores, Mitchell Street, Dungarvan.

FOR SALE, large number of Feb. March and April hatched R.R. Pullets from E.B.T. stock; also a number of L. Sussex Pedigree Cockerels, hatched 24/2/49. Prices reasonable. Apply Scouting Mills, Skibbereen.

FOR SALE, 2 or 3 Tons of First Crop Hay. Apply to Thomas Fitzgerald, (Kilnening, Ringalia, 682.

FOR SALE, at Shear's Street, Abbey-side, a compact Bungalow containing 4 rooms, kitchen and yard (with two out-houses), water and light laid on. Being in occupation of owner up to date, it is in perfect condition. Immediate vacant possession will be given. This sale presents an unusual opportunity to any person requiring a nice home. The house is held in fee simple, free of rent, P.L.V. £110/0. For further particulars apply to No. 620, "Observer" Office.

FOR SALE, Ford Prefect, 1939, taxed, nice clean condition, price £110. Replies to No. 630, "Observer" Office.

FOR SALE, Ice Cream Refrigerator, 2 gallon mix, 4 gallon storage. Can be seen working. Apply No. 707, "Observer" Office.

FOR SALE, 3 SALOON, blue, '33-'35, one owner only, car unused 4 1/2 years, condition of body and interior nearly new, new tyres, p.m.c., taxed Dec. Bargain, £135; no offers. Box No. 734, "Observer" Office.

FOR SALE, Singer Sewing Machine (Foot) in perfect condition. Apply No. 742 "Observer" Office.

FOR SALE, 40 R.R. Pure-bred Chickens, March hatched. Apply for particulars at "Observer" Office, 1332.

FOR SALE, Donkey Dray & Wheels, with coil box and crimples, and trucking set. Apply Wm. Foley, Market Field Road, Clonmel. Outfit can be seen at Denis Whelan's, Knockmeal, Ballinacull.

WANTED, respectable Girl for country house. Electric light, Aga cooker, two adults. Apply for particulars to Box No. 755, "Observer" Office, enclosing copies of references. 1381.

WANTED for high-class grocery provision shop. Dungarvan, Lady Assistant, or girl to train might suit. (Outdoor). Replies by letter only to No. 757, "Observer" Office.

CORN CUTTING—Tractor and Tractor-Binder for Hire. Thos. Nugent, Old Parish. 3073.

YOUNG LADY, presently engaged, seeks vacancy, Bar, Grocer, capable taking charge, highest refs. Box "D," "Observer" Office.

WANTED, nice country Girl for housework, all conveniences. Apply Marbury, Butterstown House, Waterford.

DUNGARVAN BARRIERS—Wanted by Dungarvan Barriers, Horse and Cattle Fish for Hounds. Apply T. Kiehl, Mitchell St., Dungarvan. 2111.

FLESH URGENTLY REQUIRED. Farmers, don't bury animal carcasses, send word to us and we will collect immediately. Also we will destroy any large or beast which owner neglects to humanely destroy. Please communicate either with the Kennel, Droghda, or telephone Villersdown 1.

WANTED single, handsome Cook for country place, three in family, four in staff. State age, wages expected; send copies to No. 577, "Observer" Office.

WANTED, good class Girl, 18 years or over, to train as cook-general; must be recommended, for modernised country house between Dungarvan and Cappoquin; small adult family; two in staff. Reply by letter giving full particulars to No. 544 "Observer" Office.

WANTED, intelligent young girl as Apprentice to Newsagency and Fancy Goods (outdoor). Apply Cunniffe's, Main Street, Dungarvan.

WANTED, general hand, outdoor, good wages. Mrs. Hugh O'Neill, Avoca, Abbeyside. 1382.

WANTED, Girl just left school for country house, modern conveniences; no outdoor work. Apply by letter only to No. 767, "Observer" Office.

BISMA-REX the well-known stomach powder, introduced by Rexall in U.S.A., is being widely recommended because it gives quick and grateful relief from indigestion and flatulence. By correcting and neutralising excess acid, Bisma-Rex enables you to enjoy your meals and ensures a good night's rest. Price 2/6 per jar, from W. J. Nolan, Main Street, Dungarvan, and at Portlao.

