



Hello Homemakers! We certainly hope that the drought has not affected the fish and that they are thriving better than our vegetables. Fish cannot take the place of vegetables but it can frequently be served in place of our expensive meats.

There is a surprising variety of many restaurants which have fish available. Considering the specialized in fish dishes, it is amazing that the homemaker has not copied more of their methods of cooking serving and garnishing. Perhaps it is because fish is not very pleasant to handle and often leaves a strong odour. After handling fish wash hands in strong salt water, rinse and then wash with soap. Also there are air deodorizers available which help to keep the air sweet throughout the cooking period.

Do not be dismayed by the thought of having to serve fish left-overs for there are so many appetizing ways in which they can be served. Flake the cooked fish and store in a covered jar in the refrigerator ready to use in fish

leaves, souffles, cream sauce or salad mixtures. **NUTRI-THRIFT MENUS**
Chilled Tomato Juice
Baked Haddock with Dressing
Tartar Sauce
Whole Potatoes in Parsley
Oven Steamed Carrots
Lime Jelly with Watermelon Slice
Cookies Tea

BAKED STUFFED HADDOCK
2 pounds haddock fillets
2 tbsps lemon juice
salt and pepper
paprika

Dressing: 4 tbsps fat, 1/2 cup chopped onion, 1 cup chopped celery, 2 tbsps chopped parsley, 1/2 tsp poultry dressing, 3 cups dry bread crumbs, salt and pepper, hot water to moisten.
Summer the onion and celery in melted fat for 10 mins. Add seasonings bread crumbs and enough hot water to moisten. Mix lightly. Spread dressing over fish placed on baking foil in casserole and sprinkle with paprika. Bake in oven at 375 degs for 40 minutes.

TARTAR SAUCE
1 cup mayonnaise
1/2 tsp capers
2 tbsps pickle relish
1 tsp chopped parsley
Combine ingredients and chill well. Serves six.

HOT SALMON SANDWICHES
1 cup flaked, cooked or canned salmon
1/2 cup chopped celery
Few grains pepper
1/2 cup mayonnaise or salad dressing
3 tbsps sweet pickle relish
8 slices bread
1 egg
two-thirds cup milk
2 tbsps butter or margarine
Combine salmon, celery, pepper, mayonnaise or salad dressing and relish. Spread on 4 bread slices, cover with remaining slices. Beat egg, add milk. Pour 1 tbsp over each side of each sandwich. Brown on both sides in margarine. Serve hot.

BROILED TROUT OR WHITEFISH
Use whole fish weighing 2 lbs. Have head and tail removed and fish split and cleaned. Place, skin side down on greased broiler with top of food 2" below broiler unit. Sprinkle with salt and pepper, brush with melted fat or salad oil. Broil 10 min or until brown. Carefully turn, sprinkle with salt and pepper, rush with melted fat or salad oil. Broil 5 minutes or until skin is crisp and brown. If desired, serve with lemon butter. Serves 4.

CHEQUE FRAUDS
If you try to cash a cheque at a bank or retail store, where you're not well known, don't get sore if the banker or storekeeper asks for identification, perhaps refuses to accept the cheque, writes to G. Maclean in The Financial Post.

So many cheque frauds are being attempted just now that prudent people won't take a chance. Retail merchants are especially named as being the victims of the cheque crooks. Forged payee signatures and raised figures are the most common form of cheque frauds but they also include forged cheques drawn on accounts of well-known firms and cheques against non-existent or inadequate accounts. Government cheques, however, seem to be the class of cheque most favored by these crooks. One factor lies in the millions of cheques being issued for family allowances, war service pensions, return of compulsory savings, and income tax refunds. The last named figure, especially prominent in cheque frauds, at present.

Many English taverns trace their origins to monasteries because monks built rest houses for pilgrims on their way to shrines at Rochester and Canterbury. Possibly the most famous tavern is the Tabard Inn, mentioned in the Canterbury Tales of Chaucer.

GEORGETOWN

Georgetown's program of road improvements will soon be underway. The contract for an estimated \$200,000 worth of work has been awarded to Consolidated Sand and Gravel Co., of Toronto, the lowest of five tenders received at a special meeting of Council on Monday night.

Miss Lillian Shortill, Ballinacraig, has passed the Grade 8 Royal Conservatory piano examinations with honours. She is a pupil of Mrs H. J. Newman, ATCM.

A resident of Georgetown since coming from England 27 years ago, Fred Laws passed away at his home on Guelph Street on Sunday, July 24th.

