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THE MIXING BOWL
Anne Allan
Practical Home Economics

Hello Homemakers! For variety in meals, souffles and fondues are excellent possibilities. What is a souffle? What is a fondue? How are they related?

A souffle is a delicate, spongy baked dish made with a thick white sauce to which are added well-beaten egg yolks and stiffly beaten whites. The souffle needs some kind of sauce or creamed mixture, such as tomato or mushroom, as a main course. For dessert, top with custard, cream or fruit sauce.

A fondue is like a souffle except that the thick white sauce is replaced with milk and bread crumbs. For main course dishes a fondue may be plain or the following may be added: grated cheese, shredded vegetable, diced meat or fish. With chopped fruit and flavouring added to the basic mixture it becomes a tasty dessert.

To be an expert at making souffles and fondues follow a good recipe and work quickly.

TAKE A TIP

1. Preheat the electric oven to 325 degrees.
2. Assemble ingredients and articles necessary for making and baking.
3. Prepare meats, fruits, vegetables or fish.
4. Save time by whipping egg whites first and yolks next, to avoid washing the beater. (Eggs beat better if they are at room temperature).

5. Keep souffles light by adding ¼ teaspoon cream of tartar for each 3 egg whites after they have been beaten until foamy. Beat until stiff but not dry.

6. Fondues and souffles will bake to a light, fluffy food in a slow oven set at 325 degrees for about 40 minutes.

7. A souffle is done if it springs back when gently prodded with your finger or if a sharp knife comes out clean when inserted in the centre. Be quick and gentle though.

8. Serve immediately after baking. — a souffle falls readily.

Basic Souffle

3 tbsps. shortening
4 tbsps. sifted flour
1 cup milk
½ tsp. salt
½ tsp. pepper
3 eggs, separated
¼ tsp. cream of tartar

Melt shortening. Blend in flour. Add milk gradually, beating constantly. Cook while stirring until thick, about 5 minutes. Add salt and pepper. Blend thoroughly. Cool. Beat egg whites until foamy, add cream of tartar. Beat egg yolks until lemon coloured. Add beaten yolks to cooked white sauce. Blend thoroughly. Fold in beaten egg whites. Pour into greased 2 quart baking dish. Bake in slow oven of 325 degrees for 40 minutes or until an inserted knife comes out clean.

Basic Fondue

1 cup milk
1 cup soft bread crumbs
3 eggs separated
1 tsp. shortening
½ tsp. salt
½ tsp. pepper

Heat milk in double boiler; add crumbs, shortening, salt and pepper. Stir until shortening is melted. Cool slightly. Beat egg whites until stiff but not dry. Beat egg yolks to milk mixture. Fold in egg whites. Pour into 2 quart oiled baking dish. Bake in electric oven of 325 degrees for about 40 mins., or until firm.

THE QUESTION BOX

Mrs. A. D. asks: How to try oysters in the electric oven.

Answer: **Panned Oysters**

12 oysters
1 cup flour
1 tsp. salt
½ tsp. pepper
1 egg, beaten
1 tbsps. salad oil
Bread crumbs

Combine flour, salt and pepper in one bowl and the egg and salad oil in another bowl. Drain the oysters and roll them in the flour and then in the egg mixture and place in a buttered baking dish. Sprinkle well with crumbs. Place in a moderate electric oven (375 degs.) for about 12 to 15 minutes. Serve with tartar sauce.

Mrs. E. M. asks: How to make potato chips.

Saratoga Potato Chips

Peel 4 potatoes and then slice with a potato peeler or slotted knife, very thin. Soak the pieces in cold salted water for one hour. Drain them well, then dry them between towels. Fry the chips in deep fat (peanut oil) heated to 395 degs. (hot enough to brown an inch cube of bread in 20 seconds) until they are brown. Drain them on paper and sprinkle with salt.

Note 1: Fry only a few potatoes, about one soup ladle at a time.

Note 2: If they are not crisp enough, cool quickly in a draft, shaking excess fat from them, and fry again.

