

### Fashion Hint



Mid-summer "Must"! This sheer black dress is softest chiffon... with a preciously tucked bodice... full, flowing skirt completely with a matching crisp and ruffled taffeta slip.

DRINK  
**Coca-Cola**  
host of the highways

**E. P. HEAD**  
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Hello Homemakers! When a girl asks her mother to call her early in the morning it's because there are many things to be done and an early start is in order. July is a month of early rising with many social functions on the calendar. Since parties may be breakfast parties, noon luncheons, afternoon teas, banquets or buffet suppers, we should discuss the basic rules for successful menus.

1. Avoid foods that spoil on standing. Such foods are waffles, souffles, French fried potatoes, baked potatoes.
2. Avoid foods with texture or flavour that people may dislike. Such foods are raw oysters, sliced tongue, green onions or casseroles of highly spiced foods.
3. Avoid coloring foods with harsh blue, green or purple tints.
4. Avoid planning foods that will all have to be cooked, either in an oven or on top of the range.
5. Avoid foods that will be difficult to serve in uniform and attractive sizes or pieces, such as swiss steaks or rolled beef rounds.
6. Avoid monotony in color, shape, size, texture and flavor.

**SUGGESTIONS**  
**First Course**  
Cold Fruit Juice  
Seasoned Tomato Juice  
Cranberry Cocktail  
Fruit Cup  
Fish Cocktail  
**Main Course**  
Chicken Salad  
Roast Chicken or Turkey  
Baked Ham  
Roast Pork  
Mock Chicken Legs  
Meat Loaf  
Assorted Cold Cuts  
Salmon Loaf  
**Vegetables**  
(Fresh or Frozen or Canned)  
Asparagus  
Macaroni Vegetables  
Corn Niblets  
Squash  
Turnips  
String Beans  
Peas and Carrots  
Potatoes

**Salads**  
Moulded Salads  
Shredded Greens  
Cooked Vegetables  
**Accompaniments**  
Sweet Pickles  
Spiced Fruits  
Celery or Turnip Strips  
Carrot Curls  
Radish Roses  
Olives—Stuffed or Ripe  
Deviled Eggs  
Rolls  
Rye, White and Brown Bread  
**Desserts**  
Ice Cream  
Water Ice  
Fresh Fruit Tarts  
Jellied Fruits  
Fruit Shortcake  
Layer Cake  
Assorted Cakes  
Merizings

**Extras**  
Candies  
Candied Orange Peel  
Salted Nuts  
Toasted Pumpkin Seeds  
Sugared Fruits

**LUNCH FOR SHOWER PARTY**  
Sandwich Loaf  
Fruit Punch  
Picked Pink Crabapples Gherkins  
Cream Iced Angel Cake and Sugar  
Strawberries, Tea

**BREAKFAST PARTY**  
Walah Rarebit on Broiled Toast  
Potato Chips, Sliced Tomatoes,  
Orange Slices and Coffee Cake,  
Coffee or Hot Chocolate

**CLUB BANQUET**  
Grape Juice  
Ham Loaf  
Mashed Potatoes, Buttered Shred-  
ded Carrots, Buttered Seed Rolls,  
Relish Tray (Sweet Pickles, Celery  
Sticks, Dill), Peach Pie and Cheese  
Coffee

**THE QUESTION BOX**  
Mrs. J. C. asks for the following recipe:  
**PUNCH FOR 50**  
Make a syrup by boiling for 10  
minutes:  
1 1/2 cups water  
2 1/2 cups sugar  
Reserve 1/4 cupful of this. Add to  
the remainder stir, cover and per-  
mit to stand for 30 minutes or more:  
1 cup lemon juice  
2 cups orange juice  
1 cup strong tea  
2 cups grapefruit juice, pine-  
apple juice or crushed pine-  
apple  
2 cups fruit syrup, raspberry  
1 cup maraschino cherries with  
juice

Strain these ingredients. Add ice  
water to make about 2 gallons of  
liquid or add ice water to make 1 1/2  
gallons of liquid and add at the last  
minute:  
1 quart charged water  
If you find the punch lacking in  
sugar, add part or all of the re-  
served sugar syrup.

### Chronicles of Ginger Farm

Written Specially for  
The Acton Free Press  
**GWENDOLINE P. CLARKE**

Between painting and entertain-  
ing, canning and writing, I have  
done a little reading—that is over  
and above the papers and maga-  
zines that come to the house—and  
overflow on to tables, chairs and  
chesterfield. I never can keep our  
reading material in order. I have  
been trying to read Louis Bromfield's  
books, "Pleasant Valley" and  
"Malabar Farm." And when I  
say "trying" that is no reflection on  
the author, quite the opposite.  
It was this way I brought home  
Malabar Farm from the library, un-  
intentionally to read it myself. But  
when I had read about ten pages,  
Patricia got hold of it. When he  
was through it was time for the  
book to go back. Because it was  
now I could not get it renewed. So  
I brought back "Pleasant Valley"  
instead and am halfway through it.  
Both books are too meaty to hurry  
over. Read carefully a lot can be  
learned from Louis Bromfield's writ-  
ing, both as regards farming and  
life in general. His philosophy is  
pretty good.

Mr. Bromfield's pet subject is soil  
conservation. He thinks that soil  
conservation or the lack of it—  
has a much greater effect upon  
farming, and the welfare of a peo-  
ple, than is generally realized. Lack  
of soil conservation is already  
threatening the world's food supply.  
Mr. Bromfield claims there never  
has been a world surplus of food  
but always a scarcity—uneven  
distribution is the only factor  
making surpluses in some coun-  
tries. Scarcity is likely to increase  
unless still more is done to prevent  
further soil erosion, which L. B.  
contends is mainly the result of  
poor farming—that is, farmers  
taking all they can out of the soil  
and putting nothing back. This  
practice dates back to the early  
settlement days in the United  
States when the fertile land was  
cleared indiscriminately and crop-  
ped so intensively that in two or  
three generations the top soil was  
worn out. Then farmers moved  
further west, took up more virgin  
land and continued the process of  
soil erosion. He likens these early  
immigrants to "a plague of locusts  
moving across the continent"—  
the main exceptions being the Pen-  
nsylvania Dutch who settled on the  
land and enriched it by their good  
farming.

