



Hello Homemakers! Canadians spend a lot of dollars for meat every week. Do we get the most out of every dollar we spend for meat? If the last survey we took gives an accurate indication of the average cost per serving of meat, then there should be a reckoning somewhere. While reviewing a few do's and don'ts in meat cookery perhaps you can determine where you may be losing out.

1. Do not sear a roast. A low roasting temperature prevents a shrinkage, therefore, saves servings. The meat will be well browned and juicy and the dripping will be light coloured (usable) if a constant temperature of 325 or 350 degrees is maintained.
2. The use of a roast-meat thermometer is economical because it ensures the meat being done to suit your family's taste.
3. Do not cover the meat while roasting because steam will form and give the roast a water-soaked flavour.
4. Lean tender cuts of meat are best cooked by moist heat as in braising or in water cooking. A long, slow cooking period for meat pays in better flavour, more tenderness and more servings.
5. Do not boil meat as high temperatures toughen the tissue. In water cooking, keep the water just under the boiling temperature—this is called "simmering."
6. Use skimmed fat drippings for pan frying, spice cakes, muffins and bread stuffings.

7. Bones and inexpensive pieces may be simmered and the liquid combined with left over vegetables, some rice or barley to make good home-made soup.

8. Read directions on prepared or partially prepared meats for best results.

9. Cuts of fresh meat recommended for roasting:

- (1) Standing or Rolled Rib of Beef.
 - (2) Leg, loin, shoulder, Boston Butt of Pork.
 - (3) Leg, crown, shoulder, Boneless Roll of Lamb.
 - (4) Leg, loin, shoulder, Boneless Roll of Veal.
10. For braising:
- (1) Beef rump, round, chuck, heart, liver, flank, brisket, short ribs, neck.
 - (2) Lamb ribs, neck pieces.
 - (3) Veal shoulder, loin chops, leg steak, cutlets.
 - (4) Pork—shoulder, loin chops, spareribs, heart, liver.
11. For water-cooking at the simmering point:
- (1) Plate, shank and corned beef, also tongue, ox tails and heart.
 - (2) Neck and breast of lamb.
 - (3) Shoulder, breast, tongue and heart of veal.
 - (4) Hock, picnic, neck bones, heart, butt of pork.

12. Plan for serving large ham. It is often economical to buy half of a large ham at once to be used in different ways on successive days. For example:

- Meal No. 1—Rolled Ham slices
 - Meal No. 2—Baked Ham
 - Meal No. 3—Minced Ham in Biscuit Jelly Roll.
 - Meal No. 4—Hot Ham sandwich with cole slaw.
 - Meal No. 5—Split Pea Soup made with ham bone stock.
13. Plan for serving large pot roast:
- Meal No. 1—Spiced Pot Roast.
 - Meal No. 2—Hot Beef sandwich
 - Meal No. 3—Casserole of minced beef and vegetables.
 - Meal No. 4—Cubed beef in Spiced Tomato Soup.
 - Meal No. 5—Beef Roll in Pastry.

BARBECUED SPARERIBS

- 4 pounds pork spareribs
 - 2 onions, sliced
 - 1/2 cup ketchup
 - 1 tsp. Worcestershire sauce
 - 1 teaspoon chili powder
 - 1 cup water
- Cut ribs in pieces for serving. Place in baking dish. Put onions over the top, then mix and add other ingredients. Cover, and cook in moderate electric oven (350 degrees F) about 2 hours. Makes six servings.

PORK HOCKS WITH CABBAGE

- 3 pork hocks
 - 1 quart freshly cooked cabbage
- Seasoning.
- Cover hocks with water. Bring to a boil. Simmer 1 1/2 to 2 hours or until tender. Add cabbage and cook 30 minutes. Serve hocks on hot buttered cabbage. Makes 4 servings.

SPLIT PEA SOUP

- 1 ham bone
 - 1 pound split peas
 - 2 onions, chopped fine
 - 2 carrots, sliced
- Cover good-sized ham bone with water. Simmer slowly 2 hours. Remove bits of ham from the bone and add to the broth. Add split peas, carrots and onion. Cover and simmer 1 hour on electric element turned to Low. Season to taste. Makes 6 servings.

