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Make Canadian Fish and Shellfish a healthful and appetizing variation of your diet.

Health, because Fish Foods are rich in proteins, minerals and vitamins for good general health—in iodine, so vitally needed inland—in copper for good rich blood—and others.

Tastiness, because Fish is a real fine-flavoured delicacy, quickly and easily digested and adapted to dozens of simple and delightful recipes.

Economy, because Fish Foods give you full value in nourishment for every cent spent.

Canadian Fish and Shellfish are noted throughout the world for quality and flavour. Bring this pleasure more often to your table also.

DEPARTMENT OF FISHERIES, OTTAWA

SALMON En Casserole

1 cup of rice 1/2 cup milk 1 pound can of Canadian salmon 2 eggs 1 tsp. butter 1/2 cup salt Cook rice, and when cold line baking dish with it. Flake salmon, beat eggs, add milk, butter and salt. Stir mixture into salmon lightly and pour into baking dish. Then cover all with a little of the rice which has been reserved for this purpose, and steam one hour. Serve with white sauce.

Write For Booklet

Department of Fisheries, Ottawa, Canada. Please send me your free 52-page booklet, "Any Day a Fish Day", containing over 100 delightful Fish Recipes.



ANY DAY A FISH DAY

PRICEVILLE AND VICINITY

PRICEVILLE

PRICEVILLE SCHOOL, Sr. ROOM V—in order of merit: Archie Sturrock, Laurie Sutherland, Winnifred McConkey, Emerson Watson, Florence Stonehouse, Gwyneth McLean. Sr. IV—Bobble O'Dell and Dorothy Watson, eq.; Doreen Teeter, Ross McConkey, Bernice Carson, Kenneth Nichol, Douglas Weir. Jr. IV—Bobble Sutherland, Walter McBride, Kathleen McArthur, Julia Schuerman, E. Turnbull, Lorne McArthur. Sr. III—Jack McConkey, Isabel Karstedt, Angus McVicar, Betty Watson, John McMillan, Beatrice McDermid and Tom Kevan equal; Sam Schuerman, Jean Mather, Viola McDermid. A. H. Bell, Teacher.

Junior Room

Jr. III—Virginia McDermid; Donald McMillan, Mabel Schuerman. Sr. II—Jane Karstedt; Isabelle Weir, Sarah McMillan, Mack Watson, Clarence McArthur, Lawrence McArthur, Percy Stonehouse. Jr. II—L. McKechnie, Vern Schuerman; I—S. Weir, Sadie McKeown, Marie Weir, Jimmie McArthur; Sr. Pr.—Angus McDougall, Allan McLaughlan, Rita McDougall, Irene Turnbull, Victor Schuerman, Cecil McDermid. J. Pr.—Betty Hincks. Eleanor Mather, Teacher

SWINTON PARK

Yes, again we are thankful for the splendid weather for our anniversary services last Sunday. Rev. Mr. Court, of Holstein was minister for the day. Fine congregations attended both services, at 2.30 and 8.00 p. m. Mr. Court is a forceful and fluent preacher and bases all his words on the bible. He has no doubt about it being the Word of God. Also a splendid singer, at afternoon service he gave a solo, and in the evening a duet with Miss Adams of Fairbairn congregation. The choir were also in good form and were assisted by Miss Adams and by Mrs. Wilfred Wright of Salem, both at organ and in song. A quartette consisting of Mrs. Walter Knox, Miss Campbell, Ed. Heard and Fred Knox gave a number, also Miss Campbell a solo at evening service. We noticed many familiar faces from neighboring congregations and old friends met and enjoyed a handshake and we chat after service.

Then on Monday evening in the hall, the Holstein Dramatic Club put on a play "A bargain for cash" which was splendidly given and well received. Between acts Mrs. Palmer, Dundalk, sang a Scotch song "Jessie's dream", and Frank McIntyre of Dundalk "The waggie of the kilts", both accompanied by Mrs. Wright on piano and appreciated by a full hall. We sorry the hall is not larger for these gatherings. The finances of congregation were much helped. The services on Sunday and Monday concert were much enjoyed and the congregation feels thankful to those who contributed time and talent to make the occasion a success, not forgetting a very few of our home ladies who did much work both before and after around the church and hall. Only one fly was in the ointment, that was Hopeville and Swinton anniversaries being on same date. We know quite a number who would have enjoyed being at both places. We hope it may not happen again.

