

FREE! *New* NUTRITION BOOKLET!

Nutrition made easy! A "can't-go-wrong" guide to healthful family meals

It's here at last! A really practical guide to meal-planning. All you need to know about nutrition, in an easy-to-follow, interesting, authoritative book.

This is important to you; for recent Government surveys show sixty percent of Canadians fall short of good nutrition, even though seemingly well-fed. Perhaps your family lacks proper food for vital good health... stamina... high morale.

So get in line with the "Nutrition for Victory" drive. Send for your copy of "Eat-to-Work-to-Win", NOW. Follow the new EASY plan for serving delicious, well-balanced meals.



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

FREE! Send for your copy today!

To get your FREE copy of "Eat-to-Work-to-Win", just send your name and address, clearly printed, to "Nutrition for Victory", Box 600, Toronto, Canada.

EAT TO WORK TO WIN

*The nutritional programme "Eat-to-Work-to-Win" is acceptable to Nutrition Service, Department of Pensions and National Health, Ottawa, for the Canadian Nutrition Programme.

TEMPLE HILL

Quite a number from around here have been laid up with a mild form of the flu.

Mrs. Wilbert Menary was called to the bedside of her mother in Meaford on Sunday. Her mother had been ill with the flu and other complications set in.

Though Wednesday night was a real cold winter's night it did not affect the boys who gathered to shivaree Mr. and Mrs. Russell Erskine. Russell and his wife proved to be really good sports.

On Friday night of this week the neighborhood gathered to fete Mr. and Mrs. Russell Erskine on their recent marriage with a lot of good wishes and a miscellaneous shower. Dancing was enjoyed until midnight when the young couple was asked to come forward and the following address was read by Mrs. Bryan Wilson:

Dear Russell and Ruth—We, your friends and neighbors, have gathered here this evening to express our heartiest congratulations and best wishes for a long and happy wedded life.

To you, Ruth, we wish to extend

a hearty welcome to our neighborhood and we feel assured that through Russell's choice our community will be enriched by your pleasing personality and winning smile.

On just one boat you two must float. On life's stream, rugged flowing. May music sweet in your hearts beat. And keep the sunshine glowing.

May you have health and also wealth. And all the good things going.

And may you find the world is kind. While good deeds daily sowing.

Signed on behalf of your neighbors and friends, Bryan Wilson, Harry Yeadell, Doug. Breadner, Stan. Cornfield, Vivian Wilson, Stewart Merrifield, Carl Boyd. The gifts were then unwrapped and the greetings read by Carl Boyd. Russell replied in a few words. Lunch was served and dancing was resumed.

Ross Gordon of Rocklyn was in the neighborhood and buzzed piles of wood for Wm. Hannah and Carl Boyd.

Quite a number of the farmers around here was at Berkeley on Saturday, picking up their supply of fertilizer.

The school was closed on Monday of last week owing to the condition

EBENEZER

Mr. Fred Taylor of Toronto visited at his parental home here.

Mr. and Mrs. Harold Scott of Georgetown were recent visitors with Mrs. Scott's parents, Mr. and Mrs. C. W. Hutchinson.

Pupils of Markdale schools, Stanley Brodie, June Freeman and Ruth Brodie and Alice Freeman of the Bank of Toronto staff were week-end visitors at the parental homes here.

The Ladies' Aid held their regular monthly meeting in the church on Tuesday of last week. The theme was taken from Matthews. Roll call was answered by a verse for spring. Committees were appointed and the business arranged for the coming year. Meeting closed with prayer. The Easter meeting will be held in the church April 14th, when members and visitors are cordially invited. Roll call will be answered by an Easter verse.

TRY STANDARD WANT ADVS. — THEY'LL SELL YOUR GOODS!

of the roads, making it impossible for the teacher to get back from Meaford.

Anglican Church Notes

Christ Church, Markdale
10 a.m.—Sunday School
11 a.m.—Church Service.