THE SUGGESTION BOX

Mrs. C. M. says: Make mock chicken legs by grinding veal shank and mixing it with egg; roll a spoonful in crumbs and then wrap with bacon.

Mrs. T. R. says: Always cook kidneys 1/2 hour in salted cold water before using. Drain; cut in 1/4 inch slices, then pour on boiling water.

Mrs. C. W. says: Use grated parsnip in left-over lamb for a good flavoured meat loaf.

20 nations were represented at a meeting in England to dovetail world travel time-tables.

**Chronicles of ..
Ginger Farm**

Written Specially for
The Acton Free Press
GWYNDOLENE P. CLARKE

Farmers have had to take some pretty hard knocks during this last couple of weeks—and mostly from the United States—declaration of pork products as surplus and the decision to dump millions of dollars worth of other agricultural products on the export market at prices below cost. And then along comes Louis Bromfield, well-known author and owner of Malabar Farm in Ohio, and tells a Canadian audience that had farmers are largely responsible for low farm prices and that "during the next 25 or 30 years had farmers will be eliminated, leaving only the farmer who is a scientist, a specialist, and a businessman."

From other reports we have noticed a trend towards encouraging farming on a large scale. Does that mean the gradual ousting of the average 100-acre farmer? Surely there is room for both types. In business we have our Eaton's and Simpson's; Woolworth's and Kresge's—all of whom help promote competition. But where would we be without our small town merchants... or without our small acreage farmers?

We have always considered it wise for the farmer to make every effort to be a good business man—on a small scale. But deliver us from commercial farming as a pattern for agriculture. We might as well have collective farming and done with it. There are many large farms in Canada, with beautiful barns, wonderful livestock and the very latest in up-to-date machinery. They are the show windows of agriculture, and we are proud that Canada can boast of so many of them. Even so, it is the small farmer who is responsible for the bulk of agricultural products. It was the small farmer to whom the government appealed for increased production during the war years; and also in post-war years to feed the hungry peoples of the world. Now there is a surplus of farm produce in this country, and in effect, we are told that it is time the farmer should learn to shift for himself and not depend upon government support or government subsidies. Well, not all farmers want subsidies anyway—we realize only too well that we help to pay for them. But neither do we like the idea of kicking a man when he is down. Falling markets are had enough but to insinuate that farmers are short-sighted and are to blame, is adding insult to injury. It makes me think of the plight of an old soldier in one of Clipping's Barrack Room Ballads—

"I done my six years' service, 'Er Majesty sez: 'Good day— You'll please to come when you're rung for, and 'ere's your 'ole back pay; An' fourpence a day for back—an' a bloomin' generous, too; An' now you can make your fortune—the same as your officers do!"

Farmers, too, have done their years of service—so now they can be discharged and left to their own devices. But if there should be another war then the farmer would get a lot of back-patting once again, and the old soldier be encouraged to rejoin the army.

There is another aspect I don't like in this present agriculture mix-up—and that is the depressing affect it must have on the younger generation. For years now everything has been done to encourage young folk to stay on the farm. In fact we had come to the place when the rising generation was beginning to realize that farming might not be such a bad idea after all. But what encouragement is there for them now, when almost every day something comes to light which seems to spell blue ruin for the farmer? Personally, I don't think things are bad because there is more to farming than dollars and cents, but that knowledge is something which comes only with the passing of time.

Some years ago Partner and I attended a meeting near here. I think it was in the '30's. We listened to several speakers telling farmers how to get better returns—just as they are doing today. Then Professor W. R. Graham, formerly of the O.A.C., spoke briefly. Dr. Graham did not dwell on the problems confronting farmers but stressed the fact that "farming was a way of living." There was more inspiration in his few remarks than all that had gone before. It may be necessary for a farmer to be a scientist, a specialist and a businessman, but he is also an idealist—or he wouldn't be a farmer. And his idealism and philosophy of life will carry him over the bumps when science, specialization and business ability have let him down. I was rather amused in reading that Louis Bromfield was presented by the Canadian Author's Association with a copy of Peter Mc-

Arthur's "In Pasture's Green." If they could meet I wondered what these two well-known characters would have in common—Louis Bromfield, farm efficiency expert, and Peter McArthur, well-loved friend and champion of the common, everyday farmer. He, too, believed in farming "as a way of living."

