

# STOP!

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- G.M.C. TRUCKS
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**Lorne Garner**  
Motors  
Acton, Ont.  
MAIN ST. TEL. 452



Hello Homemakers! Some of us are so busy storing away the fresh summer fruit that we forget how enjoyable they are for every meal of the day. A fresh dish of blueberries for breakfast, cubed raw peaches tucked into cherry jelly for lunch and a hot mixed fruit cobbler for supper or dinner allow us to enjoy the full fresh flavour yet stretch the quantities to feed unexpected guests.

### Fresh Plum Dish

- 3 cups chopped plums
- 3/4 cup corn syrup
- 1/4 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1/4 tsp. shortening
- 2/3 cup flour
- 1/2 cup rolled oats
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup milk

Sift the flour, salt and baking powder. Add the rolled oats. Cut in the fat. Add the milk to make a light batter. Place the chopped plums into a greased casserole, pour the batter over. Bake in a moderate electric oven (350 degs) for 25 to 30 minutes. Serve with cream.

### Frozen Berry Cream

- 2 cups cereal cream
- 1 tsp. gelatin
- 1/2 cup sugar
- 1 cup crushed berries
- 1 egg
- Dash of salt
- 1 tsp. vanilla

Chill the cream thoroughly. Beat 1 cup of the cream with a Dover egg beater until frothy. Remove two-tablespoons of the remaining cup of cream and dissolve gelatin in this. Scald the rest of the cream in top of the double boiler. Add softened gelatin stirring over hot water. Add sugar and salt and the beaten egg yolk. When thoroughly dissolved, combine the two mixtures and add the vanilla. Pour into refrigerator freezing tray. When partially frozen, remove from tray and fold in an egg white beaten until it stands in peaks. Stir the mixture thoroughly, using a fork, and pressing out all lumps. Return to refrigerator and continue freezing, stirring occasionally to keep the mixture smooth. When partially frozen add the crushed berries. Freeze until firm but not hard.

If the ice cream becomes firm before you wish to use it, turn the control to NORMAL temperature to prevent the mixture from freezing solid.

### Applesauce Refrigerator Pie

- 15 graham crackers
- 2 cups thick applesauce (sweetened)
- 2 tbsps. melted butter plus 2 tbsps. melted shortening
- 1/4 cup sugar
- 1/4 tsp. cinnamon
- 1/4 tsp. ground cloves
- 2 egg whites
- 4 tbsps. sugar

Add the butter and melted shortening to the finely crushed cracker crumbs and mix well. Add the sugar and the cinnamon. Stir until thoroughly combined. Line a cake or pie tin with the crumb mixture and bake in a moderate electric oven (250 degrees) for 15 minutes. When cool place in a refrigerator and chill for several hours. Just before serving, add the chilled applesauce and top with the meringue made from the egg whites and sugar.

### Spiced Peach Squares

- 1/2 cup shortening (or other fat)
- 1/2 cup sugar
- 1 egg
- 1/2 cup molasses
- 1 tsp. baking soda
- 2/3 cup boiling water
- 2 cups cake flour
- 1/2 tsp. ginger
- 1/2 tsp. allspice
- 1/2 tsp. cinnamon
- 1/2 tsp. salt

Cream the shortening, add the sugar and mix well. Add the well beaten egg and the molasses. Sift together the dry ingredients. Dissolve the baking soda in the hot water. To the first mixture add the dry ingredients alternately with the liquid mixture. (Pour into covered bowl to bake when desired.) To bake, grease an 8" by 8" cake tin. Bake at 350 degrees for 35 to 40 minutes. Cut in squares, split and serve with sliced peaches in between and on top.

## Less Have TB, Polio Than Alcoholism

More people suffer from disease that can be listed as chronic alcoholism than from tuberculosis and poliomyelitis combined, according to Gordon Bell, M.D., writing in the current issue of Health, magazine of the Health League of Canada. Furthermore, the vast majority of these conditions should be preventable.

