MULOCK

rman Hopkins took a load Y.P.U. Thursday evening sek to spend an enjoyable ith Mr John McLean, who disfortune to break his arm

P.U. members are busy for two Valentine plays. sented shortly.

Mrs Clifford Adlam visited the home of Mr and Mrs. man, Lamlash,

MacDenald has been ill the doctor's care, but we to say she has improved Miss Lolita Mighton is the home.

lends of Mr Don, McKech. pleased to know he to well as can be expected w in his 87th year, with Mrs. Wilson of Flesh soking after the aged gen daughter, Miss Mary, The all speak highly of her surse and housekeeser

Mrs. Kenneth Locker of Locker being her niece

KY CALICEEN

aving a lot of storms and for travelling. Aitken is holidaying for

s at his home here m. Mrs Rumble who the past week with her turned home with him orgie Miller has accepted

etime there. awing outfit on this line ual meeting in connection shurch here will be held lay afternoon, Feb. 9th

in Owen Sound and will

tended for last week) Tuesday is very frosty, as cold as any day this

k in the church.

McLean spent a day reher father in Hamilton. Mrs Malcolm McKechnie tendance at the funeral of Mrs McGillivray in Paisley

ce Rumble of Toronto, is is week with her mother st week. Pleased to hear

drs Gordon McCrae and and Mrs Wm Bell and

h better again.

Tiffany, Dornceh, is me time at the home of

with friends in Owen

DORNOCH

re Ledingham was a rer at his home. regor of London is spend-

H. Smith visited recently int Mrs J. A. Ledingham

ime with her aunt, Miss

Mrs Patterson of Toronto

cent weekend at their

fra A. D. MacIntyre and were visitors recently

and Mrs Salter, Williams-

files. Just the thing for es laving under carnets.

genius was born to ring a howling gust of a ind, 25th inst., 1759 in ms. If howling gusts are for genius. Canada is due 25th January, 1939, just er storm was on here.

lections

y 7th 1939, a Toronto e us in part as follows: rely recommend you to now who has bills to colm sure if they can be col-Company can do it. 1 you another note here-

of similar service to you?

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	Total \$	92 43

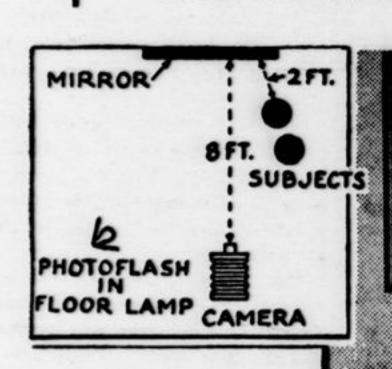
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A mirror will bring out that priceless smile of youth.

TOU may think you have ex-ifiected image in the picture being I hausted the supply of picture taken the focus would then have possibilities in your home but the been set at the eight foot distance chances are that there are countless mark. interesting subjects you have com- The diagram shows position of subjects, camera and photoflash

pletely overlooked. B is the unusual that attracts at- when the above picture was taken. tention but it is necessary to use After setting the focus of your camyour eyes and a little imagination era at the proper distance and the and ingenuity to ferret out these diphragm at f.16 set the shutter for exceptional views, angles, etc., and time exposure-"T". Do not have get pictures that show individuality. any bright lights in the room. Place

Mirror pictures, for instance, are photofiash lamp in ordinary floor intriguing and offer unlimited pos- lamp within reaching distance from sibilities if one will do a little ex- the camera, as designated in diaperimenting. Let's take the above gram. Be sure to remove the shade picture as an example.

only, it is necessary to add the dis- subjects not to move. Press the cable tance from the mirror to the sub- release to open your shutter and imject, to the distance from the mirror | mediately turn on the photofiash to the lens of the camera and then and then quickly close the shutterset the focus accordingly.

jest in the picture with the reflected costing 15 and 25 cents each. For image the focus should be set for this type of picture the 25 cent size the distance from the mirror to the should be used. lens. The smaller the lens opening In amateur photography experithe greater the depth of field and menting becomes the spice of life the sharper will be both images. Of and you will be surprised at the incourse, the nearer the subject is to teresting effects you will get in the mirror the less is required in the working out "stunt" pictures on matter of "depth".