NOTICE—Strayed into my lands at Timnock, Youghal, some time ago, a Black Polly Cow. If not claimed within ten days, will be sold to defray expenses. James Ledingham, 1381.

NOTICE—The Lands of Durrow and Ballyvoile in our possession are strictly preserved for the protection of game. Anyone found thereon after publication of this notice will be prosecuted. Maurice Walsh, Kevin Crotty.

RESULT OF DRAW for gramophone (for Augustinian Foreign Mission), was won by B. Moore, Kilnafrehan. STRAYED from Knockmashkeagh, one Polly Bullcock. Any information thankfully received by John Prendergast or at any Garda Station. 1381.

MOUNTAIN CASTLE, MODELIGO. Farm For Sale.

THE undersigned have received instructions to offer for sale by PRIVATE TREATY, all that and those part of the Lands of MOUNTAIN CASTLE containing 62 Acres 3 Roods and 20 Perches, statute measure, held in fee simple subject to L.C. revised annuity of £15 10s. 4d. P.L.V. £32 10s. 4d. These lands are adjoining the river and are well supplied with water. Lands are well fenced.

There is a good Dwellinghouse containing five rooms. There are also suitable Out-offices. Further particulars from—FARRELL & MORRISSEY, Solicitors, Dungarvan.

WATERFORD COUNTY COUNCIL (PUBLIC HEALTH SECTION).

LISMORE TUBERCULOSIS HOSPITAL.

Domestic Staff Required

APPLICATION FORMS and particulars for the following whole-time, permanent, and pensionable positions may be obtained from the undersigned, with whom completed application forms should be lodged not later than 12 o'clock (noon) on Tuesday, the 13th instant, viz.— 2 Wardmaids: £65—£4 10s. 0d.—£74 per annum, each. 1 Kitchen Maid: £65—£4 10s. 0d.—£74 per annum.

The officials appointed may be required to serve in any Institution under the Waterford County Council or in the Sub-Regional Sanatorium at Ardkeen when it is established.

By Order, MICHAEL O FLOINN, Priomh Oifigeach.

Office at Dunbarhan, 27/3/49.

Comhairle Condae Phortlaoirge. (Waterford Co. Council) HOUSING SECTION

Cottages To Let.

APPLICATIONS are invited from Agricultural Labourers (as defined by the Labourers Acts) for the tenancies of the following Cottages, viz.—

Lisimore Rural District (Cottage Rent Collector: Mr. Michl. Higgins). No. 153—SHANAVOOLA. Waterford No. 1 Rural District. (Cottage Rent Collector: Mr. Sean Martin). No. 21—BALLYKINSELLA.

Applications must be made on the official application form to be had from the Cottage Rent Collector for the district through whom it must be addressed to me at my office, Davitt's Quay, Dungarvan, so as to reach me not later than 12 o'clock (noon) on Tuesday, the 16th August, 1949.

By Order, MICHAEL O FLOINN, Priomh Oifigeach. Office at Dunbarhan, 27th Lughnasa, 1949.

DISTRICT COURT OF JUSTICE.

DISTRICT COURT AREA OF LISMORE. DISTRICT No. 26.

APPLICATION FOR TRANSFER OF LICENCE.

TAKE NOTICE that it is the intention of the undersigned, Richard Foley, of Main Street, Lisimore, Co. Waterford, to apply at the Annual Licensing District Court to be held on the 8th day of September, 1949, at Lisimore, in and for the District Court Area of Lisimore, District No. 26, for a Certificate of the Transfer of the Licence to sell beer, wine, cider and spirits by retail at his premises situate on the north side of the Main Street, Lisimore, Parish of Lisimore and Mocollop, Barony of Co. Moore and Cashibride, and County of Waterford, which Licence was lately held by Michael Foley.

Dated this 13th day of August, 1949. RICHARD FOLEY, Applicant. J. F. WILLIAMS & SON, Solicitors for Applicant, Dungarvan.

To the Superintendent of the Civic Guards, Lisimore, and Patrick O'Keefe, Esq., District Court Clerk, Lisimore.

County Council of Waterford. SHEEP DIPPING, 1949.

Lisimore Lowland Area. SHEEP OWNERS who dip sheep at Bishopstown Dipping Centre are requested to note that owing to unforeseen circumstances, dates of dipping originally fixed for 5th and 20th August, have now been changed to Saturday, 13th August, and Saturday, 27th August, respectively. S. G. DA DUNLAING, Rural. County Council Offices, Dungarvan, 13th August, 1949.

