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SPECIAL FEATURE! BEANSIDE BEANS—GRADE "A"

**LARGE EGGS** GUARANTEED FRESH 55c

**RICHMELLO OLD CHEESE** 47c

**Catelli Choice Spaghetti** 2 29c

BRITISH COLUMBIA PACK FANCY

**PINK SALMON** 45c 25c

SERVES FOUR PEOPLE

**KRAFT READY DINNER** 2 27c

**CLARK'S VEGETARIAN BEANS** 16c

**CLARK'S SOUPS** TOMATO-VEGETABLE OR SCOTCH BROTH 9c

**READY CUT MACARONI** 23c

RECIPE NO. 1

**AMBER HONEY** 29c

**Fruit & Vegetables**

Imported firm 14 oz. pkg. **Ripe Tomatoes** 29c

Firm, Yellow **Ripe Bananas** lb. 19c

Arabian Steed — 16 oz. cello pkg. **Pitted Dates** 25c

Fresh, Shredded — 8 oz. cello bag **Salad Mix** 10c

California Fresh, New Bunch **Carrots** 2 bunches 27c

Washed **Parsnips** 3 lbs. 19c

VALUES EFFECTIVE THURSDAY, FRIDAY, SATURDAY, FEB. 8th, 9th & 10th

DOMINION STORES LIMITED

## FIRST HALTON FOLK SCHOOL SUCCESSFUL JANUARY EVENT

by Mrs. Roy Ellenton

Ten students and two leaders spent an enjoyable four days at the first Halton County Folk school held at the farm home of Mr. and Mrs. Roy Souther, Campbellville, from January 17-21. The school was sponsored by the Halton County Farm Forums and financed by donations from most of the Farm Forums in the county, several branches of the Women's Institutes, Junior Farmers' groups and Township Federation of Agriculture.

A quotation from Leonard Harman's article on "Folk Schools in Ontario" will tell in a few sentences what folk schools are. "The Danish Folk Schools, as we saw them, were centres of rural enlightenment. Each reflected the influence of a great teacher who built the school around his personality and around his aspiration for a better rural life and a finer community. The schools were assisted by public funds but not directed by any department of government. They were attended by young farmers and by young farm women during the summer. Sometimes adults of all ages came to the schools thirst for learning."

"The schools did not educate away from the land as do some of the High schools and Universities in Canada. They educated rural people for abundant living which most of them expected to find as farmers. The graduate of a Danish Folk School was a good farmer, an active member of several kinds of co-operatives and a man with a much-read library at home." Mr. Harman general secretary of the United Co-operatives of Ontario, was instrumental in starting the Folk Schools in Ontario.

Roy Hergott of the Ontario Folk School Council, conducted the first session of the school and acted in the capacity of advisor throughout the week. The following school board was appointed by the students — chairman, Mary Smith, Oakville, delegates of the Halton Junior Farmers; secretary, Wilma Johnstone, Omagh, sponsored by the Omagh Farm Forum; and treasurer, Ellen Chapman, Omagh, who also was assistant to Mr. Hergott and Mrs. Coulter, who acted as house mother.

Besides those mentioned above, the following were registered as students: Otha Hustler, sponsored by North Trafalgar Farm Forum; Vera May, Hornby, sponsored by S S 4, Esqueping Farm Forum; Mary Fether, Campbellville, sponsored by Nassagaweya Federation of Agriculture; Florence Armstrong and Ann Stout, Boyne, sponsored by Boyne Farm Forum; Ralda Neilson, Hornby, sponsored by the Hornby Farm Forum; Mrs. Tom Alderson, North Trafalgar, sponsored by Coyne School Farm Forum; and Reginald Coulson, Mt. Nemo, sponsored by the Mt. Nemo Farm Forum.

The theme for study and discussion throughout the course was "How can I be an asset to my community?" and was presented to the students by various speakers as follows: "Value of community singing and values of rural living" by Roy Wm. Young, editor of the O.A.C., Guelph, who explained in detail why community singing was such good fun with an uplifting influence that brought a crowd together as one. While money may be an important way of measuring values, it is merely the framework of life and we must make sure that our spiritual values are right so they can become the foundation of a full and happy life, he said.

An informative talk on the Principles of co-operative movement was given by Mr. Hergott who explained the origin of the organization and how it benefits the farmer today.

"Modern trends in education" was very ably taken by M. A. Campbell, Zimmerman, who explained the Hope report as recommended by the Royal Commission on Education, of which he was a member. He told how they planned the new system with the idea of educating the body and soul, as well as the mind, thus training boys and girls toward good citizenship.

Rev. R. E. Porritt, Campbellville, spoke on "The church in the community" and left with the students many helpful ways of improving relationships with the community church, not forgetting to remind them of their duty toward God as one of His stewards and their obligation toward their fellowman.

Owing to his experience in organizing farm groups, R. S. Heathcote was well qualified to give information and lead in discussion on "Where is farm organization leading us?" and enlightened the group on many points regarding this subject.

