Scorns The Big City For The Small Town

Census bulletins issued by the Dominion Bureau of Statistics indicate a trend toward the big cities. Many rural communities and towns have dwindled in population, to the advantage of the industrial centres.

Well, you can take the big city. John A. Fisher, a former Canadian Weekly Newspaper executive, thinks he is getting the better of the bargain to be in a small town. Many years he scribbled for city newspapers, travelled far before returning to his home town to edit the Picton, N.S., Advocate. And, having re-established himself in the town, here is what he has to say:

"Bless the small towns of the world. Many who have answered the call of the big cities have been glad to return to the friendliness and less strenuous pace of 'main street'. It is heart-warming to be greeted by your first name by those you meet, rather than with an impersonal glance. It is encouraging to count for something in the community enterprise without being a millionaire. It is stabilizing to live in a neighborhood where all the houses are occupied by their owners. It is a social asset to be able to see your friends easily and frequently. It is good to establish your children where your name means something. It is sweet to be in your home town when the inevitable sorrow enters your life, and when you reach the mountain-top of happiness."

SHIP APPROVED COCKERELS

Under the federal policy of cockerel distribution arrangements have been made to ship male birds which have passed inspection to Ontario points to supply demands for the coming breeding season. One lot of 200 cockerels is being shipped from Nova Scotia and New Brunswick to Ontario, while another lot of around 500 birds is being shipped from the Western Provinces also to Ontario. Most of these birds are Barred Plymouth Rocks and Wyandottes.

A Woman's Privilege as Well as a Man's

THERE is not a reason in the world why women—in business or at home—should not enjoy the same banking privileges men do. In fact, they do at all branches of The Canadian Bank of Commerce.

If you open a Savings Account at this Bank, every courtesy and consideration will be extended to you; and you will find the practical business experience gained in this way extremely helpful.

A Savings Account is very convenient; and, once begun, with regular deposits and interest added, soon grows appreciably. It means greater enjoyment, comfort and confidence.

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THE CANADIAN BANK OF COMMERCE
with which is amalgamated
THE STANDARD BANK OF CANADA

FLESHERTON HIGH SCHOOL REPORTS

FORM 1

ENG. COMPOSITION — HON. — Betty Murray 77, Ian Filshie 75.

PASS — Ted Dixon 74, Velma Fisher 70, Douglas Stuart 68, Susie MacKinnon 65, Jack English 63, Argyle Martin 59, Delbert Smith 58, Angus Turney 54, Murray Fisher 52, Doris McRae 52, Viva Roberts 52, Harvey Croft 51, Lillian Magee 51, Eric Stafford 51, Stewart Foster 50, Mary Sheardown 50.

FAIL — Marie Chard 47, Ruby Akitt 42, Robert Dargavel 35, Harold Johnson 35.

FORM 2

ENG. COMPOSITION — HON. — Frances Collinson 78, Mary Wilson 77, Evelyn Brown 76.

PASS — Mervin McFadden 73, Jean Wolstencroft 73, Robert Bellamy 70, Phyllis Graham 70, Hugh Bibby 65, Neil Aldcorn 63, Catherine Stewart 62, Bill Parker 60, Milford Piper 60, Everett Talbot 60, Bessie Cairns 58, Jim McCormack 57, Marion Stafford 56, Margaret Nichol 55, Lloyd Archibald 55, Della Vause 55, George Boyd 53, Martha Ostrander 53, Dick Stewart 53, Jessie Ostrander 52, Bill Welton 52, George Akitt 50.

FAIL — Gordon Patterson 47.

FORM 3

ENG. COMPOSITION — HON. — Bill Fisher 77.

PASS — Isobel McMullen 74, Doris Bannon 73, Gordon Stuart 70, Christina MacKinnon 68, George McMaster 68, Lucy McDonald 66, Stanley Hunt 65, Laverne Piper 65, Wilford Frook 63, Daisy McFadden 62, Rowena Magee 61, Neilbert McKenzie 60, Isabelle McMillan 60, Dorothy Snell 60, Macil Snell 60, Joe Gibson 58, Eleanor Mather 58, Hazel McKillop 57, Alma McLean 57, Fred Fawcett 56, Verdun McMaster 56, Ed Patton 56, Dorothy Wolstencroft 56, Donald Reiley 55, Earl Ottewell 54, Mervyn Johnson 53, Jeanette McLeod 53, Dorothy Jamieson 52, Cecil Chard 50.

FAIL — Bob Phillips 47.

FORM 5

LATIN — PASS — Earl Johnson 69, Audrey Brown 67, Elda Frook 62, Mildred Whittaker 62, Marion Bibby 56, Sadie Carson 53, Irene Martin 53.

FAIL — Herb Akins 48.

RETURNED CHEQUE TO TWP.

Robert Lennox, Councilman for W. Luther, created a little sensation at the nomination meeting at Damascus on Monday afternoon when he tore up his cheque for $30 which he had received as his commision allowance for his division of the Township. Mr. Lennox claimed he had not earned the money and so refused to take it. He had kept an accurate account of the time, and found it amounted to twenty-six and a half hours. His division was well looked after, but he did not feel justified in accepting over a dollar an hour for his services. Mr. Lennox states that he believes commissions should be paid by the hour. Evidently he is opposed to charging a day's pay, as is so often done, for the work of an hour or so.—Arthur Enterprise.