WATERFORD COUNTY COUNCIL (PUBLIC HEALTH SECTION).

Notice To Pump Contractors.

TENDERS are invited for the sinking of 22 Wells and erection of Pumps. Three of the Wells are artesian boxes, 15 are dug out Wells and the remaining 4 are dug out or bored. Specification and particulars can be obtained from the undersigned. Sealing tenders endorsed "Tender for Pumps" must be lodged with me not later than 12 o'clock (noon) on Tuesday, the 30th instant.

The lowest or any tender not necessarily accepted. By Order, MICHAEL O FLOINN, Priomh Oifigeach. Office at Dunbarhan, 10adh Lughnasa, 1949.

COISDE FORTHLACHRAICH PHORTLAOIRGE. (WATERFORD BOARD OF PUBLIC ASSISTANCE).

Dodge Ambulance For Sale.

TENDERS are invited for the purchase of a Dodge Ambulance (1935) with tyres, tubes and spare wheel, at the County Hospital, Waterford, where the vehicle can be seen.

Tenders marked "Tender for Ambulance" should be addressed to me at my office, Davitt's Quay, Dungarvan, so as to reach me not later than 12 o'clock (noon) on Tuesday, the 23rd instant. By Order, MICHAEL O FLOINN, Rural. Office at Dunbarhan, 10adh Lughnasa, 1949.

SALES BY E. SPRATT & CO.

ATTRACTIVE SALE BY PRIVATE WITH VALENT POSSESSION.

"Clodiagh Cottage," Abbeyside

(Formerly known as "Ivy Cottage"). E. SPRATT & CO. have been instructed by Owner to sell by Private Treaty, all that and those the Dwelling House and Premises known as "Clodiagh Cottage," Strandside North, Abbeyside, Dungarvan, standing upon about a quarter of an acre of Land, held in fee simple free of rent, P.L.V. £8.

The Dwelling House contains three bedrooms, sitting room, kitchen, scullery, two parlours, bathroom and lavatory (h. and c.). Electric light, telephone. There is also a Garage. The buildings are in excellent condition. The holding is pleasantly situated in the best residential part of the town, with strictest privacy.

Auctioneers direct special attention to this attractive and well-situated property. It is cordially invited and can be arranged with the undersigned.

E. SPRATT & CO., Auctioneers and Valuers, Dungarvan.

BALLYMACART UPPER, OLD PARISH, DUNGARVAN.

For Sale By Private Treaty.

UNDERSIGNED have received instructions from Owner to sell by Private Treaty the Lands of BALLYMACART UPPER containing about 81 Acres, also the House and about 1 Acre.

The above will be sold in one or two lots. Further particulars from—FARRELL & MORRISSEY, Solicitors, or E. SPRATT & CO., Auctioneers and Valuers, Dungarvan, Co. WATERFORD.

PRELIMINARY NOTICE OF IMPORTANT SALE By Private Treaty, with Valued Possession.

E. SPRATT & CO. have received instructions from the Owner to sell by Private Treaty, the Dwelling House, Yard and Premises situate at No. 3, Church Street, in the town of Dungarvan, held in fee simple free of rent, P.L.V. £15.

Full particulars will appear next issue. E. SPRATT & CO., Auctioneers and Valuers, Dungarvan. Phone 102.

The Rody Walsh Testimonial Fund.

THE undersigned have agreed as a Committee to appeal to the many friends of the late lamented Rody Walsh, Knockbilly, and to the public generally on behalf of his wife and young family, who were deprived of their sole support by his tragic, sudden death.

Awards that the family are in dire circumstances owing to the position they are in financially, the Committee feel confident that his friends will find and wish to help to bring some consolation to the afflicted ones who are left behind. A like affliction could bring many a one low, and they who are favoured by Death, may find, and wish to help to bring some consolation to the afflicted ones who are left behind. A like affliction could bring many a one low, and they who are favoured by Death, may find, and wish to help to bring some consolation to the afflicted ones who are left behind.

A list of the subscribers will be published in the local papers.

