THE
Flesherton Advance

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F. J. THURSTON, Editor

DAVID J. JAMIESON

Death came suddenly but very peacefully on Sunday, Dec. 23rd, to David J. Jamieson, son of the late Margaret and David Jamieson, formerly of Portlaw, Ont. Although the deceased had suffered from asthma for several years, he had been as usual until he was seized with a heart attack Sunday morning and died in his sleep. Six years ago he suffered a stroke and since that time had been a semi invalid.

Mr. Jamieson was formerly a member of the Orange Order and also a member of the United Church. He had a kind disposition and was held in high regard by all.

The funeral was held in Wednesday from Oliver's Funeral Chapel to Flesherton Cemetery. A comforting sermon was preached by Rev. W. M. Lee of Markdale United Church, and one of the deceased's favorite hymns, "Safe in the Arms of Jesus," was read.

Surviving is an only son, Ernest of Toronto, one sister, (Mary) Mrs. Robt. McMaster of Brantford, and two brothers, Edward and Wesley of Toronto, the latter being unable to attend. A brother, Wm. G. passed away in September.

Those attending the funeral from outside points were: Mr. and Mrs. Robt. McMaster, Brantford; Mr. and Mrs. George McMaster and two children of Cainsville; Mr. Edward Jamieson, Mrs. Herb Haley and Mr. and Mrs. David W. Jamieson Jr., all of Toronto. — Markdale Standard.

Card of Thanks

Mr. Wesley Jamieson takes this opportunity to thank friends and neighbors for letters, cards and treats received while he was confined in hospital and at his home.

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VICTORIA CORNERS

May the editor, staff and readers have a very Prosperous and Happy New Year.

New Year's was observed with our people of the community entertaining and being entertained as Jas. Copeland's enjoyed the company of most all the members of their family; Mr. and Mrs. Wilfred Gallagher had the pleasure of their son and daughter-in-law, Mr. and Mrs. Kingsley Gallagher, Toronto; Mr. and Mrs. Russell Linton, Peggy and Douglas with Mr. and Mrs. Ernie Stewart and Mrs. Jas. Linton; Mr. and Mrs. Walter Acheson and Miss Orpha Hurd, Burlington, at George Moore's; Mrs. J. H. Richardson returned to her home on Sunday, Dec. 30, when she accompanied her son-in-law and family, Mr. and Mrs. Carl Bradley and daughters, Etobicoke, also Miss Viotta Richardson, Mt. Dennis. Viotta remained until after New Year's with her mother; Mr. and Mrs. Clayton Betts, Grant and Gail atee New Year's dinner with the former's brother and family, Mr and Mrs. Laurie Betts, Markdale; Mr. Wm. Talbot and Laurene were with the former's daughter and husband, Mr. and Mrs. Roy Bradley, Dundalk.

Tho' Mr. and Mrs. George Ludlow did not step out for New Year's, they were pleasantly greeted by a telephone visitation from their daughter, Sue (Mrs. Frank Nicholls), husband, Frank, daughters, Carol, Gwen and Janet, and son, Jerry of Hazel Park, Michigan, U.S.A., who individually spoke to them.

News of the sick this week is a little brighter, Mr. Allan Montgomery's condition is much improved but he will be forced to remain in Markdale Hospital another week.

Latest news received by Mrs. Clayton Betts of her brother, Ken Sims, in the services, overseas, states him as still dangerously ill with condition slightly improved.

Mr. and Mrs. Milton Bannon attended the funeral at the Breckenridge Ashcroft Funeral Home, Owen Sound, on Saturday, of the former's aunt, Mrs. George Bannon. Mrs. Bannon was a former Victoria Corners resident, she and her husband residing for many years on the farm now owned by their nephew, Milton Bannon.

