"Here's the New, Easy Way to Healthful Family Meals"

WOMEN everywhere acclaim "Eat-to-Work-to-Win"*, authoritative new booklet that takes all the guesswork out of good nutrition. It's practical . . . time-saving . . . easy to use! And there's a copy for you FREE, simply by mailing the coupon below.

Authorities realize the importance of nutrition for health, as an aid to Victory. Yet recent Government surveys show that the diet of 60 percent of Canadians is deficient. Perhaps *your* family lack proper foods to build health, stamina, high morale—to help keep them fit, on the job!

So learn the easy way to "good-to-eat" meals that provide every food need of the body. Send for *your* copy of "Eat-to-Work-to-Win" today!

FREE! Menus for 21 breakfasts . . . 21 luncheons . . . 21 dinners. Balanced . . . delicious . . . timely.

*The nutritional statements in "Eat-to-Work-to-Win" are acceptable to Nutrition Services, Department of Pensions and National Health, Ottawa, for the Canadian Nutrition Programme.

MAIL THIS COUPON

"NUTRITION FOR VICTORY",
BOX 600, TORONTO, CANADA.
Please send me my FREE copy of "Eat-to-Work-to-Win".
Name
Address
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THE BREWING INDUSTRY ONTARIO

Sponsored by
THE BREWING INDUSTRY (ONTARIO)
in the interests of nutrition and health as an aid to Victory.

CEYLON

Messrs. Joe McWilliam, second son of Mr. and Mrs. John McWilliam, and Jack McMullen, son of Mr. and Mrs. Jas. McMullen Jr., have signed up with the Air Force and report Friday for duty at London, Ont. Gnr. Chas. McWilliam, elder brother of Joe's, has been overseas with the Army since last February.

Mr. and Mrs. Roy Neilson, Toronto, were recent visitors with Mrs. Neilson's sister, Mrs. Jas. W. McMullen, and Mr. McMullen.

Mr. John McWilliam spent a couple of days in Toronto last week attending a business meeting of the Co-operative stores.

Mr. and Mrs. Lawson White and son, Wayne, of Owen Sound visited on Sunday with Mr. and Mrs. Luther Duckett.

Mr. and Mrs. Emerson Wickens and Mrs. J. Pedlar, Flesherton, visited Sunday with Mrs. A. Stewart and son, J. P.

Miss Catherine Stewart, Reg.N., of Owen Sound spent a couple of days at her home here last week.

Mr. and Mrs. Percy Hemphill and daughter, Lois, visited a couple of days last week in Toronto.

Mr. and Mrs. J. S. McDermid and son, Melville, visited last Sunday with Mr. and Mrs. George Hincks of Egremont.

Messrs. Will Irwin and J. P. Stewart attended Collingwood Fair on Saturday last.

Misses Frances and Jean Collinson of Toronto were week end visitors at their home here.

A pleasant social evening was spent last Friday evening at the home of Mr. and Mrs. Will Gibson. The winner in the progressive euchre was Mrs. Lawson Whitehead.

Mrs. Haxton spent the past week visiting at the home of P. Muir.

Week end visitors at the home of Mrs. Jas. McWhinney were: Mr. Will Switzer of Hanover, Mr. and Mrs. Pat Black and Miss Beaulah Mearow of Gravenhurst, Mrs. Robt. Sewell and G. B. Littlejohns, Markdale.

Mrs. A. McMullen returned to Toronto last week end, after visiting for three weeks with Mr. and Mrs. S. P. Hunt and Mr. G. Arrowsmith.

The many friends of Mr. Alex. McFayden are glad to see him able to be out again after his recent illness.

Service in Ceylon United Church this Sunday at 8 p.m. Rev. Chas. D. Cox will have charge of the service.

The Ladies' Aid will meet Thursday, **Sept. 30th, at the home of Mrs.** G. Snell. Visitors always welcome.

Mrs. S. P. Hunt spent the week end in Toronto with Lieut. Stanley Hunt, Mrs. Hunt and other friends. Mrs. Hunt leaves shortly to join her husband, as Stanley has been transferred to Vancouver.

