Fashion Hint



Has the damp and chilly weather of the last week started you wondering about a warm fall and winter dress' Here's a perfect one, and, being strictly a 1950 creation it's in bright plaid, with velvet again. Choose your favourite plaid, and, if your ancestors halled from the land of the heather, boast a dress in your own clan tartan. The dabe of rich black velvet are placed in a most original way in this particular pattern, with the new horseshoe neckline. As new as the fall of '50 itself you'll be warm and smart in this plaid-and-velvet combination.



Robt. R. Hamilton R.O.

OPTOMETRIST will be at

Dr. G. A. Sirrs' Office

TUESDAY EVENING OCTOBER 16th, 1969 COMPLETE EYESIGHT SERVICE

Smoked Beef Tongue

Lat tongue stand in cold water

tent sunmer 5 minutes and discard.

the water Place in the pressure

saucepan with vinegar and spices

process 14 minutes to the pound or

about 55 minutes Cool pan immed-

lately, let meat coul then skin and

remove any muscular mots. Slice

tongue and heat in the liquid in

pressure cooker Accompany with

TAKE A TIP

soup without diluting

uted mushroom consomme

a mustant raisin sauce

meats

a la King dishes.

sure and process 5 minutes.

Mrs C D says: A good English

ham dinner may be prepared with

sliced tenderized ham arranged in

layers with sliced potatoes and

onions Sprinkle the ham layer with

a mixture of 15 tsp. prepared mus-

tard, is tsp pepper, I tap, meat

theps. flour. Cover with milk and

bake (5 servings) in an electric

ALWAYS A COMPLAINT

"I'm fed up to the back teel

"Whol, I fought you was on the

"When did yer start work, then

Life's nothing but work, work

oven for 14 hours.

"No I sin't nar."

"Termorrer."

work, work."

'Arry?"

Honevcomb tripe is the best part

and always needs to be simmered

for 3 hours but only simmered

Serve leftover tripe dishes with

Ment extras may be grey in col-

our if builed rather than simmer

ed Add packaged gravy powder

or liquid to improve browness of

THE SUGGESTION BOX

are rinsed under running water

After the tubes and gristle hav

been removed the kidneys are

paralled petators and a green vege

to cover for 2 hours Bring to

3 or 4 lb smoked tongue

2 cloves

6 peppercorns

I small bay leaf

I then vinegar

I cup but water

Hello Homemakers! We have hour. Cut out the tubes. Pst dry been reluctant to discuss the meat and fill with bread dressing. The problem for some months mainly with string and place it in a casserbecause we could not cope with ole. Pour diluted tomato soup ovthe situation ourselves. Whenever er it and cover with bacon strips. we tried to substitute liver, kid- Bake in electric oven of 325 degs neys, heart or tripe for cutlets or for 212 hours. Drain off liquid straks, these mest extres could not and thicken with a paste of about be purchased. Now such valuable 2 thisps flour with 14 cup water. pieces are available at comparatively low prices we suggest recipes that might tempt you to use them too.

- Creole Kulney Stew 2 medium beef kidneys
- ', cup flour
- 2 slices bacon
- 2 theps dripping 's cup chapped onions
- is cup chapped celery
- 6 chapped tomatoes I minced green pepper

h top curry powder Scald and akin beef kidneys, then sonk in sait water il tsp to 1 qf water, for about 215 hours. Split kidneys lengthwise and take out white centers and tubes. Then parboil kidneys for 5 mins in fresh boiling water Drain sprinkle with flour, then pan fry t ble lowly with the bacon dripping. onions and celery. Add remaining ingredients and cover the Simmer for about '15 mins. Sur occusionally. Serves 4-on rice or

- Liver Loss I lb pork liver
- 4 lb salt pork

nexaties.

- I small onton 2 theps, minerel paraley
- 1 cup bread crumbs 1 beaten egg

Salt and pepper Scald pork liver for 10 mins Drain Put liver, onion and pork through food chopper. Add the remaining ingredients and mix well. Pince in a greased loaf pan and dot with a little more dripping Bake the losf in a moderate electric oven of 350 degrees for I house

Baked Heart Beef heart 2 cups bread dressian 2 cups diluted tomato soup

4 strips bacon Mour Wash and soak beef heart for 1

Chronicles of **Ginger Farm**

Written Specially for The Actas Pres Press GWENDOLINE P. CLARKE

The other day Partner called me outside. "Listen," he said I listened. What I heard was something like and forth from one tree to another all my life and come to think and hot water Clere the cooker; what confused

bring to 15 pounds preduce and We are also thinking the smoke as indirectly responsible for the udden arrival of the lovely autumns colours. The smoke prevented the ouns rays from reaching the earth so we got cold weather and from and that automatically decked out the trees for us in colours of red and gold Logical unit it? What ever the reason the country is real Serve Boiled tongue with hot ly beautiful it would be nice

condensed French Pea Soup to drive for miles and miles Heat the contents of a tin of through wooded country although actually that is hardly necessary 2 A good follow-up dish of braised for us because we have scenery. liver is dumplings made of chopwithin a ten mile radius of home ped liver and onlons in a plain that would certainly be hard to drop biscuit dough placed on dil- beal

