

**KNOX Y. W. A.**

Knox Young Woman's Auxiliary were entertained at the home of Miss Winnie Blyth for their regular social and work meeting on Monday evening, June 13. Final arrangements for the picnic to be held this Thursday at Harrison Park, Owen Sound, were made. Light refreshments were served.

**SUMMER FOOTWEAR**

The White Footwear season is now here. We have some nice lines in Pumps, Ties and Straps. Prizes from

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Repairing neatly and promptly done.

**The Cash Shoe Store**  
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**Proton Station**

(Our Own Correspondent)

Master Elgin and little Miss Norma Horsley, Shelburne, were week-end guests of Miss Maud Acheson at her home here.

Mrs. Jas. Vase returned on Thursday after several days' visit with friends at the Old Durham Road.

Mr. and Mrs. Angus McCannell were visitors with Mr. and Mrs. Neil McCannell on Friday last.

Quite a number from here attended the dance at Swinton Park on Friday evening.

Mrs. Sinclair, Dundas, visited with her sister, Mrs. Wes. Dever this week. Mrs. Will Ludlow and Mrs. Ed. Stinson met with an accident last week on the highway near Mr. Jas. Stinson's. Their horse became frightened when they met a truck, and upset the buggy. Both ladies received painful injuries, but we hope they will soon recover.

Miss Maggie Lyons and Mr. T. Kirkwood were week-end guests at the parental home here.

Mr. Burns Kirstine spent the week-end at his home near Walkerton.

Mr. Bannister, student minister on the Proton Station circuit, is preaching splendid sermons. We hope many will attend the services on Sunday evenings at 7.30.

Mr. Joe Parks and son Gordon and Miss Lena Parks were visitors in Toronto on Sunday.

Mrs. Bert Middaugh and daughter Irene, were visitors with Mrs. Parks over the week-end.

Mr. Jack Lockart received word of the death of his brother near Bolton, on Saturday. The funeral took place on Monday.

**Rocky Saugeen**

(Our Own Correspondent)

Mrs. Duncan McQuarrie and daughters, Isabel and Mary, accompanied by Mrs. L. McLean and daughter, Esther, spent Monday evening with Mrs. Neil Livingstone, of Townsend Lake. It being the occasion of her 75th birthday.

Mr. Norman Thompson is on the sick list this week with an attack of measles. His brother, Albert, is helping with the farm work.

Mr. and Mrs. Neil McLean spent Tuesday with Mr. and Mrs. Dan McKechnie and Mrs. Donald McKechnie, of Glenora.

Miss Irene Allan and Mr. Elmer Wright, of Markdale, were recent visitors with Mr. and Mrs. Stanley Reay. Mrs. Susie Bell, of Durham, was a week-end visitor with her cousin, Miss Glenna Lawrence.

Several of the club members attended the convention in Flesherton on Saturday and report an interesting time.

Mr. Allister Lawrence left the first of the week to take up his work near Sarnia, after an enforced holiday with a broken arm.

The monthly meeting of the Rocky Saugeen U.F.W.O. was held at the home of Mrs. Neil McLean. There was a good attendance of members with several visitors. The meeting opened with community singing followed by the creed. Several of the ladies were dressed as grandmothers. The roll call was answered by something grandmother did. The grandmothers sang a couple songs. The secretary read the correspondence from head office. It was decided at this meeting to try and arrange to send a delegate to Ottawa on July 16 to attend the Conference in the interests of the Farm Movement. It was also decided to accept the invitation to visit Varney U. F. W. O. Club on July 8. Mrs. T. Turnbull was appointed as delegate to attend the county convention on July 11 in Flesherton. Mrs. S. McArthur and Mrs. Wm. Weir each gave a humorous reading. Mrs. Neil McLean conducted an old-fashioned spelling match with Mrs. N. Melosh and Mrs. F. Milligan as captains. The meeting closed with the National Anthem. The next meeting to be held at the home of Mrs. Arthur Edge on July 6 instead of July 8.

**WHAT IS YOUR NORMAL WEIGHT?**

We often hear it said: "They say I should only weigh 135 pounds according to my height, but I know I would not be well if I were as thin as that. It seems to be my nature to be stout or why should everything turn to fat? I don't eat any more than slender cousin Mary, not as much, and yet look at me."

While that may all be very true, be very sure you do not say that to yourself for too long a time, and shut your eyes to the steadily increasing layers of fat that creep round and round your body so slyly.

You may resolve not to eat any dinner, but what about the next morning? Resolves and wishes fly to the winds when the appetite is doubly strong from fasting. The bacon is frying in the pan sending up delicious odors, the coffee smells so good and you visualize it made golden with much cream and sugar. The toast too will be buttered thickly with this sweet, yellow delicacy and since you did not eat dinner you certainly intend to make up for it now. They are all too tempting and you capitulate.

