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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 claims, is the main source of Vit p.m.; bl0.58 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 a-Daily except Sunday and holl b-Saturday, Sunday and boll-

> CANADIAN NATIONAL RAILWAYS

> > STANDARD TIME Easthound

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 9.03 a.m.; Daily Flyer at Georgetown, 10.11

Westbound Daily except Sunday and Monday, 156 a.m.; Sunday and Monday only, 12.38 a.m., daily except Sun-day, 8.48 a.m., 6.50 p.m., 7.44 p.m.; amins and minerals when available. Daily except Satisfied Sun. 5.48 p. One might just as well say that be-m. (flagstop); Saturday only, 1.36 cause garden produce can be bought p.m.; Sunday only-6.43 a.m. (flagstop); Sunday only Flyer Guelph 7.05 p.m.

Chronicles

Ginger Farm

Written Specially for the Actual Free Press by Gwendeline P. Clarke

Partner and I have been very busy reading Louis Bromfield's latest book. "Out of the Earth It is a book that requires a lot of concentration so don't let anyone choose it for light reading. If on the other hand you require food for thought, here you have it But what revolutionary ideas in rgard to the care and feeding of livestock ideas however which we, at Ginger Farm have been thinking for several years but which Mr Bromfield hav had more

opportunity to put into practice

To be successful with livestock Mr Bromfield asserts you must put yourself in the place of your rows, pigs or chickens and figure out what conditions would contribute most to your comfort and wel fare For instance if you were a cow would you rather sleep on straw covered cement or on warm deep litter in a loafing barn, bear ing in mind that, in zero weather hedding on a cement floor is 30 to 40 degrees lower than that on a dirt floor. The same applies to pigand chickens which Mr. Bromfield proves in his "Chicken Litter Story" At Malabar Farm they discovered the healthlest chickens were raised on deep litter, fed cafeteria style, and provided with plenty of mineral and organic material Big bunches of green alfalfa were hung up so the chickens could pick at it at any time Access to fresh cow manure was found to be the most effective means to stop cannibalism among hens and chickens But the most amazing Bromfield theory was that scouring and disinfecting poultry houses was detrimental to the health of the chickens because, while disinfectant killed malignant germs it also destroyed beneficial bacteria necessary to the development of mould and fungi, which in turn create the germ-killing anti-blotics known to us as streptomyrin and pennicillin, also Vitamin B 12, lately discovered to be of the greatest importance to the health of both animals and people Mr Bromfield hasn't much use for commercial

oyster shell and minerals. Having digested all this information from "Out of the Earth" I began to wonder if the eggs from Malabar Farm were sold commercfally. If they were it is my guess most of the eggs would be graded as Grade B or Grade C because hens fed as Mr. Bromfield suggests would probably produce eggs with dark yolks and just try shipping eggs with yolks any deeper in colour than a lemon and you ge Grade B every time. That is why commercial feed is used so extens-

feed-prefers to feed his poultry

hoppers containing meat scraps

Now for our experience. Most of the time our laying hens are shut up and fed the modern way. But in the spring when the grass is fresh and green-and rich in vitaminawe take lawn clippings out to the hens. Bees around a honey pot are not in it with the way those biddles scramble for the sweet, green grass. Because we thought it was what they wanted we kept feeding grass as long as the hens would eat it. And what happened? The hens were more active, looked better and laid better-but the eggs had dark yolks and were classed as Grade B. Knowing the reason, did we stop feeding grass? We did not We knew the hens were more healthy and the eggs more nutritious so we just took the loss. Another thing-in the fall some of the hens would mope and appear half sick. Any time Partner found hens that way he put them outside to roam at will. And what was the first place they headed for? The barnyard, no less, and spent most of the time picking away at the manure pile, which, Mr. Bromfield amin B 12—essential in the treatment of deficiency diseases. So it is not surprising that hens that were turned loose invariably re covered. What does it all amount to? Just this. The consumer public. through egg-grading propaganda. imagines that dark-volked eggs should be treated with suspicion. Poultrymen, anxious to please the public, concentrate on light-yolk eggs. So the housewife buys eggs low in vitamin content and then

this nonsense about dark-yolked eggs was stopped. I have nothing to say against commercial feed but surely it can be supplemented by natural vitcause garden produce can be bought in cans it is unpecessary to eat raw fruits and vegetables in season.