By the way, in my column last week I am quoted as saying—"the outlook for farming is cheering!" Of course it should have been the outlook for farming is NOT cheering. I am afraid it was a typist's error—and I was the typist.

TOO MUCH OIL

Only a year or so ago no one was sure of getting oil enough to run a furnace. Now they are talking surplus. The new production in Western Canada has changed the picture. Says the Financial Post: "When the Edmonton-Superior pipeline was announced, many thought it was the answer. Now that the cheering has died down, a more sober appraisal of the situation has caused many to change their minds."

"In fact, there is a growing feeling that by the time oil starts flowing to Superior on its way to Eastern markets, the over-all market problem may be even more acute than it is today."

"At present time estimated efficient production of oil from existing wells in Alberta runs around 125,000 barrels daily. But only some 65,000 barrels are being sold—all in the three Prairie provinces. Daily market to be made available in Ontario areas once the pipeline is completed and sufficient storage and tankers made available also runs around 85,000 barrels. But facilities to take full advantage of this market couldn't be available before 1952 at best. In other words we have potential oil production in Alberta now for the total indicated market that won't be attainable until 1952. But what will the oil supply picture be by that time?" Hope lies in exports to the heavily populated areas in the western United States.

Western classical music is unpopular in India.

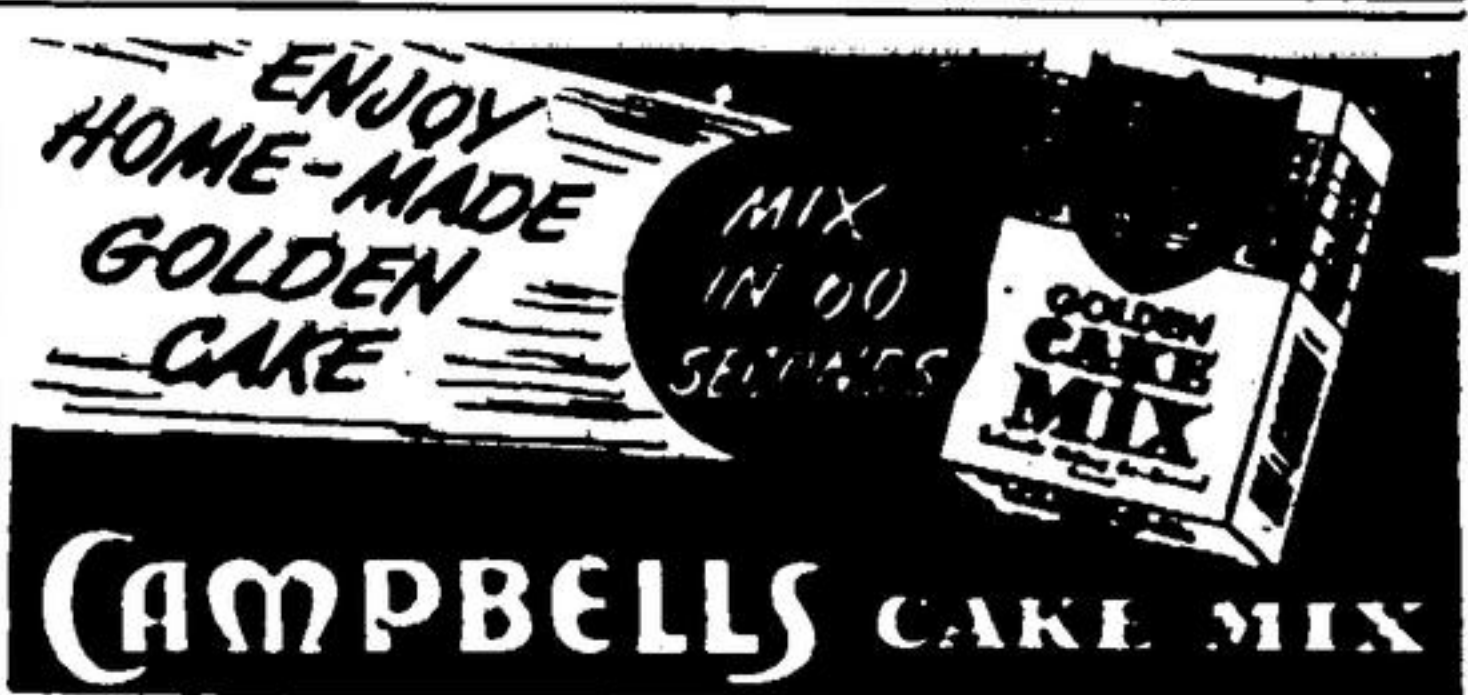
NEED MORE PEOPLE

Thoughtful Canadians will very heartily agree with James S. Duncan, head of Massey-Harris, in his contention that we need more people, argues The Financial Post. We are flirting with grave consequences so long as we remain a sparsely populated country.

Thirteen million citizens scattered along a 4,000-mile line that seldom exceeds a hundred miles in width cannot hope to hold permanently an area that in Europe or Asia would have three or four times that number.

We have only to look our own country and the United States over to see the tremendous advantages of opening our doors wide to immigrants. These people have built new industries, new processes and new ideas to this continent. They have been among our leading inventors. They have opened new areas. They have provided us with the great bulk of our manual labor but also, if not in the first, then in the second generation, with a large proportion of our leading scientists and industrialists.

