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 193 Dundas St. W. Toronto

THE MIXING BOWL

by Anne Allan

WORLD HOME ECONOMIST

Hello Homemakers. No matter how willing you are to share a nice roast chicken with a hungry family in Europe, you are not able to do so. The family is too far away and the baked fowl too difficult to ship. But you can save food for unfortunate children in another way. For instance, if you raise chickens, you should cull them about this time of year. The poultry specialist, who knows the lazy

lions, will sort them out of the flock, and thus save the grain it takes to feed these non-producing fowl. Fifteen pounds of grain so saved will provide sufficient corn and bread for a starving person to live a month.

Careful culling will also mean that you get top egg production with the least amount of feed. It will actually cut down on the cost of egg production.

Have the old birds cleaned to store for your own use next fall. They have meatiness and flavour that most young chickens lack. Before canning the chicken, cook serving pieces slowly just as you would for stewed fowl. Then pack it in the jars, either with the bones or boneless. The safe method of processing is a pressure canner—or a pressure saucepan for pint jars.

If you have a freeze locker, the pre-cooked chicken may be frozen, and kept there for several months. Pack the chicken in cartons, add a little liquid. Seal the carton and place it in the locker right away.

CANNING TIME TABLE
 (15 lbs. pressure)

Chicken with bone—65 mins. in pint jar; 75 mins. in quart jar.
 Chicken giblets and hearts—85 mins. in pint jars.

TAKE A TIP

1. Cut thoroughly cleaned chicken into pieces and separate into 3 piles, the meaty pieces (breast, upper wings, thighs), the bones (backs, legs, wings) and the giblets. If canning a large quantity, cook these groups separately.

2. The giblets and hearts may be cooked and canned separately. Use the livers fresh for the day's meat dish.

3. Trim off some of the fat since too much makes the chicken difficult to process.

4. Cover with lightly salted warm water, simmer until tender. Allow about 25 minutes to each pound of chicken, or cook in pressure saucepan about 15 mins. per pound.

5. Do not add pepper or spices if you intend to store in freezer.

6. Remove skin, if desired, although it is not necessary.

7. Canned chicken with bones has better flavour although the product requires more jars.

8. The juice does not necessarily have to fill the jar for good keeping. If you have extra stock you may fill jars to overflowing and process in pressure pan for 20 mins. to use as soup stock.

9. Canned chicken may be served as cold chicken, chicken salad, chicken pie, chicken à la king or chicken with dumplings.

THE QUESTION BOX

Ms. H. H. asks: To what does fig refer in recipes?

Answer: We should say a few grains, or a pinch of salt.

Ms. M. D. recommends Chicken Livers with Mushrooms.

The recipe: 6 chicken livers, 1 slice bacon (in pieces), 1 cup sliced mushrooms, 1 green onion chopped, 2 tbsps. flour, 1 cup chicken stock, 1 tsp. lemon juice, 1/2 cups egg noodles.

Cook bacon 5 minutes. Remove, add onion and livers for 2 mins. Add flour, stock, lemon juice and mushrooms. Cook 2 mins. Meanwhile boil egg noodles 10 mins. Serve liver mixture on noodles and garnish with chopped green. Serves 4 or 5.

Note: You may add 1/2 tsp. salt powder to livers while cooking for special treat.

SCOUTS TO CLIMB FRENCH ALPS

British Senior Boy Scouts and young French Rover Scouts are to join together in an expedition to the French Alps this summer.

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press

GIVENDOLINE P. CLARKE

So the Maple Leafs have done it again! Weren't you absolutely thrilled at their great victory? But who do I ask? of course you were. It is what we had all been hoping for, isn't it? But what a zap it will leave on the radio, won't it, especially on Saturday nights? We shall miss that broadcast just as we might miss the weekly visit of an old familiar friend. One thing is certain, election speeches won't take its place. Personally I dread the thought of those radio addresses. In fact my reaction to the provincial election news was evident when I exclaimed involuntarily "Oh dear, do we have to go through that again?" We don't enjoy mud-slinging contests one bit. Wouldn't it be nice if mud-slingers could be given penalties just as hockey players are for high sticking? Sometimes one wonders if election speeches do any good anyway, especially when so many people will listen to only one side of the story, no matter which party they favour. According to one newspaper a woman in Toronto is reported to have said—"I wouldn't agree with Drew no matter how right he was!" What an outlook—admitting a person could be right and yet refusing to admit what they know to be true! That instance is surely a pretty fair sample of the narrow-mindedness of party politics. Oh well.

