

Had Your Iron Today?



Delicious Hot-Day Lunch

Best lunch is two packages of Little Sun-Maid Raisins and a glass of milk.

Tastes good when you're hungry.

Nourishes yet keeps you cool.

Raisin's 75 per cent fruit sugar is in practically predigested form, furnishing 1560 calories of energizing nutriment per pound.

Doesn't tax digestion so doesn't heat the blood, yet energizes almost immediately.

Big men eat little lunches to conserve their thinking power. Don't overeat and lag behind the leaders. Get two packages of Little Sun-Maids now.

Little Sun-Maids

Between-Meal Raisins

5c Everywhere

—in Little Red Packages

WESTERLY

Tuesday the sun did not appear until nearly twelve o'clock, but this did not seem to dampen the spirits of Young America, the children being out bright and early with their fireworks ready to salute Independence day. Many picnickers started out for the beaches to celebrate, with flag flying and the trucks which carried them all dressed up in red, white and blue bunting and flying Old Glory from all sides. Ten different loads made the old town gay as they passed through flourishing all sorts of noisy articles, besides horns and fireworks. The night before the Fourth was drizzly and mist and fog did not permit the fine display of fireworks for evening which usually can be seen for miles around.

One dealer stated that only small pieces of fireworks were sold this year instead of the elaborate set pieces once used for evening demonstrations, both here and at the beaches. While there was no public demonstration in the way of bonfires or fireworks as has been the custom in the past, so each one had to enjoy the holiday in his own way. Those who went to the beaches were disappointed at not being able to go in bathing, because of bad weather, and those who ventured in reported the water usually cold.

Those who remained at their cottages all day entertained friends, but activities at Watch Hill, Pleasant View and Quonochontong were not so numerous as in seasons past. Hotel guests had to make the best of the stormy holiday evening. There were but few accidents reported for the day, beyond the usual burns from fireworks. Cannon once numerous here and in neighboring towns were almost silent. It was estimated that nearly a thousand dollars was spent on fireworks in the town of Westerly while Stonington reported a sale of between \$500 and \$600.

One of the most enjoyable house parties of the season was given by Mr. and Mrs. Israel Chapman of East avenue, who entertained at their cottage at Pleasant View. The weather was such that many who had been invited were debarred the pleasure of enjoying the hospitality of Mr. and Mrs. Chapman. The pretty cottage with its fine settings helped to make amends for the bad weather. Dinner was served the guests. Among those entertained were Mrs. Otis Chapman, Mrs. Sarah Palmer, Miss Mildred Palmer of Westerly and Mr. and Mrs. Peckham and Mr. and Mrs. Henry Chapman of Providence.

The casino at the beach did a good business, and roller skating proved one of the great attractions at Atlantic Beach. The dance at Waukegetuck drew one of the largest crowds of the day, and it was estimated that about 600 attended. Special patrolmen looked out for the grounds and the automobiles parked there. The Shore Line trolleys did their share to transport the people to and from Westerly and the Groton and Stonington line did a fair business, as well as the Norwich and Westerly cars.

St. Michael's troop of Boy Scouts motored to New London and took part in events scheduled in that city on the Fourth, including the parade.

Sunday the 249th Co. C. C. C. E. I. N. G. will leave for camp, and the boys are making great preparations this week.

They will leave Westerly by truck Sunday morning for Camp Getty, where they will spend 15 days. Sergeant Clarence Maxwell will have the distinction of acting as gun commander on the trip, and Simon Shortman will be commissary. Sergeant Charles Card has been promoted to first sergeant, as the expiration of First Sergeant Rowe's time is at hand. Monday night all arrangements will be completed and every man at this drill will know exactly what is expected when he arrives in camp. The rules are more strict this year than in former years. No member will be excused from duty only upon a doctor's certificate.

An extra train was put on from Providence to New York to accommodate the holiday rush. The train left at 5.30 a. m. making stops at East Greenwich and Kingston scheduled to arrive in Westerly at 8.45. It also stopped at Stonington, Myrtle and New London, and was due to arrive in New York at 10.30 a. m.

St. Michael's troop will attend camp the week of July 31 and remain until the 28th. Father Keane will accompany the boys and say masses for them each day. They have affiliated with the New London council.

The public utilities commission, acting under the Joelin Jitney act of the legislature has practically eliminated jitneys from the state. This is hoped will give the trolley lines operating in and out of Westerly and every other line in Rhode Island a chance to make good and in time perhaps give the public a lower rate of fares. While Providence and Pawtucket will not have a jitney operating on their respective local city lines, Westerly will not be in direct line, as this affects bus operations and jitneys too. Certificates were issued to successful applicants by George L. Carmichael, and Monday the men were ready to operate their cars. This is allowed where trolley lines serve the public wholly, and no certificates are granted to operate jitneys in this case. The lying idle of the Norwich and Westerly line so long reminds the people living along this road and all others as well that unless the trolley they cannot exist without great loss to the companies involved. The trolleys serve the public both summer and winter and should not be driven out for only a half year running of buses.