Mrs. Edgar Doupe spent the week end with friends in Owen Sound.

A motorists who has used up his "AA" book tells us that nominally it was said to be good for about 2,400 miles at 20 miles to the gallon, but in practice he found that it was good for only **about 1,800 miles, indicating that** about a quarter of our gasoline consumption is used up in starting and idling.

Value and Quality

IT'S HILL'S FOR EXTRA VALUE AND QUALITY IN THIS SEASON'S NEW STYLED GARMENTS

LADIES' FALL COATS

Only because of fortunate early purchases can Hill's Stores give you such wonderful value in these last-word Coats. Untrimmed as well as the handsomely fur trimmed. All moderately priced.

WOMEN'S or GIRLS' OXFORDS

Good strong wearers in black or tan sizes 3 to 8. Price ..... **$1.95** to **$2.45**

MILLINERY

The largest and smartest collection of new Fall Hats we have ever shown. Practically every style and color you could wish for. See them in our Millinery Department; moderately priced.

TOP COATS

Its Top Coat time. With cool evenings a good top coat becomes necessary so you'll find a nice selection here at reasonable prices.

MEN'S and BOYS' SUITS

Buy your Men's and Boys' Suits now as they are getting hard to get. We have a nice selection to choose from.

MEN'S HIGH BOOTS

Built to stand up to rough wear; sizes 6 to 11. Price .... **$5.75** to **$9.85**

DRESSES

See these marvelous groups of smartly styled Dresses; beautiful materials; new patterns; all sizes in stock; all moderately priced.

SHIRTS

Men's Work Shirts made of good quality cotton doe skins in bright colored plaids, good assortment of colors ..... **$1.25** to **$2.25**

Boys' Plaid Shirts in a nice assortment of colors; sizes 12½ to 14. Priced at **98c, $1.19**

Men's and Boys' Windbreakers. A nice assortment to choose from at prices to suit everyone.

LADIES' DRESS SHOES

Made of good durable black leather with patent leather trim, strap style, cuban heel. Special, pair **$1.98**

BOYS' HI-CUT BOOTS

Made of good durable leather to stand rough wear; sizes 1 to 5. Priced at ..... **$2.49** to **$3.75**

FLOOR COVERING

Buy your Floor Covering now, as they are becoming scarce. They come in 2, 3 or 4 yard widths; also good assortment of rugs 6x9 to 12x15.

THIS STORE WILL BE OPEN WEDNESDAY NIGHTS

F. T. Hill & Co. Limited

PHONE 7 **MARKDALE, ONTARIO** WE DELIVER

Local and Personal

Miss Dorothy Welton spena a few days last week in Toronto.

Beautiful autumn weather has prevailed during the past few days.

Miss Reta Crane of Owen Sound is visiting this week with Mr. and Mrs. C. N. Richardson.

Miss Ethel Dargavel has returned home after spending the past few months at Kingston.

Mr. and Mrs. Gordon McKinnon of Toronto spent the week end at their cottage in town.

Pte. Harry Fellow, Veterans' Guard of New Toronto is on furlough and visiting friends in this district.

Mrs. J. A. Kernahan returned from Orangeville on Saturday, after spending two weeks with her daughter, Mrs. Jas. Leggatt.

Mr. and Mrs. Ken Kaitting of Hanover spent the week end with the former's parents. Mr. and Mrs. Wm. Kaitting.

Fuel requirements for this winter in Flesherton were assisted materially by the arrival of a carload of coal this week.

Messrs. Walter and Elmer Russell left the first of the week to enter the O.A.C. at Guelph the former on his last year and the latter his first.

Miss Alice Armstrong is taking a course at the Norwich State Hospital, Norwich, Conn., through her scholarship won at Queen's University.

The W. I. will meet at the home of Mrs. T. J. Fisher on Wed., October 6th, at 2.30p.m. Roll call: humorous story. Visitors welcome.

