THE
Flesherton Advance
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F. J. THURSTON, Editor

STEPHEN'S CORNERS

We are sorry to report that Mrs. Clarence Winters has been quite ill during the past week with pleurisy and will be confined to the house for a couple of weeks yet. We hope she will soon be feeling better.

Miss Laura Allison has accepted a position in Peel Memorial Hospital at Brampton and commenced her duties there last week.

A number of our folk have been ill with the 'flu and colds during the past week.

Mrs. Lance Brownridge accompanied Rev. O. W. and Mrs. Holmes to Toronto and visited with her son, Harold, who is still in the Toronto General Hospital. We are glad to hear that Harold is improving.

We are also glad to report that Mrs. O. W. Holmes, who underwent an operation in the Women's College Hospital, Toronto, is making favorable progress.

Mrs. J. A. Lougheed and son, John, are visiting with Mr. and Mrs. Frank Deane at Brampton.

The euchre party, which was to have been held Saturday night in Maxwell hall by the Maple Leaf L. O.B.A., was cancelled, owing to so much illness in the community.

Mr. and Mrs. Joe Porteous visited on Tuesday with the latter's sister, Mrs. Lawson White, who is a patient in Markdale Hospital.

We know it's fun sometimes

...you and your girl friend doing home work together, by telephone. But it *does* tie up the party line – perhaps when someone needs it badly. So please don't make it a habit... Check?

PARTY LINE COURTESY IS CATCHING...

Putting it into practice on every call you make is your best guarantee that others will do the same for you.

1. Keep calls brief.
2. Space your calls.
3. Give right-of-way to emergency calls.

THE BELL TELEPHONE COMPANY OF CANADA

PRICEVILLE

The Y.P.S. will meet Friday evening at the home of A. L. Hincks. The social convener will have charge of the program.

Mr. and Mrs. Joe McKee attended the funeral of the late Mrs. Wm. R. Burnett at Markdale on Tuesday of last week.

Mrs. Thos. Nichol is visiting with friends at Collingwood.

Mrs. Percy Sims spent a few days visiting her daughter at Fergus.

A number from here attended the funeral of the late John S. Macmillan at Flesherton on Saturday.

Mr. and Mrs. Edgar Patterson received word of the death of the former's uncle, Mr. George Patterson, last week.

Mr. Essie Anderson of Proton is visiting his sister, Mrs. Carrie McDougall.

Congratulations to Mr. and Mrs. Edgar Patterson, who had their 27th wedding anniversary Jan. 26th.

A school trustee meeting was held Saturday night at the home of Mr. S. Boice. Mrs. Stewart Boice was re-elected secretary-treasurer, and Mr. Archie McKechnie was appointed trustee for another term. Mrs. Thos. Harrison was re-engaged as caretaker at an increase in salary.

Mrs. Koeritz and George spent the week end in Toronto.

Mr. Ernie Williams and son, Eddie, spent a couple of days in Toronto the first of the week.

Miss Marion Muir returned to Hamilton and Mrs. Jack Whittaker to Dundalk, after spending the past few weeks at the home of their brother, Mr. Stewart Muir.

Mr. and Mrs. John Woollard visited Sunday with Flesherton friends.

We are sorry to report that Mrs. Robt. Vause is still bedfast.. Mrs. Ritz of Dundalk is nursing her.

The W.M.S. and W. H. meetings were held Tuesday afternoon at the home of Mrs. Aldcorn with 14 present, with Mrs. J. A. Nichol presiding. Mrs. Elwood Kinsman gave a splendid paper on Jack Minor and Mrs. Henry Tucker gave an interesting paper on the emblem of the Presbyterian Church the "Burning Bush." Mrs. John Nichol gave a reading "A New Year's Fantasy. The meeting closed by repeating the Lord's Prayer. Mrs. D. L. McArthur presided for the W.M.S. After the usual opening exercises, Mrs. John Nichol gave the topic "Flashes from a Living Message." Mrs. D. L. McArthur read a chapter from the study book on India, and roll call was answered by paying membership fees. A delightful lunch was served by the hostess and assistants. The February meetings will be held at the home of Mrs. D.L. McArthur.

8TH LINE, OSPREY

The Farm Forum was held at the home of Albert Williams on Monday Jan. 12th, and at the home of Mr. Jas. Ottewell Jan. 19th. This Monday the Forum was held at the home Mr. W. Stephens.

We are sorry to report Mrs. M. Murphy not gaining in health very fast, but we hope she will soon be well and able to be around.

Mr. and Mrs. Jas. Ottewell spent Sunday with Mr. and Mrs. Lloyd Stephens, Feversham.

America has submarines that can stay under water for weeks by use of the German "schnorkel" breathing tube; an attempt now is being made to generate oxygen from hydrogen peroxide so that the breathing tube will not be needed.

FREE SERVICE TO FARMERS
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THE MIXING BOWL

By Anne Allan, Hydro Home Economist

Hello Momemakers and Classmates! We certainly appreciate the letters from Home Science studens as we recall school days—as a matter of fact we really never have finished studying. They say, there is nothing new under the sun, but there is a lot to be gained from experience and research. Not so long ago there were only 5 vitamins, now we have reard of about 18. You ask what useful purpose do vitamins serve? Vitamins are often referred to as protective foods, because their presence is indispensable to good health and normal growth. The maximum benefit cannot be derived from the buildings foods if vitamins are absent. Vitamins not only maintain a healthy and active condition of all parts of the body, but also directly assist in resisting disease. Each vitamin has a special function.

