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Corner of Willow and River Sts.  
Entrance River Street  
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**TRAVELLERS' GUIDE**

**GRAY COACH LINES**

**COACHES LEAVE ACTON DAYLIGHT SAVING TIME**

**Eastbound**  
6:38 a.m.; 8:58 a.m.; 11:23 a.m.; 2:04 p.m.; 5:03 p.m.; 6:33 p.m.; 8:33 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.; 11:32 p.m.; 1:12 a.m. (Sun to Kitchener only)

a—Daily except Sunday and holidays.  
b—Saturday, Sunday and holidays.

**RAILWAYS**

**CANADIAN NATIONAL**

**STANDARD TIME**

**Eastbound**  
Daily 5:55 a.m.; Daily except Sunday 9:54 a.m.; 7:10 p.m.; Sunday only 8:19 p.m.; Daily except Sunday Floor at Georgetown 6:37 p.m.; Daily Flyer at Georgetown, 10:11 p.m.

**Westbound**  
Daily except Sunday and Monday, 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 a.m. (flagstop).

**THE MIXING BOWL**  
By Anne Allan

Hello Homemakers! Assuming we live to seventy, we spend at least four years eating! During that time we resent or leave a lot of good food that has been purchased, stored and cooked well for us. Why? Actually we come into this world liking nothing and disliking nothing, yet the individual develops instinctive likes or dislikes. Attitudes are developed because of the arrangement of environment.

Recently we listened to Dr. Blatz, a professor of psychology, who discussed reasons for training the child to become an idealist. He emphasized that we should train the child to think about food. We were reminded that the relevant pleasures of eating (which are salt, sweet, sour and bitter) are monotonous whereas the senses of vision, warmth or cold touch, and hearing satisfy the child more so than taste. The psychologist pointed out that we are all unappreciated gourmets. We think a child likes candy because it is sweet, but not the candy looks pretty compared to the food served at the family table. As homemakers we should review our meal pattern at this season. It is now the beginning of the school term when children will be selecting lunches or carrying the noon-day meal. If children can be adventurous in food then they will

like the food prepared for them. A home economist is trained to prepare the right food in the best way as a guide to food for fitness. The homemaker has an even better opportunity to provide food that is not only healthful but enjoyable.

We need three meals a day planned from only 5 classes of food. A serving from each group is like a strong link in a necessary chain. The first "link" is milk—1 pint. The second is fruits or tomatoes or citrus fruit or oranges or their juices, and one serving of other fruit. The third is vegetables at least one serving of potatoes, at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw. The fourth is cereals, one serving of whole grain cereal and at least four slices of bread with butter or fortified margarine. The fifth is meat, fish and eggs, one serving of meat, fish, poultry or meat alternate such as eggs and cheese. In addition iodized salt and Vitamin D is recommended.

- TAKE A TIP**
- Meal Planning**
1. Avoid monotony. Don't serve the same food twice in different forms in a meal.
  2. Avoid all bland or all savoury dishes in a meal. Crunchy salads or crusty desserts should accompany macaroni and cheese, etc.
  3. Avoid colourless plates. Lettuce and macaroni do wonders for the main course as do orange sections or cherries for the "white" dessert.
  4. Serve hot foods hot, and cold foods cold.
  5. A little seasoning or a different flavouring is important to even a favourite dish.

- SANDWICHES**
1. It is important today to use different breads—white bread, graham bread, rye bread, buns, wheat rolls, crackers, etc.
  2. Fillings and garnishes may be used as interest. Lettuce, raw vegetables, nasturtium leaves, herbs, pickles, nuts, etc.
  3. All fillings should be moist, moist and seasoned with iodized salt.

- FILLINGS**
- (a) Cheese with strawberry jam
  - (b) Minced pork and diced cucumber
  - (c) Meat loaf and minced nasturtium
  - (d) Chopped raw apple, celery and nuts
  - (e) Salmon with minced green pepper
  - (f) Chopped cooked eggs and onions
  - (g) Scrambled eggs and bits of bacon
  - (h) Sliced tomatoes between grated carrot
  - (i) Peanut butter and mashed banana
  - (j) Minced cooked liver and sautéed onion rings
4. At least one item of the sandwich filling may be planned for the supper prior to making sandwich filling, e.g. meat loaf, salmon loaf, bacon, hard cooked eggs and the liver.



