

Of Interest to Women

CHILE PLANS DOMESTIC SUGAR BEET INDUSTRY

Chile plans to erect ten sugar beet factories to save \$20,000,000 in foreign exchange which otherwise would be spent for imported raw cane sugar. Supporters of the project also point out that a domestic sugar industry will produce much-needed livestock feed, and generally improve crop rotation and farming practices.

Fomento Corporation has announced that it will invest in the department, and that the first plant will be located in the southern part of Chile, an area considered to be the most promising for sugar beet culture.



Hello home-makers! You we have potatoes. They are the best vegetable for use the year round and the easiest vegetable to serve in a variety of ways. Why don't we all cook more of them? Some folk think they are fattening, but they are not as fattening as the starches most often used to replace them—bread, macaroni, rice, etc. Potatoes contain lots of minerals and vitamins. Cooked in their jackets they retain the vitamin value which is lost in peeling. Therefore, your resolution should be: serve potatoes baked or boiled with skin-on four times every week. Then watch the clock, do not overcook them or they may turn soggy and grey.

Potatoes are one of our staple foods which may be served twice daily for their energy value as well as economy.

MAILED TURNIP AND POTATO
Cook equal portions of diced turnips and potatoes together. Drain and mash with one-half cup of milk, one-half teaspoon sugar and salt and pepper to taste.

CREAMED POTATO CASSEROLE
6 medium potatoes
2 tablespoons fat
2 tablespoons flour
1 teaspoon salt
2 cups milk
one-half cup grated onion
one-half cup grated carrot
Dash of pepper

Peel and slice potatoes. Grease casserole and add layer of potatoes, then sprinkle on flour and onion and dot with the fat. Fill with sliced potatoes; pour in milk. Sprinkle the seasonings and grated carrot on top. Bake at 350 degrees in oven for 45 minutes.

POTATO SALAD
3 cups cubed cooked potatoes
one-quarter cup grated onion
Salt and pepper
one-third cup salad dressing
Mix together lightly

VARIATIONS:
Grated raw turnip, cooked diced vegetables (parsnips, carrots, celery), corn niblets, peas, parsley or grated cabbage.

POTATO TIDBITS
Cook the potatoes in their jackets. Then remove skins, cut lengthswise in thick stick pieces. Brush with dripping and roll in grated cheese. Bake in hot oven for 15 minutes.

QUICK POTATO SOUP
Cook two tablespoons of finely chopped onion in two tablespoons

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press
GIVEN COLINE P. CLARKE

We had a hair tragedy in our animal family last week, and I was just about ready to give Honey her walking papers. It was after breakfast and I was busy in the pantry. Honey was running around as usual; Joseph Mark was asleep on a chair. Presently I heard a bit of a scuffle and then a pop, but I did not pay any attention as the cat and the pup were always chasing each other around anyway. But when I did turn round there was Mark stretched out on the floor, stiff as a ramrod, mouth open and showing absolutely no sign of life at all.

As I picked him up I wondered what on earth the pup could have done to knock him out so completely. "Perhaps she grabbed his throat; perhaps she needs air," I thought. So I ran outside to the front step and sat rubbing poor Mark's throat. Presently he started the most awful twitching, like a chicken before it dies. "Oh dear, this is the end," I thought. "Poor kitty, to think I saved you when you were small and then to have you die like this." However, I kept on rubbing—and Mark kept on twitching. And then he opened his eyes. Then he started to breathe very noisily. Like something being rattled around in a tin can. By that time I had begun to hope and to cut a long story short my hope was justified. Mark actually did recover but for the rest of the day he couldn't walk properly, didn't eat and couldn't raise his hind leg to scratch his ear.

He breathed noisily all day and was so scared all he wanted was to get out of the house. That I couldn't allow—you know how an animal will crawl away to a dark corner if it is sick or injured and you don't know whether it is dead or alive. So I kept Mark in the house but I meant a sort of Washington Post all day taking Mark down the cellar and bringing up the pup. Then after an hour or two taking the pup down the cellar and bringing up Mark. The cat, naturally, had to be kept away from the pup until he was able to look after himself.

And what did I do for the pup? Nothing at all, really, had done anything at all, had done nothing at all, had done nothing at all. I think it was just that the cat, being asleep, was taken off guard. I believe the pup must have grabbed him near the end of his spine and he dropped like a dog on the floor.

Believe me, we are certainly glad Mark recovered. Apart from the fact that he is a splendid pet, he is also worth more than his keep. No mouse is likely to become a grandmother while Mark is around—he is as quick as a flash.

Our next adventure was on Saturday. After dinner I was all set to go down town with an order of eggs and chicken when Bob came in. "You certainly can't drive downtown yourself," he said, "better get ready and I'll take you down in the big truck. That'll be the safest thing on the road today." I had no idea what he was talking about until I looked outside. Oh my—freezing rain and slippery as glass underfoot! I was glad enough to go in the big truck. And even that did a bit of slithering around on the road.