St. Matthias' Church, Berkeley
2:15 p.m.—Sunday School

Gospel Workers' Church

Rev. D. J. Harris, Pastor
2:30 p.m.—Church Service.
Sermon Subject: "Reinforcements from the Land and Sea and Protection from the Air."
3:30 p.m.—Bible School.
Prayer meeting Tuesday, 8 p.m.

The Presbyterian Church in Canada

Mr. Paul Rumball, Minister
11 a.m.—Priceville Service.
2 p.m.—Markdale Sunday School
3 p.m.—Swinton Park Service.
7:30 p.m.—Markdale Service.

United Church of Canada Markdale

Rev. Norman Caswell, B.A., Minister
11:00 a.m.—Morning Worship.
Subject: "Why does preaching of God's Word sometimes have no effect?" (Matt. 13: 1-6)
12:15 p.m.—Sunday School
Parents, don't deprive your children of Sunday School—We need your help in this regard.
3 p.m.—Vandeleur Service (At the school)
7:30 p.m.—Evening Worship.
Pictures: "Staking Claims for Christ in the Far North" (Mk. 16: 15)
Singing of the hymns you love!

WELCOME!
ATTENTION: DO YOU BELIEVE that the BIBLE is the one and only TRUE FOUNDATION and GUIDE for this life and beyond? THIS IS OUR FIRM CONVICTION, and thus our every Service is centered solely in GOD'S OWN BOOK OF TRUTH!
WELCOME!

United Church of Canada Holland Centre Circuit

Robert Watt, Pastor
BERKELEY—
Worship Service, 7:30 p.m.
Y.P.S., Wednesday 8:00 p.m.
HARKAWAY—
Worship Service, 2:45 p.m.
Y.P.S., Tuesday, 8:00 p.m.
HOLLAND CENTRE—
Sunday School, 10:00 a.m.
11 a.m.—Church Service
Y.P.S. Friday, 8:00 p.m.

United Church of Canada Kimberley Circuit

W. R. Buchanan, Pastor
11 a.m.—Epping.
2:30 p.m.—New England
8:00 p.m.—Kimberley.

Coming Events

Notices under this heading are inserted at 5 cents per line for each insertion; minimum charge 25 cts.

Come to the dance in Berkeley Orange Hall on Friday, March 26th, sponsored by the Lily Oak Unit of the Salvation Army. Good music supplied. Lunch served. Admission 25 cents.

Vandeleur W. I.

The March meeting of the Vandeleur Women's Institute was held at the home of Mrs. W. Swanton on Thursday afternoon, March 18 with twelve members and a number of visitors present. In the absence of the president, Mrs. F. Boland, presided over the business part of the meeting.

Roll call was answered by a way of saving sugar.

Mrs. Glenn McGee, convener for Home Economics, took charge of the remainder of the program. The motto for the month, "This New Nutrition" was given by Mrs. Glenn McGee. Quilt patches were distributed among the members to be placed before the next meeting. Reading, "Red Cross", was given by Mrs. Russell Freeman. Community singing was enjoyed by using "My Wild Irish Rose" and "When Irish Eyes are Smiling"; paper, "Conserving Food Values", given by Mrs. W. Ratcliffe; readings by Mrs. Glenn McGee, "Food Values"; Mrs. W. Swanton, "Health". Dora Boland conducted a contest which was won by Mrs. Russell Freeman.

New England W. A.

The March meeting of New England W.A. was held at the home of Mrs. Newton Smith with attendance of eleven members. Meeting was opened in the usual way. The Scripture, taken from Psalm 92, was read by Mrs. Gordon Wilcox, followed by sentence prayers. Roll call was answered by the word "Victory".

It was decided to donate \$5.00 to the Russian Relief Fund and also donate a number of articles to the Markdale hospital. A vote of thanks was tendered to Mrs. Russell Erskine for her fine donation to the Association. Through the courtesy of the T. Eaton Co. the ladies received a very fine bundle of remnants for war work. A special collection is asked for the next meeting.

