

E. P. HEAD OPTOMETRIST

Eyes Examined
Scientifically
HEARING AND MATTERS
QUICK REPAIRS TO
Glasses — Bisculars
Field Glasses, etc.
58 St. George's St.
PHONE 1529
GUELPH
Est. 50 Years

WE

Do Portraits
Develop and Print Films
Make Enlargements up to
11"x16"
Take Complete Wedding Ser-
vice Photos
Do Commercial Photography
Make Photostatic Copies
Photograph Banquets and
Receptions
And have now added
PICTURE FRAMING
To Our Service
"Let us try to please you"
VIC'S PHOTOGRAPHY STUDIO
Mill Street Acton
Next to Y.M.C.A.
PHONES: Res. 65 Res. 2217



Hello Homemakers! There is a new generation of lunch carriers this month. Many young children begin school and many walk off with their mid-day meal in a box. Only 17 percent of Ontario's rural elementary schools provide a portion of the noon meal. If more interest could be taken in the child's lunch, the child would show more interest in school studies. Where food can be reheated it is a simple method for the rural teacher to help.

Today, we know that milk is the most perfect food. Many hot milk dishes may be prepared and taken in glass jars with the name written on an adhesive tape label. Then the jars can be heated in a water-bath at the school. In this instance the school board works with the teacher and equips the school with simple cooking utensils.

Here are suggestions for the hot jar: Cream of Vegetable soup, Scalloped Potatoes with Sausage, Stew, Creamed Beef, Creamed Eggs, Creamed Cheese and Rice, Creamed Fish, Baked Beans, Corn Scalloped with Bacon, Rice Pudding, Stewed Fruit and Pie Filling. With this main dish prepared the day before, it is wise to wrap up fresh food to complete the lunch. We refer to buttered brown bread or sandwiches, carrot or turnip sticks, raw tomatoes, radishes or celery, cookies or cake.

There are a few schools where a hot dish is prepared under the supervision of an older pupil or the teacher. This luncheon supplement

ed by some food brought from home, provides an adequate meal. For example: Baked potatoes scheduled for Monday's hot food may be the cue for mother to prepare meat sandwiches and a jar of pudding. On Tuesday, the dish of baked beans calls for buttered brown bread, a raw apple, cookies and milk. On Wednesday, scrambled eggs may suggest graham muffins, orange juice of cake and milk. On Thursday, thick vegetable soup goes with egg sandwiches, bunch of grapes and milk. On Friday, scalloped tomatoes and bacon can be rounded out with peanut butter sandwich, carrot sticks and milk.

From these ideas you can tell we are trying to include at least one item from each group of necessary foods: Milk, meat, fish, eggs or peanut butter, whole wheat bread, muffins or cookies of whole grain, raw or cooked vegetables or fruit.

- #### THE QUESTION BOX
- Mrs. T. J. requests
- #### TOMATO SANDWICH FILLING
- 12 medium sized ripe tomatoes
 - 3 onions
 - 1/2 cup salt
 - 1 1/2 cups granulated sugar
 - 4 red sweet peppers
 - 1 green sweet pepper
 - 6 teaspoon dry mustard
 - 1 1/2 cups flour
 - 1 cup vinegar
- Cook tomatoes and onions until soft. Put through sieve. Add salt, sugar and vinegar, then the peppers which have been put through food chopper. Beat this mixture. Add mustard and flour which have been mixed together, with enough vinegar to make a smooth paste. Stir well and cook until thick. Pour into sterilized jars and seal with potato-lid. Yield approximately 3 pints.
- Mrs. M. R. requests
- #### CEREAL MEAT LOAF
- 1 cup quick cooking rolled oats
 - 1/2 cup tomato juice
 - 1/2 cup tomato ketchup
 - 1 pound minced lean beef
 - 1/2 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 tablespoon chopped parsley
 - 1/2 cup finely chopped onion
 - 1 cup mashed, cooked seasoned turnip, cold
 - 1 cup finely chopped raw celery
 - 1 egg
 - 2 tablespoons fine-flavored dripping
- Combine the rolled oats, tomato juice and tomato ketchup and let stand while mixing the other ingredients. Loosen the minced beef with a fork and sprinkle with the salt, pepper and parsley, add the onion turnip and celery, mix lightly together. Beat the egg slightly and add to rolled oats mixture. Add oat mixture to meat mixture and again mix lightly. Turn the soft meat mixture into a greased loaf pan and smooth the top. Dot top with the dripping. Bake in an oven 350 degrees about 1 1/2 hours.

