### **Fashion Hint**



growing youngsters then for the you have 3 cups of fruit, one pound mothers. The little coat and bonnet prunes yields about 4 cups cooked always look so sweet when they're and one pound dried apples yields new, with delight showing in the 10 cups cooked apples. If you are morky and bealthy face of the wee thinking of your budget comgirl. Why not break away from the cost of a 20 ounce tin of fruit which traditional pink for the stric blue contains \$14 cups. for the boys, and try si gay Easter outfit in cheery yellow? Pin a sprig of artificial flowers to the side of the warm bonnet and the pre-schooler is a salsier stunger te her Sunday best.

#### Pollock and Campbell Manufacturers of

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GUILLPH

EYES EXAMINED GLASSES FITTED

### Do You Know...

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\$2.25 PER FOOT

J. E. McMULLEN

Contractor

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ple, spiced for meat, chilled for freeze. Serves 6. salads, or pureed for frozen des-

The three dried fruits which are n abundance on our grocer's shel-New clothes for spring are even vek are figs, prunes and apples. more of a must for those every When you cook one pound of fire

> Fruit Whip 1 cup fruit pulp

W took solt 4 cup sugar

I can whiten beaten

1 thep. lemon juice Heat mashed fruit and salt and sugar together until sugar is solved. Pour hot syrup slowly over | ple crust from shrinking. stiffly beaten egg whites, beating constantly. Add lemon julce and fruit. Pile into parfait glasses wi

serve immediately. Serves 4. Fig Turnovers I CUD SUNAT

1 thep. theur 4 cup water and tig juice

1 thep. butter I carr. besten

35 cup lamon juice I theps grated lemon rind

1 cup figs, chopped I recipe Plain Pastry

Combine first 8 ingredients and cook slowly until thickened. Cool. Roll pastry 4 inch thick and cut into 4-inch circles. Piace a tablespoon of fig mixture on half of sech circle, moisten edges and fold other half over filling; pinch edges together and prick top. Place en baking sheet and bake in hot electric oven (450 degrees) about 15 minutes. Makes 8 to 10.

> Prune Chillon Me 1 thep, unflavoured gelatin

4 cup cold water I cup chopped cooked prunes

cup prune fulce 15 cup sugar

14 tsp. salt 2 tsps. lemon juice

1 tsp. grated lemon rind

2 egg whites, stiffly beaten 1 baked Pastry Shall

Soften gelatin in water 5 minutes. Combine prunes, juice, sugar,

Prune Freeze

When you have just enough cooked prunes to make % cup of pulp, try this dessert.

cup milk . 1 egg. beaten

14 cup sugar

i cup cooked prune pulp 3 thsps. orange juice

3 thans. lemon juice 14 tsp. salt

I cup heavy cream, whipped Scald milk in the top of the those who are willing to use it double boller over bolling water. Add egg and & cup of the sugar, of seed offered for sale in Canada, stirring constantly until custard registered and certified seed are coats spoon. Remove from heat

PHONE SE





Hello Homemakers! Dried trults and cool. Mix remaining sugar with now grace the most elegant tables, prune pulp, fruit Julces, and salt. Previously prunes and dried apples Fold truit and whipped cream into were the poor man's dessert; now cooled custard. Pour into freezing they have gained in favour as fruit tray, of electric refrigerator and

TAKE A TIP To clean the waffle from early

use a small stiff brush. To remove burnt or thick grease from pan pour I inch water into pan, add a lablespoon baking sods, heat without a cover. (De

not let it boll over.) Care of flour sifter is necessary to prevent collection of greate and dust. Book in clear cold water then brush. Rinse in warm water. Dry in warm oven then

store in paper sack. 4. If food obopper is not used frequently rub contact parts with unsalted fat or salad oil. Only fine powder such as allves

be used on stainless steel.

polith or window cleaner should

Mrs. J. W. caks: How to preven

Answer: To avoid shrinkage roll pastry lightly, place in pie pan without stretching and set saide 8 minutes before fluting the edge. Or place another ple pan on pastry before, baking. Remove extra pan after 18 minutes of baking and bake another five minutes.

Mrs. R. S. cake: For Date Cream Pie RecipeY .....

Date Crouse Pla 4 recipe Plain Pestry

1 egg 1 cup sugar

14 tap. salt

1 cup evaporated milk 2 thans lemon juice 1 cup chopped dates

Line pie pan with pastry. Combine remaining ingredients and pour into pastry shell. Bake in electric oven (425 degrees) 10 minutes; reduce temperature to alow (300 degrees) and bake 15 minutes longer until firm. Makes 1 (9 inch)

#### "Use Clean Seed!" Advises Officials

Throughout the years the greatest single robber of soil goodness, the greatest enemy of high yields of useful crops has been-WEEDS.