Sean O'Mara (Sec.); Nicholas Quailly, Barrackree; John Hickey, Kibber; John Dwyer, Boshmore; Edward Maher, Dungarvan; John Tobin, Ballymacmague; Michael Keating, Comeragh; Timothy Callinan, Ballinacull; P. J. Power, Lickoran; M. Desmond, Ballymacarby; Edw. Cullinan, Tauraneena; Michael Gleeson, Knockbilly; Michael O'Ryana, Knockbilly; M. Morrissey, Knockavanna.

MOOREHILL ANNUAL NOVICE SPORTS

(Under N.A. & C.A. Rules) WILL BE HELD AT MOOREHILL (2 miles from Tallow).

(By kind permission of Major E. P. Maxwell). Sunday, August 21st Commencing at 2.30 p.m. (S.T.).

PROGRAMME:

Boys' Race, under 12 years. Boys' Race, under 14 years. 100 Yards Open Handicap. 440 Yards Open Handicap. 800 Yards Open Handicap. 2 Mile Flat Open Handicap. Mixed Three-Legged Race. 1 Mile Cycle Open Handicap. 2 Mile Cycle Open Handicap. 3 Mile Cycle Open Handicap. Long Jump. High Jump. Ladies' 100 Yards. Musical Chairs on Bicycles.

Tess supplied to Competitors. Mineral Bar on Field. No Hawkers allowed. Amplification of Events and Relay of All-Ireland Football Semi-final—Cork v. Cavan—will be broadcast on Sportsfield.

ADMISSION, 1/-; CHILDREN, 6d. LIAM NEVILLE, Rural.

COUNTY OF WATERFORD. DATES fixed by the County Council of Waterford for holding of Quarterly Meetings of the County Council for the year ending the 31st May, 1950.

Date of 1st Meeting, Monday, 8th August, 1949. Date of 2nd Meeting, Monday, 14th November, 1949. Date of 3rd Meeting, 13th February, 1950. Date of 4th Meeting, Monday, 8th May, 1950. S. G. DA DUNLAING, Rural. County Secretary's Office, Dungarvan, 27adh Meitheamh, 1949.

COUNTY WATERFORD'S Largest Cycle Store.

RALEIGH, the All-Steel Bike guaranteed for ever, cash price £10 15s. Complete with Oil-bath Gearcase, £11 11s. 0d. Raleigh Light-weight Racing Cycle, fitted with Aluminium Mudguards, frame enamelled in dark green, cash price £13 15s. 0d. Any of the above Models can be fitted with 3-Speed Gear at £2/11/9.

Fitzgerald for Bikes DUNGARVAN.

IN AGREEMENT

Between the following Landowners and the Sluagh & Sun Club, the Townlands stated hereunder are strictly preserved for the protection of Game. Trespassers will be prosecuted.

