

Fresh Farm
 Mrs. Chas. Prudham has left for Miami, Florida, where she will spend two months with relatives and friends.

Personals

Mrs. Chas. Prudham has left for Miami, Florida, where she will spend two months with relatives and friends.

THE NEW SYNTHESIS

The only answer to the ideology of materialism is the answer of change. Change to what and for what? Change in every man. Lives which are made new. That is the only way to remake the world.

"I was a good fighter and a good Communist but I have fundamentally changed," declared Max Bladec, Chairman of the Workers' Council in a Ruhr mine and for 25 years a member of the Communist Party. "With the same spirit of attack which I had for Communism, I am now fighting for Moral Re-Armament."

Continuing he said, "Why did I do this? Because of the development that has split the world in two camps, into a thesis and an anti-thesis and because if we do not find the synthesis for these two, the world is going down in ruin.

"I believe it is the ideology (change in human nature) proclaimed by Moral Re-Armament which is going to bring mankind the change in the world system for which they long. It can be that synthesis. The meaning and purpose of this ideology is to produce for mankind a world where people are not at enmity and where all contradictions are ruled out. In what way will it help the world if we have a war between East and West, and the East or the West triumphs and plants its flag on top of the ruins, and the people are no longer there? That is why I have changed. I have already changed a number of other Communists.

"I shall fight for that with all my heart and being. It will build a bridge across all differences and will change the present day materialistic order of society into the order desired by God. That is what the voice in me is saying.

"Let us fight together for this high and great goal. Change and by doing change your surroundings, and then this ideology will become the synthesis which the world needs."

Church News

KNOX PRESBYTERIAN CHURCH
 Minister—Rev. E. J. Phina
 Mrs. Wright, A.T.C.M.—Organist and Choir Leader

SUNDAY, FEBRUARY 12th, 1950
 11.00 a.m.—Rev. Jas. Baillie will preach.

7.00 p.m.—Service withdrawn.
 The February meeting of the W.M.S. will be held in Knox Church school room, Feb. 14, at 2.45 p.m. Roll call is "Teach".
 The Eve. Dept. of the Women's Missionary Society will meet on Tuesday evening at the home of Mrs. Cavell. Mrs. Roy Coulter will be the guest speaker.

ST. PAUL'S UNITED CHURCH
 Minister—REV. J. L. BLAIR, B.A.
 Organist—Mr. Robert E. Becktel, A. T. C. M.

SUNDAY, FEBRUARY 12th, 1950
 10.00 a.m.—Senior School.
 11.00 a.m.—Morning Worship. Junior School.

3.00 p.m.—Church Membership Class will meet in the S. S. room.
 7.00 p.m.—Evening Worship Service.
 Monday Feb. 13—The C.G.I.T. will meet at 7 p.m. Church membership class will be held at 8 p.m. in the Ladies' Parlour.
 Thurs. Feb. 16—Trail Rangers will meet at 7 p.m.

GRACE ANGLICAN CHURCH

Rector
 Rev. J. Homer Ferris, B.A., L.Th.

SUNDAY, FEBRUARY 12th, 1950
 Sexagesima Sunday
 8.00 a.m.—Holy Communion.
 10.00 a.m.—Sunday School & Bible Class.

11.00 a.m.—Morning Prayer and Sermon. Members of the I.O.D.E. will attend this service to commemorate the 50th anniversary of the founding of the Order.
 7.00 p.m.—Evansong and Sermon.
 Tuesday, Feb. 14th, 2.30 p.m.—Devotional meeting of Afternoon Branch W. A. at the Rectory.
 7 p.m.—Church Boys' League.
 8.15 p.m.—A.Y.P.A.
 Wednesday, February 15th, 4.15 p.m.—Junior W. A. and Little Helpers.
 7.15 p.m.—Jr. Choir.
 8.00 p.m.—Sr. Choir.