Ken Richardson, young son of Mr and Mrs Robin Richardson of Noval can class himself as a real fisherman and he has the fish to prove it. On a trip to Manitoulin Island he hooked a 37 1/2" pike which weighed 13 1/2 lbs and his only bait was a worm. Ken brought the fish home with him and it was an object of interest at the store and restaurant which his parents operate in the village. Herald.

Personal Stimulants

By Joseph Ester Huttledge
We rather expect the older statement to look back with anxious eyes, a little fearful of the days ahead, a little homesick for the old, the sure, the familiar. Fire out in old eyes and adventuring is done.

But in older statesman and former president Herbert Hoover, no fire has died. His fear is not of the future or what it holds, but only that the men and women of our day may forget the qualities of daring and adventure that are the sure and only promise of progress. Seeping at the installation of a new president at Ohio Wesleyan University, he urged his young hearers to hold to the dreams, the adventure and the daring, that the thought of a New Era is supplanting by a dependence on a timid security, donated rather than earned.

Herbert Hoover, newly made Doctor of Humantities, was human enough and wise enough to see the fallacy of the reasoning that would make security a first consideration. It is the death of those vital qualities that alone make security possible. He has a cattle word for those who urge it as a be-all-and-end-all. "They hold out the attractions that, with this security, you will be furnished with an old age pension and your funeral expenses from the government." This is not new, as we believe, he affirms. "At all times in history there have been those who sought to escape into security from self-reliance."

He urged his hearers not to choose that mean and timid course, that kills the joy that lies in competition. In individual adventure, new undertaking and new achievement, where each step must be dictated by some official or unofficial bureaucrat with stop-and-go signals. Urging upon his audience that the greatest good he could wish for them was to use initiative to solve their own future, he added, "If you observe the workings of these newest New Eras throughout the world, you may notice that the judgment of the Lord on Adam has not been entirely revised, even by the Supreme Court of the United States. Moreover governments have not been able to fix the wages of sin. Nor have they found a substitute for profit and other personal stimulants."

These are brave and wise words from an older statesman who still sees a hopeful future and an unassailable security for those who are ready to earn it.

Yale University has for two years been advertising to find applicants for its \$200 a year Eisenhower-Scholarship upon its moon with the surname of Eisenhower.

MIX PAINT WELL

Non-stirred paint jobs done at home do not prove as satisfactory as was to be expected. And assuming the surface to be painted was well prepared, the reason is usually because the paint was not properly mixed.

That is, a complex material consisting of pigment, binder and thinner. The proportions of each in any can of paint is a matter of careful technical measurement so that the resulting paint can do a complete job of protection and beautification. Because of their different properties, the ingredients tend to separate when left standing and the mixture becomes good paint again only after they are completely blended together before using.

Stirring is the most common way of blending the materials, but it must be thorough until all the pigment, which settles at the bottom of the can, is mixed in with the liquids. It is not sufficient to stir the paint only before starting the job, it should be mixed from time to time as the painting is done.

Chronicles of .. Ginger Farm

Written Specially for The Acton Free Press
OWENDOLENE P. CLARKE

This time last week we were a family of ten and the thermometer was around 90. Today our family is reduced to three and the thermometer, this morning at 7 a.m.—registers 50. Thought it will be a surprise for you again but this time our guests will be thrashers. Yes, we have come to that again and glad we are that we have anything to thrash.

What I don't like about this thrashing business today is the fact that it comes on a holiday, but that so often seems to be our luck. It isn't easy to shop on Saturdays for thrashing on Monday or on the Tuesday morning. There is always the fear of forgetting something, and that would be awful with the stores closed for the holiday. Then there is the trouble of keeping the stuff from spoiling once you have got it. But in the case of forgotten things, neighbours are worth their weight in gold. You can always bank on your neighbours if you are short of a loaf of bread, a packet of tea, a pound of butter, "Margarine", Oh, no!

Well, the foregoing was written in a few spare minutes before breakfast. After breakfast there was other work to do. Now here I am, more ready, pie baked, applesauce cooking and it is 3:30 p.m. and no sign of the thrashers. That is the sort of thing that always pleases a farmer's wife! However, we were told at noon it might be three o'clock before they get here. When I heard that I said to myself "Now you just hold your horses, no sense in doing a lot of work for nothing or having so many potatoes cooked you won't know what to do with them!"

So the table isn't set and the potatoes are not even scraped so if they come after this and our men decide to start thrashing I am sure going to have one mad scramble. But I'll take a chance on it.

Let's see now, where was I? Oh yes, I was saying we are now down to three. That is after getting up at 5:30 nearly every morning last week to get somebody or other off on the early bus. And that reminds me of the joke about clocks. One sister in law said she was late during in the morning because she never knew the time. Looking around she said to her daughters, "You know I think it would be a good idea if we gave Aunt Gwen an electric clock for a present. Very ungratefully I said, "For heavens sake don't bring any more clocks around here, we've got too many now."