The program consisted of a splendid paper on "Victory" which was prepared by Miss Ella Wiley and given by Mrs. Nelson Wilcox. Readings were given by Miss Dorothy Wiley, Mrs. Gordon Wilcox and Mrs. Roy Kirkpatrick.

The April meeting will be held at the home of Mrs. Roy Kirkpatrick.

HOW TO GROW A VICTORY GARDEN

You can fill up your plate...and your pantry shelves...from almost any spare plot of ground where you can raise vegetables this year. Read HOW in the American Weekly with this Sunday's (March 23) issue of The Detroit Sunday Times, "Michigan's Most Interesting Newspaper."

TENDERS WANTED

Tenders will be received up to April 1st for power to run township crusher for crushing of approximately 1500 yards of stone at price per hour for actual time crushing. Contractor is to move all machinery, including bin. To be at least 18-horse steam engine or at least 35 horse tractor. Also to furnish 2 men, team, wagon, belt, fuel, oil and grease.

Also for hauling of same at price per yard per mile. Trucks to carry public liability.

Lowest or no tender necessarily accepted.
EDWARD LANKTREE,
Clerk, Township of Euphrasia Meaford, Ont., R. R. 4

Small Ads.

25c for 25 words if paid week of insertion; otherwise 35c up to 25 words. Over 25 words, 1c per word or figure. Replies directed to this office, 15c extra.

FOR SALE—Jacket heater, almost new. Enquire at The Standard Office, Markdale. 30p

FOR SALE—Coal-burning brooder stove and canopy. Enquire at The Standard Office. 30p

FOR SALE—Ten pigs, seven weeks old. Ed. Littlejohns, R. R. 5, Markdale. Phone 29 r 6. 30c

FOR SALE—A number of good young laying hens. Wm. Walker, R. R. 3, Markdale. Phone 54 r 3-1. c

FOR SALE—Durham bull, nine months old. James Lepard, R. R. 2, Markdale. Phone 52 r 3-1. 30p

WANTED—Buzz-sawing outfit; swing saw preferred. Norman Weatherall, R. R. 2, Markdale. Phone 55 r 3-2. 30p

WANTED—Woman or girl to do housework. No outside work. Three adults. J. A. Holley, R. R. 5, Markdale. Phone 114 r 1-3. 30p

WANTED—Quantity seed potatoes of good variety. State price per bag and name variety. Russell Dixon, Manager Grey County Home, Markdale. 30c

STRAYED—There strayed to the premises of the undersigned on Monday, March 22nd, red heifer, about 18 months old. Owner may have same by proving property and paying expenses. Donald Petch, R. R. 2, Markdale. 30c

FARMS FOR SALE—We have quite a number of farms for sale at prices which are in keeping with their values. If you want a farm worth the money, consult us. Bradey & Colgan, Licensed Real Estate Agents, Markdale, Ont.

CHAIN LOST—Between Markdale and the home of the undersigned on Highway No. 10, logging chain. Finder please identify or leave at Gillespie's Garage, Markdale. Russell McCann, R. R. 7, Markdale. Phone 131 r 1-2. 30p

TENDERS WANTED

Tenders will be received up until Thursday, April 1st, 1943, for Bread, Meats, Groceries and Burials for the Grey County Home, Markdale. Blank forms are available at the Grey County Home, Markdale, or at Grey County Clerk's office, Court House, Owen Sound, Ont. Grey County Home Board of Management. 30c

