

# Of Interest to Women



**Hello Homemakers!** The garden season brings us fruits and vegetables in glorious array. This year, with the accent on "save and send" to stay the march of death in less fortunate lands we must make fullest use of our perishable foods. . . use them as they come, to conserve other foodstuffs in order to increase our exports and preserve the garden crops for use during the rest of the year.

Methods of preservation should be sound and sure. Canning, the most widely used method, is too big a subject for our column to handle in detail. By all means send at once for a dependable guide. Write direct to Department of Agriculture, Parliament Bldg., Toronto, for CANNING STEP BY STEP (or ask your agricultural representative for a copy). The Home Canning booklet may be obtained free from Consumer section, Dominion Dept. of Agriculture, Ottawa. The pressure canner manufacturers also supply guide books for the large utensils. All instructions must be followed exactly to assure best results.

### PREPARE CANNING

When using a pressure-cooker, prepare vegetables as for hot water bath and oven method and place rack in bottom of cooker. Add hot water to level of rack (about one inch), and place filled jars in the cooker, allowing space between jars for circulation. Pressure should be left open until steam escapes for 7 mins. then closed. Start counting processing time when required pressure is indicated. When processing time is up, remove cooker from heat! Let indicator return to ZERO. Open petcock gradually, remove jars. Before processing next load, fill cooker with water to rack level.

Vegetable	Time	Pressure
Asparagus	30 min.	10 lbs.
Snap Beans	35 min.	10 lbs.
Beets	25 min.	10 lbs.
Peas	45 min.	10 lbs.
Spinach	55 min.	10 lbs.
Corn	65 min.	15 lbs.
Pumpkin	60 min.	15 lbs.

The above is a table for pint jars; allow 5 mins. more for quart.

### TAKE A TIP

Successful canning depends upon certain rules.

1. Use the right method for your eq-

2. Check the jar, rings and tops. They must be in perfect condition—and that goes for the fruit and vegetables, too.
3. Be scrupulously clean in washing jars and fruits.
4. Be cautious to note processing time.
5. After cooling, store the jars in a cool dry place, away from light.

## Business Life Starts With Pocket-Money

### Career-Making Habits Should Begin with Savings Account

To your youngster a dollar may mean ten comic books or a dozen candy bars. It can also mean a step on the road to success. . . for it takes only a dollar to open a savings account in the Bank of Montreal.

When you encourage your child in the habit of regular saving, you do much more than build a bank account. You help him to achieve stability, purposefulness, patience. . . help him to help himself.

By the time he's ready to begin his full-time career, he will realize the value of a financial reserve that may enable him to ward off misfortune or take advantage of opportunity.

Why not send him around to the B of M to open an account to-morrow? William Clayton, local branch manager, and his staff will be happy to assist your youngster to make his first deposit in a "success fund."

## MILTON

Literally dozens of children usually accustomed to playing on the streets, have been crowding Victoria Park, to play on the swings, teeters and other games usually invented by the to's.

A large crowd of friends and neighbors gathered last Tuesday evening at the home of Mr. and Mrs. Nelson Lawrence, Trafalgar Township to honor and bid farewell to Mr. and Mrs. Malcolm McFadden, who are leaving that community.

The July meeting of the Scotch Block W.I. was held at the home of Mrs. J. Hopkins, with the president in the chair.

The appointment of Archie Freeman, a native of Nelson Twp. to the position of general manager of the Ontario Northland Railway has been announced in the North Bay Daily Nuggett, Canadian Champion.

## GEORGETOWN

The annual picnic of the Baptist Church Sunday School was held at Stanley Park, Erin on Saturday, July 12th.

On Friday evening, July 11th, Mrs. William Hunter, Norval, was hostess at her home at a pantry shower for Miss Doris McDonald, who was being married Saturday.

Mr. Fred Baird, who recently sold his Main Street hakeshop to Mr. Fred Webb of Toronto, has purchased Scarlett's grocery in Brampton.