In the picture above, the subjects activities are taboo. Results in some were about two feet and the camera instances may be rather grotesque six feet from the mirror. As both but you will have a lot of inexpenthe subject and reflected image were sive amusement and pictures that to be included in the picture the show individuality. Anyone can take focus was set at six feet. The dia- the ordinary run of pictures but it phragm was set at f.16 and a photo- requires a little ingenuity to get the fach furnished the light.

If the fgures and camera were in "shoot" for. a position to show only the re-

from the lamp. Take your position When focusing for reflected images at the camera and caution your and the picture has been taken. Pho-If it is desired to include the sub- tofiash lamps are made in two sizes.

> gloomy, rainy days when outdoor upusual. That is what you and

JOHN VAN GUI

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CANADIAN NATIONAL

PRICEVILLE

The Priceville Old Boys and Girls Association requests the pleasure of your presence and friends at their ninth annual dance and euchre be held in Bevlin Hall 245 College Euchre 8.30 p. m. and dancing 9 to 1 a.m. Refreshments. Pres, Alex. pneumonia set in, to which he suc- none so poor but do him Dobson. Sec'y Mary Runciman.

Congratulations to Miss Delia Mc-Phail and Mr. Bert Irwin, who were married on Saturday, January 28th in Toronto. The Old Durham Road Y.P. pre- of which two survive.

sented their play "Goodness Gracious Grandmother," in Stone's Line School on Friday evening to a fair size audience.

Mr Sam McDermid purchased the property of the late Mrs White, Ccylon, and will move shortly. Congratulations to Mr and Mrs.

baby girl

was a recent visitor at his home. Mr and Mrs Wm. J. Hincks and family and Dave Hincks visited on Sunday at Mr Chas. Tucker's.

ing of St. Columba Church was held Monday evening in the church basement with a good attendance, and with Rev. A. R. Muir in the chair.

The report of the Church Treasurer. Mr W. G. McBride, showed a balance on hand of \$108.14 after meeting expenses of \$1322.37 during the past year. Mr McBride was re-elected Treasurer in a motion by Malcolm McInnes who expressed the McBride, Mr Muir, and all who help- later the United Church. ed to make Jubilee year such a sucshowed a membership of 127. John tended by sorrowing relatives and lingwood, who survives, with a fam-Shortreed, John Ritchie, and Wm.

Harrison for 2 years. The amounts raised by the various McNeil's cemetery. organizations during the year were elected Envelope and Financial Sec- Ray McLean. W. W. Ramage was expressed.

IRWIN-McPHAIL

Herbert Irwin, son of Mrs Irwin and John and Sarah Ferguson. wore a gown of wine chiffon velvet with matching hat and shoulder freck of nightfall blue crepe and blue accessories. She wore roses Caleb Marshall was best man. The reception was held at the Diet Kitchen. Bloor St. After a short trip to Western Ontario, the couple will reside in Ceylon, Ont. The bride travelled in a modish mulberry crepe dress with black nubby wool coat, silver fox trimming, black accessories.

What with radio broadcasts every few weeks from Chamberlain, Hitler and Mussolini, the world will soon not require a daily paper to tell us the latest advances of these states-

Rev. W. G. Hanna, a former Presbyterian minister in Mount Forest, died in Toronto on Friday at the age of 96. He was born near Brussels, and for six years was secretary of the Lord's Day Alliance for Eastern Canada.