The annual convention of the teachers of South Grey will be held in the town hall, Durham, on Friday of this week.

Aircraftman Albert Armstrong of Clinton and Mrs. Armstrong of Toronto visited last week with Miss Dorothy Armstrong.

L.Cpl. Florence Welton, Pte. Allison Grant and Pte. Marie Spereman, C.W.A.C., Brantford, spent the week end at the former's parental home.

L.A.C. Mack Duncan of Belleville, L.A.C. Ben Bellamy of Centralia and Aircraftman Eldon Fisher of Mountain View spent the week end at their parental homes.

Mr. and Mrs. W. D. Shaw and daughter of Owen Sound and Mr. Ivan Shaw and Miss Marjorie Neil of Tara spent Sunday with Mr. and Mrs. F. J. Thurston.

Mr. W. E. Loucks spent the week end at Chatham, returning Monday with Mrs. Loucks, who had spent the past month with her sister, Mrs. Clarence Fishleigh.

L.A.C. Mack Duncan wishes us to express his appreciation of the gift of a razor which was recently made to him by the people of Flesherton. He will value it highly wherever he may go.

Mrs. Ken Walker is leaving this Wednesday for Manio, B.C., where her husband is stationed with the Army. Her mother, Mrs. Ellwood Partridge of Rock Mills will accompany her as far as Toronto.

PORTLAW

Miss Mabel Blackburn is in Markdale hospital this week, having undergone an operation for appendicitis. Mabel is improving and expects to be home the end of this week.

Mr. and Mrs. A. Blackburn visited with their daughter, Mabel, in Markdale hospital on Sunday. They also enjoyed a visit with Mrs. Blackburn's aunt, Mrs. Geo. Wright, and son, Wilfred, of Owen Sound, who joined them there.

Mr. and Mrs. Harry Fisher and D. A. spent an evening with Mrs. Flora McInnes, Singhampton.

A number from here attended the Collingwood Fair Saturday.

Mr. and Mrs. Jas. Hopps and Mr. and Mrs. C. D. Meldrum visited with Mr. and Mrs. Frank MacArtur, at Collingwood.

Mr. Kenneth McKee of Toronto spent the week end with his parents, Mr. and Mrs. John McKee.

Mr. and Mrs. Leslie Chard and Mabel, Mr. and Mrs. Harry Fisher and D. A. called on Miss Mabel Blackburn in Markdale hospital.

The box social held in the school on Tuesday evening was a decided success, better than $25 being taken in. Mr. Geo. Duncan, auctioneer, of Dundalk, auctioned the boxes. The evening was also enjoyed in dancing.

Mr. Lionel MacPhail of Winnipeg called on his cousins, Mr. and Mrs. Harry Fisher on Tuesday. He had been on a business trip to Ottawa.

Happy is the land where the only bomb is heart balm.

It was the American Indian who gave us the custom of planting corn, four kernels to the hill: one for the squirrel; one for the crow; one for the worm and one to grow.

This Store
Will be Closed
ALL DAY
Thurs., Sept. 30
for stock taking

O. & A. CO-OPERATIVE
FLESHERTON, Ontario

This Store will close Wednesday nights on and after October 6th

Small Ad Column

FOR SALE — Cow with calf at foot. —Wilfed Magee, Eugenia. 17p2

FOR SALE — 3 Yearling steers. — Jim Badgerow, R. R. 3, Flesherton.

WANTED — Piano in good condition. Please notify E. J. Fisher, Flesherton. 17c3

FOR SALE — Gen. Purpose horse, 7 years old, good double or single.— Cecil Magee, Eugenia. 17p2

HOUSE FOR RENT—In Flesherton, would rent furnished to suitable tenant.—Mrs. Ed. Fisher.

FOR SALE — 13 Oxford breeding ewes, 7 ewe lambs.—Richard Allen & Son, phone 45r21. 17c2

FOR SALE — Apples, all varieties. —Miss M. Graham, R. R. 4, Markdale, phone Flesherton 73r33.