Two well-bred Holstein bulls have recently been shipped by local breeders to Colombia. One of these, Lida Graymar Thomas Trilone, came from the herd of Dr. Paul Boer, Georgetown, while the other, Pietje Renown Saverign, was contributed by Max Greenberg, Freeman Herald.

## FERTILIZER FROM SEA-WEED

Experiments are now being carried out on the Scottish Island of North, Uist to put sea-weed to chemical uses, such as the large-scale manufacture of fertilizers. If the experiments are satisfactory, it may be decided, to build a special factory on North Uist.

It is also reported from Edinburgh that a company has been formed there to utilize, systematically the country's peat deposits. The peat, which is comparatively easy to obtain as it is used not only as fuel for lime-kilns and similar work, but adapted for the manufacture of chemicals.

## DISEASE FORESTALLED

In olden times physicians were engaged almost exclusively in healing. Today, while still tending the sick and curing mankind's mental and physical ills the doctor practices preventative medicine. The modern approach to health lies in forestalling disease.

Pointing out that much can be done to protect, to immunize, to anticipate and to turn aside disease and disability, Canada's health authorities urge consultation with the family doctor to keep well, not merely for the treatment of illness after it has attacked.

## Chronicles of . . . Ginger Farm

Written Specially for The Acton Free Press by GWENDOLINE F. CLARKE

One day last week we went to London. Upon returning Partner announced that that was his summer holiday! And the trip was mostly business—in quest of tractor parts. But still we really had a lovely outing; saw lots of scenery that was quite new to us and passed through many towns—or near them—that had previously been just names on a map. Woodstock, Paris, Caledonia, Ingersoll, Delhi, St. Thomas, Tillsonburg and some other smaller places. Somewhere near Woodstock we ran into a storm. And what a storm—the rain was terrific—but Bob kept right on driving. Gradually we drove out of it and before we reached London we were rolling along on dry ground again.

At London my sister-in-law and I were badly fooled—it was early closing day! To make matters worse the summer sales were on and many of the dresses we saw in the windows were really reasonable in price—and yet all we could do was window-shop. Partner thought that was just as well, but we were provoked. However I consoled myself with the thought that in a day or two there would be a trip to Guelph—and it wouldn't be on a Wednesday—not if I knew it. But more about that later.

I think the biggest highlight on our London trip was seeing the roses. They were everywhere—red, pink and white, mostly ramblers, and very, very beautiful. We also noticed tall spikes of white delphinium which I believe is still somewhat of a rarity. We passed through some districts where the grain crops were better than around here but generally speaking they were all pretty poor. Of course in many districts there was hardly anything grown except tobacco.

Of the many places we passed through I like Paris the best. I don't know about the town itself as we didn't drive through it but the surrounding countryside was lovely with the town nestling in a valley among beautiful trees. Even little cottages were shaded by great oaks and sturdy maples that give the whole district an old world look. Sometime I would like to visit Paris again and really explore.

On our way home we came through Hamilton and visited the Rock Gardens again. Of course the Gardens are always beautiful but I don't think there is the riot of color or the wealth of bloom there used to be. After all with only two gardeners to do the work.

Alas that every rose should have its thorn. Partner did so enjoy the trip and I don't think he missed seeing a thing but the next day he had a terribly inflamed eye, and it isn't quite better yet. Sight seeing from a car window is certainly hard on the eyes for anyone not accustomed to it.

Now for our Guelph trip. This was made so that my sister-in-law might visit friends, but we also hoped to do a little shopping as well. "Hoped" is right. . . those blessed parking meters!

I parked the car at the foot of Main for a nickel's worth of time, then away to the stores. There were several things I wanted—little things that one cannot buy in a small town.

I also wanted a house-dress. And you know how it is—selection is still limited so it was out of one store and into another. The 60 minutes was just about up before I knew it and I still hadn't got my dress. The saleslady was showing me another line when I had to apologise and run.

