THE Flesherton Advance

Published on Collingwood St., Flesherton, Wednesday of each week. Circulation 1,100. Price $2.00 a year in Canada, paid in advance; $2.50 per year in the United States.

F. J. THURSTON, Editor

MAXWELL

(Intended for Last Week)

Mr. and Mrs. Mel Sled and Michael spent the week end visiting with her sister, Mrs. Gordon Dixon, and Mr. Dixon at Peterboro.

Mrs. Fred Ross is visiting for a couple of weeks with her parents, Mr. and Mrs Raymond Wellar, near Brampton.

Mr. and Mrs. Geo. Morrison, Shirley and Dennis spent New Year's with her sister, Mrs. Robt Clark, and Mr. Clark at Mc. Dennis.

Mrs. Jas. Winters spent the past week visiting relatives in Toronto.

Congratulations to Mr. and Mrs. Telford Ferris on the arrival of a little son on Saturday morning of last week.

Little Tommy Beatty spent Christmas holiday with his uncle and aunt, Mr. and Mrs. Wm. Morrison, at Markdale.

A 450-mile pipe line, the longest in Canada, is being constructed to carry Alberta oil from Edmonton to Regina. Costing between $35,000,000 and $40,000,000 it is expected to be completed in 1950.

Direct to Downtown in any town

You'll find it really handy to travel by bus — right from downtown in your town to downtown in any town along the route. For business or pleasure the Main Street landing is tops in travel convenience. Plan your next trip by bus. You'll enjoy it.

Chicago - -	$24.50
New York -	22.35
Toronto - -	4.60
Buffalo - -	9.65

ROUND TRIP
(Subject to change)

TICKETS AND INFORMATION
BODEN'S SERVICE STATION

THE MIXING BOWL

BY Anne Allan HYDRO HOME ECONOMIST

Hello Homemakers! This is the season of reviewing mistakes of the past and for resolutions for the future — time for revising the family budget, after the holiday splurge — time for giving even more careful attention to balancing those meals. Children, for the most part, have eaten plenty of candy which is not on the list of daily foods. Sweets are not cheap, especially when the nutritive value is taken into account.

The November Ontario Nutrition Bulletin had worthwhile information about the most important food which is a must in the budget. It is milk for children. We quote from this authorized publication:

Why serve milk? Milk is the only source of calcium and riboflavin which can be used by children every day. Children up to 12 years who have a pint of milk a day obtain 75% of the day's need of calcium required for growth of bone. Milk protein has high nutritive value and is cheaper than protein from meat; two quarts of milk contain as much protein as one pound of beef.

How much milk? One pint of milk taken with the other foods listed in Canada's Food Rules supplies the calcium and riboflavin needs of children up to 12 years. One pint, used through the day, does not lessen the appetite for other foods Adolescents need at least 1½ pints a day.

When to serve Milk? Preferably near the end of meals so as not to reduce the appetite for other needed foods. Between meals milk should be taken at least 1½ hours before the next meal. The nutritive value of milk is not altered by cooking; so it may be used in soups sauces, and desserts.

What kind of milk? Only pasteurized milk should be used.

Whole milk is best for most children. Skim milk contains as much calcium, riboflavin and protein as whole milk and may be used to save expense. Chocolate daily milk is generally skim milk plus chocolate syrup. The extra sugar promotes tooth decay. Children should not be encouraged to want sweet foods.

—

Successful budgets are not made overnight. There are four essentiols to consider in the Food Budget: (1) Planning meals. (2) Buying foods. (3) Storing food. (4) Preparing foods. Almost all the planning is done at home and includes checking supplies on hand, reading food announcements, making menu plans, writing grocery lits and deciding where to shop.

Buy whole grain cereals. Buy as many foods in quantity as possible. Buy at convenient store — transportation costs money these days. Buy seasonal foods.

Store food wisely. The advantage of a constant cold atmosphere is best for most foods. Dry storage for those foods that do not require storage.

Careful preparation of food may save many dollars in one year. For instance, if vegetables can be cooked in natural covering there is little yaste compared to peeling. Watch cooking period to test excessive boiling or baking temperatures, and use reliable recipes.

BASIC CREAM SOUP

4 tbsps. butter
2 tbsps onion, diced
4 tbsps. flour
3½ cups milk
Above 1½ cups cooked vegetable and vegetable liquid
Salt and pepper

Melt butter in top section of double boiler. Add onion. Cover and cook slowly over electric element turned High until soft, but not brown.

Place over hot water. Add flour and mix well.

