THE FLESHERTON ADVANCE

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W. H. THURSTON, Editor.

F. J THURSTON, Associate Editor

ROCK MILLS

Mr. and Mrs. Laurie Betts and family and Mrs. Badgerow spent Coronation Day with relatives in Walkerton.

Mrs. Jos. Croft and Marion, visited the week end with her son, Mr. Merron Croft, wife and family at MacIntyre.

Misses Florence and Marjorie Newell spent the holiday at the home of their uncle, Mr. Chas. Newell.

Mr. Thos. Betts and daughters, Misses Edith and Mabel, visited recently with friends at Bethel.

Mr. Chas. Newell sold a good driving horse last week to Mr. Henry Tudor of Eugenia.

The Ladies' Aid will meet this Wednesday afternoon at the home of Mrs. Sam Fisher.

Mr. and Mrs. Henry Tudor and daughter Anna of Eugenia were visitors on Sunday with Mr. and Mrs. Chas. Newell.

Mr. Ned Croft is having a new kitchen built and other repairs done to his house on the farm. Mr. John McDonald of Flesherton is doing the job and commenced this week.

Mr. Leslie Chard had the misfortune to have his arm broken on Sunday.

VICTORIA DAY
LONG WEEK-END FARES

Between all points in Canada and to certain destinations in the United States

Fare and One-Quarter
For the round trip

Tickets good going any time from noon Friday, May 21, until 2.00 p.m. Monday, May 24, 1937. Return Limit to leave destination not later than midnight Tuesday, May 25, 1937.

MINIMUM SPECIAL FARE — 25c

For fares and information ask any Railway Ticket Agent.

Canadian Pacific

MAXWELL

The Women's Institute met at the home of Mrs. Louis Kerton on Thursday, May 13th. The roll call was responded to by invitations for next year's meetings. It was the annual meeting of the Institute, the former officers were re-elected, namely: Mrs. Geo. Ross, President; Miss Carrie Kernahan, Vice-Pres.; Mrs. C. Long, Treasurer; Mrs. Wm. Seeley Secretary; Mrs. Clarence Winters assistant secretary; Mrs. Buckingham, Mrs. L. Kerton and Mrs. Adam, directors; Mrs. Ed. Seeley, district director. It was decided to hold a euchre and dance on the 4th of June. The hostess served a dainty lunch.

Sorry to report Mrs. John Poole very low at the time of writing.

Mr. and Mrs. R. Priestly and Jewel spent Sunday with friends in Wiarton.

Mr. Levi Duckett lost a valuable horse recently.

The United Church Sunday School will meet at 11 a.m. for the summer months.

Mrs. H. Down of Flesherton visited with her daughter, Mrs. Wilbert Poole recently.

CEYLON

Miss Mildred Risk spent the week end with friends near Flesherton.

Mr. and Mrs. Archer and Mrs. Adams, also Mrs. Harvey Griffin, Toronto, were visitors last Wednesday with Mrs. W. White.

Mrs. Gordon Stuart is visiting in Toronto.

Mrs. J. B. Cummins, Oshawa, is visiting on the South Line.

Mrs. Clara Wiley, Markdale, Mr. and Mrs. Gordon Wiley and daughter, Wodehouse, were recent callers at the home of Mr. Geo. Cairns.

Misses Louise and Florence Boyce visited at their home on the 8th line on Sunday.

Mrs. H. M. Coleman returned to Owen Sound Thursday, after spending the past week at Mr. J. F. Collinson's.

Mr. and Mrs. M. Raney and Jean Southampton and Mr. and Mrs. H. Bailey, Shrigley, spent Sunday with Mrs. D. Macphail.

Mr. and Mrs. R. Rutledge and family, Holland Centre and Mr. Clarence Marshall, Toronto, were Sunday visitors with Mr. and Mrs. Fred Marshall.

The May meeting and election of officers for 1937—38 of the Women's Institute will be held at Mrs. Knox's home on Thursday at 8 p.m., May 20. Lunch committee: Mrs. H. Piper, Miss Dora Stewart.

Mr. Wm. Dent and Mr. Cameron, Oakville, were callers on Mr. and Mrs. J. F. Collinson on Friday.

HAD BEEN FINED

A meek little man was in court for a minor offence.