Now anniversaries are over, what about a few good fowl suppers, so we can get together and fill up on chicken or goose? You know the way to get at a man's heart is through his stomach. Then we would enjoy singing, story or speech, or perhaps a short play just by home talent, or any others who could help. In speaking to Mr. Brebner, director of Holstein Club, he said it helps to keep us out of mischief. It also stimulates our natural talents.

Most potatoes are yet in the ground. They seem green yet, the skin so easily broken, but during school convention days, most country children will have to pick the murphys if the weather is favorable. Charlie Haw of Proton centre is thrashing for Howard Watson. Nathan Haw is going east on 14th concession. Watson boys are thrashing around Boothville, Swamp College outfit at Ventry. All are doing good work and grain yield is satisfactory.

DIED

SIMPSON—September 21, 1936, Isabella, widow of the late George R. Simpson, Toronto, in her 80th year. Survived by one daughter, Mrs. M. Austin of Los Angeles; four grandchildren, three sisters and two brothers. Funeral service took place from the chapel of the Mount Pleasant Undertaking Co. Wednesday, Sept. 23rd, at 1.30 o'clock. Rev. Alex Esler officiating. Interment was made in family plot, Mountain View Cemetery.

HOPEVILLE

Mr. Aubrey McEachnie from near Guelph was home over the weekend. Mr and Mrs Jas. McGillivray, Mr. and Mrs Joseph Dixon and daughters all from Dromore district were first of the week visitors at the home of Mr. John Sinclair.

Mr. Alfred Dezell, Chicago, arrived Monday to visit his mother Mrs Mary Dezell and with other members of the family.

On account of her recent bereavement Mrs. J. G. Russell is unable to have the W.I. meeting, Wednesday, Oct. 14. The meeting will be held at the home of Mrs Nathan Haw on same date.

Miss Bernice McTaggart spent a few days with her aunt Mrs Henry Christie.

Mr. John Sinclair has been laid up the past week and under the doctor's care.

Successful anniversary services were held Sunday at United Church. Monday evening the play put on by a local caste had a full house and seemed to please the audience. Mr. Earl McLean with guitar accompaniment sang several popular numbers and was also highly appreciated. A streak of bad luck seemed to have come to some in this vicinity last week. While up in the Beaver Valley for apples, Messrs Lloyd and W. J. McEachnie had a car accident and were lucky to come off unhurt. On Saturday at Mr. George Christie's while stook threshing the buck-wheat, when bringing a load near the machine, one of his team of horses dropped dead, presumably from fright. This makes two good horses George has lost this year, which sure is tough luck. Geo. H. Gilkes' cattle broke out on the road Wednesday night and a car ran into one of his cows, breaking its leg. During a chimney fire at Robt. Crawford's a board took fire and if it hadn't been noticed in time, would have been a serious loss.

High School Field Meet in Dundalk Thursday

Teachers gather from various points in South Grey this Thursday, to discuss problems of interest to their profession, while students of the various High Schools in the riding meet same day in Dundalk to test their physical prowess. It is the annual inter-school field meet and the high schools, entering into this day are Hanover, Durham, Dundalk, Flesher-ton, Holstein, Markdale, Feversham, and possibly also, Meaford and Thornbury. The contest will be keen and each school has already had their local field day to select their contestants. Durham school is saying little, but if they come out as well as at last year's meet, when they brought home three medals and a cup, they should be satisfied. Here's luck to them!

KNOX UNITED W.M.S.

The Knox Afternoon Auxiliary met in the church schoolroom Wednesday Oct. 7th. Mrs W. H. Smith presided and spoke on "The Kingdom of God." Miss Margaret McGirr read a short story on the beloved disciple, the apostle John. Mrs Jas Mather spoke on stewardship and finance. The president gave an interesting report of the work taken up at school for leaders in Toronto. In business session, there was a discussion in connection with Thankoffering meeting.

