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THE MIXING BOWL

By ANNE ALLAN
 Hydro Home Cookbooks

Hello Homemakers! We hold
 "high stakes" for tomato plants
 this year and with a little care
 shall cherish them. They use the
 tomatoes as they ripen. The same
 is true of all garden produce.

Serve a variety of vegetables in
 a variety of ways—not the same
 old thing yesterday, today and
 tomorrow. In the hands of a good
 cook a vegetable plate can be col-
 ourful, refreshing in flavour and
 appetizing another way of assur-
 ing your family their share of
 fresh vegetables.

The reliable tray with a har-
 monizing assortment—carrots, rad-
 ishes, cauliflowerettes, radishes, cuc-
 umber slices and whatever. Bring
 raw vegetables crisp and cool
 from your refrigerator, cut up
 leaves and toss the salad with
 dressing at the last minute.

Peeling vegetables in the morn-
 ing and letting them soak in water
 is "out" because such treatment
 robs them of value. Scrub and
 cook in their jackets or peel just
 before they go into the pot where
 you have heated a little salted
 water to boiling. Cover closely to
 get the cooking under way at
 once. Note the time when steam
 shows boiling point. Don't
 don't overlook to avoid ruining
 the texture, colour and nourish-
 ment. As soon as they are tender,
 they are done.

TAKE A TIP
 1. Unless you are in a awful
 hurry, leave vegetables whole or
 cut in large pieces for cooking.
 2. The best way to cook a potato
 is to bake it but new ones should
 be boiled quickly to prevent soggy-
 ness. Beets, carrots, marrow are
 delicious steam-cooked in a cov-
 ered casserole with very little
 water. This requires ten minutes
 longer than boiling but three kinds
 of vegetables can be cooked in
 the oven at one time—one with a
 milk sauce, the other with a pie
 crust over it and the third vege-
 table plain.

3. If you do have leftovers, store
 them, covered, in the refrigerator
 and use them promptly.
BOLDED SWISS CHARD
 Use young tender Swiss chard.
 Wash thoroughly. Little or no
 water need be added in cooking,
 the water that clings to the leaves
 is usually enough. Cover until the
 chard begins to boil, then cook un-
 covered until tender—10 to 15
 minutes. There should be almost
 no liquid remaining. Drain if nec-
 essary. Chop finely, season with
 salt, pepper, and a little cooking
 oil.

Older chard. Cut the white
 stalks into one-inch pieces, cook in
 water until tender. Chop and add
 to the leaves which have been
 cooked as above, or serve separat-
 ily with white sauce.

POLISH CUCUMBERS
 3 large cucumbers, cut in pic-
 ces
 3 tbsps. of cooking oil
 3 tbsps. flour
 1/4 cups milk
 1/4 cup dried bread crumbs
 1/2 tsp. salt
 1/2 pepper
 1/2 cup grated cheese
 Steam or simmer the cucumbers
 in a little salted water. Arrange
 in a baking dish and pour over
 them a white sauce made with
 the cooking oil, flour, milk and
 seasonings. Cover with cheese,
 then the crumbs, and dot with
 bits of butter. Reheat in a moder-
 ate electric oven.

ONION PIE
 Line a pie plate with flaky
 pastry and fill with layers of thin-
 ly sliced, peeled mild onions. Pile
 them carefully so the pie will be
 well filled. Beat one egg, add one
 tbsps milk or water and pour over
 top of the onions. Season to taste
 with salt and pepper. Bake in a
 preheated electric oven of 450
 degrees for ten minutes, then re-
 heat to 350 for 15 minutes.

TURNIP GREENS WITH SAUCE
 1 qt. Saucepan full of turnip
 greens
 1 tbsps. flour
 1 cup sour cream
 2 tbsps. vinegar
 1/2 tsp. sugar
 1/2 tsp. salt
 pinch of pepper
 2 tbsps. grated cheese
 Cook turnip leaves ten mins.
 and drain well. Combine flour and
 cream in a saucepan, add vinegar
 and seasonings and cook, stirring
 constantly. Serve at once over
 greens. Six servings.

BEETS WITH MUSTARD SAUCE
 2 tbsps mustard
 2 tbsps sugar
 1/2 tsp. salt
 3 tbsps. flour
 pinch of powdered cloves
 1 cup water
 1 cup vinegar
 2 egg yolks, slightly beaten
 2 tbsps. dripping
 Mix dry ingredients in top of
 double boiler. Add water, vinegar
 and egg yolks. Beat well and add
 dripping. Pour over five cups of
 cooked beets.

Chronicles of ..
Ginger Farm

Written Specially for
 The Acton Free Press
GWENDOLINE F. CLARKE

It's been a quiet house this
 week-end. On Friday Cleo went
 to Niagara Falls; Sunday Bob was
 off to Toronto and Johnny, as you
 may remember, is westward
 bound. The last we heard of him
 he was in Winnipeg—and still
 travelling.

So the week-end has been quiet
 but the preceding days have been
 turned around from our first
 threshing before the machine was
 back for a second go. Unexpect-
 edly, of course. Stook threshing
 was in progress on another farm
 when it rained so the threshers
 headed for the nearest farm where
 threshing might be needed. That
 happened to be here. It was five
 o'clock when we got word they
 were coming. Did we put on a
 spurt! I just about went on two
 wheels around the corners on my
 way to town for supplies. Of
 course we managed our rush-order
 dinner all right and although we
 were through threshing by two
 o'clock, yet we had the men for
 supper because the machine only
 moved across the road to our
 bachelor neighbor and I offered to
 put up supper for the men too.

After all when one has prepared
 for one meal it isn't much more
 work to do two—and I did have
 Cleo to help.