MILTON GOSPEL CHAPEL

In the Farmer's Building

SUNDAY, FEBRUARY 12th, 1950
 10.30 a.m.—Sunday School.
 6.45 p.m.—Communion of the Lord's Supper

8.00 p.m.—Evening Service. Mr. D. L. Norbie, teacher of the Emmaus Bible School, in Toronto, will favour us with the evening message.
 Thursday, Feb. 9th at 8.00 p.m.—Young Peoples' Fellowship Hour, held in the Sunday School Hall.
 Tuesday, Feb. 14, at 8.30 p.m.—Prayer and Bible Study.
 Feb. 24—Women's World Day of Prayer.
 All Are Welcome

PENTECOSTAL HOLINESS CHURCH

REV. H. WOODS, Pastor
 Order of Services
 (Held in I.O.O.F. Hall)

Friday 8.30 p.m.—Prayer Meeting and Bible Study at the home of Mr. and Mrs. Tom Snow.
 SUNDAY, FEBRUARY 12th, 1950
 10.00 a.m.—Sunday School.
 11.00 a.m.—Worship Service.
 7.00 p.m.—Evangelistic Service.

Tuesday 8.00 p.m.—Young People's Service.
 Wednesday—Women's Auxiliary at Mrs. Sherritt's home.
 Friday, Feb. 24 3.00 p.m. and 8.00 p.m.—World's Day of Prayer to be held in Knox Church School Room.
 Everybody Welcome
 And Ye Shall Know the Truth and the Truth shall make you free". Jno. 8:32

THE CHURCH OF CHRIST

OMAGH

SUNDAY, FEBRUARY 12th, 1950
 10.30 a.m.—Sunday School.
 11.00 a.m.—Morning Service.

Good Health Basic Aim of Physical Training Programs

Physical education programs strive to improve and maintain the health of the individual at all ages, states the Canadian Physical Education Association in a special National Health Week message.

Stating that physical education covers a wide range of specified activities, the C.P.E.A. emphasizes however, that each one of the activities is designed to treat a particular aspect of the individual's health—each is intended to aid the growth and development of the individual.

The gym class provides a means of giving each participant a physiological work out. It is also a learning period when the skills of such activities as calisthenics, apparatus work, games, dances, and attitudes are taught.

The intramural program affords opportunities for the application of the skills learned during the instruction classes. The individual must play with and against others. There is also a mental health aspect to this part of physical education, since for many, the play provides a sure means of satisfying their need of achievement, belonging, mastery, and companionship.

The extra-mural program, or inter-group activity is an extension of the intramural program. Usually the individual is required to exercise greater skill and emotional control.

The medical examination is an essential part of physical education. The correction or removal of defects is urged to permit more freedom within the program and hence improved health. Then there is leadership. This is the most important and also the first need of good physical education. That leadership must be trained—trained in skills, and must have knowledge of the nature, needs and capacities of people of all ages.

Physical education can be as general as a national program, or as specific as one which meets the needs of an individual seeking increased skill, happiness, and, so, health.

Death's Terrors Held Overrated

"Look death in the face," counsels J. D. Ratcliff, in the February Reader's Digest. "His countenance isn't so terrifying as we are led to believe. All available evidence indicates that death is generally welcomed by the aged and infirm, offers merciful relief to the sick. Although they have feared death all their lives, the overwhelming majority of people are willing to meet it when it comes."

Testifying to the absence of agony and terror in death is experience of thousands who have "died" by drowning, electric shock, asphyxiation—only to be revived by prompt medical attention. These people, Ratcliff points out in an article condensed from Liberty, "have indeed returned from the dead . . . and invariably they report that there was no anguish, no pain, no terror—merely an all-enveloping peace."

The great physician, Sir William Osler, studied 500 deaths. Only 11 showed mental apprehension, only two showed signs of terror. Dr. Arthur MacDonald adds his testimony: "The belief that dying is accompanied by severe suffering may arise from misinterpretation of outward physical signs. The act is confused with symptoms of the disease which preceded death. There seems to be a pause in nature—the disease has conquered, the battle is over. The body, fatigued by its efforts to sustain itself, is ready to die. All is tranquility."

Dr. Alfred Worcester, professor emeritus of hygiene at Harvard, says: "Death is almost always preceded by a perfect willingness to die. It is easy at the last . . . all competent observers agree that expect in imagination there is no such thing as "death agony". Contractions of the dying body are merely the contractions of reflex muscles. Facial contortions are involuntary and not indicators of pain. Remember, faces are often contorted in sleep."

One physician, carried to the brink of death by a severe heart attack, reported his sensations as those of "mild intoxication". Three others, who drowned but were revived, found only peace and pleasantness after the initial struggle was over. William Hunter, 18th century anatomist, murmured with his last breath: "Had I strength to hold a pen I would write how easy and pleasant it is to die."