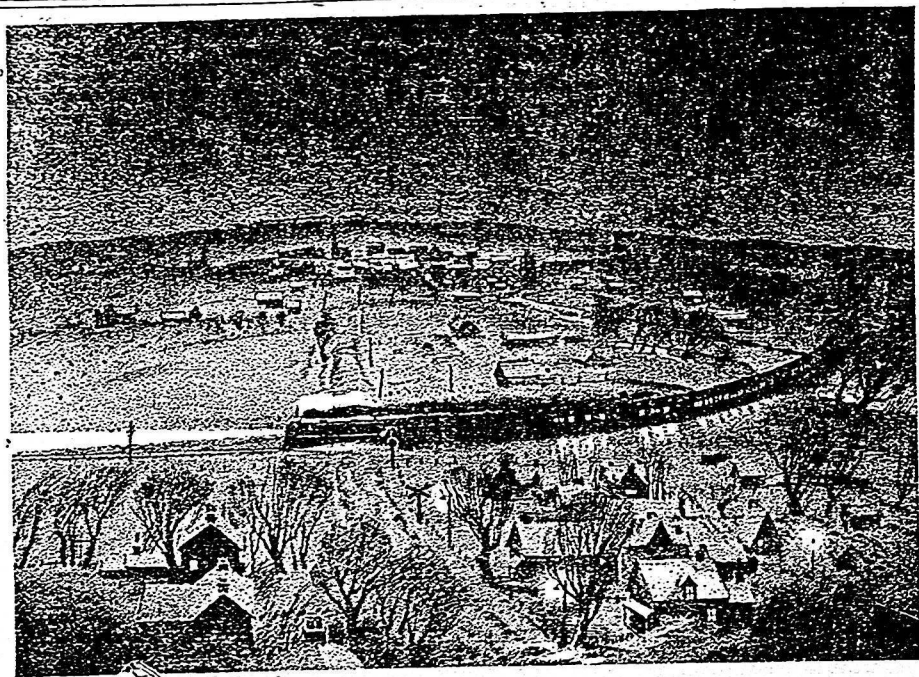
HAVE YOU RENEWED?

Insurance

Any type of policy you desire may be had from

A. J. NORRIS

Office on Main St., Markdale. Telephone 11



WAR WHOOP 1943 MODEL

YOU HEAR IT at all hours... that long-drawn cry of the locomotive whistle. It's the war whoop of the railways.

It may be a troop train speeding to keep a date with a convoy... it may be a long freight loaded with tanks, guns and other materials of war, many of them built by the railways themselves... it may be another week's supply of raw materials to keep a war plant in production, or food, fuel and other essentials for the home front.

It is the proud war whoop of Canada's greatest war industry—the railways, which are serving the nation as effectively in war as in peace. Only the railways can furnish mass transportation on such a scale.

Your railways were ready... ready in war, so that Canada could strike with all her might. They will be ready in peace again to serve a greater Canada... rolling ever forward on highways of steel.

IF POSSIBLE AVOID TRAVEL OVER WEEK-ENDS AND HOLIDAYS

CANADIAN RAILWAY FREIGHT RATES ARE THE LOWEST IN THE WORLD

CANADIAN NATIONAL CANADIAN PACIFIC

Carrying the load in War and Peace

Allied Diplomats Visit Montreal



Shown here are four United Nations diplomats who arrived recently at the Canadian Pacific Railway's Windsor Station, Montreal, to inspect war production plants in the Montreal area. They are, at left, Dr. Edouardo Grove, Chilean minister to Canada. Liu Shih-shun, second from left, representing Generalissimo Chiang Kai Shek's government in Canada, expressed satisfaction at the vast

quantities of war materials pouring from Canada's war plants, and thinks if Hitler could see that part of Canada's war effort viewed by himself and the three other members of the Foreign Diplomatic Corps, accredited to Ottawa, the German leader's hair would turn even whiter than it is reported to be. Fedor Gusev, third from left, representative of Soviet Russia, showed great interest in a display

of Russian war posters now in Windsor Station concourse. Dr. Frantisek Pavlasek, Czechoslovak minister, looks to the day when "made-in-Canada" war materials will have helped free Czechs from Nazi slavery. Arrangements were made for the four diplomats to visit the Canadian Pacific shops which for many months have been turning out a steady stream of "Valentine" tanks.