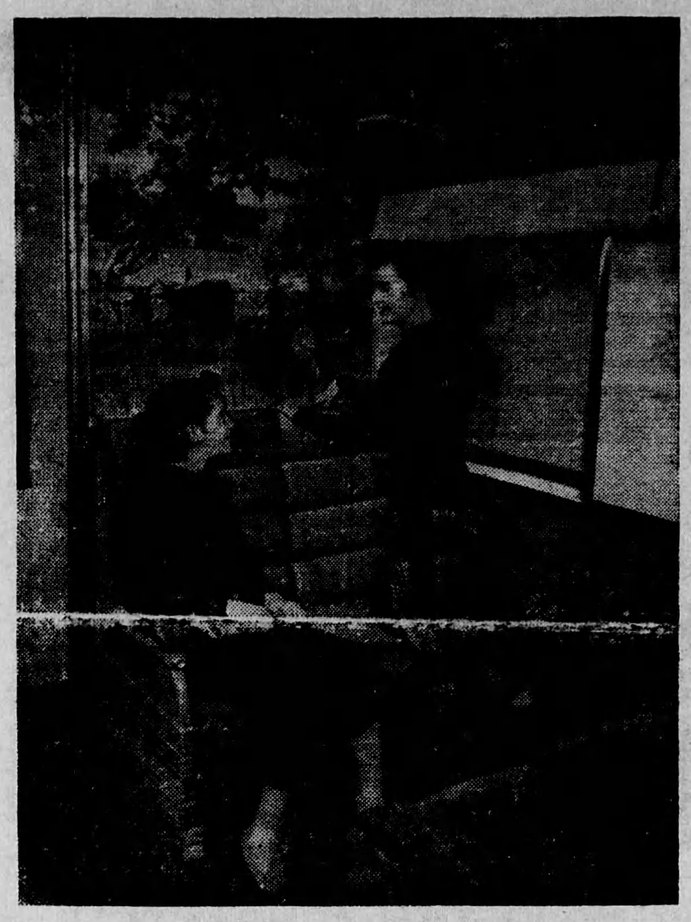
Add milk all at once. Cook, stirring constantly until thickened.

Shortly before serving, add vegetable and enough vegetable liquid to give desired consistency. Season with salt and pepper. Six serving.

Cream of Carrot: Decrease onion to 1½ tablespoons. Add 1½ cups sieved cooked carrots. Garnish with diced, cooked carrots.

Cream of Celery: Increase milk to 1 quart. Add 1 cup cooked cream-style corn. Thin as desired with additional milk.

Cream of Spinach: Add 1½ cups sieved spinach and liquid. Season with ¼ teaspoon marjoram and ¼ teaspoon basil added with milk. (Omit herbs if desired).



Look For New C. P. R. Coaches

Plastic murals, as shown above, decorate the end walls of new Canadian Pacific Railway day coaches now being turned out. Featuring reclining chairs, extra-wide picture windows and an all-glass door separating the smoking compartment from the rest of the car, the new coaches are now rolling out of the C.P.R.'s Angus Shops in Montreal, and it is expected 64 of them will be in system-wide mainline service within eight months. Four murals like the one pictured here decorate the end walls of each car.

VICTORIA CORNERS

(Intended for Last Week)

Mr. and Mrs. Russell Linton, Peggy and Douglas, joined members of the Fenwick family in the home of Thos. Fenwick, Owen Sound, for the Christmas dinner. Dec. 26th.

Mr. and Mrs. John Duncan and family visited with Mr. and Mrs. Harold Badgerow at Feversham and Thursday evening with Mrs. Georg Hutchinson, Tena and Milton, at Flesherton.

Little Shirley Linton visited a week previous to Christmas with her grandparents, Mr. and Mr. Ed. Stinson and during Christmas vacation Master Jack was a visitor. We are glad to know that Shirley is improving, although considerable rest will still be needed to overcome her heart condition. Christmas for the Fred Linton family was not too cheering, with Shirley convalescing, Fred "down" with a heavy cold causing ear infection and sinus trouble, and Clare ill with bordering pleurisy. We are glad to hear that Fred and Clare are much improved again. Relatives and neighbors assisted the Lintons with their barn work for a few days during Fred's illness.

The Young People's Union held their annual Watchnight service in the home of Oscar Patterson Saturday night. With the week end came the termination of 1949 and the turn of the calendar sheet to the last half of the Twentieth Century, marking the new year of 1950.

Mrs. Geo. MacGregor, Wayne and Maureen, of Preton arrived Christmas Monday to spend the vacation with the former's parents, Mr. and Mrs. Jas. Batchelor. George came up for New Year's week end and all members of the Jas. Batchelor family gathered in the home of Bill Batchelor at Proton Station on New Year's day

Mr. and Mrs. Jack Linton, Preston, week New Year's week end guests in the E. Stewart and Linton homes.

Visiting elsewhere during the New Year week end were: Mr. and Mrs Donald Reed, Garne and Donnie, and Flora of Owen Sound, joining McCannell relatives in a family dinner Saturday at the home of Dave McMillan, Bethel; Mr. and Mrs. Elvin Moore and Elizabeth, Mr. and Mrs. Geo. Ludlow with Mr. and Mrs. Abe Sherson, Proton Station; Mrs Elmo Stevens accompanied Messrs. Wm. Crockford and Wm. Nicholls to Parry Sound to visit friends; Mr. and Mrs. Walter Nicholls, Bobby , Mary and Doris with Mrs. Wm. Nicholls, Dundalk; Mr and Mrs. Art Jackson, Billy and Jane, and Mrs. Thos. Wilson, Toronto, with Mr. and Mrs. Ray Jackson, Dundalk, Mrs. Wilson remaining for a longer visit with her brother, Art, and family; Mr. and Mrs. Clayton Betts, Grant and Gail, with Mr and Mrs. Laurie Betts, Barrhead.