This has been a bury week and even now I have hardly got my of the stomach of a meat animal bearings as it were I was away from home for two days and immediately afterwards came our for al fair also Daughter and a friend arrived from Toronto It was a from all accounts it gets bigger and better every year which speaks well for the Fair board responsible for the complicated business of Ontario organizing the show Unfortunately Mrs R G says We always use for me by that time I was slightly lamb kidneys soaked for only 30 under the weather and so was not minutes in told water containing able to go I tsp salt and I then vinegar to a to see the Women's Institute exquart of water. Then the kidneys hibits However even if I did not get to the Fair I was compensated to a certain extent by a caller who arrived while I was alone with a cooked in a pressure saucepan for huge armful of gladioli Most of minutes along with vegetables, them I put in tall containers but one stalk I used as an/experiment Mr. N L mys Sweetbreads are breaking off the blooms and arthe most delicous of all meat ex- ranging them in a bed of foliage tras. No matter in what fashion as the florist had shown us in her they are cooked sweetbreads must demonstration the week before be pre-cooked, then they are ready The result was very effective

to be broiled in casserole, salad or Well, well-again the main worry with housewives seems to be flies Editor's Note: Wash and then Flies that had taken to their winplace sweetbreads in a pressure ter quarters have now come out of cooker Add 1 cup boiling water, histing to bask in the bright warm the vinegar and salt. Close the sun. And now they are out they cooker and bring to 15 pounds presare so stupld all they can do flop around and burz until they pretty nearly drive you crazy. So we have flies in the house and if we go outside to escape them we are immediately confronted with a cloud of gnats. As for cobwebait just seems that spiders you don't even see spin webs while you wall sauce, I cup grated cheese and 4 either indoors and out. So It looks as if everything that enceps, crawls or flies is out to enjoy our Indian summer. Oh yes, it is certainly grand weather but already the farmers are beginning to look anxiously for rain. Never satisfied, are we? But after all, when you have spent days and days working up a field, and have bought fertilizer and sowed your wheat, you do hope for a little co-operation from the weatherman, don't you? But fie during July was the heaviest, if things are not going your way you can forget your worries for awhile if you have something interesting to read

week-digging into a very interesting book where I learned some surprising things. It was "Life Among the Doctors" by Paul Kruif and I was particularly interested in a chapter describing the research work of Dr. Alvin P. Coburn-Naval M.O in the U.S.A .- in connection with rheumatic fever. Apparently research has brought to light a strange fact-that while all sore throats do not develop into rheumatic fever, yet all cases of rheumatic fever that were investigated revealed that there had been a certain type of sore throat beforehand Then it would clear up and he whirring of machinery "What for two weeks the patient would on earth ... I began "Watch the show no sign of sickness Then a oak tree," staid Partner. So I wat- sudden flare-up and he would be ched Soon I noticed the tree was down with rheumatic fever. Dr. absolutely alive with startings- and Coburn began experimenting with they of course were responsible for diet and it was found that patients all the noise A little further away given as much as 8 egg-yolks a another tree had also apparently day following the sore throat did been selected as a meeting place not develop the fever. The next and the birds began flying back move was to discover what there was in erg yolk that prevented innever saw so many startings in fection Research was well under way supported by the Kelloge of it. It was the day after the Foundation, when it was suddenly mole haze had cleared away, as withdrawn Dr Coburn could not maste even the starlings got some [carry on without money so unless there have been discoveries since his lunk was written the riddle of the egg solk is still unsolved But there is nothing to stop anyone with a sore throat eating egg-

That is what I was doing last

Softball Champs of Township Declared

solks thes couldn't do nearly as

much harm as might be caused by

waltowing a whole lot of patent

medicine supposedly a remedy for

anything from boils to bronchitis

Hooray for our side! It was a hard struggle, but they "doed" it' The Erinites shaded Mimora 13-12 on Tuesday night to gain the Erin Township League Championship Reeve Goldwin Burt, Erin Town ship and Stan Potter Ex-Warden of Dufferin County, who are on the wonderful Viav for the fair and executive of the Grand Valley Conservation Authority, are on the

> from the various authorities in Visitors to the Erin Fall Fair Centennial will be pleased with the educational and entertaining displays that are to be shown in the Agricultural building The fair grounds committee of Erin Agricultural Society under the supervision of Famic Teeter have been making extensive improvements

tour with about seventy-five others

Excavation has been made and a foundation is being built on the lot between Mechan's Groceteria and Dilman's Men's Store, which when completed will be a new post office -- Advocate.

MARRIED BRIDE-TO-BE

When the last guest had gone after the wedding of my youngest daughter. I sat down in the living room and wept bitterly. I felt utterly bereft. For 25 years my three girls - their health, education, clothes, friends and pleasures-had completely absorbed my time, enrrgy and thought.

My husband, whistling softly strolled in "Oh, Tom," I sobbed. "what am I going to do? All three of the children gone!"

There was a moment's silence then my husband asked, "Has it ever occurred to you that you might try getting married?"-From "Life's Like That" in the Reader's

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TRAVELLERS' GUIDE

Acton — Phone 130

GRAY COACH LINES COACHES LEAVE ACTON DAYLIGHT SAVING TIME

Kastbound 46.38 a.m.; 8.58 a.m.; 11.23 a.m., 2.08 p.m ; 5.03 p.m.; 6.33 p.m.; 8.35 p.m.; b10.58 p.m. Wretbound

10.17 a.m., 12.52 p.m.; 2.57 p.m. 5 27 pm; 7 27 pm; 9 12 pm; 11.32 p.m.; 1.12 a.m. (Sun to Kitchener a-Daily except Sunday and holt

RAILWAYS

b-Saturday, Sunday and holl

days.

CANADIAN NATIONAL STANDARD TIME

Eastbound Daily 5.55 a.m.; Daily except Sundays 9.54 a.m.; 7.10 p.m. Sunday only, 8.16 p.m.; Daily except Sunday Flyer at Georgetown 9.02 p.m.; Daily Flyer at Georgetown, 10.11

Daily except Sunday and Monday, 156 a.m.; Sunday and Monday only, 12.38 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 9.43 a.m. (flag-Guelph 7.05 p.m.



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Lints to the Cousewife

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