THE FLESHERTON ADVANCE

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W. H. THURSTON, Editor.

F. J. THURSTON, Associate Editor

CEYLON

Miss McInnis resumed her teaching duties Tuesday after spending the vacation at her home near the Soo.

Mr. and Mrs. John Nichol with Harold and Gordon and Mrs. Thos. Nichol, Priceville, spent the first of the week in Collingwood.

Mr. and Mrs. Robt. Brown and Babe, Mr. and Mrs. Jack White and Mrs. Ted Walker, Toronto, were recent visitors with Mrs. W. White and Miss Laura.

The following teachers have left for their schools: Miss Marion Muir to Ora Station, Miss Margaret Sinclair to Magnettawan; Miss Dora Stewart to Swamp College; Miss Christina McKinnon to Proton; Miss Emma Oliver to Stones Line; Miss Mabel Parslow to Toronto and Mr. Jackson Stewart to Cheesville.

Master Keith Cairns accompanied Miss Catherine Cairns and Mrs. Harvey Griffin to Toronto, Saturday.

Mrs. Snowden McLeod attended the funeral of her sister-in-law at Caledon East last week.

Miss Jean Marshall has been visiting her sister in Toronto.

Mr. George Patterson has returned to Toronto after spending the vacation here.

Mr. Grant Muir returned Saturday from holidaying in Toronto.

Mr. and Mrs. Roy Piper left Sunday for Niagara Falls to attend the funeral of the latter's brother, the late Norman McLeod, whose untimely death has been the cause of sincere grief among his many friends.

Mr. Bert Whittaker, Mrs. Neubauer, Mrs. Sproat and two granddaughters, have returned to Akron, Ohio, after a two weeks vacation with their parents, Mr. and Mrs. Richard Whittaker.

The Ladies' Aid held their regular monthly meeting at Mrs. I. B. Whittaker's Wednesday of last week with a good attendance. Mrs. Udell presided for the opening. Mrs. Gibson gave the minutes of the previous meeting and a report of the picnic held at Memorial Park, Flesherton. The meeting was in charge of Mesdames Whittaker, Udell and Gibson, who contributed interesting numbers.

Mrs. Whittaker put on a contest which was won by Mrs. Roy Piper. As a means of raising funds it was decided to hold a copper contest, with Mrs. Piper and Mrs. Marshall as captains. The great granddaughters of Mrs. Whittaker, Misses Lindsay of Akron, Ohio., contributed two numbers of tapdancing which was greatly enjoyed. A delightful social hour was spent at the close of the meeting.

Mrs. Chas. Best, Springhill, extended an invitation for the September meeting which was accepted.

Mrs. D. Macphail, accompanied by Mrs. M. Raney, Southampton, spent Wednesday in Owen Sound.

Mrs. P. Thibaudeau and daughter, Edna, of Toronto, and Mrs. E. Copeland (nee Mable Thibaudeau) of Windsor, paid a visit to Mr. and Mrs. John Stewart and family.

Host: "When I was a young man I always said I'd never be satisfied 'till I'd smother my wife in diamonds."

Guest: "Most laudable. But why in diamonds?"

ROCK MILLS

Mervyn Johnston and Earl Ottewell visited over the week end with their parents here.

School opened on Tuesday after the summer vacation with Mr. H. Priddle as teacher. Few new scholars started.

Mr. W. Driffil who was laid off work for a week on acount of illness, spent a few days at his home at Hepworth. He was able to return to his work as sawyer on Monday morning.

Mr. W. Lake of Durham took Mr. Driffill's place as sawyer the past week.

Mr. and Mrs. Thos. Whitmore and daughter, Emily and Mr. George Newell of Durham, and Mr. Chas. Stewart of Buffalo, visited with Mr. and Mrs. Chas. Newell recently.

Mrs. Badgerow has taken a position as housekeeper for a few weeks with a family near Markdale.

Mr. and Mrs. Chas. Newell visited the first of the week with Maxwell friends.

Mr. Densmore Watson, traveller for Watkin's Products, made his calls on this line the past week.

FEVERSHAM

Mrs. A. Mullin of Toronto visited with Mr. and Mrs. George Mathews and other friends in the village last week and spent a day with Mrs. Colquette, who were girlhood friends. Mrs. Mullin also has been visiting with her brother, James Ottewell, on the twelfth line.

Mr. and Mrs. H. Eby (nee Miss Madge Davidson) newly weds are spending their honeymoon on Manitoulin Island, they will reside here. Their many friends wish them long life and happiness.

Mrs. J. W. Smith of Weyburn, Sask. visited with her brother, Mr. Wm. Heitman here last week.

Miss Verna Hudson of Toronto was a recent visitor with her parents, Mr. and Mrs. John Hudson here.

Messrs. Hanley and Henderson of Lancaster, who were visiting here called at the mill and took some flour.

Miss Bessie Dand of Long Branch has returned home after a visit with her grandparents, Mr. and Mrs. Colquette. She is teaching in Daisy Ave. public school at Long Branch, Ont., for the coming year.