Let's be cheerful and talk about the new freight rates, shall we? Or are you not interested? Just wait until you get your next egg cheque and then you may be—that is, if you ship by freight. Until last week the charge on a thirty-dozen crate of eggs was thirty cents. Yesterday we found seventy-five cents had been deducted from our cheque. However, it really wasn't as bad as that. Evidently a mistake had been made as our local station agent told me the charge should have been fifty-five cents. But even at that it will take the price of a dozen and a half of eggs to pay the freight of thirty.

Speaking of eggs naturally reminds me of chickens. Maybe you have noticed I have not mentioned baby chicks at all this spring. And for the plain and simple reason we haven't got any. I went on a sad-down strike. With chicken feed and grain the price it is I couldn't see how it was possible to raise chick without losing money. It might be all right if there were no losses out by the time the unprofitable ones have given up the ghost, the crows and hawks taken their toll and possibly a greater loss through coxitis, then there is a real chance of making a profit on the mature birds that are left. Last year I am sure we lost money on our roosters even though we sold most of them on a dressed weight basis. So there you are, that is one worry we have not got. If the wind gets up in the night we don't have to get out of our beds to make sure the brooder stove is all right; and since there are no chickens under the electric brooder we don't have to worry to much if, and when, the power should go off. Later on we hope to get some pullets—that is if too many people don't have the same idea as we have, in which case pullets may be hard to come by.

Speaking of losses, some people ask for trouble. Recently there was a man who lost his brooder house and all the chickens in it through fire. If you can believe it, he was spraying the pen with coal-oil with the brooder stove still alight. What some people will do! But I'm sorry for the

chickens, poor little helpless things.

Don't you think we are going to have another late spring? Partner thinks we can go one more week without worrying overmuch but I imagine a lot of farmers are beginning to get a little anxious right now. It would be a terrible thing if we had another year with high water—such as we had last year. But the wheat looks promising, and that means a lot. Personally, I don't always put so much important wheat can be to a country. I was digging into a book of ancient history yesterday and one passage struck me quite forcibly. It said the wealth of a country depends not on its gold, or its industry, but on its wheat; that wheat is the basis of a country's prosperity.

Well, I can see I shall have to remind Partner that he can't stay up all night. He has lost himself in reading "The Gathering Storm" by Winston Churchill.

Pollock and Campbell

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COMMENCING

Sunday, April 25th

Gray Coach Lines Buses will run On Daylight Time

TIME TABLE ON THIS ROUTE WILL REMAIN UNCHANGED

GRAY COACH LINES

TENDERS REQUIRED FOR SCHOOL BUS ROUTES

Tenders will be received by the undersigned for school bus transportation to pick up pupils from outlying districts of Nassagaweya and Esquesing Townships for transportation to Milton, Acton and Georgetown High Schools. Four routes of approximately 25 miles each. Details of requirements and routes may be obtained by application to Mr. A. D. Sprout, Sec'y-Treasurer, North Halton High School District Board, Milton, Ont. Lowest or any tender not necessarily accepted. Tenders to be closed 3rd May, 1948.

F. W. B. FITZGERALD
 Chairman Transportation Committee
 Milton, Ont.

THE FARM ACCOUNT BOOK AND INCOME TAX GUIDE SAVES FARMERS TIME, TROUBLE AND MONEY

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SAVES MONEY BY SHOWING YOU HOW—Every farmer legally is entitled to deductions for a wide variety of expenses. Your Farm Account Book has 12 pages devoted to columns for these. You are reminded of items which otherwise you might forget. Depreciation, a big factor, is covered on 75 named articles in common farm use.

You are shown how to establish claims for a Basic Herd and make a Three-Year-Average of your returns. This latter gives you the advantage of the lowest possible tax and it may be dated back to 1946. These are direct money-saving advantages entirely to your benefit.

THE THREE YEAR AVERAGE

You can't lose if you take advantage of this. Two things are necessary to average your income over the three year period ending December 31, 1948. First your 1947 return **MUST BE FILED ON TIME**—that is, by April 30, 1948. Then when you file your 1948 return in 1949 you may make application to average your income for 1946-1947-1948. This averaging of income continues yearly so that in each year you are taxed only on the average of each three year period.

REMEMBER—HALF CULTIVATED LAND YIELDS A POOR CROP—HALF KEPT ACCOUNTS GIVE POOR RESULTS TOO

Last year Canadian farmers—and there are nearly a million of them—produced over \$2,000,000,000 in farm produce of all kinds. No other single industry approaches agriculture in volume of production. And as in every other business—even the smallest—every farmer must file an account of his transactions with the Department of National Revenue to qualify for the many tax exemptions which are allowed.

DEPARTMENT OF NATIONAL REVENUE
 (Taxation Division)