Presbyterian Church Held Annual Meeting

Chalmers Presbyterian church of Flesherton held their annual meeting at the home of Mr. Chris. Thompson's on Thursday evening, January 7 and was well attended, the reports showing a successful year. Sacrement was observed four times durng the year. There were received into the church during the year, two on profession of Faith and three by certificate and one removed by death namily, Mrs. Wm. Stewart. The Treasurer's report showed the total receipts of $555.59.

The women's Association report showed total receipts of $209.49, and the Sabbath school report showed a balance on hand of $4.82.

After the meeting the ladies provided lunch and a social hour was enjoyed by all present, with many expressions of the services enjoyed during the past year. Services are held every Sabbath afternoon at 3 o'clock in the Baptist church to which all are welcome. Rev. O. T. Miller, pastor.

James Wood Dies

After an illness of several years Mr. James Wood passed away at his late home on George Street, Markdale, on Thursday, Dec. 24, 1931 He had suffered from hardening of the arteries and while he was failing for some time the end came suddenly.

The deceased was a son of the late Mr. and Mrs. John Wood and was born in London, England, 83 yeasr ag. In 1853 he came to Canada, settling first at Brampton. For several years he resided at Mitchell before settling in Euphrasia 43 years ago. Here he married Miss Katherine Heathers, daughter of the late Mr. and Mrs. John Heathers. Until a few years ago they resided on the 7th line, Euphrasia. He is survived by three daughters and seven sons, namely: Mrs. Alex. Laing, Niagara Falls, N.Y.; Mrs. Alex. Moody, Flesherton; Mrs. Gordon Bennett, Euphrasia; Roy Wood in Markdale; Wilfred at Saginaw, Mich.; Thomas in Flesherton; Delbert at Niagara Falls, N.Y.; Gilbert in Pittsburg, Pa.; William at South River and Raymond in Toronto. One brother, George in British Columbia, and one sister, Mrs. Lougheed in Florida, also survive as well as 35 grand children and two great-grand-children.

The funeral took place on Sunday afternoon to Markdale Cemetery and was largely attended by friends and neighbors. Rev. A. Mills conducted the services at the house and grave. The pallbearers were Messrs. John Bennett, David Lee, Robt. Fitzsimmons, John Thibaudeau, J. J. Richardson and James Irving. The floral tributes included a pillow from the family and a spray from the grandchildren, Mr. and Mrs. Raymond Wood of Flesherton—Markdale Standard.

Change Bonus System

It has been suggested that the Carrick council should now abolish the wire fence bonus system and substitute a bonus for plowing, levelling and cultivating of roadsides, for the purpose of combating the weed nuisance. One ratepayer suggests that the 2nd year potatoes could be planted on the roadsides, and the cultivation of this crop would completely destroy all gras and weed crops. The following spring the plowed roadsides might be seeded down with alfalfa at a rate of 20 pounds to the acre. This crop is cut down two or three times a season and would thus keep all weeds in check A light bonus would be sufficient to induce the farmers to undertake this means of fighting weed nuisance.

FINLAND REPEALS LAW

Finland, which has been prohibition for a number of years, voted five to two for repea[illegible] week. Only a few years ago Ca[illegible] practically a prohi[illegible] one the provin[illegible] ment control s[illegible] the liquor [illegible] swings back and forth [illegible] present anything like a perfect system has not been developed. To our way of thinking, government control is the best yet. The big bootlegger has faded away and that is much for which to be thankful. The United States is one of the few countries under prohibition and judging from the booze and beer rackets it is questionable whether it is a success. — Orangeville Sun.

Nearly 70,170,000 pounds of fresh, frozen and smoked fish were carried from Maritime Province fishing districts by railway express and freight in 1930 to points in Canada and the United States.

Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D. — ASSOCIATE SECRETARY

PROTECTIVE FOODS

A properly balanced diet is needed by all, both old and young, in order that their bodies may be adequately nourished and that they may enjoy good health.

To secure a balanced diet, it is necesary to use a wide variety of foods. No normal person need worry about the lack of this or that particular substance in his diet if, in addition to using a wide variety of foods he include regularly in his diet each day, milk and the leafy vegetables.

The name "protective foods" has been given very aptly to milk and the leafy vegetables because of their ability to make good the deficiencies of other foods. This may be expressed more directly by saying that the use of these protective foods makes certain that the diet is properly balanced and that the person using them will not suffer the loss of health and strength which occurs if the diet is not so balanced.

Milk is one food for which we have no satisfactory substitute. It is the most important food for young children. It is not, however, a food whose use should be limited to children. It is valuable throughout life and, therefore, milk and milk products should form a regular part of the diet at all ages.

Milk is food containing about 12 per cent of solids. From one quart of milk is secured about half a cupful of butter fat, milk sugar and small amounts of different minerals.