Knockmeal—J. Caudon, J. Fitzpatrick, do.; James Foley, do.; James Flynn, do.; J. Kirwan, do.; J. Whelan, do.; J. Joyce, do.; J. Kelly, do.; Caherbrack—J. McConville, Mrs. Hanrahan, do. Ballynamull—M. Hanrahan; Wm. Hickey, do.; Wm. Hickey, do.; P. Rawlins, do. Cahernaleague—Mrs. Hickey, Egt. Power, do.; N. Kiehl, do.; John Kiehl, do.; O'Donnell, do.; M. Hickey, do.; M. Power, do.; Thos. Parker, do. Boolavanteen—Mrs. Hackett; Ed. Kirwan, do.; Mrs. Meenan, do.; M. O'Donnell, do.; M. Lunn, do.; J. O'Keefe, do.; John McGrath, do.; J. Knockavanna—Thomas Power; J. Hart, do. Jarrorey—E. Power; James McGrath, do.; P. Whelan, do. Touraneena—E. Power; Mrs. M. A. Power, do.; Mgt. Walsh, do.; Bridget O'Keefe, do. Clonbeggie—E. Cullinan; Mrs. O'Keefe, do.; Patrick Walsh, do. Killeeney—Thomas Flynn; John Hickey, do.; Wm. Barron, do.; Julia Power, do.; Thos. Condon, do. Tinlara—John Coleman; M. O'Grady, do.; Thos. Cowmeey, do.; John Walsh, Mrs. Dwyer, P. Lonergan. Sleadly—Patrick Mulcahy; Maurice Cliffe, do.; J. Hickey, do.; Pk. Colley, do.; Wm. Looby, do.; John Walsh, do.; Knockavanna—M. Ginnville; Mrs. Whelan, do. Doon—J. Power, Mrs. J. Hanrahan, do.; Mrs. C. O'Keefe, do.; John Ryan, do.; Mrs. C. Hickey, do. Carracoon—Patrick Walsh; J. Walsh, do.; R. Kiehl, do.; Thos. Quailly, do.; Jose Ahern, do. Ballynaglocke—James Power; John Kiehl, do.; Peter Keane, do.; Patrick McGrath, do.; Wm. O'Brien, do.; Minnie O'Brien, do.; Nell O'Brien, do.; John Morrissey, do.; Matt. Morrissey, do. Dyrick—John Casey; Pk. O'Brien, do.; Mrs. O'Brien, do.; D. Strullane, do.; Patrick Hassell, do. Lyraling—Thos. Lynch; Mrs. Looby, do.; M. Kiehl, do.; Jerh. Harrington, do.; Patrick O'Grady, do. Lickoran—Patrick Power; John Harrington, do.; Ellen Nugent, do. Mullinahuck—E. Power, do.; E. Woodhouse; Mrs. Boreford; Lee. Downey, do.; Mary Downey, do. Thos. Condon, do. Carracoon—John O'Farrell. Carrigan—John Cliffe; Mrs. Power, do. Farnane—Ed. Walsh; M. Walsh, do.; J. Hanrahan, do.; Mary Walsh, do.; Ellen Nugent, do.; Jas. Kenry, do. Mountain Castle—Thos. McGrath; M. Hourigan, do.; Mgt. Walsh, do.; David Owen, do.; Jas. Ryan, do. Viesestown—John Kiehl, Ed. Walsh, John Hickey, Declan Walsh. Ballycarrin—John Meehan, Richard Kelly, John Keane, Pk. Morrissey, M. McGrath. Garryduff—Rd. Condon, Martin Fitzpatrick. Lisbane—Ed. Mulcahy, P. Brett, M. Flynn. Carravarrive—Jas. Cliffe, Ed. Power. Lisbane—Mr. Walsh. Killeekree—Pak Hickey. Coligan—Pak. Keane, William Browne, Mrs. Moloney. Carrigloyne—John Walsh. Carrigloyne—John Meenan, Jas. Power, Thos. Quinan, M. Gleeson, John Foley, John Hickey, John O'Grady, Mrs. Wm. John Keane, John Ahern, Michael Barron. Lagge—Thomas Barron. Bleantis—Jas. Fennell, Thos. Cullinan, Pk. Fraher, Thos. Howell, Mgt. O'Grady, John Fraher, M. Cullinan, Thos. Power, W. Fennell. Glennane—M. Power, Norah Morrissey, D. Power, Hickey, Ed. Lonergan, M. Cullinan, M. Kirwan, John McGrath, Thos. Foley, E. P. Cullinan, M. Power, Pak. Walsh, M. Ahern. Skeehens—James Walsh, M. Farrell, Ed. McCarthy, Wm. Coffey, John McCarthy, W. O'Grady. Ballynaglocke—John Tobin, Thos. Flynn, W. Melligan, Pak. Farrrell, Mrs. C. Walsh, John Meera, M. Coffey, John Carroddy, Pk. Tobin, Denis Coffey, Jos. Mulcahy, do. The Lo's—John Fennell, Thos. Sheehan, Bgt. Moloney. Killeeney—Thos. Sheehan, Nicholas Mulcahy. Monstouke—Bgt. Ducey, G. Nugent, Ed. Nugent, Thos. Mulcahy, E. Coyne. Craughatishin—John J. Flynn, M. Butler, Mgt. Heafey, Pak. Walsh, Mary Moore. Tourigh—Wm. Hickey, Jas. Nugent. Browe—Thos. Kennelly, John Mackins, Jas. Kenry, Josie Ahern. Glen—Thos. Fitzgerald, A. Dineen, Ne. Bymes. Knockacoola—Mce, Morrissey, Barmashinane—Pak. J. Walsh.