Master Palmer Morden had the good fortune to catch another speckled trout with his hands that measured twelve inches. He banged its head on a log to kill it. It was caught on Wednesday last.

Mr. Chris. Thompson has returned from visiting with friends in York and Scarboro townships, near Agincourt.

Mr. John Thomson of Agincourt has returned home after visiting with his brothers, Chris. and Jim, here.

Mr. John Dyre of Collingwood visited with friends here last week.

Mrs. Geo. Short is visiting with her daughter, Lois, in Proton Township.

Miss Ann Robinson of Collingwood spent Sunday and Monday at her home here.

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Advance Recipes For The Ladies

BRAN DATE CAKES

1 cup of dates finely cut
1 cup boiling water
2 tablespoons butter or other shortening
1¾ cups pastry flour
1 teaspoon soda
1 cup brown sugar
1 egg (well beaten)
1 cup nutmeats, coarsely cut
2 cups bran
1 teaspoon vanilla

Combine dates, water and shortening and let stand until cool, add sugar, egg, and nutmeats to date mixture, add flour sifted with soda and blend well, add vanilla and bran, bake in small cup cake pans in moderate oven (375 deg. F.) 25 minutes, roll immediately in confectioner's sugar. This makes two dozen cakes.

—Mrs. John Stewart.

PREPARED MUSTARD

2 eggs
1 cup brown sugar
1 cup vinegar
4 level teaspoons mustard
1 teaspoon salt

Cook in double boiler until thick. Delicious when served with cold meat.

—Mrs. John Stewart

COCOANUT PORCUPINES

1 tablespoon butter
2 cups white sugar
4 eggs
2 cups dates (cut finely)
2 cups walnuts (chopped)
Vanilla to flavour
Shredded cocoanut

Cream butter, add sugar, eggs, dates and nuts, mix well then add vanilla, drop by teaspoons into shredded cocoanut and roll about. Bake at 320 deg. for 15 minutes.

—Mrs. Ken Stewart

HALF HOUR PUDDING

First half
1 cup flour
2 teaspoons baking powder
Pinch of salt

Sift these together and add ½ cup brown sugar, 1 cup raisins or currants and ½ cup sweet milk. Mix and put in greased baking dish.

Second half

Measure 2 cups boiling water and add 1 cup brown sugar, large tablespoon butter and ¼ teaspoon of nutmeg. Pour this over the first mixture and bake for half hour.

—Mrs. R. Alan Cameron, Toronto.

PROTON STATION

The Lyons family held a re-union picnic at Eugenia on August 23rd. Sixty four persons were present and everyone enjoyed the outing.

Recent visitors at Mr. Charles Lyon's were, Mr. and Mrs. R. J. Marshall, Mr. Wm. Lyons, Mr. and Mrs MacNicol and daughter, Helen, of Toronto, Mr. and Mrs. Kirkwood and daughter Joan, New Toronto.

Mrs. Consley has been very ill but there is some improvement in her condition today. Her daughter, Mrs. Eddy and Mrs. Wilson of Toronto are at her bedside.

Mr. and Mrs. Robert McPherson and little daughter, Eleanor, of Pekin, Ill., are visiting Mrs. McPherson's parents, Mr. and Mrs. Neil McCannell.

Mr. and Mrs. Lorne Hodgins visited friends at Cheltenham.

Mr. and Mrs. James Hemphill, sons and daughter, visited at Georgetown and Toronto. Miss Bertha remained for a longer visit.

Mr. and Mrs. Alex. MacLean returned on Friday to their home in Toronto. Miss Marjorie Stevens accompanied them for a few days visit.

School opened on September 1st. Mr. Goldwyn Littlejohns is returning for his fifth year as teacher here. Miss Maude Acheson returns to Melancthon Station for the third year.

GREY COUNTY SCHOOL FAIR DATES ARE SET

Following is a list of the dates for Grey County school fairs for 1936:—

	September
Hanover at Hanover	12
Artemesia at Flesherton	14
Sullivan at Desboro	15
Derby at Kilsyth	17
Glenelg at Edge Hill	18
Osprey at Badjeros	19
South Proton at Cedarville	21
North Proton at Ventry	22
Sydenham at Annan	24
Bentinck at Lamlash	25
Neustadt at Neustadt	26
St. Vincent at Meaford	28
South Keppel at Shallow Lake	29
N. Keppel, Sarawak at Wolseley	30
	October
Markdale at Markdale	2
Collingwood at Ravenna	3
Euphrasia at Rocklyn	5
Normanby at Ayton	6
Egremont at Holstein	7

The best of all shock absorbers is a sense of humor.

Finland And Russia

(Continued From Page 1)

it was so large that trees grew in its crevices. It was lifted upon brass sledges and dragged to the shores of the Gulf, which effort took the work of 400 men for a whole year. They made only about 650 feet daily. It is now shown as an example of the Tsarina Catherine II.

