



Hello Homemakers! There ought to be a song about "Make it in the morning, serve it in the evening," so we could enjoy the summer afternoons. Instead, many of us dread cooking an evening meal or worry about "the dinner" when we are away for the day. What we need to do most is plan ahead and shop in advance as much as possible. If there are guests for dinner, plan a menu which will leave you free to enjoy their company, one which can be served simply.

For instance, if you are elected to meet the bus and chauffeur the Institute speaker to the meeting, then bring her home for dinner, leave everything ready. Chill fruit juice with tiny cheese biscuits, a casserole of chicken (pastry top) that reheats in 20 minutes, small peeled tomatoes rolled in minced parsley and nuts, shelled peas you can cook in 12 minutes, fresh chilled berries and cream with sugar cookies for dessert.

Maybe the whole family are going to the garden party where they will have afternoon tea. With this in mind, plan a light supper. Cream of potato-cheese soup, tomato and

cucumber sandwiches, cherry upside-down cake and tea.

There are occasions when you drive to a meeting twenty miles or so away and leave the family to put the finishing touches to their own supper. For such meals, we suggest sliced cold meat, tomato jelly with lots of vegetables, macaroni salad with minced green onion, berry tarts and cold chocolate milk.

You may be one of the many homemakers who spend a great deal of time outdoors helping with the harvest or picking berries. If unexpected company arrives and you have pre-cooked a shank for stew and there is not sufficient add a can of oxtail soup or make a few dumplings instead of pouring in extra water. For extra dessert, crumble graham crackers or rice krispies among fresh berries. You may have a tin of fruit loaf on the shelf which you can serve in thin buttered slices in place of cake and cookies.

For a hot summer afternoon prepare a tart drink in the morning by cooking rhubarb in lot of water. Sweeten as it cooks. Drain and tint with red colouring. Chill ready to serve.

**TAKE A TIP**

Food preparation to be done in the mornings for evening meals.

1. Bevil Eggs
2. Chill tin of salmon
3. Combine Meat Loaf
4. Scrub (never peel) vegetables - store without water in the refrigerator.
5. Pick over fruit and spread over platter to store in refrigerator.
6. Make ice cream and turn control in electric refrigerator to normal after it is frozen.
7. Prepare biscuits on baking sheet ready for oven, but keep cold until baked. Allow 15 minutes to bake at 425 degrees.
8. Make jelly mold of fruits.
9. Prepare soft custard for serving on steamed cake.
10. Make tart shells ready to be filled with fresh jam.

**CASSEROLE OF CHICKEN AND MUSHROOMS**

Simmer 2 1/2 to 3 pounds breast of chicken in 4 cups of salted water with an onion a stalk of celery and a sprig of parsley. Cover. When tender (about 50 minutes) remove chicken and dice in small pieces. (You should have about 3 1/2 cups.) Cook 2 ounces (1/2 cup) cut macaroni or wild noodles in about 3 1/2 cups strained chicken broth until just tender. Strain off broth. Melt 4 tablespoons of butter in a large frying pan blend in 4 tablespoons flour, stirring until smooth. Gradually add 1 1/2 cups of the broth, stirring until smooth and thick. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. If there is too much broth cook it down, if too little, add canned chicken broth to make up the difference. Open one 6-ounce can of mushrooms. Drain and slice. Arrange chicken, macaroni and mushrooms in layers, in 8 individual casseroles. Pour over sauce. Top with buttered bread crumbs and a little grated cheese. Bake in oven (300 degrees) about 15 to 20 mins. (Serves 8)

**VANILLA ICE CREAM WITH BERRIES**

Place 1 quart vanilla ice cream in the center of a chilled platter or bowl. Surround with fresh raspberries poached in syrup made with 1 cup sugar to 2 cups water. Pour over all the juice of the chilled berries and sprinkle top with very finely chopped peel.

**Chronicles of ..  
Ginger Farm**

Written Specially for  
The Acton Free Press  
GWENDOLINE F. OLARKE

And still no relief in sight! The sun blazes mercilessly down upon the bleached, parched fields. The cows, poor things, spend much of their time on the shady side of the barn, after wandering aimlessly about the pasture fields, nibbling here and there at a few green chicory leaves still surviving among the dried up brittle grass. The dogs dig around the chestnut tree trying to find a cool, moist spot in which to sleep. The birds browse lazily in trees where the foliage is thickest, too hot to even bother much with the cherries that hang red-ripe from a number of small trees near the house. Ah, those cherries! I picked some yesterday for stewing and found them about the size of red currants. But they are sweet as if I have patience to pick and eat them we shall probably eat them and be thankful. And do you know what? We actually got two pickings of peas from the garden. I knew pea-pods had formed but I never expected them to fill. So that was a delightful surprise. Maybe there are even beets and carrots under those two-inch tops which we can find in the garden if we look hard enough.