The final flutters of a failing heart pump an ever-diminishing supply of blood, Ratcliff says, and pain attending the final illness disappears as sensory perceptions fail. Oxygen starvation that accompanies falling circulation affects the brain; the patient drifts into darkness without pain, without sensation. The final blacking out, preceding death, is no wise different from falling asleep.

THE VATICAN FILMED IN COLOUR

Being hailed as a "scoop" for Britain is a film in which His Holiness the Pope takes part and which is the first film of the Vatican ever made in technicolor. Up to now the Cardinals, the Pope's guards and the Vatican art treasures have been filmed only in black and white. The British film made by Seven League Productions show them in their own colours. One highlight of the film is the fact that His Holiness, who has been seen in the world's cinemas previously in fleeting newsreel shots, here appears giving his benediction. The Holy Father sat in the throne room attended by his guards. A British and Italian film company co-operated so that both sounds and lire should be available to make the film.

POTASH STRIKE

Until recently it was expected that supplies of fertilizer materials would be adequate for 1950 requirements. The prolonged strike at the three major potash producing companies at Carlsbad, New Mexico, U.S.A., however, is placing potash in a tight position. No increased imports from Europe are expected as potash there is also in short supply. This shortage has slowed down production in Canadian plants, but it is hoped the strike will be over in time for spring deliveries. Even with the end of the strike, the first deliveries in the United States where seedling is in operation, and Canadian deliveries will probably be late. There does not appear to be any shortage of nitrogen or phosphate materials.

YOUR OWN SODA FOUNTAIN

Cleveland firm introduces "Bak-Pak", 40 lb. soda fountain which can be carried by vendor on harness, dispenses 50 six-ounce carbonated soft drinks and maintains temperature of 34 degrees, reports The Financial Post. It can also dispense coffee or crushed fruit drinks. It is refilled in up to four minutes; vendor can dispense six-ounce cup in three seconds.



WANTED
 SHORTHORN, ABERDEEN ANGUS BULL HEIFERS
 D. KOLARRA
 R.R. 2, FREEMAN

**Are You Interested in Bargains?
 Do You Need Pieces of Occasional Furniture?**
 Drop in and see our "END OF LINE" CLEARANCE
 THE SALE CONTINUES

- TRILITE (complete w/ht bulb and shade) regularly \$20.00, Reduced to \$12.50
- BRIDGE LAMP, regularly \$21.50 reduced to \$12.50
- TABLE and DASK LAMPS regularly \$15.95, reduced to \$9.95
- \$9.95, reduced to \$5.00
- \$11.50, reduced to \$7.50
- \$12.50, reduced to \$6.50
- \$14.25, reduced to \$5.25
- \$7.50, reduced to \$3.50
- MAGAZINE HOLDER, regularly \$5.95, reduced to \$3.50
- BOUDOIR CHAIR, regularly \$12.95, reduced to \$7.95
- BOUDOIR CHAIR, regularly \$14.50, reduced to \$8.50
- SERVING STAND, regularly \$18.75, reduced to \$9.75
- HASSOCK, regularly \$14.75, reduced to \$9.50

Our Big Special
 SNYDER'S RECLINER and STOOL
 (in green velour) regularly \$75.75, reduced to \$50.00
MacNab & Son
 HOME FURNISHINGS

Deal Hugge
row

OSTLY WORDS RESERVE RESPECT

By Joseph Lister Rutledge
 We have not found too many places where we have been in any agreement with U.S. Senator and residential aspirant, Robert A. Taft. We must admit, however, to certain grudging admiration for man who, coming from an agricultural section, and hoping for the support of agriculture in his probable bid for the presidency, still has a courage to voice an unpalatable truth. The truth is unpalatable, not because it favors one group or one against another, but because it disturbs the complacency of our erroneous thinking. We have recently and erroneously believed that we can achieve immediate industrial and economic gains, at the expense of taxation that will not satisfy these gains.
 Said Senator Taft "It is a fraud, the face of it, to guarantee high prices to the farmer as well as less the consumer will be willing to pay, with the difference being paid by the taxpayer. It is a fraud because the farmer and the consumer are taxpayers." Let the possible cost to Mr. Taft's hopes, of such frank statements, give reality an obvious, if unpalatable, truth.