Writers on Russia have acquainted us with the casualness with which Rusisans mix the sexes in alloting compartments on trains. It is one thing to read of it, bt quite another to come face to face with the reality. It is just a little better than an all night run from Leningrad to Moscow and it was on this journey we encountered Russian pullman methods. In sorting ourselves out we found next to us, on one side a friendly New York woman who had as her compartment companions three Frenchmen, who, contrary to the traditional gallantry of the French, were vehemently protesting against the arrangements, with exclamations of "Oo la la!" On the other side a well-dressed Frenchwoman wept and stormed because she and her husband had to share their sleeping compartment with two Russian men. The lady's husband sat before the door of the compartment and would not for a time allow them to enter. Later the matter was adjusted by the New York Woman moving in with the Frenchwoman, her husband and one Russian. We were fortunate in having three women and one man.

Moscow is the heart or possibly one should say the head of Russia. It is here that final plans are drafted and the great decisions made. Here too is the Kremlin, seat of the Soviet government, where Stalin's officers are, and outside the Wall, which encloses it, the famed Red square, where the great demonstrations take place in front of Lenin's tomb. It is a great city of approximately four million people, not beautiful like Leningrad, but busy. In our five days we crowded in as much as we could, we saw clinics and hospitals, parks of rest and culture, Stakhanovite rest homes, factories, collective farms and a prison, as well as art galleries and museums, but of these we have not now time to tell.

It was a tired group of people who filled the train from Moscow back to Leningrad. Fifty of these were of the Sherwood Eddy party, some of whom had been travelling and studying Europe since the end of June. This is the seventeenth organized group Sherwood Eddy has taken to Russia. Among them we found two Canadians, the Rev. Mr. Kelloway, now of Calgary, but formerly of Ottawa, and Dick Davis of the central F. M. C. A., Toronto.

—AGNES MACPHAIL

Leningrad, U. S. S. R.
August 14th, 1936.

MAXWELL

There will be no service in the United church here, Sunday, September 6, as Rev. Bushell is on his holidays. Rev. Bushell and daughter Jean are visiting in Toronto and attending the Exhibition.

Miss Shirley Buckingham is returning to her school in Holstein.

Mr. Milton Shouldice is returning to the Maxwell school.

Miss Kathleen Morrison is returning to her school near Markdale.

The Woman's Association will meet at the home of Mrs. S. Wilton on Thursday, September 3.

Mr. and Mrs. C. Heron spent Sunday with their daughter in Listowel.

HEALTH by T. A. Stevenson, M.D.

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EXERCISE IN MIDDLE LIFE

Are you as good a man as you were twenty years ago? Can you swim to the yellow boathouse and back? Can you still show the son and heir how to win a canoe race? Can you "make" that street car?

We won't argue wih you. Perhaps you can; perhaps you cannot. But we shall carefully avoid encouraging you in any way to prove that you can do it, for, as a writer recently remarked, "One of the greatest besetting sins of the man of forty is vanity."

If you are leading an active physical life with lots of muscular activity and strain, you are probably able to stand ordinary athletic activities, but such a person seldom deliberately seeks exercise. The man who needs to supervise his athletic activities is the man of sedentary occupation who tries to crowd into one or two hectic hours all of the exercise which could be spread out over the entire week.

Active singles competition, such as in tennis, badminton or squash, are really too strenuous for the office worker over forty unless he is taking exercise regularly every day or is willing to play very slowly indeed.

To rush through a day's work by two-thirty, bolt a late lunch and then drive at breakneck speed through traffic to keep a golfing engagement does one far more harm than is offset by playing over the fairway for three hours. One has almost reached the nineteenth hole before the nervous system will have relaxed.

We take a fishing trip to harden up those soft flabby muscles, but that cannot be done in a day, nor can we expect to carry a ninety-pound canoe over a rough portage without subjecting ourselves to a strain that may leave its mark long after the trip has been forgotten.

Better by far is it to take our exercise steadily rather than in intermittent overdosage. Take some excise every day if possible; if that cannot be done, at least every other day. Out-door exercise is best. Walking is one of the best forms—even on city streets. Golf, riding, fishing, bowling, swimming are to be recommended. Gardening, with its stooping and bending and mental concentration, makes excellent exercise.

While not as desirable as out-door exercise, indoor recreation may be necessary and it serves exceedingly well. A daily swim in a tank, a workout in a gymnasium, a period on the home rowing machine or a pleasant dance help to keep one fit. Above all think twice before accepting a challenge!

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"Today", said Daddy, "I'm going to Winnipeg, Regina, Calgary, Halifax, Saint John, and New York, but I'll be back in time to put you to bed tonight." "Oh-h", replied sonny, nonplussed for the moment — then, remembering his own Long Distance talk with Granny, 300 miles away—"I know—you're going by telephone!" Which is just what Daddy intends. He's a modern business man and has found Long Distance a speedy, dependable economical business builder—the modern version of "Seven-League Boots", in fact.

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