

EAVESTROUGHING

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CARROLL'S
TEA BAGS

2 CUP BAGS 34c
30-BAG PKG. 67c

ROMAR COFFEE PKG. 49c, 96c
TOMATO JUICE 30-OZ. TIN 12c
ORANGE JUICE 17c, 39c
LIBBY'S MILK 15c
GINGER ALE 2 BTL. 27c

TOMATO SOUP
QUAKER 3 10-OZ. TIN 25c

COHOE SALMON RED 1/2-LB. TIN 31c
Pork & Beans 2 TINS 35c
SPAGHETTI 15-OZ. TIN 15c
Mixed Vegetables 15-OZ. TIN 15c
DEL-MAIZ CORN FANOF 15-OZ. TIN 16c

GOOD LUCK
MARGARINE 1-LB. PKG. 44c

Lynn Valley Corn 3 10-OZ. TINS 25c
CHICKEN-NOODLE SOUP MIX 2 PKGS. 25c
HEINZ KETCHUP 16-OZ. BTL. 26c
Cider Vinegar BTL. 15c, 25c
BAR-B-Q RELISH 16-OZ. JAR 33c

SWIFT'S BROOKFIELD
Cheese 2-LB. LOAF \$1.01

LIFEBUOY SOAP 3 REG. CAKES 29c
Camay Soap 2 REG. BATH CAKES 19c
Dreft for Dishes PKG. 40c, 79c
Rinso IN YOUR WASHING MACHINE 17c, 41c, 81c
FAB MAKES IT EASY PKG. 41c, 81c

BOSTON BRAND
Corned Beef LOAF 12-OZ. TIN 34c

Marmalade GOOD MORNING SHERRIFF'S-JAR 26c, 46c
Lushus Jelly POWDERS 3 PKGS. 29c
Ginger Bread Mix SHERRIFF'S PKG. 31c
Choc-Nut Loaf C. & B. 8-OZ. TIN 21c
Heinz Junior Food 3 TINS 28c

SWIFT'S TOP QUALITY SHORTENING
SWIFT'NING 1-LB. PKG. 47c

ORANGES - - - Doz. 29c
WATERMELONS - - - Each \$1.69
CUCUMBERS - - - Each 19c
CARROTS - - - 2 for 23c

FRESH DAILY—Home Grown Radishes, Beets, Cabbage, Spinach, Cauliflower, Asparagus, Lettuce

Chronicles



Ginger Farm
Written Specially for the Acton Free Press by Gwendolene F. Clarke

It happened again! I was up to my ears in paper and paint, doing over the dining-room, when our minister came to call. Any minister we ever had in this district always pays us a visit when I do that room—and of course it is the only room in the house that can't be shut away from public view as it is the main entrance to the house. The day I started the room Partner looked around at my glorious muddle and remarked—"Looks as if we are due for a visit from the rector!" "Yes," I agreed with a laugh—never thinking such a coincidence could continue to occur indefinitely. But the next afternoon there he was! I had just finished putting the border on the wall—and for that job you know how you pull everything out into the middle of the room, reaching a sort of climax in disorder. To me, putting on the border is the worst job... so much stretching and reaching—so before making any attempt to set the room to rights I kicked off my shoes and was sitting down for a few minutes, getting the kink out of my neck while I read the highlights of the day's news. It was then that the knock came to the door! Maybe I should have been embarrassed—but I wasn't. A muddle that is a means to achievement doesn't appear to me as something to be ashamed of.

And I'm telling you, when I look at our dining-room I feel I have achieved something. It is one of those old-fashioned rooms with wood-paneelling all around—and six doors, two windows, three cupboards and a big, closed-up fireplace. So there is plenty of woodwork to paint. It is a very dark room and I was determined to brighten it somehow. So here is how I did it. Ceiling peach; walls light turquoise; and the woodwork light coral-pink! Trim for cupboard handles and knobs, also the back of glass cupboard, will be deep coral—when I can get it. The cretonne curtains, cottage style, include all the colors just mentioned. The floor is maple, and is being treated to a coat of hard finish—slow drying stuff, so I had to leave a track for us to walk on to get in and out of the various rooms. I didn't think Partner would take too kindly to the idea of having to go out the front door first thing in the morning and all around the house to get to the kitchen! After all, we women have to make our decorating orgies as painless as possible for our menfolk.

It is too bad the poor dears don't get as much kick out of house-cleaning as their wives. Sure it is hard work—but with compensations. Changing a colour scheme in a room is always a joy—brings out so many new ideas. Vases, pictures, wastepaper baskets, inherited or bequeathed, that never did fit in anywhere before, are often found to be just right for the new-colour woodwork or walls. And it is surprising what treasures can be unearthed from attics and cellars. A cracked mirror can be cut and squared to form an attractive table centre-piece; an old vegetable tureen filled with flowers or fixed up as a miniature garden completes the picture.

