

GRAVE WARNING

Those who scoff at the Communist menace in Canada, pooh-pooh the danger abroad, and repeat the parrot cry of "it can't happen here" should ponder the present violent attempt to tie up our ocean shipping, warns the Financial Post. They should also ponder the stark fact that shipping by no means the only vital industry into which Communist labour leaders have penetrated and obtained control. Electrical, chemical, explosive, timber and metal mining interests are under the same domination.

Under any of these industries, as our ocean shipping is tied up now, and Canada not only would be unable to defend itself but would be a liability instead of an asset to its allies.

On the international front tremendous strides toward common defense have been taken in recent months. These mighty and costly defenses, however, will be of no more than heaps of sand, unless there is a united and working country behind them. We have no guarantee or even hope of that so long as any of our vital industries are dominated by a party that takes its orders from Moscow.



Hello Homemakers! Anyone who works with food acquires tricks-of-the-trade which is the result of a constant effort to simplify cooking and save time. We are on the perpetual look-out for new ideas. The other day we watched a demonstration by the Home Economist of a meat packing company and learned many ways to save waste and to prepare different pieces of meat.

Here are some secrets which will appeal to you:

- 1. To avoid left-over roast beef, ask the butcher to saw the long rib bone of roast at two inch intervals. Cut off short ribs, and freeze and use later for braised pot roast.
2. That roasts of beef (sirloin, rib, rump) should be cooked in a moderate oven of 350 degrees allowing 25 minutes per pound. No searing, no water, no cover are necessary. Sprinkle with salt when partially cooked.
3. Buy a shank half of ham for economy. Stand it on cut surface and split it lengthwise, allowing the knife to follow the bone closely. The thick, boneless "quoniam" is excellent for slicing and braising. The bone-in piece can be simmered and used in salads, sandwiches, casseroles and soups.
4. Experts suggest baking chops and steaks in preference to frying unless you have a good heavy skillet.
5. Broiling with the door partly open is the best way to cook steak. To prevent the meat juices from drying on the bottom of the pan when a small quantity is broiled use a small flat pan. Place smaller pan on regular range broiler pan.
6. To make flank steak flatter, place a strip of inch-thick salt pork lengthwise down the middle of meat. Roll the meat around salt pork and place skewers at 7/8 inch intervals. Slice roll between skewers. Cook filets like Swiss Steak and serve with tomato sauce.
7. To open canned meat, cut out both ends of can below the rim. Push contents out whole by pressing thumbs against one end. This method applies to loaves, not meat with sauce. Chill the meat before you slice it to cut attractive servings. Use cookie cutter for a special occasion when you serve a cold meat platter. Then mince the trimmings for sandwich filling.
8. When you need a large quantity of bacon bake it. Slightly overlap slices of bacon on rack of a shallow pan and bake twelve to fifteen minutes on top shelf of hot oven at 425 degrees. No turning is necessary.
9. To save fifty per cent baking time, shape meat loaf mixture into individual servings. Use the same favourite recipe. It is only the size of the loaf that changes, not the flavour.
10. Before freezing ground meat to be stored shape it into individual-patties, and stack them with heavy wax paper in bet-

tween the layers. Then roll in laminated paper and put in cold freezer.
11. Use two forks, instead of one, to turn meat while it is cooking. Lift meat with one fork and guide or turn with the other. This method avoids excessive spattering of fat.
12. To flour small pieces of meat, put the flour, seasonings and the meat into a paper bag, fold the top of the bag and shake it for a minute or so until pieces are covered with flour.

MOCK DUCK

- 1 1/2 lb round steak
1/2 cup chopped parsley
1/2 cup salt
1/2 cup chopped onion
1/2 cup bread crumbs
1/2 cup summer savory or thyme
1/2 cup pepper
1/2 cup melted butter
Trim bone and extra fat from meat, wipe with damp cloth and place on board. To make more tender, moisten with wooden potato masher on edge of heavy plate. Mix crumbs, onion and seasonings, add melted butter and spread over meat and roll up and tie in shape. Place in roasting pan and pour 2 tablespoons dripping melted in a cup of boiling water around meat. Cover tightly. Cook in moderate oven of 350 deg 1 1/2 to 2 hours. Serve the last half hour of cooking with brown gravy.

VEAL LOAF

- 2 lbs veal
1/2 cup milk
1 cup chopped cross
1/2 cup dry bread crumbs
1/2 lb fat salt pork
pepper
1 egg
1/2 cup lemon juice
2 tbsps tomato catsup
1 onion

Select lean veal, remove skin, and chop fine along with salt pork. Add crumbs, lemon juice, tomato catsup, seasonings, and minced onion which has been browned in a little fat. Beat egg and add to first mixture with milk. Mix well and pack in muffin tin and bake in slow oven of 350 degs for about 1 hour.

BROILED STEAK

Wipe extra fat, place meat in heated broiler which has been rubbed over with fat, broil under preheated broiling element of range. Season when partly cooked. Allow 10 minutes on each side for 1 inch thick, well-done steak.

