

FASHION HINT



The latest in the major accessory line is a "vest" This splash of some odd colour—flame orange, striking plaid, royal purple, rich turquoise—can be added to a simple blouse and skirt combination to make all the difference in the world between a completely smart outfit and a quite ordinary one.

Many Canadians who started work in railway shops have risen to high executive jobs with their lines.

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Hello Homemakers! The men at the Crop Improvement Conference are talking about us. They want to know why homemakers do not buy more Ontario potatoes and turnips.

There are some who think that potatoes and turnips are fattening. In answer to this statement may we remind you that jams and breads are 80 to 98 per cent. starch while these root vegetables are only 20 per cent. In other words, one medium sized potato is not more fattening than 1 slice of bread or 1/2 doughnut or 1/2 carrot of apple pie.

Although it is true that potatoes and turnips are a good source of food energy, Vitamin C and iron, it is necessary to remind you that potatoes cooked in their jackets or pressure cooked turnips have the most nutritional value.

TAKE A TIP

- 1. Do not soak peeled vegetables before cooking. 2. Cook as quickly as possible in a covered pan. 3. Start cooking in a small amount of boiling water. Reduce heat once water is back to boiling.

- 4. Use the cooking water for soup stock or gravy. (If potatoes are boiled and the water is discarded about one-quarter of the iron may be lost.) 5. Serve the potatoes and turnips as soon as they are cooked. 6. Keep vegetables in a cool, well-ventilated room to preserve the greatest amount of Vitamin C. 7. Since potatoes reheated by pan frying or browning are low in food value it is inadvisable to cook two meals supply at one time. A good way to use left over baked potatoes is to peel, cube and heat in a milk sauce in a double boiler. Another way to heat left-over boiled-in-skin potatoes is to make Duchess Potatoes.

Duchess Potatoes 1. Prepare mashed potatoes; 1 egg or 2 yolks, well beaten, may be added. 2. Butter a baking-dish; put in potatoes, mound in centre, smooth the surface, brush over with melted butter. 3. Brown in hot oven.

Scalloped Potatoes 2 cups cooked potatoes, diced 1 cup medium white sauce 1/2 tsp. finely chopped parsley 1/2 tsp. finely chopped onion 1/4 cups buttered crumbs 1/2 cup potatoes, onion and parsley in white sauce.

Turn-into-buttered baking dish. 3. Cover with buttered crumbs; brown in hot oven. Note: 1/2 to 1 cup grated cheese may be added to the sauce. Omit parsley.

French Fried Potatoes 1. Wash and pare potatoes; cut in thin slices or in strips. 2. Soak in cold water 10 minutes. 3. Drain; dry between towels. 4. Cook in deep fat which browns a cube of bread in 40 seconds—300 degrees.

5. Cook until golden brown; drain on unglazed paper; sprinkle with salt; keep hot for serving.

THE QUESTION BOX

Mrs. R. T. suggests quick and economical supper suggestions. Answer:

- Tomato Juice Tuna Vegetable Casserole Cheese Biscuits Lemon-Meringue Custards Macaroni-Sausage Creole Quick-Cooked Cabbage Fruit Cup and Custard Sauce Ox Tail Stew made previous night Parsleyed Cole Slaw Toast Applesauce Liver and Bacon Creamed Onions Small Potatoes (boiled in jackets) Cup Cake Fruit Sauce Creamed Minute Rice Meat Loaf (cooked night before) Slices heated in canned gravy Potatoes and Carrots

Fattening Poultry Yields Dividends

Putting the finishing touches on a product before offering it for sale yields the greatest proportionate return from any labour done on the average farm and in no case is this more important than with the proper feeding and finishing of poultry. Research work being done in the Poultry Division of the Experimental Farms Service at Ottawa shows that where proper management and suitable rations are employed, poultry grades can be raised from B or C into the highest grades as Grade A or Grade Special. Not only does the consumer benefit from the greatly improved quality thus obtained, but the producer gains from the increased weight and the better grade price secured.

In the past few years science has stepped in and helped the poultrymen solve some of their rearing and feeding problems. Poultry researchers at Ottawa stress the fact that to produce broilers economically they must grow quickly. This is done by feeding a starter ration high in protein (21-25 per cent) for the first nine weeks. Then by changing the ration to one containing less protein further growth is discouraged and the depositing of fat encouraged. This is made more effective by the lack of exercise brought about by confining the birds in closer quarters.

During the final finishing period the mash should consist of about 13 per cent protein and nine per cent fat, according to recent experiments conducted at Ottawa. This is made up of definite proportions of ground grains as corn, wheat, oat, soybeans and soybean oil; bran and middlings, bone meal, limestone, common salt, cerogras (rapidly dried grass clippings) and brewers' yeast.

In recent years minute quantities of vitamins as B12, riboflavin and choline have been added to the results. These and certain other fattening ration with excellent chemical compounds added to a carefully balanced fattening ration, are considered by many poultry nutritionists as providing an entirely new approach to the finishing of poultry and help greatly in providing the consumer with poultry of the highest quality.

THE PEACOCK LINE

Satin, lace, taffeta, chiffon—every kind of material will be used by dressmakers in Britain for 1951 evening dresses, but of all the designers who are employing taffeta, probably Victor Stiebel's handling of it will be the most ingenious. His most attractive conception of how taffeta can look is perhaps the series of "After Six" dresses he has made recently; for these he has used the "peacock line", which, as its name implies, shows a line which is short in front and droops at the back. His reasons are, as always, logical—a gown, he says, should look as attractive when it leaves a room as it does at its entrance.

There has been a decrease in the inventories of canned applesauce in Canada. Result of a heavy election campaign?