"Were you ever in trouble before?" asked the judge.

"Well, er—er," was the hesitating reply. "I kept a library book too long once and was fined ten cents.'— Exchange.

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

MINERALS

When minerals are mentioned people naturally think of gold and silver. Fortunately we don't have to eat gold and silver to keep well, but we need to eat a fair amount of other minerals, especially calcium and iron. We reqire a great deal of calcium to keep our bones and teeth in good condition and also our body functioning properly. The drinking of plenty of milk and eating of vegetables generously will provide enough calcium. The state of children's teeth is a good indication of how well they are fed not how abundantly but how intelligently.

To build good red blood requires plenty of iron. Fortunately we have quite a number of common foods that have considerable iron in them, such as whole wheat, spinach, farina, apricots, liver, potatoes, oatmeal and carrots. Other foods have some iron, but these we mention are the best providers of iron.

We waste a lot of these precious food minerals by pouring them down the sink, for they come out of the food into the water in which they are cooked. So be sure to cook your vegetables in as little water as you can and save the cooking water for soup or sauce or gravy. If the vegetables can be baked or cooked in a waterless cooker, so much the better.

A good safe way to make sure of an all round diet is as follows. Spend as much on milk, cheese and other milk products as you spend on meat, fish and eggs, and spend the other third on fruit and vegetables, and see that you get plenty of variety. To some this plan may sound extravagant, but it will be a good investment in family health and happiness. Above all, don't try to save money by depriving yourself or your family of the necessary foods.

PROTON STATION

Rev- Mr. Service of Flesherton took the work last Sunday on the Proton charge and delivered excellent sermons, also dispensed sacrament at each appointment. Mr. A. McKaye supplied for Mr. Service.

Mr. and Mrs. Clifford Harrison, a recently married young couple, have moved into the home with Mr. Geo. Sherson, and his mother. They will, we understand, take charge of the farm work and the house work. We join with others in wishing Mr. and Mrs. Harrison much happiness and prosperity.

Mr. and Mrs. Prosser, who have been at Proton for a couple of weeks, are visiting at Keswick.

Mr. Clark Wyville and friend, Miss McMullen, Mrs. Burton and daughter Jane, all of Toronto, were week end guests of the former's parents, Mr. and Mrs. Wyville.

Mr. Thos. Wyville is still quite ill. Mr. Joseph Watson is carrying the mail from the station to the post office during his illness.

Miss Gertrude Irish is at her home here at present.

Mrs. Wes. Dever and Mrs. Lorne Hodgin spent the week end in Toronto.

Mr. I. Stainsby is working in Durham.

(Last week's Items)

God Save the King.

"Mother's Day" was observed in the churches here last Sunday.

Mr. Thomas Wyville is ill at present.

Mr. Firman Irish is still not very well, though somewhat improved.

Mr. and Mrs. Consley, who have been very poorly all winter, are feeling better with the approach of spring.

Mrs. Sherson Sr., Proton Station's oldest mother is with us still, frail, but bright at the wonderful age of 95 years.

Mrs. Corbett Sr., who has spent the winter in the homes of her children, has returned to her own home in the village.

Mr. Neil McCannel went to Markdale hospital on Sunday, and had an external growth removed. He returned home on Monday evening.

An election for school trustee took place at Proton Station a month ago. The candidates for the office were Mr. Neil McCannell and Mr. Samuel Batchelor. The latter winning the contest with four of a majority. This election was considered invalid because some of the voters names were not on the voters list. Another was arranged for last Saturday. Eighty nine votes were polled, Mr. Batchelor winning again with a majority of eleven votes.

Charity often means that we are willing to pass the hat if other people will fill it.

—A Kansas newspaper has found a man who lived to tell the tale after being cast on a desert island without food. He happened to have his incurance policy in his pocket and it had enough provisions in it to keep him alive until he was rescued.—Exchange.

Chief Alton

Chief Alton, Registered Clydesdale Stallion, No. 27481 will be for service at his own stable, Lot 14, Con. 10, Osprey for season of 1937. Fee $8.00. Phone Feversham 7 r 23.— H. J. Courvoisier.

CALVADOS

DAPPLE GREY PERCHERON will be at the following places:

McINTYRE — Farm of Arnold Wodehouse for Thursday night.