THAT'S FOR THE FUNERAL A certain Irishman lay in bed very ill and likely to pass away. By his beside a candle flickered brightly... His wife found it necessary to go shopping, and as she left she said: "I'll not be long, Pat; but if you feel like dying before I come back,

mind, and blow out the candle." Pat recovered, but had a relapse, and it was going hard with him, so much so that his wife started to prepare for the end. Presently the sweet smell of potted meat reached

"Bridget," he cried, "I could eat T. M. McFADDEN, Town Agent, some of that," and Bridget replied: do nothing of the kind that's for the funeral."

W. H. Thurston, Flesherton

It will be some time before friend There passed away at his home in been an exponent of Flesherton and Priceville, on Wednesday, Jan. 18th, its interests that the two had be-Mr. Farquhar McKinnon, at the age come inseparable. Mr. Thurston was St., Toronto, on Friday Feb. 10th. of 71 years. He suffered a broken a native of the Beaver Valley he lovhip just before Christmas, after which ed so well and to-day cumbed after a few days' duration. While in failing health for Deceased was born in Coleraine, months, he was vitally interested to Ont., and was one of a family of five the last in happenings around sons and daughters of the late Arch- community and but last fall ie MacKinnon and Janet MacGillivray valedictory appeared in the

Sarah Jane Ferguson of Egremont, 4th next, he would have been where they resided for a number of years of age. years, afterwards moving to Yeovil. Following his early education l and from thence to the north line of entered the newspaper business learn-Artemesia, in 1911. Retiring from ing the trade of a printer, and workfarm work in 1919, he moved to Price ed in Durham and Owen Sound be

OBITUARY

FARQUHAR McKINNON

To them were born two sons and topics of the day, and gave tleworth. Toronto.

ial nature and was a kind friend and in the County Council for a period. loving husband and father, always He was keenly interested in the welinterested in the welfare of his fam- fare and progress of Flesherton and store large quantities of Vitamin A. gratitude of the congregation to Mr ily. In religion he was a Methodist, was an outstanding citizen, held in Cod liver and shark liver oils are

The report of the Session Saturday, Jan. 21st, was largely at- January 14th to Kate Gaudin of Col- amount of vitamin in the feed confriends, service being held in the ily of two sons A. Stanley Thurston, when compared with the fat of ani-Meads were elected to the Board of United Church, and conducted by of Meaford an! Frank J. Thurston of Managers for 3 years, and Elmer Rev. A. R. Muir, assisted by Rev. Flesherton, who has been in charge

as follows: Sunday School 54.70, and neighbors of the deceased: Alex. H. Durrant, Matchell, and Miss Dell. Y.P.S. \$52.67, W. A. \$134.93, W. Carson, Colin McLean, Dan. Camp- of Toronto, a teacher. Another son, M. S. \$32.80, Mission Band \$13.04. bell, Hermie McLean, Robt. Parslow, Arnold, was killed in action in the Miss Mary Mackinnon was re- Elmer Watson, Malcolm McInnes and Great War. He also leaves two bro

retary. Mrs Tom Weir and Mrs J. Many beautiful floral tributes sur- and A. B. Thurston, Montreal, and C. Harrison were appointed organ- rounded the casket: Pillow from fa- one sister, Miss Myrtle Thurston, ists. Warm appreciation of their mily; sprays from Mr and Mrs. F. Chicago. He was a devoted member work and that of the Choir and Mr. Ferguson and Wm. Ferguson, Orange of St. John's United Church in ville. the Shuttleworth family, Run- in Flesherton. ciman families and Miss Mollie Ferguson, Mrs M. McKechnie: Eva. Sadie and Dorothy Carson: Mr. and Riverdale Presbyterian church was Mrs H. Richardson; friends from 7 the background for the marriage Playter Blvd, 15 Bain Ave., and Jean there Saturday of Delia Bernice Mc- McLean, all of Toronto; St Andrew's of trees, so that township councils cularly in seeds and yeast. The bran Phail, daughter of Findlay McPhail Pres. Church, Priceville: Mr. Colin and individuals could be approached and the late Mrs McPhail, to James McLean and daughter Nellie; and and their interest enlisted.

and Mrs. Neil Norman, Orillia.

