



Hello Homemakers! This is the season for reviewing mistakes of the past and for resolutions for the future—time for revising the family budget, after the holiday splurge—time for giving even more careful attention to balancing these meals. Children, for the most part, have eaten plenty of candy which is not on the list of daily foods. Sweets are not cheap, es-

You'll feel at Home



It's great to have a reputation for hospitality but it's better to deserve it. That's why the West is so proud and so glad to extend the warm hand of friendship to visitors from far and near. Let's prove it to you this year.

YOU'LL ENJOY GOING BY BUS

Table with 2 columns: City, Fare. Vancouver \$85.05, Winnipeg 43.40, Calgary 73.35, Regina 54.20.

(Subject to Change) ROUND TRIP

TICKETS AND INFORMATION HAROLD WILES PHONE 58

pecially when the nutritive value is taken into account. The November Ontario Nutrition Bulletin had worthwhile information about the most important food which is a must in the budget. It is milk for children. We quote from this authorized publication:

Why serve milk? Milk is the only source of calcium and riboflavin which can be used by children every day. Children up to 12 years who have a pint of milk a day obtain 70 per cent of the day's need of calcium required for growth of bone. Milk protein has high nutritive value and is cheaper than protein from meat; two quarts of milk contain as much protein as one pound of beef.

How much milk? One pint of milk taken with other foods listed in Canada's Food Rules supplies the calcium and riboflavin needs of children up to 12 years. One pint, used through the day, does not lessen the appetite for other foods. Adolescents need at least one and a half pints a day.

When to serve milk? Preferably at the end of meals so as not to reduce the appetite for other needed foods. Between meals, milk should be taken at least 1 1/2 hours before the next meal. The nutritive value of milk is not altered by cooking; some may be used in soups, sauces, and desserts.

What kind of milk? Only pasteurized milk should be used.

Whole milk is best for most children. Skim milk contains as much calcium, riboflavin and protein as whole milk and may be used to save expense. Chocolate daily milk is generally skim milk plus chocolate syrup. The extra sugar promotes tooth decay. Children should not be encouraged to want sweet foods.

Successful budgets are not made overnight. There are four essentials to consider in the Food Budget: (1) Planning meals; (2) Buying foods; (3) Storing food; (4) Preparing foods. Almost all the planning is done at home and includes checking supplies on hand, reading food advertisements, making menu plans, writing grocery lists and deciding where to shop.

Buy whole grain cereals. Buy as many foods in quantity as possible. Buy at convenient store transportation costs money these days. Buy seasonal foods.

Store food wisely. The advantage of a constant cold atmosphere is best for many foods. Dry storage for those foods that do not require storage.

Careful preparation of food may save many dollars in one year. For instance, if vegetables can be cooked in natural covering there is little waste compared to peeling. Watch cooking period to test excessive boiling or baking temperatures, and use reliable recipes.

BASIC CREAM SOUP

- 4 tbsps. butter
2 tbsps. onion, diced
4 tbsps. flour
3/4 cups milk
About 1 1/2 cups cooked vegetable and vegetable liquid
Salt and pepper

Melt butter in top section of double boiler. Add onion. Cover and cook slowly over electric element turned high until soft, but not brown.

Place over hot water. Add flour and mix well.

Add milk all at once. Cook stirring constantly until thickened. Shortly before serving, add vegetable and enough vegetable liquid to give desired consistency. Season with salt and pepper. Six servings.

Cream of Carrot: Decrease onion to 1 1/2 tablespoons. Add 1 1/2 cups sieved cooked carrots. Garnish with diced, cooked carrots.

Cream of Celery: Add 1 1/2 cups cooked fine diced celery.

Cream of Corn: Increase milk to 1 quart. Add 1 cup cooked cream-style corn. Thin as desired with additional milk.



Lack of Export Markets Reverses Blow to Primary Producers

Egg producers are taking a terrific beating at present egg prices. Some poultrymen have already commenced to get rid of their flocks. At the moment hen prices are far from attractive and as a matter of fact the demand is limited.

In the main however, the great majority are, we feel, taking the wise attitude, marking time for the moment and at the earliest opportunity plan to do some culling. Hog producers, to a much lesser extent, are also facing the New Year with considerable repudiation. With feed grains at their present prices, a hog price of \$25.20 or thereabouts is going to leave a very narrow margin.

The situation is particularly acute in this section of Ontario due to the poor crops of 1949. From the standpoint of competing on world markets our prices for most of our agricultural produce are undoubtedly high. While we do not possess any economist, it would seem to us that if all prices could be scaled down no one would be hurt and we would be in a much sounder economic position.

However, with the high cost of living in our urban centres and the present attitude of many of our labour leaders we can't see much hope for any immediate reduction in the cost of those articles we are buying from industry. In brief, it is a case of history repeating itself and agricultural prices are the first to feel the squeeze.