MAXWELL — At Ed. Seeley's Friday afternoon.

FLESHERTON — At G. B. Welton's for Friday night.

VICTORIA CORNERS — At Milton Bannon's Saturday noon.

Terms — $10.00 to insure mare with foal, payable Feb. 15, 1938. All mares must be regularly returned to the horse. Parties disposing of mares during the time will be held responsible for insurance. Great care will be taken to avoid accidents, but should any occur they will be at the risk of the owners of mares. All colts will remain property of the owner of the horse until service fee is paid. All fees from services in 1936 can be paid to the groom.

—CHESTER MILLS, Owner
Dundalk R. R. No. 3

Craigie Lord Roberts

Craigie Lord Robert's (20895) Imported Clydesdale Stallion, will leave his own table Monday, May 17, Proceeding to Sam McLean's for noon, thence to Edward Gilkes, Hopeville, for night. Tuesday, Frank Hendry's for noon, Tom McLeod's, Dundalk, for night. Wednesday, Jim Ferris' for noon, Harry Hannon's, Badjeros for night. Thursday, Bill Scutt's for noon, Percy Lougheed's for night. Friday, Roy Lyons' for noon, Robt. Acheson's, Proton, for night. Owner and Manager— John Lougheed, Dundalk — Phone 2-1 on 55.

(Preserve for reference)

FREE! FREE! FREE!

CHEVROLET

GENERAL MOTORS
TALKING PICTURES
Flesherton Town Hall
Thurs., May 20th
at 8.00 p.m.

COMEDIES AND EDUCATIONAL FILMS

Featuring--
"NATION BUILDERS" :-: "SAFETY FILMS"
"A GREAT CAR" -:- 4 COMEDIES

Sponsored by
D. McTavish & Son
General Motors Dealers

Spring Specials
Permanents Now Reduced

REGULAR $2.50, $3.50 and $5.00

REDUCED TO $1.95, $2.50 and $3.50

This offer will continue indefinitely.

Isobel Rowe's Beauty Parlor

Phone 27 FLESHERTON, ONT.

SUPERIOR STORES

GROCERY SPECIALS THIS WEEK

PEANUT BUTTER, large jars 23c
PINK SALMON, large size ..... 3 for 28c
CANNED WHITE CORN 3 tins for 28c
TOILET TISSUE, Reg. 10c, 3 for 22c
CHASE & SANBORN COFFEE ..... 39c & 49c
(Ground while U wait)
ROSE BAKING POWDER, talls 14c