Well, it is the week-end again—and by working early and late I managed to get the house straightened around. Daughter was to come out on Sunday—but missed the bus. Bob wasn't sure whether he could get home... and then he came. Our unpredictable children!

This afternoon Partner and I explored the new highway that runs past our gate. Then we cut across country to the sandhills from whence the construction company operates. It being Sunday there was no actual work going on but a watchman on duty explained to us all the intricate details of the huge "hot-mix" machinery. The boiler for the mixer was still going full blast; the mixer has to be kept hot weekdays and Sundays—if it were allowed to cool the asphalt would harden and be worse than useless as it would then gum things up completely.

In the sandhills which had been left exposed by the power shovels



THE MIXING BOWL
BY Anne Allan
HYGIENIC HOME ECONOMY

Hello Homemakers! During the school exam session we brushed up on our latin. One recurrent phrase was Quo Vadis? (Where are you going?) Our usual reply, "To the kitchen," always brought forth some plain English in query of what the next meal was going to be. From experience we know that fresh salads and fruit in season are always welcome, but the test is in salad-dressing—the right dressing and the correct amount without overpowering or soaking the ingredients. A simple grouping of salads is: (1) tossed greens (2) cooked vegetables, and (3) fruit salads. (fresh, jellied or frozen). We usually select the dressings in this order, oil or French for the first, cooked or boiled for the second, and mayonnaise or cream for the fruit. Don't be afraid of experimenting—taste as you make additions to a basic recipe until it is just right.

TAKE A TIP
1. Spicy vinegar from sweet pickles may be stirred into French or cooked dressing.

2. Lemon juice, honey, oil, salt and paprika all blend into a delectable French dressing for fruit salads.

3. Use leftover fruit juice for liquid in cooked dressing. Thin mayonnaise with orange juice, and how about beating a little jelly or jam into boiled dressing sometimes?

4. Try these additions to any type of dressing: tomato catsup, a dash of curry powder for fish or egg salads, a few drops of Worcestershire sauce, a trace of garlic, onion juice, a pinch of herbs or a dash of horseradish.

Now a few suggestions for salads. 1. Serve salads often; a main course salad should include meat, or eggs, or cheese, or fish. A light salad of raw and cooked vegetables can be served in place of a second vegetable or to accompany a casserole.

2. Cut ingredients in pieces small enough to be easily handled with a fork yet large enough to retain their identity.

3. Diced celery, grated carrot or cabbage in potato salad is important for its crispness as well as its flavor. Include at least one raw vegetable or crisp fruit in salads of soft texture.

4. Eye appeal is definitely important. Add at least one colorful ingredient to each salad. A sprinkle of grated raw carrot or beet, minced parsley, sliced radishes or onion tops, paprika are wizards for adding color.

5. Arrangement, too, make a difference but never try to make an

over-elaborate salad. 6. Avoid watery salads. Thorough draining of cooked ingredients and the careful drying of raw ones is important. To dry excess moisture from lettuce and such, place it on a clean tea towel, gather up the ends and shake gently.

7. Combine all salads by tossing lightly with two forks, not by stirring with a spoon which will break and pack the ingredients.

Salad-Burgers
4 hamburger rolls
2 cups flaked salmon
2 tbsps. lemon juice
2 tbsps. grated onion
1 cup diced cucumber
1 cup mayonnaise
1 tsp. salt

Spread the split rolls with mayonnaise. Combine other ingredients and spoon on rolls. Serves 4.

Chief Salad
Chop 6 radishes, 4 green onions, 1 quart spinach, 3 tomatoes, and a few nuts. Add 1/2 cup grated carrot and 1/2 cup cubed cucumber. Toss all ingredients lightly with a tart oil dressing. Chill and serve on lettuce. Serves 6.

Frozen Fruit Salad
2 cups diced fruit
1 tsp. plain gelatine
2 tbsps. lemon juice
1 - 3 ounce pkg. cream cheese
1/2 cup mayonnaise
Pinch of salt
2/3 cup whipping cream
1/2 cup sugar
1/2 cup chopped nuts

Drain the diced fruit. Soak gelatine in lemon juice, then dissolve over hot water. Blend cream cheese with mayonnaise and salt. Stir in gelatine. Whip cream until stiff, adding sugar gradually. Fold in cheese mixture, nuts and fruit. Pour into refrigerator tray that has been lined with wax paper. Freeze until firm with the electric refrigerator set at coldest point, about four hours. Turn out on a bed of cress, remove paper, cut in slices and serve with fruit dressing.