Eventually agriculturists realized  
that something was happening to  
what had been their good earth.  
No longer was it producing the  
bountiful crops to which they had  
previously been accustomed. An  
intensive research program was  
carried out and as a result, twenty-  
five years ago a movement was  
started to systemize farming, re-  
claim the impoverished land, and  
stop further soil erosion. But what  
has been done is apparently still  
not enough and Mr. Bromfield con-  
tends that unless wasteful farming  
methods are changed, there will  
eventually be a shortage of food  
in the U.S.A. He admits that such  
a condition sounds fantastic, but  
he also reminds his readers that a  
few generations ago such a theory  
was also fantastic to the people of  
India and China. Yet now, half  
the people in these countries live  
their lives out without having had  
enough to eat. Soil erosion not  
only means poor financial returns  
for the farmer, but the loss of  
minerals in the soil also affects the  
health of a nation since it is im-  
possible for any man to be better  
than the food he eats. Incidentally  
Louis Bromfield's theory for world  
distribution of food is much the  
same as that of Canada's H. H.  
Hannam.

"Pleasant Valley" has one chap-  
ter devoted entirely to the build-  
ing of "The Big House" and was  
quite amusing. Every member of  
the family was given the privilege  
of decorating his or her own room.  
Tastes were vastly different so the  
result was unusual, to say the  
least. In one respect all rooms  
were alike—windows so low that

anyone could sit in a chair or lie  
in bed and still look out the win-  
dow. That would suit me. Our  
windows are high set and I always  
wish I could lower them about a  
foot.

But back to soil erosion. In his  
books Louis Bromfield is referring  
mainly to the United States, but  
much of what he says is equally  
true of Canada. From our own  
experience on the prairie we know  
only too well the effect of soil er-  
osion. Much of the prairie land  
should never have been farmed at  
all. We also have a sample right  
near here. Two years ago the De-  
partment of Highways made a new  
piece of road past our place. They  
got "fill" from a nearby hill. Steam  
shovels scooped up the good earth  
trucks carried it away until the  
"hill" was lower than the road.  
Now that piece of land is like a  
desert—the subsoil is gone. In  
places there is nothing growing, not  
even a weed. Yet that piece of  
land is government property—and  
no doubt there are other such  
patches. The government spends  
thousands of dollars in conserva-  
tion propaganda, wouldn't it be  
wise to the point to give a practical  
demonstration on restoring fertility  
to the soil on waste land so that  
trees at least could be planted and  
encouraged to grow?

Steady increase in attendance at-  
tests the popularity of the Cana-  
dian National Exhibition. An all-  
time record was set last year at  
2,650,500. Preparations have been  
made for the reception of a still  
larger crowd this year from Aug.  
25th to Sept. 9th.

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that got away  
last year are  
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duds and go after  
them.

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(Subject to change)

**HAROLD WILES**  
PHONE 38

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**TRAVELLER'S GUIDE**  
**GRAY COACH LINES**  
**COACHES LEAVE ACTON  
DAILY SAVING TIME**  
Eastbound  
at 38 a.m.; 8:58 a.m.; 11:23 a.m.  
2:06 p.m.; 5:03 p.m.; 8:33 p.m.; 8:39  
p.m.; 10:58 p.m.  
Westbound  
10:17 a.m.; 12:52 p.m.; 2:57 p.m.;  
5:27 p.m.; 7:27 p.m.; 9:12 p.m.; 11:39  
p.m.; 1:12 a.m. (Sun to Kitchener  
only)  
a—Daily except Sunday and holi-  
days.  
b—Saturday, Sunday, and holi-  
days.

**RAILWAYS**  
**CANADIAN NATIONAL**  
**STANDARD TIME**  
Eastbound  
Daily 5:55 a.m.; Daily except Sun-  
day, 9:41 a.m.; 7:10 p.m. Sunday  
only, 8:19 p.m.; Daily except Sun-  
day, 5:37 a.m.; 8:37 p.m.;  
Daily Flyer at Georgetown, 10:11  
p.m.  
Westbound  
Daily except Sunday and Mon-  
day, 1:56 a.m.; Sunday and Monday  
only, 12:05 a.m.; daily except Sun-  
day, 8:49 a.m.; 8:50 p.m.; 7:44 p.m.;  
Daily except Sat. and Sun., 5:48 p.m.  
(flagstop); Saturday only, 1:59  
p.m.; Sunday only 8:43 a.m. (flag-  
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able to students completing Grade XI.  
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lish, History, Physical Education. Op-  
tions: Mathematics, Science, French,  
Latin, German, Commercial Work,  
Agriculture, Shop Work, Home Eco-  
nomics.

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Grades IX and X all subjects for Inter-  
mediate Certificate. English, Social  
Studies, Mathematics, Guidance, Physi-  
cal Education. Options: General  
Science, French, Art and Music, Shop  
Work, Home Economics, Typewriting  
and Business Practice.

**Academic Upper School**  
Grade XIII leading to Honor Matricula-  
tion and entrance to all faculties and  
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Canadian University. English, History,  
Algebra, Geometry, Trigonometry, Zo-  
ology, Physics, Chemistry, Latin,  
French, German.

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Parents and Pupils are urged to confer with their  
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