We do not see these substances in milk as we use it because they are dissolved. They are there, however, and when we take milk into our bodies, we receive all the nourishment which comes from food elements.

Milk gives us the food substances which build up the body and repair worn out tissues. Milk is rich in calcium (lime) and phosphorus. The green leafy vegetables are also a source of calcium. The use of milk assures the body of sufficient calcium which, if deficient early in life, results in the improper formation of the bones and teeth.

Vitamins are present in milk. Their importance in promoting growth and development in children in keeping both children and adults well is recognized. Vitamins are essential in our diet, and we can safely rely upon milk and green leafy vegetables for a large proportion of the vitamins we require.

One of the simplest and most effective ways of protecting health is through the regular use of the "protective foods" —milk and the green leafy vegetables.

Accident Was Fatal

W. J. Matheson, Canadian National Railways yardmaster and veteran railroader, was instantly killed in the railway yards, at Gravenhurst, on Wednesday last, while preparing a a freight train, the paper special for Mimico. Mr. Matheson was last seen by a railroad employee when in the act of switching a car off the main line. It is supposed he stepped on the rails to watch the car go on the side track, while in the meantime two cars broke away from the rest of the train attached to the engine, striking him in the back and dragging his body about 40 feet.

The above unfortunate man was a nephew of Mr. Thomas Bannon. His first wife, Mrs. Mabel Matheson, was a beautiful singer, and more than once delighted the congregation in town by giving her best in song. The sympathy of the people here will go to his relatives in this vicinity.

CLEANING OUT COUCH GRASS

The eradication of couch grass, otherwise known as quack, twitch or scutch grass, is one of the hardest problems with which the farmer has to deal. Few pepole realize the enormous quantity of couch grass roots which exist in infected soil. Tests conducted by the Central Experimental Farm at Ottawa weights of roots ranging from 1.531 to 6997 pounds to the acre—as much as a heavy crop of hay. No wonder it is hard to clean out when it spreads by roots as well as seed. Thoroughly cleaning out the roots is the one effective way of getting rid of couch. In small areas this may be done by hand. In larger areas by shallow plowing and working thoroughly with the cultivator to keep the roads turned up to the sun long enough for them to "kill." Only as large an area as can be thoroughly cleaned up at one time should be undertaken, as half-way measures are only lost time and effort.

THE STORE WITH SERVICE

F. T. HILL & CO., Ltd.
CHAIN STORES
Markdale, Ontario

OUR BUYING POWER SAVES YOU A LOT OF MONEY

Big January Sale
of Seasonable Merchandise. All Lines.

LADIES' DRESSES $3.29
Value supreme! Bontex Crepe Dresses. They must go, hence the low price $3.29

LADIES' LEATHER COATS
Makes an attractive sport or business coat in attractive colors, all crepe lined $9.95

LADIES' DRESSES $6.65
A regrouping of values that represents our regular $8.95 to $10.95 Dresses at $6.65

LADIES' COATS $8.95
Ladies' Heavy Tweed and Broadcloth Winter Coats, all with attractive Fur Trim. Reg. $12.95 to $18.50 values. Out to clear at $8.95

HEAVY CURTAIN NET, 5 yds., $1.24
An Imported Net in all newest designs. 29c a yard, 5 yds. $1.24

FLANNELETTE SHEETING 23c yd.
Here's a real cloth in the well known Dark Grey Pattern. January Clearance Sale Price 23c a yard.

LADIES' KNITTED SUITS $5.95
A real buy. Suits that generally sold at from $8.95 to $9.95. Out to clear at $5. 95

MEN'S HIGH TOP RUBBERS $3.95
15-inch Leather Top on the Best Procurable Bottoms. All guaranteed. A regular $4.75 value. January Clearance Sale $3.95 a pair

MEN'S 3-BUCKLE GOLOSHES $1.95
A heavy wool cashmere top with extra weight bottom. New low price $1.95.

MEN'S 4 EYELET RUBBERS 95c
A real buy in a Rubber in the well known Miner make. Sizes 6 to 11. January Sale Price per pair 95c.

MEN'S LEATHER WINDBREAKERS
In Black with warm fleecy lining, sizes 36 to 44. January Sale Price. $4.95

MEN'S WOOL RIDING BREECHES
Made in a heavy mackinaw cloth, out to clear at this extremely low price, per pair $2.95

These are only a few of the many bargains available.

Cheaper Groceries

3 cans peas 25c
3 cans corn 25c
3 cans tomatoes 25c
Rice, per pound 8c
Cocoa, extra quality ..... 2 lbs. for 35c
Bulk Tea per pound 39c
Bulk coffee per pound 29c

A. E. HAW Ceylon

Store closes every evening but Wednesday & Saturday

SPECIALS This Week . .

3 tins PEAS - - - 27c
3 tins POR[illegible] & BEANS - 27c
4 tins TO[illegible]ATOES - - 25c

FLOUR and FEED

Complete line of PURINA CHOWS

JAS. A. STEWART
FLESHERTON

Terms: Cash 'Phone 46