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**Chronicles of Ginger Farm**

Written Regularly for The Acton Free Press  
GWENDOLINE P. CLARKE

"All is safely gathered in"—and how gladly we sing the song of harvest home! After so many weeks of changeable weather, so many times when we expected our second threshing would be either tomorrow or the next day. So many nights when we wakened to hear rain beating on the roof, saw incessant lightning and heard the heavy rumble of thunder and remembered that some of our grain was out in the field still waiting to be threshed. There was one morning when Partner looked out across the sodden fields and said "One more day of rain and what's left of the crop won't be worth threshing." But it did rain and Partner was wrong. Partner was wrong. The grain was still worth threshing. And now all is safely gathered in. We threshed again last Wednesday our final threshing for the year and all the bins are full and half the granary floor. The crops turned out far better than we dared hope for.

This year's harvest has certainly been a worrying time for those dependent on the outcome. Lack of help induced so many farmers to stook-thresh instead of putting their stuff in the barn. And when too many farmers get that same idea threshing machines cannot get around fast enough to keep everyone satisfied. Even those who combined their crops were up against the same trouble, not enough combines in the district to meet the demand. Those who put their grain crops in the barn also had the weather to contend with a few nice days with a drying wind one day drawing in and then rain again. Last week we had good weather most of the time. It would I hope give most farmers a chance to get their harvest work cleaned up.

And then of course it all begins again sowing fall wheat and with it next year's harvest worries. Come to think of it farming is something like eating things that you know will bring on an aftermath of indigestion. You eat something you specially like, knowing full well what the result will be but you eat it anyway. So what? Farmers know every day's work is more or less a gamble. But farmers haven't a priority on worry. Every calling has its own type of worry—although most of us like to think we have more than the other fellow. Nobody has to get what they know will give them indigestion, there is more than one kind of food available. And nobody has to be a farmer, or a sales man, a bank-clerk or a labourer if he thinks some other job will suit him better.

But if you are a woman—and a farmer's wife—there isn't much you can do about changing your job, is there? And why should you want to anyway? To do a good job as a farmer's wife is about as high a calling as anyone could ask for. And what a difference it makes to the farmer. Some farms, along with their owners have gone to pieces because the woman in the case didn't keep her end up. A bachelor farmer can make a better go of things than a married man with an un-co-operative wife. It isn't experience that counts in the early stages but the will to work. Experience will come with the years if a genuine interest is there to begin with. Heaven help the young farmer whose wife lives on the farm but takes no interest in crops, stock or the weather.

Generally speaking the farm is not the place for playing a lone hand. There is an inescapable interdependence all along the line—not only in the farm family but also as regards stock and machinery. Experts claim that a farm cannot be worked successfully without cattle to fertilize the ground. Crops cannot be sown or harvested without machinery. Trucks that will not start depend on tractors to pull them until the spark catches. Yet tractors themselves often have to rely on the trusty team when engines get balky in cold weather. Foultry being fattened for market would often be stolen if it were not for the sharp ears of the farmer's watchdog. Bins would be over-run with grain-nibbling rats and mice if it were not for the barnyard cats. And the poor cows would get no exercise for their tails if it were not for the barnyard flies.

So there you have it, friends... all down the line farming is a co-operative business.

Average weekly wages paid to hourly-rated wage earners employed by leading Canadian manufacturing establishments reached a new peak of \$43.10 during week ending March 1, 1950.

**GEORGETOWN**  
**K. C. Lindsay's Home Destroyed**

Fire of unknown origin destroyed a six room frame dwelling on the farm of K. C. Lindsay, on the outskirts of town last week. The fire was first discovered by Mrs. Lindsay and an alarm turned in. However, the fire had gained such headway by this time that the entire structure was razed.

While walking to their homes along Victoria Street, College View, Martin Cummins and Thomas Soper were injured when struck by a car reportedly driven by Victor Greygoose. Both men were rushed to St. Joseph's Hospital in Guelph. Mr. Cummins had two bones broken in his leg and was otherwise badly bruised and shaken up but Mr. Soper was allowed to return home after it was found he had no broken bones.

On Saturday, September 2nd, Mr. and Mrs. William McFadden were "At Home" to their friends on the occasion of the 25th wedding anniversary. One hundred and eighty-five friends called to offer their good wishes. Mrs. Ives Miller of Woodbridge, formerly Esther Beavers, partner of 25 years ago received with Mr. and Mrs. McFadden.

