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**THE MIXING BOWL**  
by Anne Allan  
HYGEO HOME ECONOMIST

Hello Homemakers! Imagine trying to prepare meals for a day without using cereals. There would be no porridge for breakfast, no stuffing for the chicken, no cookies or cake for dessert and of course, no bread.

Cooking would certainly be complicated but fortunately in this cereal-rich land it's a joy to select various kinds of flour, barley, and manufactured cereals. Cereals can make a big contribution to the main course in tasty substantial supper dishes and, with their help, small amounts of meat, cheese, eggs or left-overs can be transformed into budget-saving, nutritive dishes.

We have tried the recipes published below as lunch box items and appraise them worthy of your selection, eaten cold from a shallow jar in the lunch kit.

- MULLIGAN**  
2 cups macaroni  
4 lb. sausage meat  
1 lb. minced beef  
1/2 small onion  
2 cups tomato juice  
1 tbsp. chopped parsley  
2 tps. salt  
4 tps. pepper  
Parboil macaroni in boiling salted water for 5 minutes and drain. Brown sausage, beef and onion, stirring frequently. Add macaroni, tomato juice and seasoning. Cook slowly for about 30 mins. Makes 8 servings.
- CHEESE OAT CAKES**  
1 1/2 cups oatmeal  
1 1/2 cups hot water  
1/2 tps. salt  
1/2 cup grated cheese  
1 tps. minced onion  
2 fresh grains pepper  
Chopped cooked eggs  
1/2 cup coarse oatmeal  
Sprinkle 1 1/2 cups oatmeal in the boiling salted water. Cook 5 minutes.

**Chronicles of .. Ginger Farm**

Written Specially for The Acton Free Press  
GWENDOLINE P. CLARKE

There is no sign yet that "spring is just around the corner" and yet there is a different feeling in the air. When the sun shines the robins and crows are out looking for it in every direction and many farm lanes are still impassable. Ours would be too if Bob hadn't ploughed it out. But maybe the snow won't last much longer as the weatherman promises us a high of 35 for to-day. We hope it won't warm up too suddenly as that means a lot of work digging and shovelling so that the melting snow can find its way down to the creek without flooding the stables and cellar. That is a job that has always fascinated me. Time was when I used to love to get out with a shovel and rubber boots, and by digging here and there help Partner divert the water into its proper channel, and watch it gurgling and churning through the fast melting snow.

Well, last week I made that trip to the city I had been promising myself. In fact I went twice. On the first trip I was away two days, staying overnight with Daughter. And just imagine—I hardly spent any money at all. For one thing I didn't have much money to spend and I didn't have much time either. This was strictly a visiting trip. That meant spending half my time in the street-cars as my friends seemed to live as far apart as the poles. So I went from Parkdale to Richmond Street; from Richmond to Forest Hill; from Forest Hill to Moore Park and finally to the Bay Street terminal. There I found Daughter waiting to see me off which I hadn't expected. "Well, Mother," Daughter remarked, "I must say you cut things pretty fine!" You see, I just had three minutes to get my ticket and hunt the bus. But then, how could I help it the TTC wouldn't hurry itself on my account.

While in the city I had one experience that was entirely new. I visited the City Hall to pay a parking fine. Oh no, it wasn't mine. It was just a little moment, the city police left a friend of mine and he asked me to pay it for him. So help me, the revenue from parking tickets should be almost enough to finance the City Hall. It was early in the day and yet there was one continual stream of men hurrying up to the wicket with their tickets and paying \$1, \$2, or \$5 as the case might be. And please note, I said MEN! I didn't see a woman at all. Maybe women have more sense than to take chances on a ticket. I know it would burn me up to pay out good money and have nothing to show for it except a receipt for a parking fine. Daughter was looking tired. I think I was her sixth visitor inside of two weeks. While there I learnt some of the joys of living in a rooming house. After we had gone to bed one of the "roomers" talked for a solid half-hour on the phone. That was 11:30 p.m. and the talkative one was a man! Who says women do all the talking?

Of course I was taken up to see the "Bubble Room", and, in spite of the bubbles, the rooms were so bright, clean and cheery I thought I would not mind an apartment like that myself. Daughter assures us that an even nicer apartment than that is available for Partner and I any time we want it. That's something, anyway, because none of us can tell what the future holds in store.