Clearing Sale of all Goods in stock

As we are leaving town, we must sacrifice our stock, and have slaughtered prices. See these Goods: FORD TRUCK, in good condition. 3 HEATING STOVES. 1 COOKING STOVE. All kinds of TOOLS and REPAIRS. BEDS, MATTRESSES, SPRINGS, PURS, 2 FUR COATS, MEN'S JACKETS, BREECHES, MEN'S AND WOMEN'S SHOES GOOD ELECTRIC PHONOGRAPH 300 PHONOGRAPH RECORDS 3 SEWING MACHINES. 1 SHOEMAKER'S MACHINE GOOD COBBLER'S SET. GOOD COUNTER and SHOWCASE.

NEW CAPS for BOYS — 10c each LADIES' HATS — 10c each M. GLASER Opposite Ford Garage, DURHAM

and plans were made for a Sectional Conference in Hanover on Oct. 16th. Visitors for the month are Mrs R. H. Ledingham and Mrs McMurray, who reported 27 calls made.

IN DAYS OF YORE

15 YEARS AGO From Review file, Oct. 6, 1921 For the second time consecutively, inclement weather completely knocked out the second and important day of Durham Show.

Dr and Mrs Arch. Hunter, Vancouver, are on a visit here this week to the former's parents. From here they proceed to Montreal, where they in company with Miss Marg. Hunter, will attend the McGill reunion of Dr Hunter's year.

Mr and Mrs W. D. Mills, St Catharines and Mr and Mrs Frank Livingstone of Hamilton, motored to Durham and Vickers last weekend and enjoyed meeting old friends, which was mutual. Mr. Mills states he has not seen Durham so prosperous looking for a long time and also that more athletic beauty is practised than in former years.

Mr and Mrs D. Allan announce the engagement of their daughter Jean to Capt. I. H. Stegman, M.C. The marriage will take place quietly in Toronto the latter part of Oct.

In a sudden death game at Orangeville, Wednesday, Hanover Juniors defeated Woodbridge 4 to 2 and qualified to enter Junior finals against St. Catharines. Two Durhamites, Clarence McGirr and Cliff Buschlen, played with Hanover who ran a special train for the event.

The Conservative convention on Tuesday was largely attended, the Hall again proving too small to accommodate the army of representative delegates and friends from all parts of the riding. Candidates nominated were Dr. Jamieson, I. B. Lucas, Wm. Breese, Chatsworth, Dr. A. Ego, of Markdale, R. T. Edwards and R. J. Ball. The first four named declined to stand, and on the only ballot, Ball won over Edwards, 107 to 56.

On coming to school on Friday morning, Mr. Kenneth Kerr noticed flames issuing from the kitchen window of Mr. Ezra Schenk's house south of town. Not taking time to sound an alarm, he rushed in and had the flames quenched which were beginning to make some headway. Mrs. Schenk was out at a neighbors leaving her 10 months old baby sleeping at home. The kitchen window was open and it is thought the breeze fanned a spark into the wood box, which germinated into a flame with the above result when noticed. As it was the floor was badly burned also window and sills, and the house choked with smoke. A great deal of praise can be bestowed on Kenneth for his prompt action.

Priceville corr.: We are sorry for the accident that happened to Mrs. Malcolm McInnes a week ago today by having a bone broken in the ankle while simply slipping on the grass. Dr. McFarlane set the bone and she's doing as well as can be expected.

25 YEARS AGO

From Review file, Oct. 5, 11 The walls of the new Carnegie Library are rising and with good weather Contractor McDonald will be able with the staff he has to make rapid progress.

Mr. Jas. Atkinson has finished laying the foundation of a new barn on the Farr property. The building will be 40x58 feet. Mr. Henry Lorenz of Lamash, was the contractor. A quiet wedding took place Monday morning at the home of Mrs. Leeson when her daughter, Mary E. and Mr Bert Hooper, were made husband and wife.

Mr. Cecil E. Wolfe left Monday for his second year in Veterinary College, Toronto.

The resignation of the Laurier government is expected to take place today, Wednesday. They have been busy clearing off any half finished work they had in hand. The resignations of the old and the call to the new government will be handed as last public duty of Earl Grey.

Hampden corr.: Miss Bessie Park is now learning the dressmaking with Miss Torry and expects to reside in Durham during the winter months. The first day of Holstein Fair was ideal for getting stuff out. Tuesday also broke fine and the forenoon was such as to entice a large proportion of Egremont's population to the 'hub' of the township where Pres., J. C. Adams, sec'y-treas. Sharp and a bunch of active Directors had a most creditable show gathered together.

