Fashion Hint



Pert in plaid . . . and especially right for the classroom or stadium In favourite red plaid wool flannel with wide-flinging accordion pleat ed skirt, nipped waist and sleeves.



Pollock and Campbell

Manufactures of HIGH GRADE MEMORIALS MEMORIAL ENGRAVING 62 Water St., North GALT TELEPHONE SAME

4. S. Holden

Optometrist

7 DOUGLAS STREET GUELPH

EYES EXAMINED GLASSES FITTED

FISH SHORTCAKE

4 cups hot mashed potatoes

1's cups seasoned white sauce

and given pepper to white sauce

spexits of egg. Bake in an electric

oven of 350 degrees for 15 mins or

MARY'S LEMON PIE RECIPE

Grated rind and juice

Separate eggs. Best the yolks

with 'y cup of sugar in top part of

juice and butter Cook over hot

water, stirring constantly, until

thick Remove from heat. Add salt

to egg whites and beat until stiff.

gradually heat in the remaining 's

meringue into lemon mixture and

pour into a baked pie shell Spread

remaining meringue on the top of

325 degrees for 20 minutes Serves

BLUEBERRY MUFFINS

Combine dry ingredients Com-

dry mixture as quickly as possible

thap flour and fold into batter

TAKE A TIP

Double egg mixture for Spanish

toast Reserve part of it for fry

a little jelly or chill sauce and

wrap for the packaged lunch

2 Glazed Supper loaf may be slic-

ed and fitted into hamburg rolls

accompanied by raw carrot stick-

3 Cook an extra piece of fish when

making fish loaf Mash about

cup with to cup chili sauce or

well-seasoned white sauce. Split

weiner rolls on one side and tuck

through the food chopper an

mix with some finely grated car-

rot and onlon. Use as filling be-

tween buttered slices of brown

THE QUESTION BOX

of spice do you use in making

SPICED GRAPE JAM

proximately & tsp cinnamon.

Answer: Use & cup diced apples

Mrs. B. B. asks: How much lemon

juice do you add to blueberries or

sweet plums to make mixture jell?

Answer: Fruits low in acid

should be cut into small pieces or

partially mashed, then measured.

Add & cup lemon juice to a quart

of blueberries; add 4 cup lemon

juice to a quart of prepared sweet

OPTOMETRIST

will be at

Dr. G. A. Sirrs'

Office

TUESDAY EVENING

September 12th, 1960

COMPLETE EYESIGHT

SERVICE

to 4 cup grape pulp-preferably

make a tasty grape jam?

crabapples with skin on.

good Spiced Grape Jam?

Answer:

point

plums.

3 type baking powder

2 cups flour

4 thsps sugar

1 egg. beaten

2 thops melted fat

I cup blucts rries

Makes about 16 muffins.

for the lunch box.

in ample fish filling.

1 cup milk

ty tap salt

ple. Bake in an electric oven

rup of sugar. Fold half of th

double botter. Add lemon rind

until lightly browned Serves 6

3 CER

1 cup sugar

2 thops butter

', tap salt

of 1 lemon

I baked pie shell

I green pepper, minced

Hello Homemakers! When anyone starts collecting recipes at the age of nine as did Mary Elizabeth. a cousin of ours, her personal cook book is sure to include interesting recipes. As we noticed the dates under each paste-up of a newspaper clipping, the girl's first favourste food was cake and cookies About the glamour stage of seventeen, copious notes were made concerning salads and raw fruit desserts. Then, coinciding with the dates of Mary's marriage preparattoris, there were pages of main rourse supper dishes and now she is begging for recipes using leftovers and for supper dishes which may be part of a carried lunch on the following day.

Here are three recipes for Mary and two from Mary's file Perhaps your schoolgirl may wish to clip all five recipes and paste on 3 by 4 inch cards to begin a collection

SPANISH TOAST

2 eggs, beaten slightly & cup tomato juice to tap sait

5 alices bread 3 theps fat

Blend beaten eggs, tomato juice and seasonings Dip both sides of each slice of bread into the mixture Brown on both sides in hot fat in frying pan Place on a hot platter

and serve at once with Chees-

GLAZED SUPPER LOAF

Sauce or Scrambled Eggs.