Later in the week Bob and I were out on a business trip to the Kingsway. And what a trip that was! It was all right when we started but after awhile wet snow started falling, driven by a high wind. Coming home it was almost impossible to see the track, and the windshield wipers wouldn't work properly for the ice that coated them. In every garage we passed, cars were lined up apparently with the same trouble. It was good to see Ginger Farm again even if the lane was plugged as tight as a snowbank. There was also washing (flapping noisily on the line coated with snow and ice. I had washed that morning thinking it was a good day for the job!

By the way, there is a most interesting discussion going on in a bi-monthly farm paper. I wonder how many are following it. One reader says there are just as many

**Fashion Hint**



For Spring, The Topper! In pure white, delicate pastel or season-favored navy featuring comfortably fashioned dropped shoulders, extra size rounded notch lapels, and buttoned accented cuffs on wide sleeves.

opportunities today for young couples starting to farm as there were 30 years ago. If they are ready to make sacrifices. Two young farmers in answering the letter say they are quite willing to make sacrifices and ready to take on a run-down farm to rent, buy, or work on shares if such a farm can be had. The editorial asks "Where are these farms?" "Well, that's all for now. Next week I expect to tell you about our June-Bug June-Bug in March? Yes but that's next week's story."

**BANK OF MONTREAL ANNOUNCES APPOINTMENT OF ASSISTANT G. M.**

The Bank of Montreal has announced the appointment of John MacLachlan as assistant general manager in charge of its Ontario division. He succeeds W. T. Atkins MacPadyen who is retiring on pension at the end of June after 41 years in banking, eleven of them as assistant general manager in Toronto. Mr. MacLachlan, superintendent of the bank's branches in British Columbia, began his banking career in Hamilton in 1909 and has held several prior positions in the B. of M. prior to his new appointment in Toronto. W. H. Itskies, manager of the bank's St. Peter and St. James streets branch in Montreal, succeeds Mr. MacLachlan as superintendent in British Columbia.

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**EVERYBODY'S BUSINESS**  
by *Doug Graham*

Don't magnify your faults! No matter how many shortcomings you may have, you can discover just as many or more assets within yourself. All you have to do is add them up. Looking at this total will give you confidence. Remember too that many faults can be minimized or eliminated by one's own efforts. So take heart! Once you change your ideas about yourself from negative to positive you'll find you're harnessed to a power that will take you towards happiness and success! In their annual statements, life insurance companies emphasize the positive side of their business by pointing out the fact that the larger share of benefits is paid out to living policyholders.

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**THE QUESTION BOX**

Mrs. K. R. asks: recipe for pie with custard on bottom and cake on top.

**LEMON CAKE PIE**  
1/2 cup sugar  
2 tps. flour  
Rind and juice of 1 lemon  
1/2 tps. salt  
1 cup milk  
2 tps. melted butter  
2 eggs, separated  
1 cup cake crumbs  
Cream 1/2 cup sugar and butter; add flour and salt, lemon juice and rind. Mix well. Add egg yolks and milk. Beat egg whites stiff and gradually beat in the rest of the sugar. Fold into first mixture. Pour into greased 1 1/2 quart casserole or pie plate and then sprinkle with cake crumbs. Set in pan of hot water. Bake at 350 degs. for about 45 mins. Serve warm. Six servings.

Mrs. M. W. asks: What is in Tamale Loaf?

**TAMALE LOAF**  
1 lb. ground pork  
1/2 cup chopped onion  
1 can (3c) tomatoes  
1 cup cornmeal  
1 cup corn niblets  
2 eggs, beaten  
2 tps. salt  
1/2 tps. pepper  
1 tps. paprika  
1 tps. chili powder  
Brown pork and onion, stirring until crumbly. Add tomatoes and bring to a boil. Sprinkle in the cornmeal and cook 10 mins. Stir in remaining ingredients and pack into 5x8 inch loaf pan. Bake in electric oven at 350 degs. for about 40 mins. Makes 8 servings.

**CATTY**  
Coed: "You know, I didn't accept Fred the first time he proposed."  
Friend: "I'll say you didn't! You weren't there."

**REBUILDING FAMOUS BRIDGE**

Reconstruction of the Flatford Bridge in Suffolk is under discussion. The present structure is of English oak and it is proposed to re-build it in Burmese teak. The bridge spans the River Stour and leads to Flatford Mill which like the bridge has been immortalized on canvas by Constable. Although it is only ten feet wide, the Suffolk County Council is determined to retain the bridge's original character in every particular, in view of its international fame. Many visitors to Britain make a special journey to "Constable's country" every year to see "Flatford Mill and Bridge."

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