CNH station agent at Georgetown from 1930 to 1937, Thomas S. Hill died on August 30th at the home of his son, Thomas S. Hill Jr., London, where he had been residing for the past six months. Mr. Hill had been connected with the railway since 1892 and spent most of his time as station agent at Granston, where he served for 29 years. Herald.



*You can Save and be Safe*



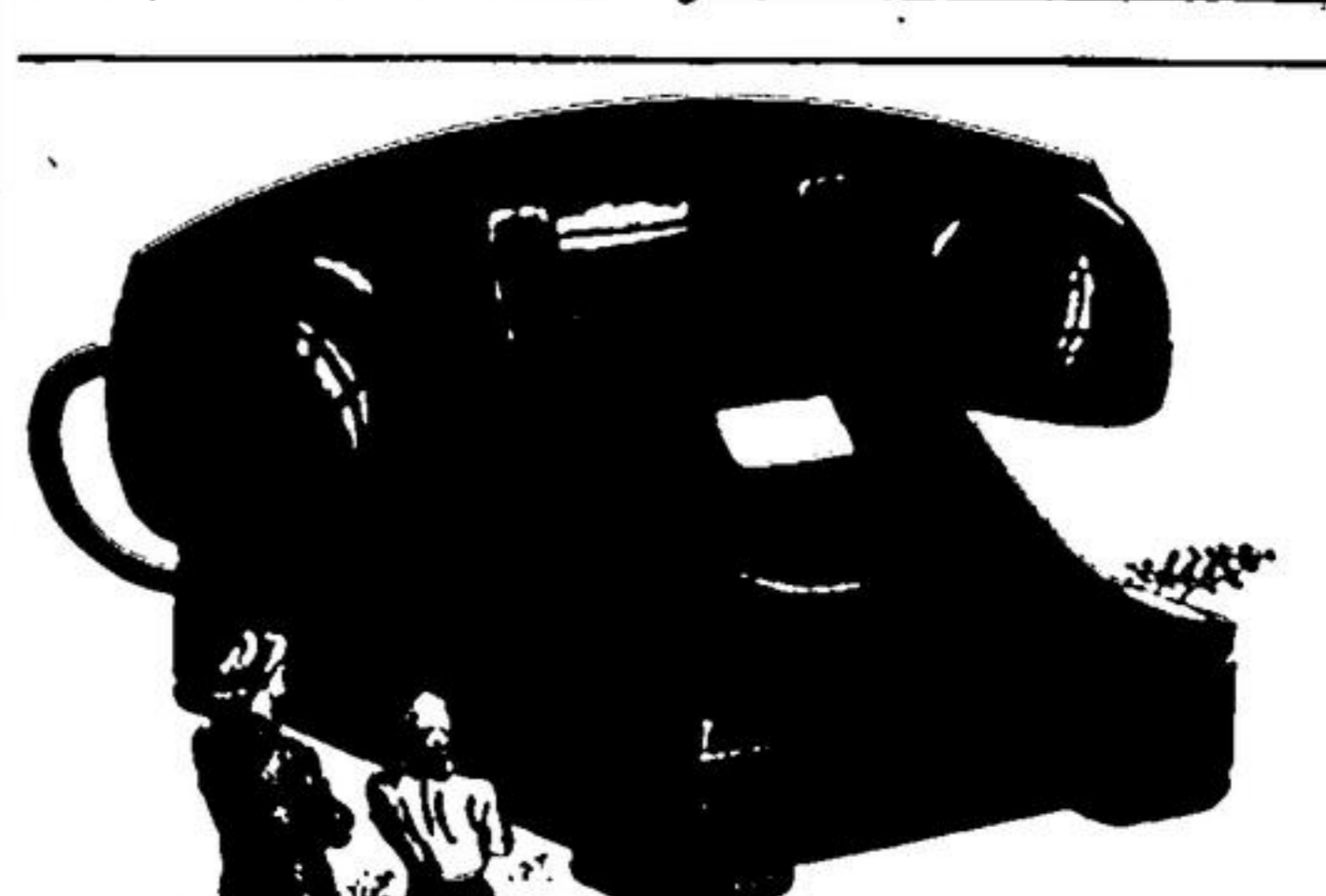
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