

Make Your Selection of New Wallpaper

FROM THE LARGEST STOCK IN WESTERN ONTARIO

Priced to suit everyone. You'll find it at **CHAPPLE'S BOOKSTORE** 125 Wyndham St., Guelph. **ANDREW KENNEDY, Proprietor**



THE MIXING BOWL
If you Homemakers Spring fever? Eating the right foods helps to overcome that "dull" feeling. One quart of milk for children, one pint for adults — that's the daily quota for good health. But you don't need to drink all the milk. It's just as good for you if you eat it with cereals, in soups, creamed main dishes and vegetables, and in desserts. Whether it comes in bottles, cans, or powdered in packages or creamed as cheese, milk is our most important food.
Note: For prevention of certain fevers, all milk consumed at the farm home and rural school should be pasteurized.

DINNER CHOWDER
2 cups diced, raw potatoes
1 cup sliced onion
1 cup diced celery
1 cup boiling water
3 tps. salt
3 tps. butter or margarine
1 cup flour
1 1/2 tps. bottled thick meat sauce
3 cups milk
1 1/2 cups grated processed Cheddar cheese
1 tps. minced parsley
2 1/2 cups canned or cooked tomatoes
1 tps. pepper
1 tps. mustard
Combine first 4 ingredients and 1 teaspoon salt in a deep kettle or Dutch oven. Cover; simmer 15 min., or until tender. Meanwhile, melt butter in double boiler. Stir in flour then remaining salt, pepper, mustard, meat sauce and milk. Cook, while stirring, until smooth and thickened. Add cheese, and stir until melted. Add to potato mixture with parsley and tomatoes; heat. Serves 5.

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE P. CHAMBERLAIN

Well... words fail me! But I do hope readers of this column didn't get a big shock as I did last week. The last thing I ever expected was to make front-page news even in a weekly paper. Not but what I knew the photo was being published — one doesn't go through an ordeal like that without knowing something about it — but I expected to find it taping the column or some where on the inside pages. And of course the editor was much too generous in his remarks. If I only deserved half of them! Naturally they were appreciated, and for my part I would like to say Mr. Dilla has been the best kind of editor to work for always co-operative and ready to help me in any way at all to climb the next rung on the unstable ladder of journalism. A ladder that sways and dips and often threatens to collapse altogether. I can only say "Thanks a lot" and if the Free Press doesn't get too many brick bats as a result of last week's edition, it will give me great pleasure to try and deserve a little of the credit that was given me in my appreciation. I would like to include Mrs. Dilla and all members of the Free Press office staff and printing press.
As I sat down to write just now I said to Partner—"What on earth shall I say?" He grinned. "Well, you might tell the readers of your column that if they should visit Ginger Farm they won't always find you looking like your picture! We are just hundred-acre farmers and proud of it — but we can't work and stay dressed up all the time and that's all there is to it."
So now folks, on with this week's column.
We must surely be "by the gods beloved" because every time we arrange to have a meeting here it is a nice day and often a nice day sandwiched in between tough or stormy weather. Last Thursday was no exception — warm, bright sunshine all day — even warm enough to bring a few daffodils out in bloom so that I was able to have spring flowers in the house. All this cheeriness was very acceptable as our little get-together happened to be the annual meeting of our local Women's Institute. Everybody knows what a headache an annual meeting is at times, and how often it is dreaded. But there was no need to dread this one — everyone was so agreeable, and willing, and co-operative — only once did we hear that little word "no" after a nomination had been moved, and it was excusable. I was really proud of our branch. So here we are, ready to launch out on another year of service for Home and Country — just like other branches all over the province.
The day after our meeting it was cold and wet, and then turned to snow. So you see why I think we were lucky, or maybe it was just the Institute that was lucky.
Now that I am nicely started on one of my favourite topics I might as well keep it up — just in case there may be a few women somewhere who have not yet realized what a worthwhile organization we have in the W.I. Perhaps you are a newcomer to your district, perhaps you may even be a newcomer to Canada. If that is so there will be plenty of people in your district that you have never met; customs you have never heard about — and the best place to find out about both is to join the W.I.
The country women of Canada are friendly; there is hardly one who would not go all-out to help a neighbour in an emergency. They have self-efficiency, but I must admit that snow has along the way, and more especially of recent years, there hasn't been the same visiting back and forth there used to be. Women, these days, rarely think of just slipping on a coat over a clean apron or house-dress, picking up a bit of sewing or mending, and stepping over to Mrs. Goodneighbour's for an afternoon visit. It is hard to find a really satisfactory explanation — dear only knows women fifty years ago were busy enough. Perhaps it is that country women, now that a lot of them have household conveniences like their town and city cousins, have also absorbed some of the self-sufficiency — perhaps I might even have self-efficiency — attitude of the town dweller. You know how it is — a woman in town can live for many months in a district without even knowing her next-door neighbour at all. We don't want that to happen in the country — it is surely something to guard against. Neighbourliness is an essential to country living. The newcomer, who thinks he — or she — can be an isolationist, is always the loser in the long run.
But visiting takes time — and if we feel we cannot take that time to would like to, then the W.I. pro-