The sheer look is the perfect look for summer. It's especially delightful in a cool dress like this one, with velvet lines criss-crossing the marquisette. The trim top with neatly buttoned bodice and short sleeves contrasts the breezy swing of the full skirt. Navy blue is a smart colour for the dark summer dress. And for a frosted look in summer heat, wear the still popular brilliants as jewellery.



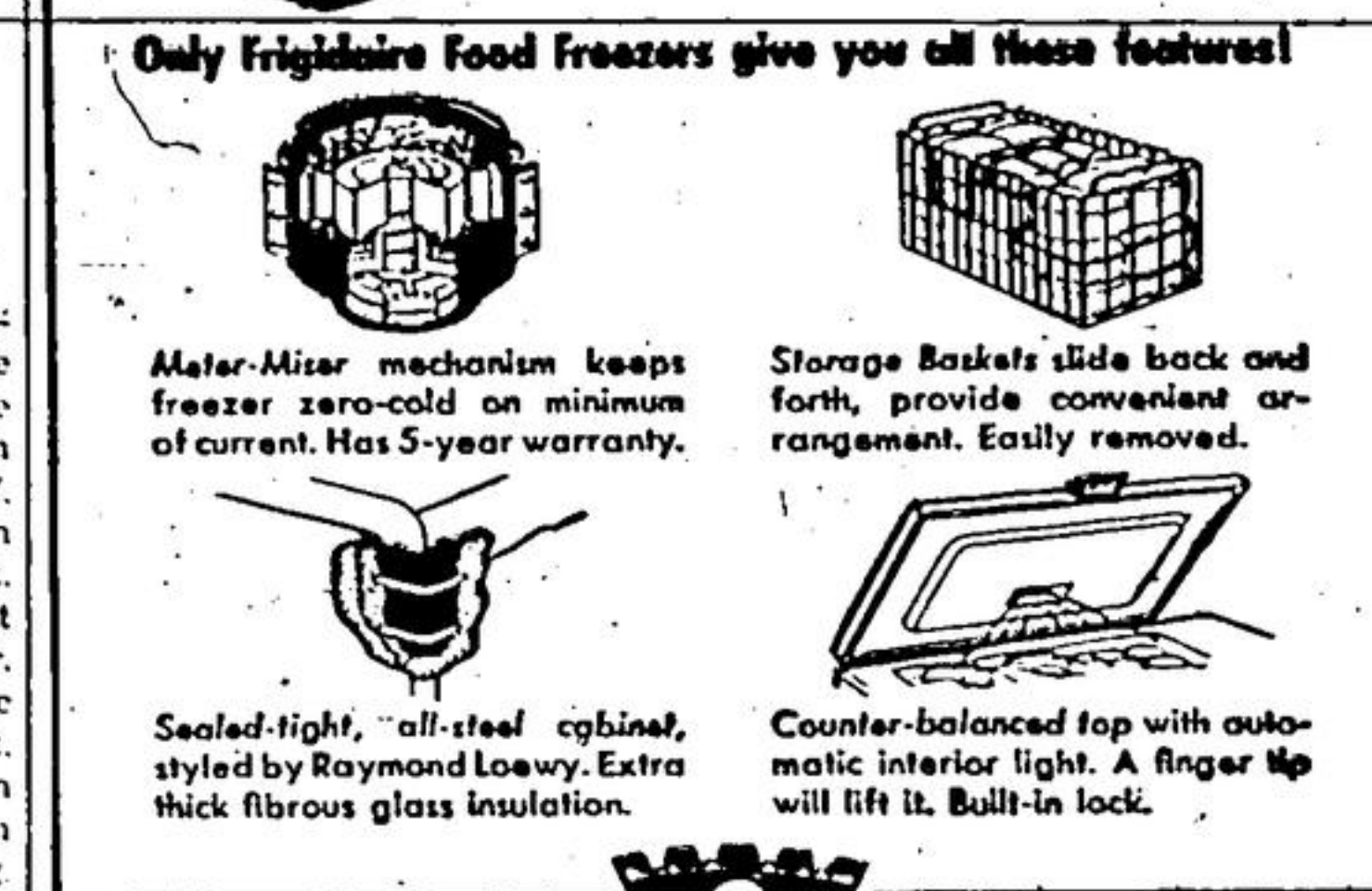
COMFORTABLE AND TRIM is the note for men's summer wear for Dads both old and young. The model on the left wears a light-weight summer tweed with a narrow-brimmed hat. On the right is shown the "trim" idea—carried out in the collar and the yellow knitted waistcoat with shetland jacket and dark grey flannel slacks.

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