I pound ground beef

1, cup dry bread crumbs . cup milk

I well beaten egg I's tapa salt

', cup chopped green Inchibe.L

1 cup grated carrot

1, cup catsup Combine ingredients except cat sup Place in oiled 8 inch ring mold or loaf pan Bake in electric oven of 350 degrees for 45 minutes Turn baked loaf onto ovenproof platter. suread with catsup. Place under bruiling element for 10 mins. Fil ring with hot corn Garnish with fried apple rings Serves 7

Chronicles of Ginger Farm

Written Specially for The Acton Free Press

GWENDOLINE P. CLARKE

There is one thought uppermost 2 cups cooked salmon or other, in the minds of most people these days the railway strike. It is terrible thing-not only in fact but by implication. One wonders what Heat egg and take out 2 taps hope there is of peace between egg to brush top later. Mix egg nations if disputants in one country with mashed initators. Add fish, Spread half of mashed potatoes on the bottom and sides of a greased 10 inch pie plate, fall with fish mixture and top with remaining potatoes Brush top with the 2 tesside comes out on top.

> bearing first-hand stories occurring in remote districts. Truckers returning from isolated points report clover, red clover and alfalfa. that it is practically impossible for tracks that already the rails are red and Saskatchewan. with rust, and dogs play around near the whistle stop where never a dog was seen before Also, as they approach the level crossing most people still brake their cars and look both ways to make sure no train is coming' Strange what habit can do It looks crary, of course of but on the other hand it is a good habit to hang on to Better to stop a few times when it isn't necessary than to forget and not stop when it

IN DECESSARY Another thing we don't like just now is the heat or rather the humidity. Heat we can take in our stride but heat plus humidity, is another story And today is Children's Day at the exhibition' The passing of the years has some compensation- at least we don't have to go through the ordeal of giving one liquid ingredients and add to the youngsters "a good time" at the Big Fair But of course, we didn't mixing only enough to dampen flour Sprinkle blueberries with 1 think it was such a terrible ordeal when we had it to do Kiddles do Drop by spoonfuls in buttered have such a wonderful time muffin pans and bake 25 mins in is the expectation the best part of hat electric oven of 400 degrees and talking about it after-

wards to their little friends? Maybe voungsters sort of lose prestige among their own crowd if they are not given this treat - that is, the ones within reasonable distance of ing in the morning Spread with foronto. Actually, as far as having a good time is concerned. I believ youngsters enjoy themselves just as much, if not more, at their own local fair. There they can be let loose to run with the gang. And many of them have a personal inerest in local fall fair exhibits Stand around near the school exhibits for awhile and it won't be long before you hear some youngster say in a shrill excited voice-

If you have stew left over from that's what we did that's our school that won first prize" supper drain off the liquid put Or watch the young competitors in the Calf Club ... see the glow of pride in young Sammy's face when HIS calf gets the red ribbon But we should remember the boy who

tom has dropped out of the universe-afer the Big Fair comes the local Fair-and that is something

What a topic, you say! Well I don't like them either - I loathe. hate and detest them. But I have found a way of coping with them. There is a new fly killer on the market-for barn use-which comes in powder form. You mix it with water and use as an ordinary spray -and it does not contain D.D.T. So I thought I would try it too. I mixed it double strength and used it in the woodshed. It worked all right. Now anyone can come into the kitchen unattended by a vanguard and rearguard of flies. The few that do come in are easily dealt with by using ordinary household spray-the other cannot be used in the house as it stains.

Give it a chance and it will work.

Nectar Content Varies in Plants

Nectar concentration in a strain of red clover may be improved by selection according to recent tests carried out in the Division of Forage Plants Central Experimental Farm Ottawa While this work is still in a preliminary stage, officials find good indications that the amount of nectar secreted may vary not only from plant to plant of the same variety, but from flower to flower on the same plant Different fertilizer treatments were found to have little if any effect on the amount of nectar secreted by the

Once considered as food for the cannot come to an agreement gods, nectar 4s the substance that smong themselves. A strike is very bees extract from flowers and later much like a war in one respect - convert into honey. As bees fly everyone suffers -- and when it is from flower to flower in search of over it is questionable if anything nectar, they act as nature's pollenhas been gained, no matter which trees. Their activities in this regard have engaged the attention of agri-Around here we have suffered cultural workers for many years little more than inconvenience Recently various divisional officials. from the strike but already we are in Canada's Department of Agriin the seed production of alsike

