Flesherton Advance

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F. J. THURSTON, Editor

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Flesherton L.O.B.A. Looked Smart at Orange Parade

The newly organized Flesherton Lodge of the L.O.B.A. took part in the celebration at Dundalk on July 12th, and received favorable comment on their appearance on parade. The above photo was taken following the parade, but does not include all the members on parade. Pictured are from left to right: Sisters Marion McFadden, Mona Richardson, Elma McKinnon, Carlotta Jaynes, Flossie Plantt, Elva Russell, Luella Brackenbury, Verna Littlejohns, Lillian Thurston, Kate Johnson, Bessie Best, Mabel Cook, Mary Moody, Gertrude Teeter, Elizabeth Russell, Ida Hamilton, Eileen Littlejohns, Hazel Stoddart, Doris Little, Annie Littlejohns, Florence McKechnie and Jessie Aberdein.

Shelburne	Sept. 12, 13
Tara	Sept. 27, 28
Teeswater	Oct. 3, 4
Toronto (C.N.E.)	Aug. 26-Sept. 9
Woodbridge	Oct. 7, 8
Royal Winter Fair	Nov. 14-22

DELUXE

Thursday, July 27, only
"MOTHER IS A FRESHMEN'
in Technicolor

Friday and Saturday
July 28, 29
"CARGO TO CAPE TOWN"
Starring
B. Crawford John Ireland

Monday, Tuesday
July 31, Aug. 1
"FORBIDDEN STREET"
Adult
Starring
Dana Andrews Maureen O'Hara

Wednesday, Thursday
August 2, 3
"TIGHT LITTLE ISLAND"
Starring
Basil Radford Joan Greenwood

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Shows 7:30 and 9:30 p.m.

Revival Meetings

NOW ON — UNTIL AUG. 2

8 p.m. every night except Staurday

KIMBERLEY BAPTIST CHURCH

J. E. Plant, Evangelist

COME AND BRING YOUR FRIENDS

Hello Homemakers! Ice cream, once regarded as a treat for special occasions, is served to day as nuritious food in everyday meals. This shift in emphasis stems from knowledge of nutrition and better understanding of the satiety value in cool, smooth ice cream.

The nutritional value of vanilla ice cream is gratifying since a leading commercial concern has made tests which show significant amounts of protein, calcium, Vitamins A and B-1. This food value is important for it is not only good for normal appetites of ill and convalescing patients.

Commercially-made vanilla ice cream contains cream, milk and milk solids, sugar, a stabilizer (maybe gelatine), and sometimes eggs. There are no significant losses in the nutrient value of milk in manufacture of ice cream, so the calcium value so necessary for growing children, is available.

For those who have to be careful of excess weight, ice cream is a good choice since one serving (1/6 quart) contains about 206 calories. However, those who need added calories may be given syrup, fruit, cookies, cake or pie with ice cream.

As we recall the trends in ice cream, we remember the early type of ice cream cone that tasted like a soda biscuit, then the craze for ice cream with chocolate sauce; for a long period there was a tremendous demand for pie and ice cream; then came orders for banana splits; the next request for hot chocolate sauce and hot butterscotch. At present, the trend is a memorable one for our tourists, maple walnut sundae. Of course, there are still numerous requests for the favorite sundaes and sodas of yesteryear at the soda and ice cream counter, as well as the restaurants.

Teenagers will gather around the home kitchen when you keep their favorite desert on hand. Usually, there will be no dessert left on the plate if you include ice cream. The new choice of the refrigerator raider is the dish of ice cream with all the fixings he can find there too, jelly, sauce or fruit . . . or all three.

TAKE A TIP

1. When you make ice cream at home read the directions on the package of mix carefully and use level measurements.
2. Turn electric refrigerator to coldest point about 1 hour before ice cream mix is placed in the unit for best results.
3. Do not serve ice cream until time to eat dessert.
4. Use ice cream for milk shakes, sodas and sundaes at home.
5. Commercial ice cream can be packed into a tray in the freezing unit, then placed in the refrigerator and turned to the coldest point for 1 hour. When frozen firm the dial of the refrigerator may be returned to normal position. (Usually No. 9 is coldest and position 1 or 2 is normal or 40 degrees).
6. You may decorate bricks of ice cream with tinted whipped cream in a cake decorator for an emergency on a special occasion, such as home-coming, bon voyage, honeymoon guests.
7. Use pie plate or aluminum foil as dish that will fit into freezing unit.
8. A well-padded knitting bag makes a useful shopping bag for sarrying ice cream and chilled drinks.

District Fall Fair Dates

Arthur	Sept. 26, 27
Ayton	Sept. 29, 30
Barrie	Sept. 25-27
Bolton	Sept. 29, 30
Brampton	Oct. 5-7
Caledon	Sept. 22, 23
Chatsworth	Oct. 5, 6
Chesley	Sept. 8, 9
Clarksburg	Sept. 20, 21
Collingwood	Sept. 21-23
Dundalk	Sept. 14, 15
Durham	Sept. 12. 13
Elmvale	Sept. 18-20
Erin	Oct. 7 & 9
Grand Valley	Oct. 6, 7
Hanover	Sept. 13, 14
Holstein	Sept. 27, 28
Kemble	Sept. 19, 20
London (Western)	Sept. 11-15
Markdale	Sept. 22, 23
Meaford	Oct. 6, 7
Midland	Sept. 14-16
Mildmay	Sept. 18, 19
Mount Forest	Sept. 16 & 18
Neustadt	Sept. 15, 16
Orangeville	Sept. 19, 20
Owen Sound	Sept. 28-30
Paisley	Sept. 11, 12
Port Elgin	Sept. 6, 7
Rocklyn	Oct. 4, 5

SHOES

(By Valentine & Martin)

MEN'S DRESS SHOES Black and Brown, calf or kid

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