Eventually and perhaps in the not very distant future, there must be a reduction in the cost of manufactured goods. The present situation can only result in reduced sales of manufactured goods to rural Canada. Just how it is to be done is not for us to say. Nevertheless, we are going to be bold enough to suggest that it means a greater number of hours of work per week for those in industry of a greater output per hour. Otherwise, as we see it, there is only one alternative, and that is mass unemployment in our urban centres.

However, to look at the situation from a brighter aspect, there is bound to be a levelling off or balancing up. Grain prices must come down. If the Western grain producer is wise he will sacrifice a little in his present grain holdings in order to ensure himself of a continued market for feed grain in Eastern Canada in 1951. Frankly we expect to see some slight recovery, at least in egg and hog prices.

As usual, a percentage of our producers are going to get out of the business just as quickly as possible. The efficient hog producer, who stays with the game with as usual is the man who comes out ahead in the end.

Halton Junior Farmer Highlights

In response to the suggestion from some of the Nassagaweya rural young people that there should be a Junior Farmer Group and a Junior Institute organized in Nassagaweya, the Halton Junior Farmers' County Executive is sponsoring a meeting in the Nassagaweya Township Hall on Friday evening, January 13th. President Ismeley Keen and County Secretary are lining up an interesting programme for the evening. Included will be the skit entitled "In a Kentucky Farmyard", which was written and directed by Geo. S. Atkins of Palermo. The Palermo Junior won the inter-club amateur entertainment competition in Halton with this skit and later won the district competition held at Waterdown, and still later took the zone competition with the same skit, at Canulla. They are now in the Provincial finals which are being held in the Crystal Ballroom at the King Edward Hotel, on Tuesday evening, January 10th. All rural young people are invited to the meeting at Brookville on the evening of January 13th.

County Rally

The annual County Rally of Halton Juniors is scheduled for the Milton High School on Friday evening, January 20th. Rev. Wm. Young, popular chaplain at the Ontario Agricultural College, is to be the guest speaker. Rev. Mr. Young is one of the most popular speakers in this section of Ontario. According to President Reek, of the O.A.C., he could be away from that institution every night in the week, consequently Halton Juniors are most fortunate in being able to secure his acceptance of their invitation. Another feature of the evening's programme is to be the presentation of the new Junior Farmer film.

COUNTY CHOIR

A new project for the winter months is to be a County Choral. Secretary Stanley Jay has been fortunate in securing Mr. Alex. Pudwell as leader. Milton Juniors have already eleven signed up for the weekly choral practices which it is expected will get under way the week of January 15th. This number along with similar delegations from other Junior Farmer groups in Halton would seem to ensure the success of the project.

is to be guest speaker, while the Holstein breeders meet at the new Township Hall at Trafalgar on Thursday, January 12th. At this meeting, W. P. Watson, Ontario Live Stock Commissioner will be the special speaker. Both organizations are holding their business sessions in the morning followed by a dinner or banquet at noon. These meetings always have a large attendance and with two of the top speakers in the agricultural field on their respective programs, a record turnout is anticipated at both meetings.

INTER-CLUB DEBATING

The Halton Juniors Debating Series gets under way in February when Palermo and Norval will debate the subject "Resolved that present restrictions against open theatres and professional sports on Sunday should be removed."

About one and a half tons of chewing gum annually are scrapped from New York's Grand Central station. Hadrian (122 A.D.) built the Roman Wall in England.



Advertisement for The Bank of Nova Scotia. Includes illustration of a man and woman looking at a newspaper, and the text: 'Bob, do you know what Day this is?' 'This,' said Betty to a momentarily flustered Bob, 'is the beginning of a new year with a lot of wonderful possibilities for us.' 'The Bank Manager and I were chatting about the new year and he told me what the Bank President had said in his speech about our future.' 'And, you know Bob, I never realized before what great possibilities there are for you and me and every Canadian.' In the Bank President's words: 'The underlying trend for Canada is decidedly upward—we are still a young and growing country.' There are immediate problems, to be sure. But Canada's unfolding resources and growing capacity to develop them can make the next fifty years a half century of realization of Laurier's famous quotation: 'The twentieth century belongs to Canada.'

Advertisement for Canadian National Railway. Text: 'EFFECTIVE MONDAY JANUARY 9th TEMPORARY CURTAILMENT OF PASSENGER TRAIN SERVICES ACCOUNT COAL SHORTAGE'. Includes details about coal shortages and contact information for Canadian National.

Advertisement for Laing Cartage. Text: 'WANTED! Dead Animals. We are paying the highest prevailing prices for dead or crippled farm animals. HORSES -- CATTLE -- HOGS. Telephone Collect for Immediate Service. Laing Cartage OPERATING FOR GORDON YOUNG LIMITED Phone Guelph 2234'.