THE FLESHERTON ADVANCE

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F. J. THURSTON, Editor.

One of Our Planes

(Continued from Page 1)

along. At first their jibes didn't register, but at last penetrated and Sergeant Pilot McClusky left me to go and put in his official report.

The other Hurricanes were coming in one or two together. Nearly all had been in action. The men on the ground mentally tallied them off. At last they were all in but one. Pilot Officer Graham was abesnt.

One Plane Didn't Return

There was an air of anxiety, but not without hope. Quite often, fighter planes run short of fuel and come in at some other drome nearer France. We would go to have tea: by that time he would probably join us.

We drove around the field, past the Hurricanes, already dragged into their pits. Armourers were scrambling over them, removing the empty cartridge belts and replacing them with fresh ones, full of long lines of glistening bullet noses. Mechanics were going over the motors and refueling. If an alarm same, those Hurricanes would be ready to take the air again. If bombs dropped, nothing but direct hits would damage them.

The Commander showed me to his own bedroom, with a glistening modern bath in the next room. This was an old house, recently modernized by a wealthy owner. In front, roses in long beds curved around the drive. At the back, vegetables grew between the rows of dwarf apple trees.

We sat down to tea at a long table in the dining room. I answered questions about the training in Canada and they told me about the way the fire power of the Hurricanes was being stepped up. They were interested in the Clipper flight across the Atlantic; I was interested in these men who live dangerously, day by daly.

Every few minutes, the noise of a passing plane caused someone to rush to the long French windows, but always there would be a shake of the head. The Pilot Officer beside me showed me a picture of Pilot Officer Graham. "A damm good fellow," he remarked. Graham's home was in the Maritimes, it seemed.

But there was hope. Plenty of planes landed at other airdromes to refuel. Flying over England, you saw one of them every three or four minutes.

Since I came home, I read a letter from my friend in 402 Fighter Squadron. They have moved now and the new quarters are not so comfortable. To them went the honor of testing the new dive-bombing Hurricanes with 12 guns and a bomb under each wing. They had been successful. Pilot Officer Graham never came back. He has been listed as missing. Sgt. Pilot McClusky was badly injured while making a landing in England. He died in the hospital. One of the other officers I met crashed into a cliff in France while trying out the dive bombers.

It is some time since Prime Minister Winston Churchill said it, but it is still as true as ever: "Never before was so much owed by so many to so few."

Maxwell United Church

REV. GEO. L. MERCER, B.D., D.D.
Minister

Note: Owing to bad weather, it has been found difficult to carry out the winter schedule but next Sunday the services will be held as follows:

11 a.m. — Eugenia.
3 p.m. — Mt. Zion.
7.30 p.m. — Wareham.

The co-operation of our church people is asked in establishing a better church attendance.

Are You Healthy? Yes!

If the answer were no, instead of yes, you would be sure to do something about it;' but because the answer is yes, you ask why should I do anything about it? Well, just read on in this article and see whether you think you should do something about it or not.

You doubtless agree that your health is the most precious thing you possess. Is this not so? You can't deny this fact, can you? And yet, although you admit it, you go on from day to day doing the things you know are liable to undermine your health. Eating carelessly going out with insufficient clothing, neglecting colds, not taking laxative regularly or at all, and defying nature in many ways. You may be getting away with it, but every now and then in these winter months, there comes to most of us those little signs which tell us we have been neglecting one part or another of the body. A little twinge of rhematism, a touch of neuritis in the shoulder, neck or head aching knees, tired listless feeling, back ache, teeth that grumble a bit, and any number of things, all signs we are not in as good condition as we once were. You say: "Sure, but I'm still healthy." Sure you are, and can be perhaps for years if you pay some attention to these little signs. I know what you are thinking now, and I am going to tell you something you can do about it. Did you ever hear of Vitamins? Sure you have, and you thought they were something the other fellow needed. Well, here is some good information worth your while to read and then decide for yourself whether they would benefit you. Many people, some of whom you are acquainted with, have found new energy and renewed vitality thro' the addition of these concentrated forms of those minerals and substances so vitally important to the health and well-being of the body.

The reason it becomes necessary to concern ourselves with Vitamins, is that our ordinary diet seldom supplies the quantities necessary to maintain a healthy vigorous body. Such foods as milk, egg yolks, vegetables, carrots, tomatoes, spinach, liver and apricots, supply the body with Vitamin A. Lack of this Vitamin will likely be indicated by lowered resistance to infections and colds, night blindness, sore eyes, light flashes, skin disorders, dry hair pimples, and in children slow growth and defective teeth.

Vitamin B, often called the anti-neuritic Vitamin, supplier by the following foods: lean pork, wheat germ, whole cereal grains, peas, peanuts, cheese, yeast. Lack of this Vitamin is characterized by nervous disorders, neuritis, general weakness, disturbed appetite and digestion, low intestinal tone, constipation, slow growth or loss of appetite.

Vitamin D, sunshine Vitamin, associated wtih foods such as butter, eggs, salmon, sardines, fish liver oils, very difficult to get in sufficient quantities, essential to utilization of calcium and phosphorus for bone building, teeth and prevention and cure of rickets, and strengthening of adult bones, fragile bones, poor utilization of minerals, decayed teeth and disorders of pregnancy, predisposition to rickets in children from mothers on low Vitamin D supply.

The Rawleigh Company, pioneers in medicines, cough and cold remedies, have combined these leading three Vitamins into one tiny capsule, easy to take, no taste, and packed in bottles of 50 capsules for your convenience. Each capsule is more than enough for the adult requirement. Take them yourself and give them to your children. Obtainable at your Rawleigh dealer's.

S. L. STAUFFER
phone 57w Flesherton, Ont.

TENDERS WANTED

Tenders will be received by the undersigned until Saturday noon, Feb. 14, 1942, for switchboard operator for Osprey Municipal Telephone System, duties to commence March 1. Free dwelling and lighting service charge provided successful tenderer, to take one week instruction without pay before entering employment. For further particulars consult Frank Short, Chairman of Commission. Send all applications stating salary by month or year to Alex. Cameron, Sec.-Treas., Eugenia, Ont.

NOTICE TO CRFDITORS

ALL PERSONS having claims against the estate of the late Mary Evelena Hale, late of the Township of Osprey, County of Grey, who died on the 26th day of December, 1941, are required to forward their claims duly approved, to the undersigned solicitor of the estate, on or before Monday, February 9th, 1942.

AND FURTHER take notice that after such mentioned date the administrator will proceed to distribute the assets of the estate amongst the parties entitled thereto, having regard only to such claims as they will then have notice.

Dated at Markdale this 16th day of January, A.D. 1942.

—WALTER E. HARRIS,
Markdale, Ont.
Solicitor to the administrator.

Hardware

In this twenty-ninth month of the war, the restrictions on many things becomes more apparent·

We are doing the best we can to help in the war effort, and will do all we can to supply the Hardware needs of this community.

Now is the time of the year for **Crosscut Saws, Axes, Shovels, Barn Forks, etc.**

F. W. DUNCAN
HARDWARE FLESHERTON

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National War Finance Committee, Ottawa, Canada

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