THE QUESTION BOX

Mrs. H. S. asks for mayonnaise recipe using mineral oils.
New Mayonnaise
1 egg
2 tbsps sugar
1/2 tbsps mustard
1/2 tsp paprika
1/2 cup malt vinegar
1/2 cup mineral oil
3 tbsps cornstarch
1 cup milk
Place egg, sugar, seasonings, vinegar and oil in mixing bowl, but do not stir. Make a paste of the cornstarch and one-half cup milk and stir in remaining milk. Cook the starch mixture over low heat until thick, then add to the ingredients in the bowl. Beat all together with a Dover beater. Cool before serving as it will thicken more.
The British Government has launched a "Don't lose your temper" drive because too many telephones were being put out of order by people slamming receivers.

OAKVILLE

An estimate of \$12,547.50 for building a seawall, from Thomas Street west to the Pier, was approved by Council.
H. S. Litchfield became Oakville's new Deputy Reeve last Thursday evening by acclamation. Only 11 of Oakville's citizens turned out for the nomination meeting in the Council Chambers.
The marriage of Muriel, daughter of Mr. and Mrs. W. E. Evans, and Robert Francis Turner, Toronto, son of Mrs. Turner and the late Mr. F. P. Turner, took place at St. Jude's Church April 21st.
A life long resident of Oakville, Mr. John Freestone died at his residence at 43 Reynolds North on Good Friday, April 15th, 1948. He was 88 years old at his death. Record Star.

ERIN

Striking with earth shaking force, a sudden freak hail and lightning storm hit a quarter mile square area on the south side of Burlington on Good Friday morning. The storm which lasted ten minutes, buried pictures off walls, smashed china dishes and tumbled down chimneys in its path of destruction.
A vote on the question of a Hydro System for the village will be taken in the immediate future.
Tuesday afternoon and evening open house was held by Mr. and Mrs. N. N. Wardlaw in celebration of their silver wedding anniversary.
On Thursday, April 14, in Oakwood Grove, Manitoba, the death occurred of Mrs. James Ouellette, nee Flora May McMillan, who was the last surviving member of the family of the late Duncan McMillan and Flora McGill—Advocate.

EXPLAIN PLEASE

A city editor was instructing a new reporter on the art of writing for the newspapers.
"There are two words which you must never, never use in your reports," he said. "One is 'news' and the other is 'loopy'."
There was a pause; then the reporter replied: "Well, what are the two words?"

FOR SIMPLER ACCOUNTING

To the average man, says The Financial Post, it is about as difficult to extract real information out of the public accounts put out by the Dominion or Provincial Governments as it is to dig the meat out of a native black walnut. Even a skilled accountant, anxious to see how the public money is being spent, is sometimes baffled. At long last, however, there is at least hope in sight. In its recent report the Royal Commission on Prices, comes out with this:
"We strongly recommend that the public accounts be presented in such a way that the net effect of government transactions is clear not only to the specialist, but to the man in the street."

There should be a solid backing for that recommendation. Until the average citizen can readily understand how his taxes are being spent and can properly compare expenditure of one year with another, and the administration with another, we can hardly hope to have real interest in government or real economy.

Galium, a liquid first discovered in 1875, is currently being investigated by scientists who think it may be the means by which atomic energy can be harnessed for motive purposes.

Notice to Creditors AND OTHERS

In the Estate of WILLIAM N. D. GOWDY, of the Village of Acton, County of Halton, (deceased).
All persons having claims against the Estate of the late William N. D. Gowdy of Acton, who died on the 24th day of August, 1948, are required to send full particulars thereof to the undersigned personal representative ON OR BEFORE THE 14TH DAY OF MAY, 1949, after which date the Estate assets will be fully distributed, having regard only to the claims of which notice shall then have been received.
Dated the 16th day of April, 1949.
DOUGLAS M. GOWDY,
119 Hillhurst Blvd., Toronto, 42-1

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AUCTION SALE

OF HOUSEHOLD FURNITURE, ETC. The Underigned have received instructions from MR. C. C. McDOWELL to sell by Public Auction at Lot 5, Concession 1, Township of Esquewaug, 3 miles west of Milton, on SATURDAY, APRIL 24th At 2 O'clock, the Following: Walnut Sottee; Swivel Arm Chair; Sewing Machine; Drop Head 3 Easy Rockers; Extension Table with 6 Leather Upholstered Chairs to match; 2 Odd Rockers; Walnut Centre Table; Several Odd Tables; Fern Table; Drop Leaf Table; Pine Glass Cupboard; Sideboard with Bevelled Mirror; 2 Trunks; New Tropical Heat short burner coal oil Stove and Oven; Electric Heater; Coal Heater; Cook Stove, wood or coal; Cook Skuttle; 8-Day Clock; Bedroom Suite, Oak; Steel Bed; Springs and Mattress; 2 Dressers; Odd Washstands; Organ; Hall Rack; Linoleum Rugs 9'x9' and 12' x14'; 2 Hanging Lamps; Bay Bed; DeForest Crosley Electric Cabinet Radio; G.E. Battery Radio; Paper Racks; Lawn Mower; Carpet 14'x 18'; Set of Dinner Dishes; Screen Doors; Poultry House Sprayer; 2 Pair Drapes; Quantity of 2" Lumber oil barrel; 2 Car Wheels 45x21 2 Set Tire Chains 16x500; 4 Heavy 5 Gallon Cans; Quantity of Bedding; Wool Blankets; quilts; pillows Kitchen Utensils; Odd Dishes, Etc. TERMS—Cash Settlement with Clerk, Day of Sale. No Reserve Hindley & Elliott, Auctioneers M. J. Carlton, Clerk 43-2B

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