Vitamin A defends the body against infections, particularly the eye, ear and respiratory tract.

Vitamin B helps to maintain a strong, atcive digestive system and so prevents indigestion and constipation.

Vitamin C protects the skin, teeth and bones.

Vitamin D is instrumental in the formation and protection of hard bones and teeth.

Vitamin B-2 beps to prevent nervous and digestive disturbances.

It is good to remember that the fresher the food, the more valuable is the vitamin content. The potency of the vitamins is reduced when the food in which they are present is cooked or stored. Exeptions to this are canned food and pressure cooked food, because in both instances, the method of preserving is airtight and the cooking time is reduced to a minimum.

COOKERY TERMS AND DEFINITIONS

Baste: To lable water, drippings or other liquid over food while baking or roasting.

Braise: To brown meat or vegetables in a small amount of fat or salad oil; then to cover and cook slowly in the juices or in a small amount of added liquid.

Coddle: To cook slowly and gently in a liquid just below the boiling point.

Cut in: To distribute a solid mixture in small pieces evenly through a dry mixture, using a cutting motion.

Fold: To combine, using a motion beginning down through the mixture continuing across the bottom of the bowl and ending with an upward and over motion.

Infuse: To steep without boiling.

Knead: To roll and press firmly with the heel of the hand.

Marinate: To mix with an oil and acid mixture and chill.

Mask: To cover completely, as with sauce.

Truss: To fasten tightly.

CEYLON

Kindly remember the song service in Ceylon United church on Sunday, Feb. 1st, at 7:30 p.m. The more folk present, the better the song service. The invitation is to all.

Mrs. G. Snell, accompanied by Miss Dorothy Snell of Islington, spent the week end with Mr. and Mrs. C. Alexander, Springhill.

The many friends of Mrs. J. Meads are sorry to learn that she is a patient in Markdale Hospital. we hope that she may soon be able to return to her home.

Mrs. L. Duckett visited a few days last week in Toronto. We hope Miss Hilda Duckett may have a speedy recovery after her recent appendix operation in a Toronto hospital last week.

Mr. and Mrs. Ed. Genoe visited on Sunday with the latter's parents, Mr. and Mrs. R. Dixon, Markdale.

Miss E. Aitken spent the week end at her home at Holstein.

Mrs. A. E. Goessell spent a few days this week visiting friends at Kincardine.

Messrs. Percy Stonouse and Russell Talbot of Durham visited Sunday with Mr. and Mrs. J. Stauble.

Miss Marjorie Connell of Owen Sound spent the week end with Mr. and Mrs. Wm. Cairns.

Mr. and Mrs. George Jaynes and Mr. and Mrs. A. E. Goessell entertained at a euchre in Ceylon school on Friday evening, when a social hour was spent. The high score for the ladies went to Mrs. Jos. Stauble and the high score for the men was won by Mr. Stauble.

VANDELEUR

Vandeleur Farm Forum met Monday in the Community Hall and had an exceptionally interesting program. Jack Hill took his big tractor with sleigh behind and gathered the members, about 30 being in attendance. Will Ratcliffe brought his radio and after listening to the broadcast, the Forum went on record as being opposed to lifting the ban on the importation of oleomargerine. They were interested in co-operative automobile insurance and also the suggested discussions on co-operatives, and asked for material and information. Following the discussion, Howard Graham gave an outline of the life of the immortal Bobby Burns, and read extracts from a number of his poems. Music was supplied by Mr. and Mrs. Lorne Ormsby, Jack Hill and Mrs. Wilson. Progressive euchre followed and after a spirited contest, Carl Wilson and Mrs. Stan Harvey were declared the champions and each received an award. Some members played crokinole and lunch was served. During the meeting, the Forum phoned greetings to the newest member of the Artemesia Forum family "Old Durham Road," which was meeting for the first time at the home of W. R. Meads. This is the third Forum that Vandeleur has assisted in starting during the past three weeks. The next meeting will be held at home of Mr. Stan Harvey.

The January W. I. meeting was held Thursday afternoon at the home of Mrs. Gordon Wyville, with a fair attendance of members. The motto, prepared by Mrs. Newt. Hutchinson, was read by Miss Myrtle Fawcett "Make new friends, but keep the old; the new are silver, but the old are gold." Readings were given by Mrs. Carl Wilson and Mrs. Lorne Ormsby. The business meeting included a discussion re a cairn in honor of Mrs. Nellie McClung, our well-known Canadian author, whose birthplace is near Chatsworth and it was decided to consider a scholarship to the Ontario Agricultural College for a Grey County student. It was also decided to adopt a family in Britain. Lunch was provided by the hostess and Mrs. E. Hutchinson and Miss Myrtle Fawcett.

Panama is said to be the only country that has changed continents. Before it seceded from Colombia in 1903, it was considered part of South America.

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i 8.40p.m.

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d -Sunday and Holiday only
i - Daily except Sat. g - Saturday only.

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