"Parking time running out!" I explained. I rescued "the Greening" from the eyes of the law and decided it would be better to park further up the street. This time I allowed 24 minutes, rushed into another store, found the dress I wanted, but, as before, I shopped with one eye on the clock and didn't really get half the things I wanted. With one minute to go I was ready to make a run for the car when it started to rain. It just about fell down in bucketfuls. With my raincoat draped over my head and shoulders I ran to put another copper in the slot and waited in a store doorway for the storm to abate. And as I waited there was the indicator slowly but surely slipping back to the corner. Not that I expected any parking officer to be inspecting meters in that storm but the point is one of them could have been lurking in a sheltered doorway just as I was. Presently there was a lull in the storm and we made a run for the car and away to see our friends, leaving our unfinished shopping in disgust.

Maybe parking meters are a good thing I don't know—but I can see I shall have to study the matter, or shop in a place where they don't exist. Shopping with one eye on the clock is too hard on the blood pressure! I suppose getting acquainted with the back streets would be the best solution.

## ERIN

The Scott Mission Camp has opened at Hillsburg for the summer and youngsters are enjoying this camp as usual.

Erin Branch of the Canadian Legion held a successful banquet at the Busholme Inn on Thursday evening. Over 50 descendants of the late Humphrey Jeap met on Saturday afternoon, July 5, to enjoy a family reunion at the beautiful family homestead, first line, Erin Township, now owned by his grandson, Earl.

Nell McKinnon, who has been buying horses for the European market for domestic consumption, reports shipping 67, the average weight of which was 1622 lbs., on July 9 from Montreal docks.—Advocate.

## OAKVILLE

Work on Oakville's new sewage disposal plant is expected to start soon. Considerable delay has been occasioned by the inability of the contractors to get delivery of steel for reinforcement of the concrete work.

The Oakville Cricket Club has issued a challenge which is unusual for a small town. It is something akin to a small boy hitting a stone wall with his fist. The challenge is that the Oakville cricket team is prepared to play the best team that the rest of the province can offer.

A dense mass of humanity packed Central School grounds Saturday night to make the Oakville Lions Club Bazaar the biggest and most successful outdoor event ever held in Oakville. Total attendance Friday and Saturday evenings was estimated at about five thousand, and the gross receipts are said to have passed the five thousand mark.—Record-Star.

## BURLINGTON

The Junior Lions Club held a fine luncheon and evening at the Brant Inn on Monday at seven o'clock, when 27 members of the Club were on hand for this special evening.

Ex-Mayor J. Gordon and Mrs. Blair entertained Adelard Godbout, former premier and leader of the Liberal Opposition in Quebec, and party, at their home on Friday afternoon. They were on a tour of inspection of apple orchards in the Port Credit and Burlington districts.

On Saturday Myrna Lee, the speed-boat of Tracy Freeman, of Freeman, hit rocks in the Severn River near the ruins of the Kettlewell summer cottage. The boat with the bottom torn out, lodged on the rocks, thus preventing it from sinking. The occupants signalled to a plane overhead which tipped its wings and a few minutes later a rescue cruiser arrived. Workmen worked 12 hours to get the Myrna Lee off the rocks as considerable damage had been caused.

A large scow, used in connection with the building of the new pier at Brant by the Boone Construction Company lies in between 6 to 10 feet of water, with some 200 tons of steel pilings, cranes, a donkey engine and other equipment, where it sunk last week when a heavy sea came up and swamped it.—Gazette.

Better health in infancy mostly accounts for increased longevity in Canada.

## YOU, TOO, CAN WALK ON AIR

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## PROCLAMATION

**CIVIC HOLIDAY**

In compliance with the custom which has prevailed for many years **MONDAY, AUGUST 4th** will be observed as a Civic Holiday for 1947 and I hereby proclaim that day as a Civic Holiday for Acton, and respectfully request that all our citizens observe it as such.

F. J. MCCUTCHEON, Reeve  
Acton, July 14th, 1947

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