Advising on the different aspects a stranger to buy so much as a loaf of the problem will be the Forage of bread In this district it is Plants and Bee Divisions of the strange during the night, never to Experimental Farms Service, and hear a train whistle at all nor the the Division of Entomology. rumble of wheels on the track And Science Service. The work will ... when we go down town during the done on branch farms and laboraday we notice as we cross the tories in British Columbia, Ontario

> Wife to husband, after several rounds of drinks at a cocktail party: "Henry, don't take another cocktail. Your face is already getting blurred "-Reader's Digest.

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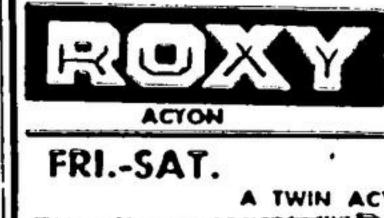
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TRAVELLERS' GUIDE

GRAY COACH LINES

COACHES LEAVE ACTON DAYLIGHT SAVING TIME Eastbound

a6.38 a.m.; 8.58 a.m.; 11.23 a.m. 2.08 p.m.; 5.03 p.m.; 6.33 p.m.; 8.33 p.m.; b10.58 p.m. Westbound

5.27 p.m.; 7.27 p.m.; 9.12 p.m.; 11.32 p.m.; 1.12 a.m. (Sun to Kitchener

b-Saturday, Sunday and holi-

CANADIAN NATIONAL STANDARD TIME Eastbound

RAILWAYS

Daily 5.55 a.m.; Daily except Sundays 9.54 a.m.; 7.10 p.m. Sunday only, 8.19 p.m.; Daily except Sunday Flyer at Georgetown 6.37 p.m.; Daily Flyer at Georgetown, 10.11

day, 1.56 a.m.; Sunday and Monday only, 12.08 a.m.; daily except Sunday, 8.48 a.m., 6.50 p.m., 7.44 p.m.; Daily except Sat. and Sun. 5.48 p. m. (flagstop); Saturday only, 1.36 p.m.; Sunday only 8.43 s.m. (flag-

MISCELLANEOUS

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Acton - Phone 130

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a-Daily except Sunday and holi-

Wretbound Daily except Sunday and Mon-

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Wiring

FIXTURES APPLIANCES

For

doesn't win probably works just as hard with his calf-maybe just a Miss T. R asks: What quantities few points made all the difference That boy needs encouragement and understanding to forestall any feeling of bitterness. He must not be allowed to get the idea that the Slip skins from grapes Measure judging wasn't fair . . . that al-

pulp Add water (1, cup to 1 cup though he worked just as hard as pulp). Cook until soft, then put Sammy-and to him his calf lookthrough a sieve The skins may be ed every bit as good-yet someone put through a food chopper. Add had to be first by however small a skins to pulp Measure the mixture margin-and next time it may be For each cup of mixture, add aphim Competition is good for the purpose of a worthwhile achievetsp cloves and is tsp. allspice. ment-it is also good as a means of ground Add I cup sugar for each developing good sportsmanship So. cup of grape mix Boil to jellying if for some reason it is impossible for youngsters to have a day at the Mrs J. A. asks: What kind of C.N.E. don't let them feel the botapples and how much do you use to

> they are sure not to miss. And now let's talk about flies'

But here is a warning. Some people have tried this powder spray and find it doesn't work. There is only one explanation-they don't use enough of it. You must spray and-spray until your arm is ready to drop off-or use a power sprayer.

AUGUST 26TH TO SEPTEMBER 9TH (Except Sunday)

DIRECT INTO THE GROUNDS

Reduced Return

Includes Exhibition Admission For Children's rates see your Agent LEAVE ACTON LEAVE EXHIBITION

8.36 a.m. 10.30 p.m. (Daylight Time) Exhibition passengers travelling on regular buses will-transfer at Toronto Bus Terminal to buses running into the Grounds. TICKETS AND INFORMATION AT

> -HAROLD WILES PHONE 58