WANTED — Horses and cows at Station, R.R. 3, phone 41r3. for mink feed.—F. Eagles, Proton

HIDES — Again in the market for hides—beef, horse, sheep and calf skins.—Frank Eagles, R. R. 3, Proton Station, phone 11r3 Flesherton.

FOR SALE — Two year old Oxford ram; will exchange for similar one. J. T. Parker, Proton Station, telephone 32r2. 17p2

FOR SALE — Rural Empire stove with water tank; also organ, suit church, will take $10. — Mrs. W. Dungey, Flesherton. 17c2

FOR SALE — Ladies' cloth winter coat, fur collar, satin lining, in good condition. May be seen at The Advance office.

FOR SALE — DeLaval cream separator, 2 brood sows and 2 furrow gang plow.—Frank Eagles, R.R. 3, Proton Station. 16p2

FOR SALE — Chestnut mare, 4 yrs. old, 1400 lbs.; black colt, 2 yrs. old 1450 lbs.; about 6 acres of buzz wood.—Gordon McMullen, Duncan, Ont., phone Thornbury 39r5.

CAME ASTRAY — To lot 27, Con. 13, Artemesia, on or about Sept. 15, 17 head of cattle. Owner prove property and pay expenses.—Edgar Dobson, R. R. 4, Flesherton. 17c3

FOR SALE—100 Acre farm on Highway 11, mile west Maxwell; brick house, bank barn, driving shed and pig pen; 10 acres maple bush of about 75,000 feet. Apply to R. J. Morrison Walkerton, Ont.

FOR SALE — 20 Chesterfield Suites (some spring-filled) at Schuett & Sons (opposite theatre) Mount Forest; also 12 reconditioned pianos; 18 bedroom suites. Free delivery. — Godfrey Schuett, manager, Mount Forest. 16c2

FOR SALE—Young boars and sows serviceable age, from 4th generation of advanced register breeding with scores averaging over 90, also government approved.—Rose Stevens R.R. 3, Proton Station, phone 32r31 Flesherton. 12p2

FOR SALE — Dressed chickens, weighing 3-4 lbs. Orders taken. —Mrs. Fred Brown, Flesherton.

WANTED— Small hand cement mixer, must be in good condition. — Wilfred Lever, Flesherton. 17p2

WANTED — Animals suitable for mink and fox feed.—Bert McIntosh Eugenia, phone Feversham 5r25

FOR SALE — 12 Year-olds and 2 spring calves. — Everette Blackburn, phone 45r2, Flesherton.

WANTED — Men, boys and girls to pick apples. Good wages. Apply to — Lyness Myles, telephone 16 Thornbury. 17p3

FOR SALE — 2 Reg. Shornthorn bulls, 9 months old, one red and one roan.—Roy W. Piper, Ceylon, phone Flesherton 44r31. 18c3

FOR SALE — New Renfrew cream separators in stock; 2 reconditioned separaters in good repair; Deering binder; 2 good young cows due now.—W. E. Betts, Flesherton.

WANTED — Farm foreman for the Grey County Home farm, Markdale. Applications stating qualifications and salary expected will be received up until Wednesday, September 29th, 1943, by Mr. John A. Davis, Chairman Grey County Home Board of Management, R. R. 4, Markdale, Ont.; interview will be arranged.

FARM FOR SALE

Lots 138-140, 2 N.E., Artemesia, 76 acres more or less. Write for full information to R. Hutton, 92 Cork St., Guelph, Ont.

FARM FOR SALE

South-West ¼6, Con. 5, Euphrasia, half mile from Kimberley, 50 acres; on the premises are good frame house, good barn, hen house, water in barn and house, buildings all in good condition, all cleared in good shape. Apply to
—ROBERT WARD,
Kimberley, Ont.

BOAR FOR SERVICE

Young Yorkshire Boar from fourth generation of Advanced Registry breeding, with scores averaging over 90. Fee: $1.50, payable in 6 months, after that $2.00.
15p4 —Ken Stewart.

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