"But they don't go!"
"Oh yes, they go, if I wind them!"
Then I realized how crazy our clocks must appear to visitors. There is the mantel clock in the living-room, as noiseless as a deaf mute. An eight-day travelling clock in the sitting room, equally silent. An alarm clock in the spare room with never a tick. Another clock in Bob's room that keeps good time but has an alarm that won't shut off. The only way Bob can stop its insistent ringing is by setting it at another hour, consequently if the alarm has not cut down we have it going off at some unaccountable hour during the day.

Then there's Big Ben stuck away in the sideboard cupboard because it refused to go for more than three hours at a stretch. It was the one we used to get us up in the morning so we replaced it with a new clock. And this clock we wind every night, we also set the alarm and carry it from bedroom to kitchen and kitchen to bedroom, day in and day out. Its only defect is a broken glass as I got it angled up in the toaster one morning. The other clocks we don't bother to wind because we all carry watches. Added to our list I found a strange clock, the other day. "What was that?" you may wonder. I wondered. The only thing I heard of it being "it belonged to Davy's."

Well, I thought that I should tell you, after I had been a bit of a day, what it was. It was a clock that I had seen a little while ago and I had bought it. It was a clock that I had bought at a sale and I had bought it for a very low price. It was a clock that I had bought at a sale and I had bought it for a very low price. It was a clock that I had bought at a sale and I had bought it for a very low price.

I didn't hear any more about needing a new clock.

A coat of ordinary paint is from one to three thousandth of an inch thick.

ERIN

Six persons were left homeless following a flash fire which destroyed a farm home on the property of Mr A. T. Haines, Cheltenham. The house was occupied at the time by Mr and Mrs Elmer Huggins, their three children and a farm helper, Henry Wickenden.

Mrs. Wm Sanders entertained at a trossau tea on Wednesday afternoon and evening of last week in honor of her daughter, Florence Mary, who was married on Saturday to Mr James Sayers, of Acton. The north and north-western section of Wellington County has been attacked by the army worms, W. D. Black, assistant representative stated. Minto, Arthur and West Lather were the townships most seriously affected.

One of the most widely known residents of Wellington County and for 34 years a watchdog of the county treasury, George Martin Fox, died last Friday in Guelph, after an illness which has kept him confined to his home for the past two years. Advocate.

CANADA'S AID TO BRITAIN AMOUNTS TO OVER SIX BILLIONS

In discussing present day world problems and particularly Canada's aid to Britain the man on the street is often heard to talk in millions and billions of dollars, often not realizing what colossal amounts they mean. In the present financial crisis and for Britain has a great deal of aid for Canada in it, in that this country has as big a stake as any in the revival and expansion of world trade and the maintenance of overseas markets. Yet most Canadians are probably unaware of the scale on which Canada has extended financial aid since the first years of the war down to the dollar crisis that prevails at present. The total is \$6,480,268,490.

An accounting of this figure obtained from government sources, shows that repatriation of securities that began in 1940 and that includes the sale of British owned securities in Canada amounted to \$202,000,000. Then came the loan of \$700,000,000 in 1942. It did not bear interest during the war. The Canadian government then purchased the British interest in war plants in Canada for \$207,000,000. There was an outright gift of \$1,000,000,000 and the mutual aid account with the United Kingdom amounted \$1,870,978,000. After the war Canada made a loan in 1946 of \$1,250,000,000 to Britain, not all of which has been drawn yet. A further amount of \$425,000,000 represents Britain's share in air training in Canada that the Canadian government took over. Finally the figure for voluntary contributions of cash and supply from Sept. 1939 to March 31, 1949 is \$33,790,000.

Canada's own dollar shortage brought an end to the policy, after the emergency arose in 1947 when Ottawa restricted imports from the USA. There was continuity in the policy before that, however, though the objective changed. The aim of winning the war by winning the peace by aiding British recovery and sustaining Canada's traditional export trade with Britain.

Notice to Creditors AND OTHERS

In the Estate of JOHN THOMAS DAVIDSON.
All persons having claims against the Estate of JOHN THOMAS DAVIDSON, late of the Township of Eglar, in the County of Hants, Gentleman deceased, who died on or about the Third day of April, 1949, are requested to file proof of same with the undersigned solicitor on or before the Sixth day of August, 1949, after which date the Estate will be distributed having regard only to the claims then filed.
Dated at Acton, this Ninth day of July, A. D. 1949.
CHARLES M. DAVIDSON
Adm'r of the said Will Annexed by his Solicitor.
C. F. LEATHERLAND
Acton, Ontario.

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