Each year millions of dollars are poured out by Canadian farmers to salt, lemon juice and rind, and heat buy weed exterminators or to pay gelatin and stir until dissolved. in check and each year, just as Cool. When slightly thickened, fold regularly, thousands of Canadian shell and chill. Makes 1 (9 inch) noxious weeds that they insure the another discovery—a dist that don't wear very well.

preferably registered seed.

or certified seed imported or produced in Canade is available to

.Representing the highest quality basic seed stocks of improved varieties. To qualify they must have been inspected during the growing season and found pure as to variety; the seeds must be free from noxious weed seeds and practically free from all other weeds before they can be graded, tagged and sealed by an inspector of the Plant Products

Varying mainly in weed tolerance, there are three grades of registered seed and two grades of cer-

Non-pedigreed seeds are sold in three grades, these varying considerably in the tolerance of total weed seeds allowed. Officials point out that for the general seeds of commerce, which are not graded by an inspector, it is the responalyses number from the regional office of the Plant Products Division before the seed is sold."

#### BUILT-IN RANGES

Built-in electric ranges, with ovens as separate units placed at any convenient height, are becoming to them. What do you think?" popular for use in small kitchens

Robt. R. Hamilton OPTOMETRIST'

72 ST GEORGE'S SQUARE GUELPH

COMPLETE EYESIGHT SERVICE

# Chronicles

#### Ginger Farm Written Specially for the Acton Free Press bur

Gwendoline P. Clarke

One time we used to think if Eas-

to the thought.

not everyone knows why Easter is ening the strong." movable nor how the date is set. This is what happens, which I suppose is a custom that dates back to Biblical times. Kaster Sunday always the first Sunday following the full moon which comes on or after the 21st of March. If the full naturally that means that Easter cording to a recent survey. is not until sometime in-April.

it was just as well we didn't have wearing possibilities. visitors they might have starved. Friday the shops were closed; Sat- facturer for hose that don't wear urday there was such a terrific gale | well when the fault lies in our own I was afraid if I ventured out my purchasing habits. end shopping done at all and "denier." has been alim pickings around our If you examine a pair of hose did not go to town we had all we ing. wanted in the way of milk, bread, we any reason to grumble?

no one any better off than before. Actually, if the strike had gone on very long, the farmers, who had from 15 to 70 denter. nothing to do with it, would have our milk to Toronto.

Still on the subject of food . . . continued life of their greatest profiles greatly to relieve those Fifteen-denier thread with a 54 The only possible hope for weed sure. The diet is mainly rice, fruit sheer stocking, but it should only eradication; says Nelson Young, and fruit juices, with extra vitamins be worn for formal occasions. director of the Production Service being fed in tablet or capsule form. Medium sheers range in weight of the Federal Department of Agric Experiments have been going on for from 20 to 30 denier at 51 gauge. culture, is in the use of clean, and several years and were the result Then there are the heavy sheers. 40 of investigation following the real- to 45, for service weight. Under the Seeds Act, passed in ization that Oriental races, who are Maybe you'll want some of each 1905, many steps have been taken big rice caters, rarely suffer from weight, but be sure you don't wear to guarantee that clean registered high blood pressure. Medical 15 denier for housework. science does such marvellous things don't all live forever.

Back to Easter again . . . we didn't calf. And Partner had reason to know it. By some queer quirk this little calf didn't seem to know! where to find its breakfast, so Part. threads. This is especially true if

the place without, making direct the stocking. contact with the source of supply. Leg length is important in buyand all the thanks Partner got was ing stockings too. Too short ones He doesn't know whether it was you buy them too long, they are foot; but he does know he has a of the weave below the ribbing. cut and swollen lip, which is very Measure the pair that fits you

painful and certainly does nothing | best, and try to purchase that to improve his appearance. What length. adds insuit to injury is the fact that the cow was sold-and paid forbut the buyer did not come when he should have done so the cow had time-to produce her calf. And the only reason Partner sold the Yow was so he would be saved the extra work of having her freshed A lot of trouble three days le

caused by people not living up to used. their complitments -- especially . in giving service or getting repair work done Promises are given glibly enough-c'Yes, we'll be in to There is a beautiful sunset to | do that job for you next Monday night-Easter Bunday- and it is the without fall." Monday comes, and man brought in this Easter week- still walts. Promises don't seem to end. Was there ever's colder Eas- mean anything any more a fact ter? But of course, although It is which increases the tension under Easter, it is also March so actually which all people are now living the weather is quite sessonable And a lot of it could be avoided. The other day I came across a ter came early then so did apring clipping in my files which gave But maybe it never did-perhaps it this remarkable quotation from Ab was only that the wish was father raham Lincoln, so applicable to present-day conditions-"You can-Just recently I discovered that not strengthen the weak by weak-

#### Things You Should Know About Nylon

How do you select your hose? moon falls on a Sunday then Master Do you buy by size and color, re-Day is one week later. If the full gardless of the weight and gauge? moon comes late in Merch then That's what most women do, ac-