And yet more of our boys come home! Mrs. E. A. Stinson received news of her brother-in-law, Tracy Melenson's arrival in Canada on Saturday, a.m., as did Mrs. Clayton Betts, the arrival of her eldest brother, Hughie Sims, R.C.A.F. How welcome the boys are to this Canada of ours and their own little haunts. Another well known chap to this community, arrived one week ago to the home of his mother in Flesherton in the person of Earl Blackburn.

Miss Margaret Turney. Flesherton, Toronto Normal school student, is at our S.S. No. 4 school this week, on the practice teaching plan, under the supervision of Mrs. E. A. Stinson.

The annual church meeting of Inistioge Church will be held on Saturday afternoon, Jan. 12, at 3 p.m. During the winter months the hour of Sunday service has been transferred from the former 3 p.m. to 2 p.m. Thus the next service at Inistioge will be held January 20, at 2 p.m.

Mr. and Mrs. Milton Bannon and Fred entertained Mr. and Mrs. Russell Waller, Mr. and Mrs. Jas. Bannon and little son, Tommy of Toronto, and Mr. and Mrs. McGinnis, Hanover on Sunday.

Hay pressing has been the order of the day in the neighborhood during the past week.

Mr. Herb Betts, Rock Mills, has been a farm to farm caller along the line, in the interests of Artemesia Township as assessor, under the new system.

Mrs. Russell Linton and Peggy spent two days with friends in Owen Sound, the latter part of the week.

(Intended for Last Week)

A Happy, Prosperous New Year! is our wish to the editor, staff and readers as we launch into the year of 1946.

The Yuletide season this being the Victory one, was celebrated with much ease and thanksgiving. Many homes boasted the welcome home of one or more members of the family from the battlefronts. Yet for some, Christmas and New Year's were marred.

Mr. Allan Montgomery contracted a severe cold and weakened condition of his heart the week before Christmas causing his removal to Markdale Hospital. At time of writing, Mr. Montgomery's condition is showing little improvement. We hope for better news of his condition soon.

Mrs. Clayton Betts received the distressing news of her brother, Ken Sims, being dangerously ill overseas, a result of diphtheria. Latest news by cable on Saturday revealed him as still being dangerousy ill. We trust that Mrs. Betts may very soon receive better news of her brother. Ken's many friends of Victoria Corners wish him a speedy recovery.

On Monday, Dec. 31, Mr. George Ludlow, Mrs. Albert Stinson, Mrs. Wm. Ludlow and Mrs. Ed Stinson, driven by Mr. Harold Jackson, motored to Alliston to attend the funeral of the former's cousin, Mrs. Orval Lowery, the former Winnie Ludlow.

Those celebrating at Christmas in the community were: Mr. and Mrs. Clayton Betts, Grant and Gail, joining members of the Sims family at the home of Mr. and Mrs. Bert Sims, Proton Station on Sunday, Dec. 23; and on Chrismtas day the Betts entertaining Mr. and Mrs. Bert Sims, Jacqueline and Henrietta, Proton Station, and Mr. and Mrs. Laurie Betts and family, Markdale; Mr. and Mrs. Wes Dever with the former's sister, Mrs. Thos. Crawford, Markdale; Mr. and Mrs. Milton Bannon enjoying the company of their daughter, Doris, Sarnia, son, Jack, Brampton and Fred at home; Mr. and Mrs. Albert Stinson entertaining their son and family, Mr. and Mrs. E. A. Stinson, at noon day meal and then Mr. and Mrs. E. A. Stinson, Anne, Donnie and Bert joining members of the Henderson family at Bert Henderson's, Corbetton in the after noon; Mr. and Mrs. Elwyn Ferris and little son, Lyle, with the Hawton family, at Jos. Wright's, Maxwell; Mr. and Mrs. George Moore and little son, Garry, motored to Toronto to be with the Moore family at the home of Mr. and Mrs. Chas. Moore; Mr. and Mrs. Russell Linton, Peggy and Douglas to Owen Sound with the Thos. Fenwick family; Mr. and Mrs. Ernie Stewart and Mrs. Jas. Linton entertained the former's daughter and family, Mr. and Mrs. Thos. Copeland, Swamp College; Mr. and Mrs. Jas. Copeland's company included Mr. and Mrs. Al Seymour and Miss Hazel Copeland, Toronto; Mr. and Mrs. Wilfred Gallagher and Jim had as their guests, the Jas. Batchelor family; with the exception of Clifford, who is still overseas. all members of the Wm. Talbot family, as well as the Sam Talbot family, ate dinner at the Wm. Talbot home; Mr. and Mrs. Merritt Nicholls were afternoon and evening guests; Mr. and Mrs. Art Jackson entertained a number of the Nicholl family; Mr. and Mrs. Fred Linton and family, Mr. and Mrs. Jas. F. Acheson enjoyed their Christmas with Mr. and Mrs. E. Stinson and Mrs. Wm. Ludlow; Mrs. J. H. Richardson enjoyed the festive season with her four daughters in Toronto; Mr. and Mrs. Wm. Duncan spent Christmas with the Bell family at Shelburne.