Don't Sell Bonds To Meet Emergency

Maintain Your Savings Through a B of M Loan

What are your Canadian Government bonds worth to you—not just in cash, but in sense of security and peace of mind? And how hard would it be to give them up in an emergency?

These questions may not have much significance today, but a time can come when unforeseen circumstances seem to make it necessary for you to sell your bonds. It may be an emergency, or it may be a sudden opportunity that calls for hard cash.

In such a case, remember it isn't necessary to sell your bonds, to get the money you need. Gordon Oder, manager of the Bank of Montreal, at Acton points out that bonds are the best security for a B of M personal loan, and make it possible to get such a loan at substantially lower cost than when it is unsecured. In fact, the interest you continue to receive on the bonds almost covers the cost of the loan, which can be repaid in easy monthly instalments out of your regular income.

Chronicles
of
Ginger Farm
Written Specially for the Acton Free Press by
Grandma F. Clarke

Just recently I have wondered so often how many people are likely to get "radio flu". And the reason I wonder is because I have come to the conclusion that "flu" can be spread in two ways—by germs and by advertising—and it is my guess that radio propaganda will do more to spread the present epidemic than the germs themselves. The power of suggestion is tremendous. Not that radio broadcasters actually suggest that people should go out of their way to entice the flu virus to their homes but they do imply that the epidemic is becoming so widespread that to avoid it is next to an impossibility. Naturally it is very difficult for nervous people to stop getting jittery when, with every newscast, they hear full details as to how the flu is spreading and how many have died as a result. Health authorities have stepped in and closed schools and places of entertainment in some districts—why in heaven's name don't they step in and stop this insidious flu propaganda? Creating an atmosphere of fear lowers any person's resistance to whatever kind of germ may be floating around in their vicinity. Far better to belong to the "Cool" school of thought which takes as its text, "Every day in every way I am getting better and better." Even the most ambitious bug needs plenty of persistence when he encounters that kind of defense.

Well, well—the winter is getting away—first thing we know we shall be thinking of spring. Actually the winter has gone far too quickly for my liking. I haven't got half the things done I had planned on doing during the winter months. If it were not for the look of the coal bin I could wish that winter was only just beginning. But oh dear, that coal bin! No more than two tons left at the most. Two tons of black diamonds—yes, indeed with coal the price it is today it may well be called "black diamonds". But they must have heat—or think we must. Sometimes, however we don't have any choice. For instance one morning last week when Partner gave the kitchen stove a shake the bottom fell out of the firebox. We had to do without heat that morning while the stove was being treated to new grates and a set of firebricks. Fortunately the weather wasn't cold—nor were we cold when we were handed the bill for the job. Twenty-one fifty! But of course we couldn't blame our hard-ware man—he was only charging us in proportion to what the repairs cost him. I doubt if such items as stove repairs enters into the picture when the powers that be are tabulating the cost of living index.

As I write I take a look out of the window once in a while—over towards our "Mountain". I can hardly see it at all today. There is a fine drizzle falling and the mountain is shrouded in mist. In fact my beloved mountain has appeared rather formidable all winter. There have been only a few occasions when alternating light and shadow have given it that mysterious beauty that entrances me so much. But still I love it in all its moods—only I have lately come to the conclusion that to admire it from a distance is one thing; to live on it is something else again. I know a few people who live on its sometime glorious heights and I have a feeling that they would not think "glorious" was the right adjective to use in describing it last week. One morning the mountain road was a glare of ice. Cars took to the ditch as naturally as steel to a magnet. One driver was in and out of the ditch four times before reaching the foot of the hill. Still others got into the ditch and stayed there until after the road was sanded. One person who was walking into town occasionally took to her hands and knees as a safety measure. Yes, I shall always love that mountain but I think I'll love it from a distance—maybe distance lends enchantment.

Of course we also had our less problems—at least Partner did—only a case of dire necessity would take me out on the ice. I have only to look at it and my feet go from under me. There is a bit of a hill

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GUELPH
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down to our barn and when Partner went to milk that icy morning the only way he could get there was to slide. When he fell himself going he dropped the milk pails, and they, very considerably, slid too—one on either side of him, until they all reached the stable door. As Partner said to me afterwards— "If I had had to go back up the hill for those pails it would have been just too bad." Later, of course, Partner spread salt over the ice as a safety measure. Now, if the weather doesn't change, we may need a punt to get to the barn. Wish Kipling was around these days to see his "Lady of the Snows".