Too often when we complain that We did not have any visitors this our hose aren't wearing well, the week-and-not even Daughter as trouble is that we have bought too two of her roomers were leaving sheer a pair for regular use. Many the city and two others meving in times we buy what we see disso naturally she was busy. Maybe played without investigating their

It's not fair to blame the manu-

poor little "Limey"-that is, my The first thing about good buycar-would have blown right off ing procedure for nylon stockings the road. So I didn't get any week- is to understand the terms "gauge"

house for two days. At least, that carefully you'll notice there are is what I thought, but I suppose rows of stitches going around the our "alim pickings" would have leg. The number of rows in every been a feast in many parts of the inch and one-half is called gauge. world. I wonder if the time will Common gauge figures are 45, 48, ever come when all people. In 51, etc. That means there are 45, 48, every corner of the Globe, will and 51 stitches in one and one-half have enough to cat. Even though I inches around the leg of the stock-

Denier-refers to the weight of eggs and other food stuffs-so had a definite length of thread. The larger in number the heavier the And speaking of milk . . . wasn't | weight of the thread . Uusually, the that milk strike the craziest thing? heavier-weight thread will give All that fuss and inconvenience and better wear than will the lighter weights.

Stockings are made in weights

Pifteen denier is very sheer. It been the ones to suffer the greatest is a popular-weight-hose today. loss. We were not affected by it and for that reason it is frequently to boiling. Remove from heat, add for cultural practice to hold weeds at Ginger farm as we do not send the hose on the display counters. If you buy 15-denier weight hose in egg whites. Pour into pastry farmers plant seed so polluted with medical science has come up with you probably wonder why nylons and use them for every-day wear,

who suffer with high blood pres- or 60-gauge makes a very fine and

Another thing that assures longer you wonder sometimes why we wear for your stockings it to be

sure that you get the right size, Nylon hose should be fitted a have any Easter bunnies around half-size larger than should cotton here but we did have an Baster or rayon. If you wear 914 in rayon, be sure that you buy size 10 in Nylon doesn't stretch like other

ner very obligingly tried to help you wear open-toed shoes, which it. The calf nosed around all over are an extra strain on the toe of

a sudden, sharp blow on the mouth, develop runs in a short time. If the calf's head that humped him or generally folded under at the top whether the cow let fly with her where the garter catches the mesh

# County's Agricultural Representative sibility of the seller to secure seed Praised as Farm Forums Study Services tests, grades and certificate of an-

tled down for discussion on Monday not make good use of the Agricultural services that are available

All reports coming to hand admit that farmers do not make use of the agricultural services that are available to them, and yet as ongroup states the numbers who do Weedespraying and weed control a subject through films than by for garbage, cans, etc.

Halton County Farm Forums set- reading or listening to a speaker. Well deserved praise was given to March 19th, with the question, "Are our county Agricultural Representthe Farm Extension Services ade- etive. Mr J E Whitelock, and quate?" The question had two parts some thought that even the cartoon (a) "Some people say farmers do on our findings sheet did not represent all the organizations and responsibilities imposed upon his hands and shoulders.

(b) "What farm and home extension services are needed in your district that are not available now?"

make use of these services are could be improved as one of our steadily increasing. Farmers who farm and home extension services. Specialize in certain types of farm- Another group thought the United ing generally do make use of avail- States system is much superior to able agricultural services. Some ours, as they seem to get this insuggestions as to services which formation across to the people should be used to greater extent much better. If we could spend is encouraging our young farmers two or three times as much on to join calf clubs in order to in- extension and less on experiment crease their interest in farm stock we think it would be better Soil More use could be made of films, conversation and reforestation were as one can secure a better grasp of also required, and a disposing plant

Give, your hose good care after |- Overheard in the lobby of you buy them. Wash them care Johannesburg hotel: "My wife b fully after each time you wear an hour late. She's either been kidthem. Use lukewarm water with appped, hit by a motor car, or she's mild soup tiakes or detergents Hang shopping: I hope she ham't been them carefully over a rack to dry. shopping." Whon dry, fold them and keep them in snag-proof box or a cellophane bas until they are to b

#### PROTECT TRETH

Children's first tooth are important and should be looked after only nice thing that the weather- the next and the next-and the job carefully, Poor eating habits. speech defects and crooked misshapen permanent teeth are part of the price that may have to be paid for premature loss, through neglect, of the baby teeth.

#### WORST ALTERNATIVE

## CECIL A. CARR

OPTOMETRIST

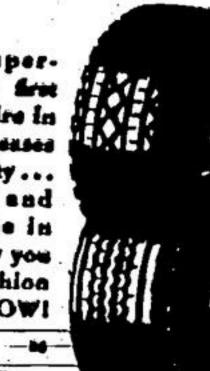
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