Mrs. Gordon Gray, well-known columnist, urged the students to cultivate good reading habits by starting at an early age to always read that which helped to truly live and think. Her talk and the discussion on "Literature Appreciation" was well received. Mrs. Grey recommended the reading of biographies and historical books as well as good fiction to help enrich our lives and understand the different phases of life.

Dr. Mather, of the Halton County Health Unit, presented the history and benefits of Public Health in the community.

Halton County's own Ethel Chapman, Home Editor of the Farmer's Magazine, Toronto, was present at the folk school for two sessions. How everyone can play his or her part in the "Home and Community" was the theme of her inspiring talk. Much of what she said will remain with the students to the remainder of their lives, enabling them to create their own satisfying homes.

Leatherwork was the subject chosen for handicrafts under the direction of Mrs. Cedric Harrop, Milton.

Study, devotional periods and discussion was interspersed with folk dancing, stunts, games and singing. The main feature of this part of the school was the community play party at Limestone School on Friday evening, preceded by a film on co-operatives under the direction of Mr. Gordon Gray. Mr. Hergott gave a short, explanatory talk on "The ethics of square dancing" and led in many singing games, folk dancing and square dancing.

The Halton Junior Farmers were guests at this play party and expressed their desire to participate in many more.

Another feature of the folk school is that work groups are formed to do the daily chores on a co-operative basis. The Folk School is non-denominational and each student is free to go to the church of his choice. Thus some of the group were in attendance at three and four churches on Sunday morning.

### WEATHERMAN SPEAKER AT YOUNG PEOPLE'S

Em Batkin, Herald weatherman, was a guest at St. George's AYPA meeting last week and spoke on regarding temperature, rain and snowfall.

The entire committee reported that no suitable nights were available for a picture party at the present time. One will be planned later in the year.

## CANADIAN SPORTS PARADE



WITH the country-wide lamentations over the loss of Canada's "old-fashioned" winters still ringing in our ears, I'm happy to note the frantic planning and actual construction of artificial ice rinks, now going on in several of our cities. Changing seasons, resulting in milder weather, have caused a major crisis for the game of hockey, due to the lack of natural ice. Facilities for practice and play have been generally limited, resulting in a serious drop in hockey interest, thereby endangering the game.

### New Rinks the Answer

In many Eastern and Western cities, youngsters have turned their loyalties and energy elsewhere, with the result that basketball and other games have benefited.

Following the example set by several American cities, Toronto presently plans four artificial rinks, the first (Alexandra) due to open in two weeks time. According to Alderman William Davidson, Chairman of the Parks Board, the four rinks (each consisting of a skating surface and hockey-cushion) will cost nearly \$400,000. Ultimately, the plans call for direct revenue from the users of the rinks, to enable the Toronto Parks Board to broaden their scope of operations. All in all, a worthy project—the most cheerful news in years for hockey lovers with an eye to the future.

### Racing's Slot-Machine Bill

Currently, the United States Senate is debating the "Johnson Bill", calling for sweeping prohibitions against the transmission (across State lines) of any kind of racing news, will turn out to be a worthy weapon to help eliminate the syndicate bookmakers and their illegal betting. If the "Slot-Machine Bill" goes through, the repercussions will affect Canada simultaneously. According to Frank Armstrong, editor of the Daily Racing Form (Toronto), the Bill would strike a heavy blow to his publication and to the other racing mediums (radio, etc.) transmitting legitimate racing facts and figures. Mr. Armstrong states: "It is my opinion there is no syndicate bookmaking in Toronto. Anyway, where could a man bet a thousand dollars around here and be sure of a pay off?"

If the Bill becomes law, Canadian racing enthusiasts may have to drop all interest in American tracks, and even racing classics such as the

Specialty prepared by a prominent Canadian sports authority for

Kentucky Derby will suffer accordingly. The Sport of Kings may suffer, for the king of the few!

### Argo Plans—1951

President Bob Moran of the Dominion Champions tells me that most of the 1950 players will be back in the line-up when the gridiron calls again.

Frank Clair will coach, Al Dekdebrun will return to his Quarterback and the Double Blue will parade with Krol, Curtis, Whaley, Toogood, Wentlake and the rest. The Argonauts are seeking just three American imports for next season—two linemen and a backfielder. If the imports are good enough to supplant the regulars, they'll play. If not, the Oarsmen will carry on in the victorious 1950 pattern.

### National Health Week

Nowadays we are all so much on the go that most of us are apt to give too little attention to the finest asset we possess—our good health. We don't eat properly, we don't take the right amount of rest and fresh air, and in many other ways we fail to look after that delicate mechanism, our body. That's why National Health Week right now is a timely reminder of just how important health is, not just this week but all year round. Below are some valuable health rules suggested by the Health League of Canada. Let's follow them closely. Remember "The First Wealth is Health."

- Eat right for health—follow a balanced diet.
- Get at least eight hours sleep daily.
- Exercise moderately in the open air—unless your physician advises otherwise.
- Avoid becoming over weight, but if dieting is necessary, diet only under the instruction of your physician.
- See your physician and dentist regularly for complete examinations.



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