

The taste's the test for tea! Canadians buy more Salada than any other brand.

"SALADA" TEA

Hockey

First Int. "A" Game of the Season

MILTON CO-OPS vs.

NEW TORONTO FLYERS

Senior "B"

MILTON ARENA

FRI. NOV. 3

8.30 p.m. D.S.T.

ADULTS 50c

CHILDREN 25c

PROFESSIONAL DIRECTORY AND TRAVELLER'S GUIDE

MEDICAL

DR. W. G. C. KENNEY, Physician and Surgeon...

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TRAVELLERS' GUIDE

GRAY COACH LINES

COACHES LEAVE ACTON DAYLIGHT SAVING TIME

CANADIAN NATIONAL RAILWAYS

STANDARD TIME

Daily 5.55 a.m.; Daily except Sunday 5.55 a.m.; Sunday 7.10 p.m.

Daily except Sunday and Monday 1.56 a.m.; Sunday and Monday only 1.56 a.m.

Chronicles of Ginger Farm

Partner and I have been very busy reading Louis Bromfield's latest book "Out of the Earth"...

Having digested all this information from "Out of the Earth" I began to wonder if the eggs from Malabar Farm were sold commercially...

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...

THE green members of the cabbage family rate highest in food value. The greener a leafy vegetable the more vitamin A, calcium and iron it is likely to supply.

1 Brussels Sprouts are best when the outer leaves are all green and look fresh and firm. One quart of sprouts should serve five or six people.

2 To cook sprouts remove any diminished outer leaves and soak 10 minutes in salted water. Drain and cook in boiling salted water for 15 to 20 minutes or just until tender.

3 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.

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

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



Hello Home-makers! Let us talk of the "cabbage and his cousins". The cabbage has numerous relatives which include Brussels sprouts, cauliflower, chinese cabbage and broccoli.

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6 Chinese cabbage 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 8 minutes.

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

8 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.

One of history's greatest underwater demolitions was the blasting of the nine-acre Flood Rock, near Long Island Sound, in 1858.



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