Chronicles of .. Ginger Farm

Written Specially for
The Acton Free Press
GWENDOLINE P. CLARKE

We have had a wonderful rain—the sort of rain that really soaks into the ground, giving new zest to thirsty plant life. Not only that, it fills the cisterns and how happy that makes most farm women. You will notice I said "most" because there are some people who don't like cistern water at all and would not use it if they were paid to. They say it is dark, has an objectionable odour, and is liable to make white things a bad colour. To all that I say "fiddlesticks." I agree, the water often gets a little brownish and perhaps there are times when it has a somewhat stale odour, if the cistern is cleaned out when necessary it shouldn't be more than that—but the fact of the water being soft more than compensates for the slight disadvantages of colour and smell. With soft water you save on soap, it gets clothes clean in half the time and it doesn't leave a high-water mark around bathtubs and basins. When our cistern goes dry then the pressure system has to be connected with the well and how I dread that being done. Hard that well water is so hard it almost takes a packet of soap flakes to wash a few dishes. As for laundry work, with a hardwater wash I never think the things are clean. Some folk say that with any of these popular detergents it makes the water so soft it doesn't matter what kind of water you use. It does help, I admit, but I still think that a detergent that does a good job in hard water will do an even better job in soft.

When we were farm-living, before settling here, my brother-in-law always used to laugh at me because every place we looked at I always wanted to know if there was soft water available. Man-like he couldn't understand my anxiety. But for once I knew what I was talking about, my experience out west was too recent for me to forget. Well water out there was even harder than this, especially if there was any alkali in it. We never used it for washing clothes, or ourselves, if we could help it. In winter time we had a big barrel in the corner of the kitchen and Partner would bring in pail after pail of hard-packed snow so that I always had plenty of melted snow for wash day and for bathing the babies. It was a lot of work, and it took up so much time, but oh my, there was no other water as that melted snow. Then came spring, and with the snow all gone, the sloughs would be full so Partner would put barrels on the stone-boat and bring me water from the slough. It was not quite as nice as melted snow but it was still better than well water. Eventually the summer would come and the sloughs would dry up then, hopefully, we kept barrels and tubs at strategic spots to catch every bit of rain water that we could. Yes, quite early in our experience of farm life we learnt the value of good, soft water.

Since coming to Ontario we have learnt a few more things about water. We have discovered that if you put in a bathroom and want to use soft water you need plenty of it. We thought we had a good big cistern here, but this summer, when we had ten in the house for awhile, the cistern was drained inside of ten days. Possibly very few people realize just how much water a bathroom can get away with. We knew—when 500 gallons went down the drain in ten days.

More bathrooms are going into country homes than ever before and very often what to use for water is the first problem. Some people are afraid to depend on rain water in case their supply should run out. Well I have just explained what a lot of water a bathroom takes—but on the other hand how quickly the cistern fills up, even with one good rain. Yesterday, for instance, our cistern was practically dry. This morning we found it full to overflowing. And rain water is so much easier on the pipes. With hard water, you know how lime will collect in a tea-kettle. Imagine what it can do to a hot-water tank. No wonder people put in water-softeners. I guess they are needed all right.

And you know, well water can also give out. A well that has always given sufficient water for household purposes may not have a strong enough spring to keep a bathroom supplied. Such wells have been known to go completely dry—and it is far worse to run out of well water than cistern water. So—a word to the wise. If you are putting in a bathroom, consider first your water supply.

It was once believed that living human beings placed in corner-stones would ensure the stability of a building.