On Tuesday evening, Dec. 18, Mrs. E. A. Stinson and pupils presented an excellent concert at the school house They were assisted by by the school music supervisor, Mrs. Waddell. Dundalk, and Mrs. Elmo Stevens. A record attendance was present, that being the night of the the beginning of this feature with total eclipse of the moon. many saw interest, the night being ideal.

Master Carl Hawton returned with his sister and husband, Mr. and Mrs. Elwyn Ferris on Christmas night and visited during the holidays there. Mr. and Mrs. Russell Hawton, and little Grace, Mrs. Hawton, Feversham, visited on Sunday at the same home and were accompanied on their return by Carl.

Mr. and Mrs. George Moore and little son, Garry, were accompanied home from Toronto, at Christmas. by Miss Orpha Hurd, Burlington, who remained until New Year's Day and with Mr. and Mrs. Walter Acheson, visited Mr. and Mrs. Sam Saunders and family, Chatsworth.

On Saturday, owing to the too small attendance on Wednesday morning, the ratepayers of S.S. No. 4 Artemesia, held their annuaul school meeting in the school at 2.00 p.m. with a full attendance. Mrs. Walter Nicholl, the retiring trustee was re-elected along with Jack Gowanlock and George Moore. Mr. Allan Montgomery was re-elected secretary-treasurer and Mr. Russell Linton as caretaker.

Mr. John Talbot, Fort Erie, assisted his father, Mr. Wm. Talbot during the Christmas school holidays. His wife and three daughters visited her parents, Mr. and Mrs. Delbert Alcox, Collingwood. They all left for their home at Fort Erie on Monday afternoon, where John will resume his teaching duties on January 3rd.

On Wednesday, Dec. 19, Mr. and Mrs. E. A. Stinson and family attended the welcome home party for the former's eldest brother. Pte. Balen Henderson, R.C.A.M.C., who that week, returned after two and a half years service overseas. The party was held at the parental home, Corbetton. On Sunday, Dec. 23, the Stinson's entertained Pte. and Mrs. Balen Henderson, Mrs. Bert Henderson and Mr. Douglas Henderson.

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An active, growing child needs to break his fast in the morning with foods that keep him healthy by refueling his physical and nervous systems. People doing heavy work in the factory, on the farm or around the house need a substantial breakfast for the same reasons. Some office workers and others who do sedentary work may need only fruit, whole wheat toast with jam and a hot beverage. Elderly people often find their visibility low in the morning and therefore require food to pick them up.

What is the right kind of breakfast and how is it planned? The general breakfast pattern can be the same, day after day, if given enough variety to add interest appeal. Fruit of some sort makes a good starter, because fruit is refreshing and appetizing and also because it supplies the Vitamin C everyone needs every day. Citrus fruits and tomato juice are especially high in Vitamin C content. You might vary these with raw apples or applesauce stewed prunes (without sugar) or grape juice.