vides a medium for neighbours getting to know each other and discussing their common problems. It is also a contact from which many a dear and lasting friendship may be the direct result.
Yes, farm folk need the Institute as never before because we don't even get a chance to visit on the telephone the way we used to. Party lines are all so busy these days that there is hardly time to say any more than hello and goodbye.
But perhaps there isn't a Women's Institute branch in your district. That is an obstacle easily overcome. If there isn't one, start one. There is no time like the present, no person better for the job than YOU. Phone your neighbours, ask them if they would like a branch organized in that district, and if they will help. Do you know what the answer will be? I'll tell you. Nine out of ten neighbours will say — "Yes, it would be fine, and I'll be glad to help." But I'm not sure about joining. I am afraid I would never be able to get to the meetings. I am just that busy!
But don't let that discourage you. It is what most of them say. If you are sincere in wanting an Institute branch, get in touch with your District President, call an organization meeting and the rest will take care of itself. You will get your Institute — and the ladies WILL turn out to the meetings. You can lay your hand to your heart on that.

Homemade Cake...READY-MIXED

Mix Chocolate Cake in 60 Seconds
Success every time with Campbell's Cake Mix. Just add a cup of milk or water — stir and bake. Light, tender, delicious. Try it today.

CAMPBELL'S CAKE MIX
3 Flavours: CHOCOLATE, COCOA, VANILLA

KITCHENER UPHOLSETRY

It doesn't matter how badly your Chesterfield or Chair are worn. We can make them look like new. 3 Piece Re-Upholstered for as low as \$49.00. 1 week's service.
FREE PICK-UP AND DELIVERY
PHONE 168 — ACTON

Vic's Photography Studio

Enlargements up to 11" x 14"
COMPLETE WEDDING SERVICE PHOTOS
SOCIALS and BANQUETS
COMMERCIAL PHOTOGRAPHY
Mill Street, Next to "Y" Phone, Bus. 65 Res. 321J

For Better Prices When Selling POULTRY

Call Us Collect Anytime
NO FLOCK TOO LARGE
Halton Poultry Products
PHONE MILTON 1w

PROCLAMATION

DAYLIGHT SAVING TIME IN ACTON
Whereas a number of municipalities in the district about Acton are adopting a uniform time for the adoption of Daylight Saving Time, and in order to avoid confusion in travel and business, the Council of the Corporation of Acton has passed a by-law establishing the period for the observance of Daylight Saving Time in Acton, from
SUNDAY, APRIL 24th, 1949
AT 12:01 A.M. TO
SUNDAY, SEPTEMBER 25th, 1949
AT 12:01 A.M.
Citizens are requested to comply with this by-law and adopt the time from the dates specified.
T. JONES, Reeve
Dated at Acton, April 5th, 1949.

CREAMED CABBAGE AND FRANKFURTERS

4 cups shredded cabbage
2 1/2 cups milk
4 frankfurters
1 cup melted fat
3 tps. flour
2 tps. salt
1 tps. pepper
1 tps. celery seeds
1 cup soft bread crumbs
Cook cabbage in milk, covered, until tender about 5 mins. Cut frankfurters in quarters lengthwise, then split pieces in half. Saute in fat in skillet until lightly browned. Remove frankfurters. Add next 4 ingredients to fat in skillet, and stir until smooth. Gradually stir in milk drained from cabbage. Cook, stirring constantly, until smooth and thickened. Arrange layers of cabbage, frankfurters and sauce in 10" x 8" x 2" baking dish, top with crumbs. Bake in moderately hot oven, 400 degs. for 15 mins. or until nicely browned. Serves 4 to 6.

WALNUT PRUNE PUDDING

1/2 cup rice
1 cup chopped, pitted raw prunes
3 cups milk
1/2 cup plus 6 tps. sugar
1 tps. salt
1 tps. nutmeg
1/2 cup broken walnuts
2 tps. grated lemon rind
2 eggs, separated
Wash rice in cold water, drain. Combine with prunes and milk in double boiler, cook, covered, until tender about 1 hour. Add 1/2 cup sugar, salt, nutmeg, nuts and rind. Beat yolks, stir in rice mixture. Pour into 1 1/2 quart casserole. Cook. Beat whites until nearly stiff. Gradually beat in rest of sugar. Heap on pudding. Bake in moderate oven, 325 degs for 20 mins. Serves 6.