Later that afternoon my sister phoned. "Would it be all right if she came out for the week-end?" "Sure it's all right," I said. And then added "but the roads are terribly icy." She was so surprised. "But there is nothing but slush in Toronto," she exclaimed. "A little later the phone rang again. Sister had missed the train. "But there is a train going to Georgetown in twenty minutes, could you meet me there?" she asked.

"We certainly couldn't not on these roads," I answered. "You had better come out in the morning." So she did, and got a taxi from the station. On the way here the taxi-driver told her a bit about the awful driving conditions the night before. I was very glad he did because I was a little afraid Sister might think I had been making excuses and did not want her to come. But I didn't have worried because the paper on Monday morning had all kinds of stories about traffic tie-ups, as you very well know. Sometimes it is hard for people in the city to realize how different weather conditions can be in the country. So why beat about the bush. Better risk giving offence to someone than to risk life and limb on dangerous roads. Explanations can mend hurt feelings but explanations won't mend broken limbs.

It costs \$500 to ship an automobile return across the Atlantic.

PROPERTY

Visiting a friend in the Deep South one year ago, a Canadian felt as if he had stepped back half a century in history. His host met him at the station with an old-fashioned democrat, drawn by a trotting horse and driven by Sam, an old family retainer straight from the pages of Uncle Tom's Cabin. They drove several miles through a sleepy, dusty countryside, unchanged since the Civil War.

As they entered the long driveway of the host's plantation, they heard a sound in the undergrowth and stopping to investigate, found a sow that had just given birth to a fine litter of pigs.

"Whose sow is that Sam?" asked the plantation owner as they drove on.

"Why dat's my sow," answered Sam.

"Whose corn fed that sow?" asked his employer.

"Ah reckon it was youah co'n, Sam," admitted Sam.

"Then whose sow is it?" Sam hesitated and then said: "Dat's youah sow, Suh!"

MOST HAZARDOUS INDUSTRY
Certainly no other major industry in Canada, and mighty few of the lesser ones face the weather hazard that agriculture must take in its stride, comments a Financial Post editorial.

Just six months ago the three Prairie Provinces were literally waterlogged. Rain fell almost incessantly and great areas along the rivers were flooded. But at last the sun shone, the weather turned warmer but fortunately not too warm and in most sections with the aid of modern machinery the farmer got his crops sown and even a harvest that measured up close to average.

Now the situation has changed and over 60 million acres of rich prairie soil hang the shadow of drought. Six months ago the farmer wondered whether the rain would ever cease, now he wonders whether they will ever start again.

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TRANSPORT NOTE

With the Board of Transport Commissioners so much in the news these days, it may be timely to explain why Alf Merryweather didn't get re-elected to the township council.

The Merryweather farm was on a crossroad about three miles from the place whence William Lyon Mackenzie in a woman's dress took off for the United States in a row-boat. But between the farm and the nearest town was a grade crossing with about six tracks. All other farms but one had an alternative but just as short route. The tracks also ran between the cemetery and the town. The grade crossing was wholly in the township.

All had been a popular township councillor for quite a while when he decided he was tired of being held up by switch engines and scared by fast passenger trains. Townsfolk, too, had been alarmed many times when Hy Emrick's black team on John Atwood's hearse had barely got across and the rest of the solemn procession of buggies and sleighs had to hold up.

After adequate agitation from the town and our observation from the township (except for Alf) the railway commission decided there should be a subway for vehicles. Judge Mabes and colleagues ruled that the railways 95 per cent, the township 5 per cent and the neighbouring village, despite its interest in its cemetery—nothing.

So Alf might just as well not have run for public office again. The township seemed to think he'd taken the \$7,000 out of their pockets and handed it over to the upstart village. It's still remembered after 40 years. A few think the railways might have paid it all, for they note there are now a dozen tracks, and trains can sit around as long as they like. — The Printed Word.

HOW TO RAISE CHILDREN

It is no reflection on psychiatry that some of its leading men occasionally question the basic precepts of that science. Take the case of the well-known Montreal psychiatrist who had been looking thoughtfully over his own existence to see how well he was living by approved rules. One falling he discovered was that he was not spending enough time with his children. (Children of course, gain in security and in mental well-being from close and friendly association with their parents—precept 91738KLDG.)

Seeking to remedy his shortcoming, the psychiatrist made a point, on the first Saturday afternoon of digging his old skates out of the cupboard, borrowing a hockey stick and taking to the ice with his 11-year old boy.

The reason he tends to query the value of precept 91738KLDG is that his son's first-back check sent him sprawling, and broke his left ankle. — The Printed Word.

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Hydro Consumers
Yes, We all Need to Conserve Yet

A number of manufacturers have made enquiries regarding the return to a five-day-week.

It is the opinion of the Commission and also the Power Co. Ordinator that although there was a surplus last week of 3120 Kilowatt hours, this surplus would be more than wiped-out if the regular hours of work were again in force.

It is hoped that a savings may be made in the domestic and commercial loads which will enable the factories to return to their regular work week.

A number of householders have not been co-operating in shutting-off their flat-rate heaters and this, along with others who are not living up to the regulations is delaying the return to the regular work week.

WILL YOU DO YOUR PART?