For energy giving food at breakfast the breads and cereals go on the table. And the more wholegrain used, the better for the family. Prepared cereals save time but in cold weather a cooked cereal is recommended. Try whole wheat cooked in milk, cornmeal porridge served with maple syrup or good oatmeal gruel and warm milk. Some prefer cold milk or cream—it's a question of taste and pocketbook. Plenty of milk on the morning cereal takes care of part of the daily quota (1 pint per day). It is wise to teach children to enjoy cereal without sugar.

Along with cereals, there is a wide variety of breads that are delightful for breakfast — muffins, biscuits, hot crisp toast from brown, white or cracked wheat bread. pancakes, coffee rolls, etc.—all depending on how much time you have to get breakfast. To save time in the morning, partly mix a batter the night before and store it in the refrigerator. Some homemakers have scones and tea biscuits cut and in the pan the night before. The pan spends the night in the refrigerator and then is popped into a preheated oven.

A substantial breakfast should include a body-building food especially for manual workers—an egg, poached, cooked in the shell or scrambled; bacon, broiled slowly; creamed meat or f'sh on toast. Ever make a kidney stew on Saturday and reheat it Sunday morning—or make waffles with piecs of bacon in ready to cook in a few minutes?

Last of all there is the breakfast drink to consider. Hot tea, coffee and cocoa are standards but since a few new cereal beverages and chocolate powders are available they make a variety. The idea is to serve something warm, cheering and good to taste. Milk is the best drink for children.

So the general pattern for a good breakfast runs from fruit, cereal and bread to eggs (or bacon, fish or meat) and finally to that hot cup of coffee.

COOKING CEREALS

Cooked cereals should be well flavored, free from lumps, not too stiff, not too thin and served piping hot. correct cooking, use measured proportions according to instructions. We cook cereal: (1) to improve the flavor, (2) to improve digestibility and to soften the cellulose, thus improving the texture.

Methods of cooking cereal: (1) over direct heat, (2) in a double boiler and (3) a combination of methods.

How to prevent lumping: (1) Fine cereals such as farina or cornmeal should be mixed with enough cold water to make a soft "mush"; then added to boiling, salted water and stirred constanlty. The amount of water used should be deducted from total liquid needed. (2) Flaked or coarse cereals such as rolled oats; cracked wheat and grits may be sprinkled slowly into rapidly boiling, salted water, so boiling will not stop. Scrape the bottom of the pan with a spoon frequently. (3) When reheating cold, cooked cereal, use a double boiler and do not stir the cereal until it is heated.

Cooking Time for Cereals:

Fine cereals for six servings: ⅓ to ½ cup cereal, 2 cups water, and ¾ tsp. salt. Time 20 minutes.

Coarse cereals for six servings: ½ cup cereal, 2 cups water, and ½ to 1 tsp. salt. Time 30 to 35 minutes.

Commercial packaged cereals may be warmed in the oven or steamed for variety. The addition of wheat germ adds considerable vitamin value.

MAXWELL

Capt. Gordon Collins and Mrs. Collins of Brockville are visiting with the latter's parents, Mr. and Mrs. E. Buckingham. Capt. Collins has just returned from overseas this past week.

Mr. George Ross attended the wedding of his nephew. F.O. John Ross, R.C.A.F., at Beamsville, on January 5.

The Guild of St. Mary's Anglican Church will hold their regular meeting at the home of Mrs. Gertrude Seeley on Thursday, January 10.

We welcome Sgt. James Kerton, son of Mr. Charles Kerton, who arrived here Monday evening, from overseas.

We are very pleased to report Delbert Winters, who had the misfortune to have his leg broken early in the winter, able to be home from the hospital and is spending awhile with his grandparents. Mr. and Mrs. Wm. Seeley.

Congratulations to Mr. and Mrs. Angus Morrison, who celebrated their Golden Wedding Anniversary on New Year's Day. All the family were able to be home for the occasion.

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