TAKE A TIP

- You may complete the dinner chowder menu with a green salad and a peach upside down cake for dessert.
- With creamed cabbage and Frankfurters as a hearty supper dish, serve chilled tomato juice first. The sweet part of the meal may be a pastry — apple, raisin or date pie.

GOING TO THE U.S.A.?

To avoid possible delay and embarrassment at border crossing points, be sure you have met the foreign exchange requirements before you set out. The travel ration of \$150 per person for the period November 16th, 1948, to November 15th, 1949 is to ensure the fairest distribution of the U.S. funds available. For children under 11 years of age, the amount is \$100 U.S. If you are taking a trip to the United States, you need to secure a Form H permit to take out of Canada for any amount exceeding \$10 U.S. or more than a total of \$25 in U.S. and Canadian Funds. Form H can be secured quickly and easily from branches of any Canadian Bank.
FOREIGN EXCHANGE CONTROL BOARD OTTAWA PCE-11

MILTON

A capacity audience of parents and friends witnessed their approval to officials at the official opening of the new addition at Milton High school last Friday evening. All gave their whole-hearted support in the Board's venture of providing practical as well as academic training to students.
Knox Church Women's Missionary Society celebrated its Sixtieth anniversary with guests present from Toronto Presbyterian, the local Women's Missionary Societies and from the various Presbyterian branches throughout the county.
The guest speaker, introduced by Mrs. Nixon, was Rev. Forbes Thomson of MacNab Street Presbyterian Church, Hamilton, who in a forceful and pleasing manner gave the highlights of the International Assembly held at Columbus, Ohio, last summer.
Prompt action by Provincial Constables from the Dundas detachment resulted in the arrest of Archibald C. Prinson, 32 of Chatham, who was later brought to Milton Jail and charged with breaking and entering Light's Garage and stealing \$31.60. Canadian Champion.
The Chinese live simply and enjoyably, and their social relationships are pleasant.

Roy's Taxi
OUR SPECIALTY — SERVICE WITH A SMILE
IS INSURE A DAY TO OUT OF TOWN POINTS
Lowest Rate in Town
Phone **128** Acton
RESERVANCE 330W

NOW 5¢

Ask for it either way... both trade-marks mean the same thing.

Rebuilt Beatty Electric WASHERS

EVERY WASHER GUARANTEED, if desired to be exchanged within six months of purchase date, without loss of money on a new washer. You may have the choice of several makes at standard prices.
UP TO THE PRESENT DAY these washers are and have been rebuilt by a most reputable firm, elaborately equipped to do this work in factory, equipment and proved men of years of experience in rebuilding the Beatty washer.
The firm that we work in conjunction with have had their salesmen recall on many customers buying these rebuilt washers over past years with the idea of trading them in on new washers. So satisfied were the customers with their rebuilt washers that the salesmen gave up trying to induce customers to trade in on new washers.
A LARGE TRUCK LOAD of Beatty washers arrived in this division last Saturday and we will be glad to have our AUTHORIZED field representative help you select one at prices that will SAVE YOU MONEY.
These washers are not only rebuilt by this firm for us but for various Beatty Washer Stores in large centres, carrying approved, inspected Beatty Washer Store tags.
The prices charged are standard and in line with SKILLED WORKMANSHIP and MATERIAL.
\$89.50 | **\$39.50** | SAVE **\$40.00**
Will buy a Factory Rebuilt Copper Tub Washer that is guaranteed. A few as low as \$59.50. Terms | This is a trade in washer that has not been rebuilt, but appears in good shape for a great deal of service. | On this Washer, This Customer bought this Washer from us and is now moving north, requiring a different cycle. We gave him a good deal on a New Washer, Ironer, Radio and Refrigerator. Buy his trade-in Washer at \$40.00 Saving.
BRAND-NEW MODEL BEATTY sample or demonstrator washer Regular \$149.50, not a mark on it, never retailed nor have we had water in it. yours for \$139.50. Terms. OCCASIONALLY WE WILL HAVE ONE OF THESE SAMPLE BARGAINS FOR YOU.
Our field representative who has been authorized by us to bring you many real washer bargains at savings of MANY DOLLARS on each washer will be glad to meet your requirements.
ALL WASHERS GUARANTEED TERMS TRADE
SYMON HARDWARE