THE ORMONDE CINEMA DUNGARVAN

Performance Each Night at 8.30 p.m. Sunday, August 14th, 1949—DALE EVANS, WARREN DOUGLAS ADELE MARA, in "The Trespasser" Also DON RED BARRY, LYNN MERRICK, in "Death Valley Outlaws" Western Drama. And Serial. Matinee on Sunday at 3.15 p.m. Monday, August 15th, for 1 Night—RUTH WARRICK, WALTER BRENNAN, NATALIE WOOD, in "Driftwood" Romantic Comedy Drama. Tuesday, Aug. 16th, for 2 Nights—JAMES STEWART, JOHN DALL, CONSTANCE COLLIER, in "Rope" Tense, suspenseful Murder Mystery. Filmed in Technicolor. Thursday, Aug. 18th, for 1 Night—GEORGE FORMBY, KAY WALSHE. A re-issue of a gay Musical Comedy. Matinee on Thursday at 4 p.m. Friday, August 19th, for 2 Nights—JOANNE DREW, EDWARD NORRIS, J. M. KERRIGAN, in "Abie's Irish Rose" First-rate Comedy Drama. ADMISSION 8d., 1/3, 1/8. MATINEES 4d., 8d., 1/3. No Half-Prices. Telephone No. 8. The Management reserves the right to remove admission and to alter the programme.

Dwellinghouse and Shop For Sale by Private Treaty.

THE undersigned have received instructions from Mr Thos. Murphy to receive offers for the Dwellinghouse, Shop, Yard and Premises formerly known as the Central Bar, situate at Main Street, Cappoquin, and comprising shop, sitting room, kitchen, scullery, large yard with fine out-offices; first floor: large sitting room, bathroom, W.C.; 2 bedrooms; second floor: 3 bedrooms. Small garden. Separate entrance to yard. Held on long lease, all in excellent condition. Rent, £12; P.L.V. £10. The Excise Licence is not going with the premises. FARRELL & MORRISSEY, Solicitors, Dungarvan.

IRELAND. DISTRICT COURT OF JUSTICE. DISTRICT COURT AREA OF KILMATHOMAS. DISTRICT COURT No. 23.

PLEASE TAKE NOTICE that it is our intention to apply to the District Justice at the District Court to be held at Kilmathomas on Wednesday, the 21st day of September, 1949, on behalf of Edward Hill, Junior, of Kilmathomas, in the County of Waterford, for a Renewal of the Annual Dance Licence in respect of the premises known as the Rainbow Cinema, situate at Kilmathomas, in the Parish of Newtown-in-the-Barony of Decies Without Drum, and County of Waterford. Dated the 10th day of August, 1949. Signed, EDWARD HILL, Jun., Applicant. FARRELL & MORRISSEY, Solicitors, Dungarvan. To/Superintendent, Garda Síochana, Tramore; Court Clerk, Courthouse, Waterford.

IRELAND. DISTRICT COURT OF JUSTICE. DISTRICT COURT AREA OF KILMATHOMAS. DISTRICT COURT No. 23.

PLEASE TAKE NOTICE that it is our intention to apply to the District Justice at the District Court to be held at Kilmathomas on the 21st day of September, 1949, on behalf of John Orphen, of Stradbally, in the Parish of Stradbally, Barony of Decies Without Drum and County of Waterford. Dated the 10th day of August, 1949. Signed, JOHN ORPHEN, Applicant. FARRELL & MORRISSEY, Solicitors, Dungarvan. To/Superintendent, Garda Síochana, Tramore; Court Clerk, Courthouse, Waterford.

TOURANEENA OPEN HANDBALL TOURNAMENT FINAL

WILL BE HELD AT Touraneena Alley Sunday, August 14th Starting at 1.0 o'clock. GOOD EXHIBITION IN HAND-BALL IS GUARANTEED. ADMISSION TO SPECTATORS, 6d. each.



ISSUED BY THE DEPARTMENT OF HEALTH

Diet Does it!