goes to the drugstore and buys

Vitamin capsules for her fam'

Eggs should be graded for fresh-

ness and blood-clots but it is time

EXECUTION OF A W Anne Allan

through food chopper. Mix vege-

tables together and add vinegar

sugar and spices, tied loosely in a

over low heat until vegetables are

tender, about 20 minutes. Pour into

hot, sterilized jars and seal. Yield:

about 12 cups. (May omit cabbage

and reduce vinegar and sugar to

Mrs C F. asks why some con-

tainers of frozen food split at the

seams and if food is safe to use?

packed too tightly or the boxes

may have been packed together

lightly. The food may be good to

me providing it is cooked or i

Mrs B. D asks how to remove

orange candle was from a red

Answer Sponge the waxed por-

tion lightly with a liquid made up-

of two parts water and one po-

of denatured alcohol after scrap-

ping off as much wax as you can

PHONE 32R22

brought to a boll for 10 minutes

Answer Food must have been

3 cups vinegar and 11/2 cups sugar)

cheesecloth bag Cook, uncovered

Hello Homemakers' Lat us talk onions which have been put of the "cabbage and his cousins." The cabbage has numerous relatives which include Brussels sprouts, cauliflower, chinese cabbage and broccoli. These fresh vegetables can be used to great advantage now The canned and root vegetables will have their place later

The green members of the canbage family rate highest in food alue The greener a leafy vegeable the more vitamin A, calcium and fron it is likely to supply.

SUGGESTIONS Brussels Sprowts are best when the outer leaves are all green and look fresh and firm Onquart of sprouts should serve five or "ix prople

2 To cook aprouts remove any blemished outer teaves and soak 10 minutes in salted water Drain and cook in boiling salted water for 15 to 20 minutes or just until tender Never overcook until sprouts are ugly brown

To buy Cauliflower select heads that are clean and white firm and compact, and heavy for their size If you see cauliflower with brown spots and florets that are separated it may be a poor bargain at any price

When cauliflower florets are broken into very small sections, crisped and served in salads you do not waste the valuable Vitamin C content Let it stand in cold salty water if pieces taste

As a hot vegetable boll caultflower only until tender (about 18 mins); turn into serving dish then sprinkle with cheese or pour cream tomato sauce over it

Chinese calibage is usually regarded as a salad vegetable but is delicious cooked too Wash thoroughly, slice it crosswise and cook in boiling salted water until tender (about 12 mins.) Drain and add 1 cup cooked tomatoes and half a minced onion and put It back to cook for # minutes.

Shred Chinese cabbage and toss together with equal quantities of grated carrot and grated turning Marinate with French dressing. Sprinkle a teaspoon of brown sugar over a three-cup mixture and add a few chopped nuts.

whole oats and corn with access to When buying broccoli look for large heads-at least three inches in diameter, compact and green. The yellow flowers indicate less flavour and food value. Two bunches should serve six people. By the way the stems are very good

. To prepare broccoll wash, then alice the sterns lengthwise leaving tuft of flowers in a small amount of boiling water, heads up. Cover and cook 20 mins Drain. Pour hot butter pieces in serving dish.

10. Red cabbage should be crisp and well-rounded to be good Shred a small quantity to mix with cabbare in salad. Wrap the unused cabbage in aluminum

11. Always cook one or two very tart apples with red cabbage to retain the colour. Or a gener ous sprinkling of lemon juice at serving time makes a better colour in cooked red cabbage.

THE QUESTION BOX Miss M. W. asks for a good pickle ecipe using green tomatoes? Answer:

Chow Chow 30 medium green tomatoes

(74 Tha) 4 cup table (bag) salt or & cup coarse salt

4 medium cabbage (3 cups minced) 3 green peppers 2 sweet red peppers

3 medium onlons 614 cups vinegar

2 curs sugar I tablespoon celery seed ! tablespoon mustard seed

4 tabespoon whole cloves Put tomatoes through chopper using coarse blade. Combine with salt and let stand 14 hour. Put into cheesecloth bag and let drain overnight. Add cabbage, peppers and

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