Mrs. Demmans, Toronto, was a Christmas week visitor with her daughter, Mrs. J. Gott, and family.

New Year's service was observed at Inistioge on Sunday. The next W. A. meeting will be held in the home of Mrs. Geo. Moore Thursday afternoon, Jan. 12.

Teachers nad pupils are treking back to school this Tuesday, after a week and a half of Christmas vacation. Complaints were audible among the "young fry" in regards to the weather. Skiis, ski equipment, sleds and so on were received as Christmas gifts by several and the weather conditions were so mild and no snow was available to use them. At the present time no snow (not even a patch) is visible.

Mr. Elmer Lackie is staying with his sister, Miss Edith Lackie, and is wiring their barn and house for electricity, which is hoped will be brought along this line within the next few months. The Jas. Forbes Donald Reed homes have also been wired.

LADY BANK

(Intended for Last Week)

Happy New Year to all.

January 3rd, 1950, with no snow and green grass. Rain, rain and more rain, but in the near future we may be saying the same of snow!

Mr. and Mrs. Jack Graham and family, Mr. and Mrs. Alfred Noble of Barrie spent New Year's with Mr. and Mrs. Beryl McConnell and family at Kimberley.

Mr. Clark McConnell of Fergus spent Christmas and New Year's with Mr. and Mrs. Percy Semple and Royden and with relatives and friends at Kimberley.

Mr. and Mrs. Walter Wilson, Mr. and Mrs. Donald Wilson spent Christmas with Mr. and Mrs. Garfield Tyson and Mrs. Sayers, Townline.

Mr. and Mrs. Beryl McConnel and family of Kimberley, Mr. and Mrs. Steve Sutton of Flesherton spent Christmas with Mr. and Mrs. Wm. Semple.

Mr. and Mrs. Melville Holdroyd of Macrorie, Sask., are guests of Mr and Mrs. Wm. Poole and John Poole.

The Shier brothers of Portlaw are employed by John Robinson of Feversham cutting timbed in the Wildcat Swamp here.

Miss Shirley Maxwell has returned to her school teaching at North Bay, after spending the holiday with her parents, Mr. and Mrs. Alex. Maxwell and brothers.

Clearance Sale

at Bargain Prices

50% REDUCTION ON THE FOLLOWING

16 Boys' Coats, reg. $3.50 ..... Sale Price $1.75
2 Boys' Coats, reg. $5.50 ..... Sale Price $2.75
2 Boys' Coats, reg. $3.00 ..... Sale Price $1.50
5 Boys' Coats, reg. $4.89 ..... Sale Price $2.45
4 Boys' Coats, reg. $4.95 ..... Sale Price $2.50
Man's Coat, reg. $6.75 ..... Sale Price $3.40
Man's Coat, reg. $4.75 ..... Sale Price $2.40
3 Men's Coats, reg. $6.00 ..... Sale Price $3.00
Man's Coat, reg. $16.00 ..... Sale Price $8.00
3 Boys' Parkas, reg. $17.50 ..... Sale Price $8.75
3 Boys' Parkas, reg. $8.00 ..... Sale Price $4.00
Boy's Parka, reg. $7.50 ..... Sale Price $3.75
4 Men's Brushed Wool Pullovers, reg. $7.75 ..... Sale Price $3.88
10 Boys' Machinaws, reg. $11.95, Sale Price $6.00
8 Men's Pullovers, reg. $4.95 ..... Sale Price $2.50
3 Men's Pullover Sweaters, reg. $8.75, Price $4.40
10 Girls' Ski Pants, reg. $3.95 .... Sale Price $2.00

O. & A. Co-Operative

FLESHERTON, ONT.

ATTENTION

All Wheat and Small Grain Growers

Try "NA-CHURS" LIQUID FERTILIZER VONVENTRATE This Year

Last year several wheat farmers treated seed wheat with "NA-CHURS" LIQUID FERTILIZER CONCENTRATE and apparently had good results.

Using "NA-CHURS" Liquid Fertilizer Concentrate for this purpose is still in the experimental stage, bue we believe you should try it. Preliminary tests indicate a quicker start which may aid in earlier maturity and better yield.

The cost is very little, and if it will increase your wheat yield, it is too good to pass up. Many enthusiastic growers have written about the fine results obtained with "NA-CHURS."

Ask Us Today About the 10 Gallon Test

One Gallon of "NA-CHURS" will treat 8 - 10 bushels of seed grain at a cost of approximately $1.00 per acre.

Enjoy These Advantages

COMPLETELY SAFE — NO BURNING — NO BULAY WEIGHTS
EASY TO APPLY — ECONOMICAL — NO WASTE

For more information on "NA-CHURS" Liquid Fertilizer Concentrate come in or call us today.

Availible Through

R. Andrews, Flesherton — Lloyd Hudson, Feversham — E. Meredith, Maxwell

A. C. McARTHUR

DUNDALK 1 - - ONTARIO

WHERE "NA-CHURS" GOES - - - - - GRAIN GROWS