Signor Mussolini is planning to send second-string opera companies to Ethiopia, but we can't say whether the idea is to make life pleasanter for the Ethiopians or for the people at home.—Boston Herald.

FOR SALE Two Ram lambs, Oxford Downs for sale. Apply Henry Eckhardt, Priceville. Phone 605, r3.

FOR SALE Fox Hound pups, four months old, bred by pedigreed Redbone Walke male; female crossed, English and Walsh, known as great fox drivers on both sides. C. B. Smith, Ayton.

AGENTS WANTED Make big money selling goods that sell on sight. A thousand homes in your district are prospects for our line of 200 household necessities. Experience unnecessary. Start to make big money at once. Write to Familex Products Co., 570 St. Clement St., Montreal.

FOR SALE Double brick house on South side of Mill Street, in good state of repair, with all conveniences. Apply to J. H. McQuarrie, Durham

FOR SALE Farm, Crop, Stock and Implements being Lots 13 and 14 on the first con. of Glenelg, north of the Durham road on Highway No. 4, containing 99 acres more or less; 4 miles from Durham, all seeded down, mostly new in good state of cultivation, good fences, lots of water, no pumping hard for stock; about 12 acres of hardwood, some swamp, no incumbrance. For information apply to J. A. Brown Priceville R. R. 1.

Buildings raised and moved, also stone walls straightened. Will take any kind of farm stock in return. For particulars call on Hugh C. McLean, R.R. 1, Priceville.

Voters' List, 1936

MUNICIPALITY OF THE TOWNSHIP OF GLENELG

NOTICE is hereby given that I have complied with Section 9 of the Voters' List Act and that I have posted up at my office in Glenelg, on the 28th day of September, 1936, the list of all persons entitled to vote in the said municipality for members of Parliament and at Municipal Elections, and that said list remains there for inspection. And I hereby call upon all voters to take immediate proceedings to have any errors or omissions corrected according to law, the last day for appeal being the 19th day of October, 1936. DATED at Glenelg, Sept. 28, 1936. H. H. McDONALD, Clerk of Glenelg.

THANKSGIVING DAY

LOW RAIL FARES Between all points in Canada and to certain destinations in United States

SINGLE FARE AND ONE-QUARTER for the round trip Good going noon, Oct. 9, until 2 p.m., Sunday, Oct. 11, 1936. RETURN: To leave destination not later than midnight, Monday, Oct. 12, 1936. MINIMUM FARE 50c.

SINGLE FARE AND ONE-THIRD for the round trip Good going and time Friday, Oct. 9, until 2 p.m., Monday, Oct. 12, 1936. RETURN: To leave destination not later than midnight, Tues., Oct. 13, 1936. MINIMUM FARE 25c.

Full information from any agent. Canadian Pacific

ARRROW SCHEDULE Effective May 3, 1936 LEAVE NORTHBOUND 12.50 p. m. 7.20 p. m. Standard Time LEAVE SOUTHBOUND 8.10 a. m., 6.10 p. m. Itineraries planned to all points in Canada, United States and Mexico. Consult Local Agent. O. Hahn, Hahn House, Agent Telephone 24 and 173. CENTRAL ONTARIO BUS LINES LTD. Toronto

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T. H. SNEATH, M. D. Lambton St., Durham, Ont. Office Hours: 1.30 to 4.00 p.m. 7.30 to 9.00 p.m.

ROYDEN BURNETT, M. D. Office over Royal Bank, Durham HOURS: 2 — 4 p. m. 7 — 9 p. m.

DR. C. P. PARK Hamilton, Ontario Specialist, Eye, Ear, Nose and Throat In Durham every other week-end

W. C. PICKERING, DDS, LDS Honor Graduate Toronto University, Graduate Royal Coll. Dental Surgeon of Ontario. Rooms: Over Royal Bank, Durham.

J. F. GRANT, D.D.S., L.D.S. Dentistry in all its Branches X RAY GAS EXTRACTIONS Office: Mill Street, DURHAM, Ont.

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HENDERSON'S BAKERY advertisement featuring a woman's face and the text 'BREAD IS GOOD FOR TEETH BONES'.

THE PEOPLE'S MILLS advertisement for flour and feed, including 'Gunn's Fertilizer in stock' and 'JOHN MCGOWAN'.