Name a score of really outstanding citizens of this continent, men or women who are world famous for their contributions to civilization, and invariably you will find many who are not more than second generation North Americans.



'Salada Tea Bags are handy for afternoon tea

"SALADA" TEA BAGS

Roy's Taxi

Van Wyck Cleaners
Phone 272

DON'T BE LATE—PHONE 128
Enjoy the utmost in safe, courteous, speedy Transportation Service

Phone 128 Acton

Pollock and Campbell
Manufacturers of
HIGH GRADE MEMORIALS
MEMORIAL ENGRAVING
62 Water St., North GALT
TELEPHONE 3443

E. P. HEAD
OPTOMETRIST
Eyes Examined Scientifically
HEARING AID BATTERIES
QUICK REPAIRS TO
Glasses — Bifocals
Field Glasses, etc.
88 St. George's St.
PHONE 1230
GUELPH
Est. 50 Years

Make Your Selection of New Wallpaper

FROM
THE LARGEST STOCK
IN WESTERN ONTARIO

Priced to suit everyone

You'll find it at
CHAPPLE'S BOOKSTORE
125 Wyndham St., Guelph
Angus Kennedy, Proprietor

Euchre & Dance

FRIDAY, JANUARY 27

ESQUESING COMMUNITY HALL
Stewarttown
auspices of the Hall Board

CARDS 8.30 P.M. **DORIS HULL'S ORCHESTRA**
Ladies Provide Sandwiches
Come and Bring Your Friends

Admission 50c

Canada and the Bank of Montreal have grown up together

Canada's First Bank Came to Acton Fifty Years Ago...

Some of you may recall the day the Merchants Bank of Canada opened an office in the old Ferryman Building on Mill Street—a full half-century ago, yesterday—on January 25th, 1900. That first office, which a year later moved to its present location, long ago became a part of the B of M's Canada-wide network of branches.

Since the turn of the century, the people of Acton and of the surrounding district have found in Canada's first bank a friendly ally and adviser in business affairs.

And now, the bank that has served Acton for the past 50 years looks forward with confidence to the coming years—to a better future for Acton, for you, and for your children.

Here, as in hundreds of communities, large and small—throughout the length and breadth of the Dominion—the Bank of Montreal continues to work with Canadians as it has done since the days of its foundation more than 121 years ago.

In hamlets and villages, towns and cities, the Bank of Montreal is still pioneering with the men and women who are making the Canada of tomorrow.

BANK OF MONTREAL
CANADA'S FIRST BANK
working with Canadians in every walk of life since 1817

Acton Branch: **WILLIAM CLAYTON, Manager**

"MY BANK" B of M