Buildings, spring creek. Bargain to Junior Farmers' Clubs. R.R. No. 1, Holstein.

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IN COACHES Excursion tickets good in Tourist, Parlor and Standard sleeping cars also

available on payment of slightly higher passage fares, plus price of parlor or sleeping car accommodation. ROUTES-Tickets good going via Pt. Arthur, Oat, Armstrong, Ont, Chica-

go, Ill, or Sault Ste Marie, returning

via same route and line only. Gen-

erous optional routings. STOPOVERS-within limit of ticket. both going and returning- at Port Arthur, Ont., Armstrong, Ont., and west: also at Chicago, Ill, Sault Ste. Marie. Mich. and west in accordance

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Canadian Pacitic

of W. H. Thurston, for 55 years of the Flesherton Advance, will realvance," when he relinquished active In 1891 he was wedded to Miss duties to his son, Frank, on March

ville, where he carried on the busi. fore coming to Flesherton. He was ness of mail courier for a number of here for a period of five years before years, later retiring on account of he took over the ownership of the Mr and Mrs H. R. McLean visited ill health. At the time of his death, Advance on the first of July, 1888, Sunday with Mr and Mrs. Colin he was busy in his duties as care so that he was its editor and publishtaker of the Presbyterian church, er for almost 51 years. He conduct-Mr Murray McMillan of Toronto, where he met with the accident that ed his newspaper along modern lines kept himself well informed on three daughters. One son, Archie, sion through his editorial and news was killed in the world war in Nov. columns to his opinions on events mins. Fully mature animals do not ember 1917, the other son Daniel, of his own community and country, feel vitamin shortage in their feed The Annual congregational meet- died in April 1922, and one daughter He was fearless in his editorial Lydia, died in July 1926. He is sur- opinions and at the same time was Vitamine A. vived by his wife and two daughters, fair and considerate. His loss will Mary at home, and Sadie (Mrs. J. D. be an irreparable one, not only to the Davis) of Aurora, Ont., and two village of Flesherton, but also to sisters also survive: Mrs. John A. the county of Grey, which he served Ferguson, Holstein, and Mrs E. Shut- in an official capacity from time to time. He represented the muni-Mr. MacKinnon was of a congen- cipality as Reeve and held a seat we find it abundant in meat fat, egs

> the highest esteem by everyone. The funeral, which was held on He was married 55 years ago or and milk fat depends entirely on the J. E. Taylor. Burial took place to of The Advance during his father's illness, and three daughters, Mrs The pall-bearers were old friends Robert Shaw, Lion's Head; Mrs W. thers. Dr F. A. Thurston, Chicago,

Deforestation in Grey Co.

(Continued from Page 1)

Some work has already been done the late Thomas Irwin. Rev. A. G. Friends attending the funeral from in the schools throughout the county. Macpherson officiated. The bride, a distance were: Mrs. Shuttleworth Dr. Douglas stating that in 307 and son Arthur, Toronto; Mrs. M. schools the advantages of conserva-McKechnie, Mr and Mrs Alex. Knox, tion and restoration of forest and containing Vitamin O develop tenderbouquet of orchids. Miss Jean Mac- Mrs H. Peddlar, Mrs H. Richardson, swamp were being presented, with ness and swelling of the joints, ten-Lean attended her in a street-length Toronto; Mr and Mrs Alex. Ferguson the result that interest was being and daughter and Mrs Wm. Rayson, awakened in the homes through the the lymphoid tissues. Vitamin C Harriston: Mr and Mrs J. A. Fergu- younger members. the Women's In- occurs in all growing vegetable tissue. son and family, Holstein; and Mr. stitutes had also been approached; and it was decided to continue this work as well as to give further at FARM FOR SALE-200 acres, good tention to the Junior Institutes and

> close estate. Apply Jennie Calder, As soon as the information from main sources of this vitamin for live the townships is available, a definite line of action will be mapped ou with, it is hoped, substantial results.