To be well wrapped-up against wind and rain is good; but for robust health, there must be inner protection, too. Every day, you need a share of the PROTECTIVE FOODS, the foods that give you strength and prevent illness. Cut out the fat: VITAMIN A which aids growth and prevents night-blindness. VITAMIN B which is essential to growth, aids good digestion, and prevents neuritis. VITAMIN C which aids growth, promotes healthy skin, and prevents scurvy. VITAMIN D which assists growth, makes bones and teeth strong, and prevents rickets. is found in CARROTS, COD LIVER OIL, EGGS, BUTTER, CHEESE, GREEN VEGETABLES. is found in MILK, EGGS, MEAT, LIVER, WHOLEMEAL BREAD. is found in GREEN VEGETABLES, ORANGES, TOMATOES, FRESH FRUIT, POTATOES. is found in MILK, BUTTER, EGGS, FISH and FISH-LIVER OIL. Next week we will tell you of OTHER AIDS TO NUTRITION.

ISSUED BY THE DEPARTMENT OF HEALTH

A GRAND DANCE

WILL BE HELD AT THE C.S.M. BALLROOM, CLONEA On Sunday, September 4th.

MUSIC BY SPA ROYAL ORCHESTRA. Dancing, 9 to 3. Admission 5/- (including tax). SPECIAL ATTRACTION: O'BRIEN SCHOOL OF DANCERS (40 MEMBERS) WILL ATTEND.

Excursion to Dungarvan

ON SUNDAY, 14th AUGUST, a special train will leave Malloy for Dungarvan at 2.00 p.m., returning from Dungarvan at 8.30 p.m., arriving Malloy at 10.23 p.m. Time table from Dungarvan will be as follows: Fare

Table with 3 columns: Station, Time, Fare. Rows include Malloy, Castlestown, Ballyhooley, Fermoy, Clonduane, Ballyduff, Tallow Road, Cappoquin, Cappagh, Dungarvan, Children under 14 years.

TWO-MILE-BRIDGE SOCIAL CLUB GRAND HOLIDAY DANCE AT TOWN HALL

Monday night, Aug. 15th MUSIC BY PORTLAIRGE BAND. Dancing, 8.30—11.30. Novelties & Spots. Mineral Bar. GALA NIGHT ASSURED. Admission 2/- (including tax).

THE AUGUST DANCE AGLISH (GLEBE)

EVER POPULAR. NEVER ENJOYED. NEVER FORGOTTEN. SUNDAY, AUGUST 14th. 10 p.m.—2 a.m. NIGHTINGALE ORCHESTRA (with Amplification). SUPPERS. PRIZES. MISCELLANEOUS. Admission 3/-.

CLOGHEEN GYMKHANA

WILL BE HELD ON August 21st, 1949. SIX COMPETITIONS £50 in Prizes and 2 Cups Entry Forms, etc., from Hon. Secs. MAURICE COLLINS and MICHAEL O GLAISIN.

O'MAHONY BROS. BRIDGE STREET, DUNGARVAN.

Joinery and Carpentry Works. All classes of Work executed promptly. Specialists in Furniture Making. Wardrobes, Doors, Windows. Frames, etc. UNDERTAKING IN ALL BRANCHES.

WATERFORD COUNTY CHAMPIONSHIPS, '49

S.H., at Dungarvan, 4 S.T. Aug. 14th—Cluain Fhaidh v. Rodaighthe na Bric. J.H., at Dungarvan, 2.45 S.T. Aug. 14th—Aubaidin Naomhtha v. Rodaighthe Na Bric. 1.-1.6. S.H. at Clonea-Power, 4 S.T. Aug. 14th—Ea Meachair v. Mollean Naomhtha. M.F., at Clonea-Power, 2.30 S.T. Aug. 14th—Na Rishig v. Rath O'Corraiche. 1.-. Referee, P. Bluet. S.F., at Dungarvan, Monday, August 15th, at 7 S.T.—Great Senior Football Semi-Final: Dungarban (County Champions) v. Abhainn Mor. Referee, P. Dalton. Admission, 1.-, 1/6. GREAT GAMES ANTICIPATED.

CUMANN LUITH-CHLEAS GAEDHEAL. Munster Championship, 1949.

JUNIOR FOOTBALL FINAL AT FERMOY

On Sunday, August 14th AT 3.30 P.M. (SUMMER TIME) CIARRAI (Kerry) PORTLAIRGE (Waterford) Referee: CON MCGRATH, Cork. Cead dul isteach, 1/-; Paisti, 6p.; Taobh-line, 1/- sa bhreis.