Thursday we had invited two
 elderly ladies out for the day. I
 was just getting ready to go for
 them when a friend phoned from
 Guelph that she was coming down
 by bus that afternoon and would
 stay overnight. Her visit was the
 outcome of a standing invitation.

On Friday there was a threshing
 for Bob to go to; my friend to be
 taken to the nearest highway to
 catch a return bus to Guelph; a
 crate of eggs to get ready and to
 ship, and Cleo to be taken to
 Niagara. Of course Cleo could
 have gone on the bus but we had
 planned that I would go with her
 and Bob would drive us. Partner
 insisted that we go on with our
 plans and he would do the after-
 noon threshing. I don't like the
 idea of leaving him to it—but oh
 that man—he can be stubborn!

We saw Niagara Falls for about
 ten minutes and it was more
 beautiful than I had ever seen it
 before. There was more green
 above the falls—shrubs or brush
 of some kind which made the Falls
 a richer green in color. The water
 was very low so naturally there
 was less spray. As we watched
 suddenly there appeared a beauti-
 ful rainbow over the tumbling
 water—my first view of a rainbow
 at the Falls. It was really some-
 thing to remember. Much, much
 nicer than the artificial illumina-
 tions.

Saturday the weather had
 cleared and my two men were
 drawing in oats and working late.
 Because they were late, milking
 was late, supper was late—every-
 thing was late. But so it goes.

In between our joy rides and
 our big jobs we had a little job—
 a horrid, repulsive little job. And
 that was hunting tomato worms.
 Just before we threshed I found
 one of these horrid, fat green
 things but I didn't think much
 about it because any time we have
 grown tomatoes I have found one,
 or perhaps two, but no more. Well,
 the next time I looked at the
 plants I found to my horror that
 many of the vines had been strip-
 ped of their leaves. Then the hunt
 began and on our fifty plants we
 picked off no less than eighteen
 worms.

Never having grown tomatoes
 extensively we know little about
 these pests—how they come and
 what steps should be taken to
 keep them under control. But now
 I want to know all about them and
 how to deal with them. There
 are things I would like to know
 about tomatoes as well. For in-
 stance why is it that tomatoes
 grown in the garden are so much
 better than one buys in the stores?
 For threshing I bought a basket
 of tomatoes and they were hardly
 fit to use yellow at the top and
 tough and white inside. What we
 got from the garden now are firm
 meaty, and rest right through.

It is truly maddening these days
 that so often we have to pay ex-
 orbitant prices for inferior goods.
 Why is it, when we have inspectors
 for this and inspectors for that?
 Everything we sell is graded
 without mercy. Could it be there
 is one standard for the producer
 and another for the consumer? In
 which case where does all the good
 stuff go?

Listen to the
ONTARIO STOCK YARDS
BULLETIN
 Issued WALLY FORD
 every Tuesday morning
 HAMILTON 666—CHINA
 7.15 a.m.

Technique of
The Big Lie

By Joseph Lister Rutledge

We don't know whether Hitler
 originated the idea that if you
 make a lie big enough, almost
 anyone will believe it, but he
 certainly used the idea and gave
 it common currency. The sad
 thing about it is that, in our very
 fallible ways, there is a certain
 amount of truth underlying the
 contention. People do seem to
 have an amazing capacity for ac-
 cepting as truth figures that
 would make any amateur econom-
 ist gag.

A fairly recent instance was the
 newspaper and radio story of a
 retailer who was found guilty of
 transacting a 218% profit on a
 transaction in nails. This hearty
 figure was accepted by innumera-
 ble people as a simple fact, and
 so became another of the unwar-
 ranted reflections on our system
 of enterprise.

Had these profits been actual
 we wouldn't have been writing
 this piece, but would have been
 sharing the resentment that was
 so general. Presumably the 218%
 came into the matter somewhere,
 and the figure itself isn't disput-
 ed but, as presented, it was one
 of those juicy big lies that seem
 to trouble the thinking of other-
 wise intelligent people.

Now, just what might be an
 honest and reasonable profit in
 the building trade market we
 would not know, but even in a
 most generous mood we would
 hardly say it might be 218%.
 That sort of reflection was all
 that the commentators needed.
 They recognized the bigness of
 the figure, if not the lie, and they
 knew also that being ammunition
 for the willing critic, it would be
 well received. So why look farther?
 Had they looked farther, how-
 ever, they undoubtedly would have
 recognized that the 218% would
 only have been a profit under
 very unusual circumstances, to
 wit: if the merchant hadn't need-
 ed a store in which to carry on
 business, if he didn't have to
 finance the stock, if he didn't
 have to pay himself or his clerks
 anything for services, if light and
 heat and power were supplied
 free, if the property and stock
 went on forever in unimpaired
 efficiency and value, if insurance
 companies would carry his con-
 siderable risk without any charge,
 and the city generously supply its
 services and protections without
 taxation. But 218% less these de-
 ductions was probably no more
 than any reasonable citizen would
 have thought a fair return for the
 risk and effort. That is the tech-
 nique of the big lie.

In competition against other
 highly publicized beauty spots,
 Niagara Falls retains its tradition-
 al allure for honeymooners.

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 a sensational Air Show, are
 among the hundreds of attractions
 coming to the C.N.E. In addition,
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 extravaganza. A free car and other
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AUG. 27
TO
SEPT. 11

Canadian National Exhibition
Toronto
 Col. K. B. Marshall, President
 Edward A. Hughes, General Manager

"I met the nicest man this morning"



• This morning Mrs. Jones opened a savings
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 when she entered the bank. But a very
 efficient man made it so easy for her.

This man was the teller. Quickly he explained
 the simplicity of making deposits. "Just let me
 have your signature, Mrs. Jones," he said.
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 Bank's own record of your deposits." It was
 all done in a few minutes. But Mrs. Jones
 felt she had met a friend.

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