PINEAPPLE SEASON RIGHT AT ITS BEST

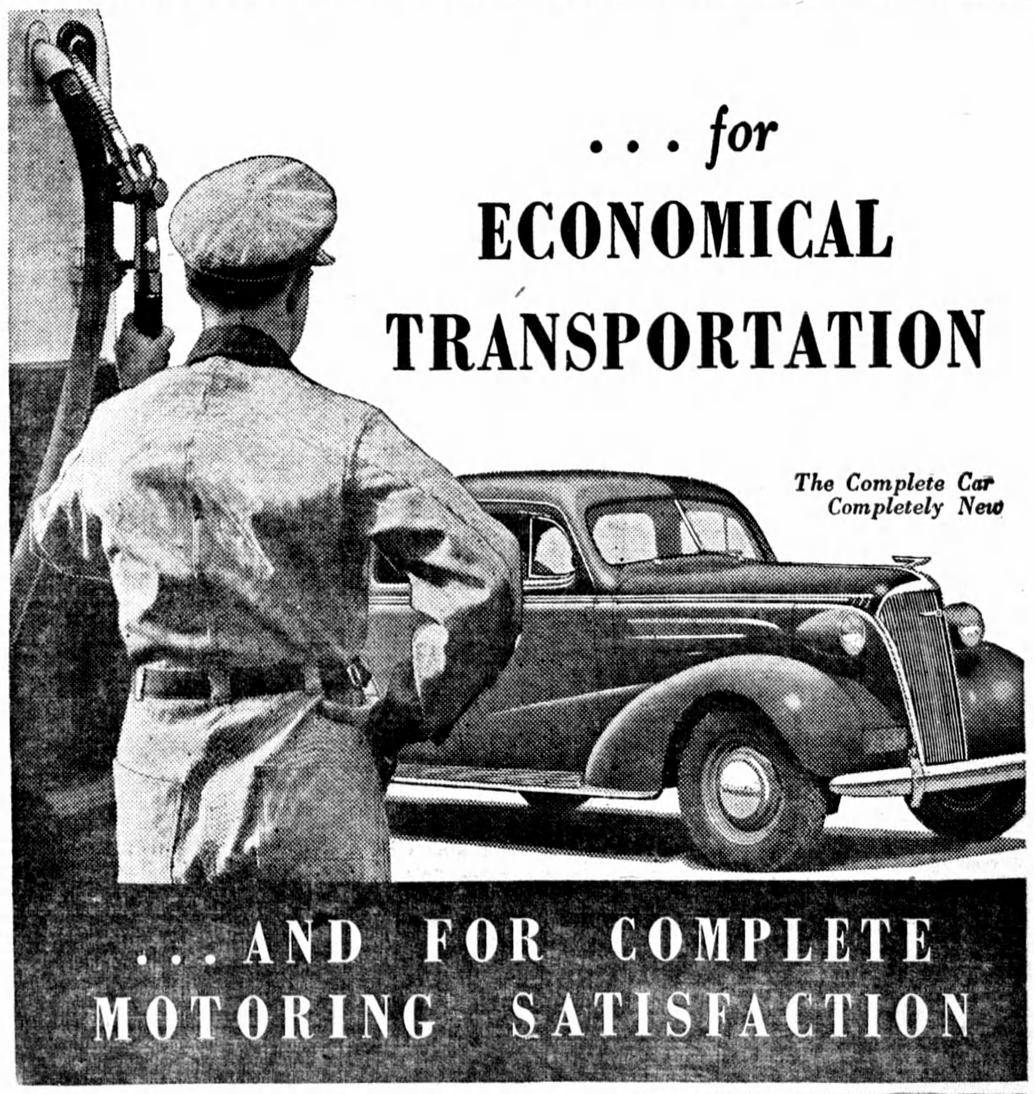
Buy now while assortment is bigger and better

Men's Work Boots and Fine Shoes, a real good variety.

Meats and Vegetables our Specialty.

C. J. KENNEDY

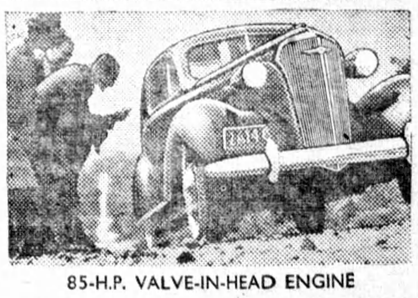
Phone 37 We Deliver

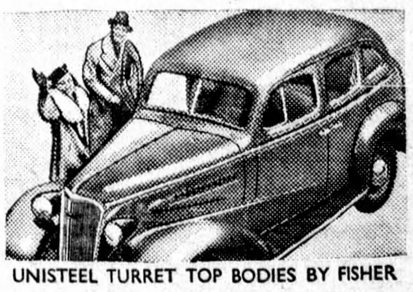


Watch costs, when you're deciding on your new car! Compare prices, gasoline mileage, oil economy, upkeep expenses . . . and you'll choose Chevrolet, the car that inspired the famous phrase, "for Economical Transportation".

Look out for values, too! Compare features, and you'll never take less for your money than Chevrolet offers. Unisteel Turret Top Bodies by Fisher, for beauty and protection. Self-energizing Hydraulic Brakes for safety. Valve-in-Head Engine for performance with thrift. Knee-Action (in Master De Luxe models) for the matchless "gliding ride". Fisher No-Draft Ventilation for health, and clear vision in wet weather. Safety glass in every window for peace of mind.

See—drive—the complete car in the lowest price field today! Buy on low monthly payments, through the General Motors Instalment Plan.


85-H.P. VALVE-IN-HEAD ENGINE


UNISTEEL TURRET TOP BODIES BY FISHER

CHEVROLET

D. McTAVISH & SON,
FLESHERTON, ONTARIO

$745
Master 2-Passenger Business Coupe delivered at factory, Oshawa, Government taxes, license and freight additional. (Prices subject to change without notice.)

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