After breakfast it is true one has memories of a good meal, but remorsefully you know you might have eaten less only how are you going to do it? And you say to yourself: "There is no use talking, I just can't do without all these good things."

This is why one is apt to give up after such experiences. It would be easier to be more like the tortoise in the age-old fable, 'Slow and steady wins the race.' But how can we reduce if we do not know how to go about it?

Nearly everyone knows what he or she should weigh. If you do not know ask your family doctor's advice. He knows your physical condition, your hereditary traits, your build, and will give you a much better idea of normal weight than by going by a certain fixed rule. When you have decided on your normal weight then keep it in mind and work for it.

Keep on with your general rules, work out menus of your own from them and have the satisfaction of knowing that you are getting started. Successful reducing is a matter of months not days or weeks.

**IN MEMORIAM**

LONG.—In loving memory of Mrs. Wm. Long, who passed away June 10, 1931.

Keep not for me, nor wish me back, I now from pain am free; I am in the Promised Land, Where you will come to me.

You watched for me beside my bed, And now I watch for you, And when you reach the Golden Gate I will come and let you through.

—Sadly missed by Husband, Sisters and Brothers. 6/16/32.

**Allan Park**

(Our Own Correspondent)

Mr. and Mrs. Phillip Weber and Wilfred, of Normanby, visited on Sunday at the home of the former's brother, Jacob Weber.

Miss Arnetta Hazlitt returned to Toronto Thursday after spending a few weeks at her home here and left for Muskoka Saturday, where she will spend the summer.

Mr. and Mrs. Emil Ashley and family of Walkerton, spent Sunday evening with Mr. and Mrs. Harry Smith and family.

Mr. and Mrs. Archie McKechnie, of Durham, visited at Mr. Sam Vicker's on Sunday.

Miss Edith Vickers, of Toronto, is spending a time at her home here.

Mr. and Mrs. George Torry, of Mulock, visited with Mr. and Mrs. Archie Park on Sunday.

Mr. Wm. Patterson, of Lamlash, has his fine show team at the stock fair at St. Catharines this week. Mr. Howard Kerr conveyed them on Monday with his truck and will bring them back on Saturday. We hope to see the red ribbons, breezing in the air as the truck passes through the Park on the way home on Saturday.

The people of our district as well as those of Hampden district were shocked on Saturday morning when word passed of the serious predicament of Mr. John Sharp of Hampden, who had been gassed by the exhaust from his car, with which he had been working in the early hours of Saturday morning. He was found by Mrs. Sharp, lying under the car in an unconscious condition, and he remained unconscious until about 2.30 in the afternoon, but his speech had not come back until the early evening, after a day of great anxiety for his family and many friends, who now rejoice over his recovery, which could not have come had he been exposed to the deadly fumes a few minutes longer.

Considerable excitement was created here shortly before four o'clock on Saturday afternoon when a serious accident occurred at the bridge, just west of the corner, over Camp Creek, when one of the trucks engaged in drawing gravel from Durham to Walkerton, driven by Mr. Keeling of Owen Sound, upon approaching the bridge passed a car which was going in the same direction, and in so doing tore off the front fender and also ripped the side of the bridge and crashed head on into a car coming toward it, damaging it quite badly and also causing injuries to the driver. In the cab with the truck driver was a clergyman, who was also badly injured, although the driver escaped without any injuries. The truck however was badly wrecked. Upon whom the responsibility of the accident will be laid we do not yet know, but in our opinion the main cause was the narrow bridge. This bridge is entirely inadequate for the amount of traffic which passes over it, and until a new and wider bridge is built it should be approached with caution, and until the motorists with the speed mania realize the danger they may cause to themselves and others and ease up these accidents will occur, and the one on Saturday should be a warning.

Mr. Moses Donnelly is having a silo built at his farm, and is now nearing completion. Mr. J. H. Smith is the contractor, who will also build one for Mr. Grat Wise immediately after finishing this one.

On Sunday the Rev. Mr. Billingsley, of Durham, preached at the Hanover and Allan Park Anglican church, when large congregations were out, and splendid sermons were preached. Rev. Mr. Allison preached in Durham.

**Crawford**

(Our Own Correspondent)

Come to the garden party this Friday evening, June 17, at the home of D. J. MacDonald under the auspices of the Crawford United church. A good program and ball game is being planned and supper served from 6 to 8.

Mrs. A. Brown, Miss Edith and Mr. W. Vance, of Chesley, and Messrs. Alex. Brown and Reginald Russell of Owen Sound were guests at the home of Mr. Andrew Hastie on Sunday.