STARTING SCHOOL

God bless a little boy who goes to school
His shiny primer hugged against
his breast,
With cheeks scrubbed clean and in
his round eyes
A baby wonder of the strange new
quest
September take him gently He is
small
Whose sturdy form must battle
with the blow
Of morning Make the red gold
leaves
A carpet where such little feet
may go
In safety Sun shine tenderly upon
The forehead where his mother
told her kiss,
It was a consecration, see that
books
May never rob her little son of this
Birds sing him softly, he has only
known
A lullaby, and little brook, run
clear
When he is watching, never to
strange walls
A stagnant secret he is young and
dear
Pray that he find within the four
An understanding heart, a mind
grown wise
In love of simple things, a hand
And laughter laughter in the wait-
ing eyes
He was a baby yesterday He lived
By just my simple rote and easy
rule
There he is gone around the
curve of road
Oh God bless little boys who go
to school
Ann Sutherland Brooks

SAFETY FIRST TAUGHT BY TOY

A novel safety first toy attracted much attention at the recent opening in Birmingham of the toy display organized by the Toy Fair Association of Great Britain. It consisted of a 40-foot model village, an electrically-driven car and two small dummy children, one of whom crosses the road while the other hesitates and is knocked down. Both car and children are directed by remote control and local authorities are to order collapsible versions of the model for safety first demonstrations at schools. The toy is expected to have considerable overseas demand.

W. T. PATTERSON R.O.
Specialist in Eye Examination—
103 WYNDHAM ST., GUELPH
Phone 2108
Completely Equipped Offices
Below Maher Shoe Store
Orthoptist

ENJOY HOME-MADE SPICE CAKE
Mix in 60 Seconds
LIGHT • EVEN • TASTY

CAMPBELL'S CAKE MIX

Special Notice!

TO OWNERS OF

Warm Air Furnaces Air Conditioning Unit & Hot Water Systems

HOWARD OIL-O-MISER

Automatic Oil Burners with guarantee oil contracts are now available for installation

Write or Phone 32822

ROY'S Electric Service

R.R. No. 1 ACTON

How to Make ICED TEA

Make tea double strength and while still hot pour into glasses filled with cracked ice. Add sugar and lemon to taste.

"SALADA"

Don't Wait Until the Snow Flies
To Have Your Furnace Cleaned and Overhauled
DO IT NOW — SOME MATERIALS ARE STILL SCARCE
10% Discount on all Cash Orders for Plumbing Fixtures
Amounting to \$100.00 or Over

R. O. Stapleton

Phone 226 Church St. Acton

PLUMBING
WARM AIR — HOT WATER — STEAM HEATING

Roy's Taxi

OUR SPECIALTY — SERVICE WITH A SMILE
24 HOURS A DAY TO OUT OF TOWN POINTS
Lowest Basic Rates in Town

Phone 128 Acton

When Housecleaning ...

DON'T PUT ASIDE FURNITURE THAT CAN BE RE-UPHOLSTERED

Our new patterns and colors and expert workmanship will make them better than new.

For the best in chesterfield re-upholstering

PHONE 87, ACTON

7 day service No waiting
Easy Payments arranged if desired on Re-upholstering and New Chesterfields—Up to 12 Months to Pay

JACK SUDERMANN OF JOHN DICK AND SON

See all THE C.N.E. THIS YEAR

FOREIGN EXHIBITS

SPORTS

OLSEN & JOHNSON

AGRICULTURE

There'll be water sports, air shows, contests and displays, brilliantly staged and presented. There'll be exhibits by the hundred thousand, music, dancing, a mile-long Midway ... gals and carnival. Don't miss a thing at this year's C.N.E. Come often.

Oct. 22 to Nov. 10, 1940
Barnes & Hughes, General Manager

AUG. 26 to SEPT. 10

CANADIAN NATIONAL EXHIBITION

Toronto

Having a Coke Is Better Than Thinking About It

5¢

Coca-Cola Coke

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

Authorized bottler of Coca-Cola under contract with Coca-Cola Ltd.

ORANGEVILLE BOTTLING WORKS

ORANGEVILLE
PHONE 187W