The social season at Watch Hill began Saturday evening when a dance was given at the Misquament club. About 50 attended the dinner dance. Sunday Mrs. E. H. Filley entertained 15 friends at lunch and on the Fourth the club featured a special luncheon.

A costume dance Tuesday evening at Watch Hill was enjoyed by the cottagers as well as by the hotel guests.

Mrs. Warren H. Dimes of Providence is the guest of her mother, Mrs. George Batcheller, at Beachmere.

Among notables at Watch Hill this week are Mr. and Mrs. Stanley Rogers of London, England. Mr. Rogers was captain of the Royal artillery and served with distinction during the entire war.

C. W. Raymond and Walter Crooks of Detroit were holiday visitors with relatives on the West Side.

Every year forest fires in the United States destroy or damage sufficient timber to build houses for the entire population of a city the size of Washington, D. C.; New Orleans, La.; Denver, Col. or San Francisco, Cal.

BACK ON THE JOB; IT'S GREAT!

Debilitating Effects of Summer Heat Wiped Out by GOLDINE Tonic and Nerve, the Great Tropical YONG-GONK Remedy.



In GOLDINE is presented to the American public for the first time a formula containing extracts of the precious YONG-GONK Root, used by the Filipinos to overcome the effects of the hot climate and considered one of the most wonderful nerve tonics known to medical science. GOLDINE is the world's greatest summer tonic, keeping up bodily strength and tending to ward off heat prostration.

George Morris, Lawrence, Mass., tells: "For over a year I doctor'd continually with no help. I felt at times as though I had a lump in my stomach and I could not move. I had to get up several times at night, could not sleep and so could not work daytimes. Had to stop work altogether. But now I can work after taking Goldine Tonic and Nerve and am going back on my old job tomorrow morning. The lump is gone, am eating fine and sleeping great. All my improvement is due to Goldine."

"This splendid registered formula also contains herbs from Northern Africa, France, Austria, Italy, Egypt and India, besides valuable domestic herbs. If you tire easily, look haggard, are run down and under a nervous strain can't sleep, are irritable, get your bottle today and make a sure start toward health. You need GOLDINE Tonic and Nerve."

FREE TRIAL TO YOU

Mark your ailments. Remember we do not use one medicine for everything. Fill in and mail to GOLDINE MFG. Co., Inc., ALBANY, N. Y.

MAIL TODAY

<input type="checkbox"/> Headache	<input type="checkbox"/> Stomach trouble
<input type="checkbox"/> Nervousness	<input type="checkbox"/> Indigestion
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Sleeplessness
<input type="checkbox"/> Loss of appetite	<input type="checkbox"/> General debility

In the South Sea Fiji.

The Fiji comprises 250 islands, have an area of 7,982 square miles and population of 162,416. The Fijians were formerly idolaters, but have turned to Christianity. They are strong and finely built, attributed to the YONG-GONK contained in GOLDINE.

Goldine Remedies are sold in Norwich by Geo. G. Engler and Lee & Osgood Co.; Baltic by Geo. Thompson; Colchester by A. T. Van Cleave; Glaston by C. S. Davies; Lewiston City by J. F. Norman; Noank by W. H. Hill; Taftville by Geo. Thompson.

WILLINGTON

Friday evening the annual roll call was held at the Baptist church, also the dedication of the church. The interior of the church has been done over, new walls, decoration, and paint, seats newly upholstered, hard wood floor laid, and runners placed in the aisles. Many new windows have been put in, the predominant colors are cream and brown. In the afternoon a business meeting was held, followed by a supper for all members and attendants. Six ministers were present, three coming from Hartford. Dr. Sloat gave the dedicating address, and Dr. Coates offered the dedicatory prayer. Hymns were followed by communion, closing with the hymn, Bless Be the Tie That Binds, with words written by Mrs. Annie Preston, all joining hands while singing.

Mrs. Belle Slight of New York has come to her home, Belcroft, for the summer.

Mrs. Mersereau has as guests in Miss Mildred Richards of Boston, Mrs. Alice Sandcock of New York, and Mrs. Grier of Elizabeth, N. J.

Miss Marie Lipps of West Hartford is visiting Miss Pauline Chalker.

Mrs. Annie Preston who has had a severe attack of indigestion is more comfortable. Miss Jessie Bennett is caring for her.

Mrs. Walter Gahan leaves this week for Columbia university, New York, to take a summer course in musical supervision and folk dancing.

Frank Bosworth is building a sleeping porch for Horace Pitcher.

Mrs. Hull and daughter, Miss Hull, who have been staying at Three Gables with Miss Gardner, have returned to New Haven.

Monday evening, the Girl Scouts gave a three act play, entitled Mammy Judy's Marriage License, at the Congregational church. Ice cream was on sale.

John Blight has returned home to South Manchester.

Mrs. Maria Hughes of Westford, spent a few days recently with the family at Lincoln White's.

Mr. and Mrs. Robert Hull of Norwich, motored up to the dedication exercises Friday night.

The church service will be held in the morning at 9.45 during July. The time of afternoon service is inconvenient, and the early morning service will be given a trial of one month.