New Plan To Man Ontario Industries

Following the statement by Premier Frost that there were indications of a growing shortage of manpower in the near future, and the later news that it is quite probable that a substantial drain on our labour forces for the armed services can be expected, the Honourable William Griesinger, Minister of Planning and Development, has announced that steps have been taken to strengthen the labour resources of Ontario Industries and business.

The Government has initiated this action through the Immigration Branch of the Ontario Department of Planning and Development and with the assistance of Trade and Industry Branch, will determine what shortages there are likely to be and endeavour to obtain new manpower from the United Kingdom and Europe through the facilities of Ontario House in London and other Canadian Government offices.

The new policy of the Ontario government to assist industries and business to obtain skilled and semi-skilled workers for their plants has been given effect through conferences between Federal and Provincial authorities and Personnel Managers of larger key concerns now feeling the pinch through lack of skilled personnel. There is an urgent demand for hundreds of draftsmen, tool and die and machine-shop workers, as well as skilled electrical and engineering tradesmen. The results of these recent conferences with Ottawa authorities, Colonel Griesinger said, have been most satisfactory in developing plans for the pooling of information and services between Federal Government officials of Citizenship and Immigration, the Department of Labour and Ontario Government officials, both in the United Kingdom and at home.

A considerable number of skilled persons will come forward to work already arranged in several key industries which are sending selection teams to Great Britain to screen prospective employees who have registered as intending emigrants with Ontario House or Federal Government offices. In many cases the employing industry will advance the cost of transportation to the new job in Canada and repayment will be made over a period of months or years through payroll deductions.

Colonel Griesinger stated that undoubtedly there was some unemployment now because key people were not immediately available and he predicted that as these jobs were manned, employment would open up for many others in construction and on production lines. The Minister expressed great satisfaction with the new policy which could only have been given effect through the full co-operation and understanding of the several departments and officials of both the Canadian and Ontario Governments concerned in developing the plan.

OLD PLUMBERS

A survey, made by the Ontario branch of the National Association of Master Plumbers showed that the average age of journeymen employed by member firms is 59 years, says Napier Moore in The Financial Post. Our informant is Sanitary Engineer, which adds that Ontario Government records show that not a single apprentice has graduated as a journeyman in that province during the past two years. Moreover, the same source indicates that the average apprentice who enters this trade only serves two years of his five-year term and chucks the whole thing up. This seems to us to be a serious situation. No nation is better than its plumbing.

GRIMMER EASTER PROSPECTS

Outfitting the little woman with a new Easter bonnet and the trimmings will cost more money this year, warns The Financial Post. It warns: "Be ready to dig deep. Much deeper than last year—an extra \$5 on last year's \$25 dress; \$15 on the \$50 suit; 25 per cent on shoes—and so on all the way up the scale and through the ensemble."

"She may buy more too. There will be a more tempting range to choose from. The New York label and styles will be around in greater variety."

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HAROLD WILES
PHONE 58

"Small houses can give people big ideas!"

"Sounds funny, I know. But this house might have given you the same idea I had—if you'd been in my shoes the other day."

"I'd just dropped around with my son Bob and his family to see how their new house was getting on. It seemed to me to be just perfect for them. Cute, trim and practical. But small. There certainly wouldn't be room for anyone but them."

"Suddenly the thought hit me—What if I had to move in with them because I didn't have enough to live on after I'd retired?"

"Then and there I resolved never to let that happen. Sure, there may be plans for paying old-age benefits to everyone someday. But I'll need extra income to make sure that I'll be completely independent. And the best way to get it is by increasing my life insurance."

"That plan seemed so logical I wondered why I hadn't thought of it before. And when I saw my agent I discovered how flexible life insurance can be—how it fits my own needs and my wife's need for protection."

"So now I'm building security for myself and my family the best possible way—with life insurance!"

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