Mr. and Mrs. Jas. McDougall and family spent Sunday with Mr. and Mrs. R. Fiddes, of Brant.

Visitors with Mr. and Mrs. John White on Sunday were Mr. and Mrs. Wm. White of Elmwood, Mr. and Mrs. John Birt of Hanover, and Mrs. Wm. Gray and Jean and Miss Esther White of Durham.

Mr. and Mrs. T. Stinson and family visited on Sunday with their daughter, Mrs. Geo. Braun, Glenelg. There was a good attendance at the Y. P. S. meeting held on Thursday evening. Mr. Eric Ashton, vice-president occupied the chair during the meeting. The program was of a missionary nature and consisted of papers by Miss Lynne Fisher, Mrs. W. Wright and Mrs. A. MacDonald. Solos were rendered by Mrs. W. Wright and Miss Florence MacDonald. After the close of the meeting two good contests were solved. The next meeting will be on June 23.

**Mulock**

(Our Own Correspondent)

Rev. Mr. and Mrs. Galloway and son Robert, accompanied by Mrs. Fulton and Mrs. Janet Patterson, attended the Baptist Association in Owen Sound last week.

Mr. and Mrs. McKinnon, Mr. and Mrs. Bell, of Dobbington, attended the farewell service of the Fraser Brothers Sunday and visited at the home of Mr. Geo. Brown.

The B. Y. P. U. is holding their social evening on Tuesday of this week at the home of Mr. Ervin Brown. Miss Loletta Mighton's group will be in charge.

Mr. Duncan Clark and son John, while visiting friends in Durham and Aberdeen called to see Mr. Wm. Tunney, an old neighbor and friend.

A reception was held at the home of Mr. and Mrs. Clark Torry Friday evening in honor of their only son, George and his bride, on their arrival from their honeymoon. The guests to the number of over one hundred were received by the bride and groom and all spent a merry evening together. The popularity of the bride and groom was evidenced by the numerous and costly gifts, all extending best wishes for a happy and prosperous married life.

**South Bentinck**

(Our Own Correspondent)

Mr. and Mrs. George Turnbull and son Archie, spent Sunday with her brother, Mr. Wm. Hill.

Miss Ella Park visited her father, brothers and sister recently.

Mr. George Atkin is assisting Mr. Wm. Derby, Jr., at present.

Mr. and Mrs. Wm. Henderson and family attended the reception for Mr. and Mrs. George Torry at Mulock on Friday night.

Mr. and Mrs. Norman McDonald and baby Howard, spent Sunday with her parents, Mr. and Mrs. R. Corbett, Dor-noch.

A number of the ladies on the line attended the Institute meeting at Mrs. Geo. Mighton's last week.

Miss Jean Derby, R.N., spent last week with her brother here.

Mr. and Mrs. Alex. Grierson visited recently with their daughter, Mrs. T. Widmeyer, of Ayton.

Mrs. McLean spent last week with her daughter, Mrs. John Corbett.

**Calderwood**

(Our Own Correspondent)

Mr. John Henry, Sr., took advantage of the dry weather last week to have his barn shingled.

Miss Luella Leibold is spending a few days in Ayton with her grandparents and other relatives.

Mr. and Mrs. Joseph Liebold and Miss Justina motored to Kitchener on Sunday and had a very pleasant visit among relatives and friends.

Mr. and Mrs. Wm. Keller, who were married last week, will hold their reception this Monday evening. We wish them a pleasant journey through life.

A number of the young people of this vicinity attended the dance held in the home of Mr. and Mrs. Phillip Becker near Ayton last week.

Mr. Theodore Schenck will be in Owen Sound this week as jurymen.

Mrs. D. Grier, Holstein, spent the week-end with her daughter, Mrs. E. Holliday.

Rally Day service was held on Sunday in Melville church.

Mr. Emil Dreier and Miss Louise attended the service in honor of the Odd Fellows in Westminster church, Mount Forest Sunday evening.

The Misses F. Frizzell P. and M. Smith and Mr. Thos. McDougall attended the service in Westminster church, Mount Forest.



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Climax Bug Killer. A safe and sure cure for potato bug and other garden parasite troubles. **10-lb. plgs. 50c**  
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Choice Chuck Roast 12c lb.	Prime Rib Roast 15c lb.	Boiling Beef 5 lbs. for 40c
Choice Young Pork Roast 12c lb.	Ham Roast 15c lb.	Side Pork 5 lbs. for 45c
Breakfast Bacon 15c lb.	Cornmeal Back Bacon 22c lb.	Cornmeal Rolls 15c lb.
Cornmeal Back Bacon 20c lb.	Homemade Pork Sausage 15c lb.	Wieners Special 15c lb.

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