Last Thursday a friend and I went across country visiting a W.I. Branch in another County, and that friends, is a good way to get ideas to take home to your own branch. It was a lovely drive but it would have been a lot nicer in a normal year. Of course we managed to lose ourselves - sort of went round the country in a circle but that didn't worry us one bit. Most of the time we were on very high ground overlooking country that in some parts was heavily wooded. We had dinner at a delightful old-world farmhouse that was just the coolest spot we had hit in a week. The reason wasn't very hard to find. Standing just a little piece away from the house was a short row of lovely old maples. From dawn to dark these beautiful trees kept the glaring sun from striking the main part of the farm dwelling. The Lady of the House said she wouldn't part with those trees for anything. I could quite believe it. Not only did they keep the house cool but they provided a good playground for one nice little boy who lived there as well as a shady parking spot for cars. I could also imagine quite a few picnic meals would be eaten under those trees. And I am quite sure it would be just the place to do the family darning, read a book, or peel potatoes for dinner. Or again, how lovely to sit under those whispering leaves and do nothing - just sit and think - and plan for the future - as one would be so inclined to do with a small boy playing contentedly with his toys under the same trees. Such a difference a few trees can make.

Sometimes in comparing houses old and new it is hard to make up one's mind about them - which one would rather have. The new houses are so well planned - compact, convenient and with big picture windows that are most attractive. But still, they lack character, and naturally there are no trees that have stood guard over previous generations. You feel it will be many years before these new houses will have any worthwhile stories to be picked up by the listening walls. In fact, in some cases one wonders if the houses will last long enough to hear any stories at all.

But old houses. I love old houses - old with modern conveniences, present or pending. I love the big farm kitchens which many ingenious housewives manage to remodel, making them more convenient without detracting from their character. But right now, I would trade any house or kitchen, old or new, for anything that was cool!

Hot weather is bad enough when one is alone but with visitors in the house keeping them cool and comfortable is absolutely impossible with the thermometer registering over ninety in the shade. My sister-in-law returned yesterday and niece Betty arrives on Tuesday.

One thing we have to be thankful for - we have finished haying. Or maybe we shouldn't be so thankful. Had there been more of it we would not be finished yet. There were fifteen loads altogether, and none of it got wet. I was watching them take off one load and it looked as if it was almost impossible to pick up a real forkful of hay. It was so short, dry and brittle that with each jab of the fork more hay seemed to roll off than was picked up. But eventually the job was finished, so now we'll keep on praying for rain and hope for better luck with our second cutting.

Men's trousers are now made of nylon. Shower proof, they are handy for golf, gardening, fishing.

**World Supplies  
Of Food Improve**

In making an appraisal of the world food situation in April, 1949, the Food and Agriculture Organization reports that world food production and supplies in 1948-49 were materially higher than in the previous year, and the grain surplus the highest since 1930-31. Production in North America and Europe exceeded expectations principally because of disturbed political conditions.

A number of important developments during 1948-49 afford general evidence of a turn for the better. Chief among these was the discontinuance of international allocations of all foodstuffs except rice, though for other important commodities like cereals and fats a close watch is maintained with the possibility of resuming allocations should the situation deteriorate. Rationing of bread has been discontinued in most countries and there is considerable relaxation of other food rations throughout most of Europe. Larger supplies of wheat, sugar and other foods have been reflected in a further fall in world prices. Larger food supplies have eased inflationary pressure, restored confidence in the currency of countries like France, Austria, and Spain, and diminished black market activities. In India, however, says the report, food controls were partly discontinued early in 1948 but had to be reimposed later owing to floods in some areas and severe drought in others.

The benefit of the increase in food supplies has been felt mainly in Europe, where supplies per person have probably increased about ten per cent compared with the previous year. However, consumption of fats and of animal products such as meat and milk has improved only slightly and is still substantially below pre-war.

The Commonwealth Bureau of Biological Control, with headquarters in Ottawa, is for the study, collection and dispatch of the parasites and predators of insect and plant pests of interest to the Entomological Departments of Commonwealth Governments.

**Forest Memorials**

By R. J. Deachman  
There's a question I would like to ask you - it's been buzzing in my mind for some time. What do you think of the national monuments we have erected here and there, throughout the Dominion? They mark some great events they tell a story of courage and self-sacrifice but time wears them; they lose their value - future generations may wonder what they mean.  
Would it not be better to establish living memorials in honor of those who have contributed to the building of a nation? This could be done by planting forests here and there throughout the country on land suited for this purpose, not of particular economic value for other purposes. Each forest would have memorial gates and a plaque telling the story of those we desired to honor. Time would enhance the beauty of living memorials. With reasonable care they would never die.

There are no monuments in this country to our pioneers. They were the real heroes of that day, the builders of the nation. With crude tools, with little compensation, in their early years of work, they built homes and changed wilderness into a smiling happy land. What better monument could they have than the establishment of memorial forests in different areas of the province. They deserve a living monument, at least in every county, perhaps in every township. All honor to them, they were the builders of the nation, soldiers in the army of the Common Good.

**ERIN**

The ratepayers of the village will be required to register their desire in the matter of purchasing the Hydro System within the municipality from the Hydro Electric Power Commission at a vote to be held in the town hall on Friday, July 8th.

An accident in Erin Township on Sunday cost the life of a purebred Durham cow and caused extensive damage to a car driven by Lloyd G. Moore, of Toronto. The cow, owned by E. McMillan lot 22, 22nd side road, Erin Township, was valued at \$200.

The lovely Stanley Park Pavilion was a perfect setting for the annual ECS "At Home" last Thursday evening when almost two hundred and fifty parents and friends of the students enjoyed a delightful party. The guests were received by the teachers, Miss Waterman and Mrs. Sloan assisted by Miss Lorna Barbour and Mr. Bob Buckles, Actonville.

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