SOUTH WOODSTOCK

Miss Anna Skippo, of Hartford, is spending a few days at home.

Mr. and Mrs. Oliver Towns and friends from Wakefield visited Mr. and Mrs. Lewis' home last Sunday.

Mr. and Mrs. Kison of Providence are spending the Fourth with Mr. and Mrs. Scanton.

The Ladies Aid society held a very successful sale last Thursday afternoon and evening.

Mr. and Mrs. Stewart of New York are visiting their daughter, Mrs. Mackey.

Joseph Sheppard is making improvements to his home.

Mrs. George Davis has returned from a visit to the beach.

Rainbow chasers get at least a run for their money.

STONINGTON

Monday afternoon a large heavy wagon from New York, containing a man and a woman, was backing the curve at Dunley and Elm streets turned into the trolley pole, causing the trolley wires down at this point of the Groton and Stonington line. The accident happened at 4.45, just as the Groton and Stonington trolley was bound for Westerly. The work car was near, working on some rails and fixed up the difficulty. The trolley due in Westerly at 6.15 was half an hour late.

Sunday about 10 a. m. two touring cars bound for New York and bearing New York number-plates bumped at this same point causing the trolley off of one car and bending the wheels a little. Both made a get-away under their own power and no one was able to find out who were the car occupants.

No accidents were reported during the Fourth and the day proved a safe and sane one. The boys were out early and late. Special police did good work at different points about the town. At the Watchmarch ship the rain and fog hindered the view of the fireworks, which are usually watched by residents about town.

BLACK HILL

Mrs. John Bennett of Danvers was a recent visitor with relatives in this vicinity.

Mrs. Mary Copeland of Central Village, and Mr. Sunderland of Norwich, spent Sunday with Mrs. Medbury and family.

Mrs. George Briggs of Voluntown was a recent caller on Mrs. Fred Graves.

Mr. and Mrs. Stanley Moon of Rhode Island spent Sunday with Willard Cornell.

Miss Myrtal Cornell started Monday for the summer school at New Haven.

Miss Nellie McGovern of Ayer, Mass., spent the week end in town and accompanied Miss Cornell to the summer school.

Mrs. Dudley Ferguson is entertaining her father from New Jersey.

Everett E. Brown has been pushing the Farm Bureau campaign in Eastford and Hampton the past week with gratifying success. Both towns have doubled their membership over last year.

Block will tell, but sometimes we hate to listen to it.

John Henry Mears of New York, set the record for round-the-world speed by making the trip in less than thirty-six days.

Don't try to cook THIS FOOD.

ANYWHERE ANYTIME

National Health Bank

Pay to the order of Yourself

Three Hundred Sixty-five days of Health

ANYWHERE ANYTIME

Health is wealth itself -

and depends more upon the selection of proper food than upon anything else.

The reason is simple—the right kind of food digests promptly and is absorbed into the blood for building sound tissue; while food that digests slowly may ferment and lead to serious conditions.

Grape-Nuts—the delicious cereal food made from whole wheat flour and malted barley

—is so easy to digest that even delicate people and young children thrive on it.

This is only natural, because Grape-Nuts is baked for 20 hours, which transforms and partially pre-digests the starch elements, resulting in easy digestion and quick assimilation.

Served with milk or cream Grape-Nuts is a complete food—and along with its nutritive qualities is that wonderful flavor!

"There's a Reason" for Grape-Nuts

Sold by grocers everywhere

Made by Postum Cereal Company, Inc., Battle Creek, Michigan.

News of Advantage to Every Young Man in Norwich

Look for the YELLOW Diamond and talk to the dealer who shows it

CHARLES M. SCHWAB
NEW YORK
12 BROADWAY

April 4, 1922.

My dear Mr. Gillette:
Your letter of March 30th received. I have used the new razor constantly ever since you sent it to me and it has given me the greatest satisfaction. It is infinitely better than the old one. The question of adjustment was always a troublesome one to me. Now I keep it screwed down tight and have not the slightest difficulty. I am well pleased with it and heartily congratulate you upon this invention.

I hope I may have the pleasure of seeing you soon, to renew our old acquaintance.

With kindest regards, I am
Sincerely yours,
O. M. S. Hunt

Mr. King C. Gillette,
47 West First Street,
Boston, Mass.

Be sure to have your dealer show you the

Fulcrum Shoulder
Overhanging Cap
Channelled Guard
Micrometric Precision
Automatic Adjustment



YOU will live to see America produce many a startling invention. None will mean more to you in your daily life as a man and a citizen than the New Improved Gillette. Look over the clean shaven young men of affairs. Typical of the kind of men the world is selecting to run its business. This type of men hails the New Improved Gillette as the greatest shaving advance of all times. For instance—read this letter from Charles M. Schwab.

Your dealer in the Yellow Diamond store will show you the New Improved Gillette. Compare it with the best old-type razor you know. At every point you will find it a 75% finer instrument for shaving. Some say even more.

The New Improved Gillette

\$5.00 and up

Gillette

SAFETY RAZOR

Patented January 15th 1920