N.S. APPLE CROP

Nova Scotia apple crop in 1949 was only 1,167,000 barrels, which is below the average annual production of 1,500,000 barrels. All apples are being marketed through Nova Scotia Apple Marketing Board, an organization established by the growers themselves as their marketing agency. Approximately 500,000 barrels are on contract to United Kingdom markets, every effort is being made to meet the domestic market the varieties most in demand. To further the sale of some 600,000 apple trees representing unwanted varieties are gradually removed from Nova Scotia orchards, to make room for the coloured dessert varieties that are in more popular demand.

LOST ART DISCOVERED

The 18th century was the heyday of the potters. Since those days when the world over have been to imitate the masters of the art. Until now they have failed to copy many of the secrets of imparting colors and glazes the clay were lost in the Industrial Revolution which swept the world and new worlds in the 19th century. Now, however, after many years of experiment, some of the secrets have been discovered and a United Kingdom firm, which claims that its techniques have succeeded in correcting the colour and glazing techniques of the old master crafts-

Central Motors

Main Street Milton
 Phone 484W

We have purchased the garage business of Nicholson and Kelly and are prepared to give prompt and efficient service on all makes of cars.

Motor Tune Up — Carburetor — Generator Exchange
 Starter — Motors Overhauled or Exchanged — All work done by mechanical engineer on service at all times.

O.M.I. Service Calls 484W—Day or Night

Goodyear Tires from \$10.45 up Batteries from \$12.00 up

AUTHORIZED GENERAL MOTORS SERVICE

ROXY

GEORGETOWN

Now Playing . . .
 "Passport to Pimlico"
 Plus
 My Dear Secretary

Fri.-Sat. Feb. 10-11
 Colorado Territory
 Joel McCrea Virginia Mayo

Mon.-Tues. Feb. 13-14
 Look for the Silver Lining
 June Haver Ray Bolger
 Technicolor

Wed.-Thurs. Feb. 15-16
 Lost Boundaries

Signpost of Satisfaction
 Your **DOMINION** Store

OUR GUARANTEE
 All merchandise sold at your Dominion Store is unconditionally guaranteed to give you 100% satisfaction

LYNN VALLEY—STD.—VACUUM PACK—GOLDEN
KERNEL CORN 14 Oz. Tin 11c

AYLMER—CHOICE—B.L.—CUT CLARK'S—IN CHILI SAUCE
Green Beans 15 Oz. Tin 17c **Pork & Beans** 15 Oz. Tin 12c

LYNN VALLEY—STD.—4.5'S BRIGHT'S—CH.—HALVES
GREEN PEAS 20 Oz. Tin 12c **PEACHES** 15 Oz. Tin 19c

DEL REY—CALIFORNIA—LARGE—SEEDED
Muscat RAISINS 2 15 Oz. Pkgs. 27c

AUSTRALIAN—CLEANED CALIFORNIA—SIZE 30-40
Currants Lb. Bag 18c **PRUNES** Lb. Bag 26c

ONTARIO NO. 1—WHITE CHINESE TYPE
BEANS 2 Lb. Bag 21c **RICE** Lb. Bag 18c

ROSEDALE OR PRIDE OF NIAGARA—CHOICE
TOMATO JUICE 20 Oz. Tin 10c

KELLOGG'S—ALL CLOVER VALLEY—LINK
BRAN 16 Oz. Pkg. 25c **CHEESE** 8 Oz. Roll 29c

BARKER'S OGI-LIVIE—MINUTE
CRAX 8 Oz. Pkg. 18c **OATS** 48 Oz. Pkg. 31c

RICHMELLO—ORANGE PEKOE—FINEST QUALITY
TEA BAGS Pkg. of 60 68c Pkg. of 30 35c

FRESH FRUITS & VEGETABLES

Imp. No. 1 Fresh Green Top 2 bunches
New Bunch CARROTS 19c

No. 1 Washed & Trimmed Ready to Use 10 oz. cello bag
Texas SPINACH 27c

Marsh Seedless Florida No. 1 size 96's
GRAPEFRUIT 3/23c

California Sweet Eating 2 lbs.
Red Emperor Grapes 29c

Kiln Dried No. 1 Louisiana
YAMS 2 lbs. 27c

Values Effective Thursday, Friday, Saturday, Feb. 9th, 10th, 11th