Chronicles of Ginger Farm

Written Specially for the Acton Free Press by Gwendoline F. Clarke

There is an early morning procession at Ginger Farm that is really funny to see. If Partner is a bit late coming in for breakfast, I naturally watch for him from the kitchen door or window. And this is what I often see and hear.

First, although they are still out of sight, I hear the dogs barking. This indicates Partner has left the barn. Then through the little gate which separates the barnyard from the garden I see Black Joe coming racing along, tall in the air, sleek coat shining in the sun. Once through the gate he stops and waits. The reason is obvious as almost immediately Tippy and Honey come along, barking and jumping around each other with early morning exuberance. Then there is a clanging of pails. Partner is making his way through the little gate while the dogs get in his way as he walks, a fact to which neither he nor the dogs pay much attention. Joe still waits at the gate, watching the antics of the dogs with wary eyes. Now Partner and the dogs are almost at the house. It's safe now—so Joe comes on the run, a black streak leaping along the ground—Joe is already there when Partner and his pails reach the woodshed door. Now the dogs stop their fun in anticipation of being let into the house. The outside door opens—followed by absolute pandemonium in the woodshed. Then the kitchen door opens—and in come dogs, cat, Partner and the pails. Invariably Partner says, "Well, we're in!" As if he had to tell me. Eventually they get sorted out—Tippy under the table, Honey on her mat by the stove, Joe in the pantry exploring her feed dish, and Partner at the sink getting washed up for breakfast. For a while there is peace and quietness. We have breakfast, talk and listen to the news—and generally the news is the sounding-gong for our breakfast conversation. And so it goes. We have more or less made our breakfast hour a time of leisure. The early morning chores are over... the work of the day not yet begun... so we take this time for ourselves knowing there are not likely to be any interruptions. But as the day wears on—well, on a farm you never can tell. There might be a sick cow or a new calf—or a mineral-selling agent or maybe a neighbour drops in—to say nothing of telephone calls.

Perhaps this story of our breakfast hour sounds as if Partner and I live a very leisurely life. Actually we don't—but we do try to live an "unhurried" life. As you know there is such a thing as making haste slowly. These days the emphasis is on speed and short working hours. Under such conditions it is impossible to make haste slowly. You can't cram 12 hours work into an 8-hour day without hurrying—or without suffering physical and mental reactions. There is far too much hurry, too much anxiety to get done with the day's work and off for a good time. And since that good time often results in late hours and over-taxed nerves those who thus indulge get insufficient rest to prepare themselves for even the 8-hour day that follows. No wonder people get high blood pressure and nervous digestion. Of course, many of the younger folk like this get-done-quick way of working and can take it up to a point. But eventually the laws of nature catch up with them and they are faced with the alternative of "cracking up" or slowing down. It is bad enough for young people but when older folk try to keep pace with the times they are surely courting disaster. Reserve strength can't last for ever. And yet how difficult it is to avoid the stress and strain of being hurried. Now that stores and offices close so early those who would do business with them must hurry with their own work, whether their business is at the bank, a parcel to mail or meat for dinner tomorrow. "Time and tide wait for no man"—neither do shops and offices. Actually this craze for short working hours creates a paradox. People are so busy trying to get all their work done in an 8-hour day they work harder than ever before. Remember the time when the small-town storekeeper had time to chat with his customers? He doesn't now—too busy getting them served. Time marches on. Marches! Oh no—time marches to maintain a steady, unhurried pace. Time has forgotten how to march. It rushes—it's out-of-step. It isn't a march any longer. It's a rout! "Bye, folks... got to hurry, time to catch the mail."

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Questions On New Markets Answered Differently By Seventeen Farm Forums

Halton County Farm Forum groups returning to action after the Christmas season settled down to thinking of the marketing situation as it affects the farmer. Seventeen groups forwarded a report. The first question: What do you think should be done to insure future markets for the surplus products in your area? The answers were quite varied. S.S. No. 7 Nantawunga Forum thought the solution was a Farmer's Corporation to take charge of marketing and distribution of farm products from the grower to the consumer, by passing the middleman. This the producer would retain control of all marketing operations. A further suggestion was that Boards be appointed to operate in foreign countries, in disposing of any surplus Canadian produce, such Boards to work under the supervision of the Canadian Federation of Agriculture. Other suggestions were, advertising and investigating every possible market; lower prices to increase the buyers' consumption with wage and machinery costs lowered accordingly; improving of storage facilities for vegetables, cutting cost of distribution through Canada of fruits and vegetables. In order that more of our products will be consumed; encouraging of more immigration in order to increase consumption; more controls of oil imports in order to lessen the production of margarine, but better still—ban the manufacture of it altogether. Milk was thought to be the greatest surplus in this community and the matter should be given immediate consideration by our milk board. Stone School Farm thought we should know more about our Federation of Agriculture. The second question was, "Do you think it is a good idea or not, for farmers' organizations to collect money from farmers for the purpose of promoting the sale of their products as their dairy farmers of Canada are doing with dairy products?" Reasons were to be given. North Trafalgar Forum admitted they do get benefits from advertisements but not so much in farm papers. They suggest cook books be placed in every city mail box, emphasizing the use of milk and eggs. They also suggest the taking over of some of our large billboards for advertising our products. If advertising is going to pay such huge dividends why not buy the front page of our daily papers right across Canada, for one day, and advertise like the very "Old Kids" they state. Ligny Forum also agreed in advertising of farm products in order to promote sales of their products, stating all farmers should pay for such advertising as all would reap the benefits. It is up to the farmers of Canada to look after their own interests. In other words, they claim, the Lord only helps those that help themselves. Hornby Forum agreed in advertising of farm products and gave as their reason that it helps to sell because these days people buy by high pressure advertising whether it is cars or cocoanuts. Kelso Forum said, No, the increase in profits from advertising will not equal the cost of advertising.