Follow summer to its all-year home. Thrill to golf under blue skies, relax on warm sands. For a winter vacation or a dull moment. And living costs are very moderate.

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CANADIAN NATIONAL

INDESPENSABLE CONSTITUENTS IN NORMAL DIET.

ome Simple Facts About Nutrition Which Will Greatly Contribute to Growth and Health.

(Contributed by Ontario Department of Agriculture, Toronto.)

The vitamins are indispensable cona normal diet? Well a normal diet ust fulfil the following conditions: (1) The diet must be quantita

(3) The diet must contain a sufficient amount of protein, fat, and car-(3) The diet must contain the

necessary inorganic salts. (4) The diet must contain a cer in amount of various amino acids. (5) The diet must contain the

three vitamins A, B, and C.
The animal body is unable to manufacture vitamins and they are essential to its life. Hence the animal body requires a fairly continuous supply of the vitamins, and the only way it can obtain them is by eating fresh vegetable foods or by eating the flesh or milk of other

siderable powers of storing this vitamin in their fat. Vitamin C is the

Young growing animals are the most susceptible to vitamin shortage, to the same extent as young animals

Vitamin A is synthesized by chloroshyll containing plants only, and the richest vegetable source are the green leaves and growing parts of plants. Seedlings grown without light do not produce Vitamin A. Animals feeding on green plants store Vitamin A in their fat deposits, so golk and in milk fat. Marine animals feeding largely on the green growth of numerous water plants very rich in this substance. The amount of Vitamin A in the meat fat sumed by the animal. The fat of grass-fed animals is rich in vitamin mals fed on the dry feeds of winter. It has been noted by all feeders that the summer milk is more satisfactory

in the feeding of young animals. The chief diseases produced in animals deprived of vitamin A are: (1) Arrested growth and Keratomalacia; (2) Lowered resistance to bacterial infection. (3) Marked effect on reproductive function, sterility. (4) Rickets and deficient dentition.

The body does not store this vitamin and certain animals, if deprived of foods that contain it, for a few weeks develop polyneuritis, or show a decline in body weight and muscular inco-ordination. In young animals deprived of foods containing Vitamin B the arrest of growth and the injurious effect on the nervous system is more marked than it is with older animals. Vitamin B is very widely distributed, being present in nearly all forms of plant life, partior husk of seeds and the germ are the portions where it is to be found. Highly-milled grain products are very joor in Vitamin B. Look to green vegetables, whole grain, unpolished

Young animals deprived of foods teeth and a marked wastage of all as green vegetables, roots, grass and fruits. Small quantities are present in fresh meats and milk. The animal body cannot store Vitamin C so must depend upon supplies coming regularly in the feed. During winter, sprouted grains and roots are the two stock as poultry and pigs.

rice, milk, for this vitamin.

Lack of vitamin in the food of animals produces effects that recemble starvation. Young suffer more than

A cow cannot manufacture vitamins and put such in the milk. Hence the vitamin content of milk (which is the most important food of young depends entirely upon the vitamin content of the cow's food. See that she gets a good liberal allowance of green alfalfa.—L. Stevenson, Dept of Extension, O. A. College.

Prevent the Development of Trouble.

nose, eye, sacs below the eye, the larynx and trachur are attacked and occasionally pneumonia develops. Weak birds are most susceptible. The strong ones may resist the infection or have only a milk attack. Living. weather and feeding conditions play an important part in this discase. Prevention.-Clean, dry, well-ventilated quarters and proper feeding seem to be important points in the prevention of roup. Isolate any sick bird until the cause of the trouble is found. Clean up and disinfect. Use one-third teaspoonful of potassium permanganate to each gallon of drinking water. Get the water fountain up off the floor and so arranged that the bird can drink but not spill. A wet floor is a predisposing cause that can be avoided. Give the birds pure, dry air without draughts at all seasons. A bird can stand the wind outdoors but not when at roost within a building .-- L. Stevenson, O. A.

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