"Most of the secondary disorders follow addiction, and secondary addiction particularly is one that usually has a considerable exposure to alcohol before even addiction develops," writes Dr. Bell. "In other words, we have a period for education and for prevention."

Dr. Bell points out that a person does not have to be psychologically abnormal to become an alcohol addict. He concurs in the opinion that secondary addiction could theoretically be acquired by anyone.

Conditions encountered in business promotion work, in military service and in some of the wealthier social classes may contribute to the development of alcohol addiction. Secondary addiction may also result from the use of alcohol to counteract some of the stresses and strains of adult life, he points out.

"The secondary addict is very commonly encountered in all walks of business and professional life and may use alcohol for many years before he becomes an alcohol addict," writes Dr. Bell. "Primary addicts, on the other hand, use alcohol to excess as their only means of adjusting to life from their earliest exposure to alcohol. They make no other effort to deal with their environment than to maintain a partial state of anaesthesia with alcohol."

### EXTRA SHIFTS PAY OFF

By working Saturday shifts, U.K. miners in the first 22 weeks of 1951 produced an extra 63 million tons of coal. Announcing this in the U.K. House of Commons, Mr. Philip Noel-Baker, Minister of Fuel and Power, estimated that the extra shifts would provide well over 20 million extra manhours in 1951.

Wanted Cherry Pickers  
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## Chronicles of Ginger Farm

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

What would we do without apples? From late fall to early summer we have canned and frozen fruit to fall back on. Then we feast on fresh berries—strawberries, raspberries, blueberries and cherries. Between berries and peaches comes a gap—hard to fill if it were not for early apples. And is there anything nicer than a good apple pie, made with apples straight from the tree. It has a freshness and tang just right for hot summer days. And apple sauce adds zest to our meals.

There is only one thing wrong with early apples—they ripen too fast and then lose their flavour. The only way to lengthen the early apple season is to can them. Some farm women don't think it worthwhile. Maybe it isn't if you peel all the apples. I don't. There is an easier way—but it is a messy job so it is just as well to do a large quantity at one time.

Get a couple of baskets of small apples—save your big ones for pie. Wash, cut in half, remove stalks and blossom end but don't destroy valuable vitamins by peeling or coring the apples. Place in large preserving kettle with a small amount of water—how much depends upon the juiciness of the apples. Cook until quite soft. Then force the pulp of the apples through a rotary colander. Place apple pulp back in kettle with sugar to taste. Bring to the boil—stirring to prevent burning.

And how quickly apple-sauce can burn! Don't leave it to the telephone, whatever you do. As soon as your pulp is really boiling, place it in prepared jars just as you would any other fruit. But watch your step. Apple sauce in quantity has a way of spitting and spluttering—a few blobs on your arm can cause painful burns. It can even catch you in the eye if you are peering to make sure whether it is boiling or not. You generally find out—the hard way. Incidentally, it is no time to have children around—so arrange your time for canning accordingly.

Clearing up after the apple sauce is in the jars, you soon discover why it is better to do a lot at one time, and to be done with it. The colander, the wooden plunger and every dish and spoon is plastered with pulp if the job is done properly. You breathe a sigh of relief when it is all cleaned up. Your reward comes when you are extra busy and can serve fresh apple sauce by just bringing up a jar from the cellar. But a word of caution. Be sure you have a tight seal when you can it. Given the opportunity, apple sauce can start working in a hurry. If you have a strong temperance viewpoint it might ruin your reputation in a hurry.

Well, Partner is busy cutting second-crop hay. Bob was home on Saturday in time to put the power mower on to the tractor and do a few rounds in the field. What a thing it is to be young and strong. Bob can put the mower on in about half-an-hour. If things are not just where they should be he gives the mower a yank or raises it with a crowbar and everything drops into place. When Partner does the same job I help him and it takes the two of us a couple of hours. But we get there eventually.

Actually, I never know what I may have to help with these days. Last Thursday there was a new calf up in the back field. Partner tried walking it home but the calf got tired and laid down on the job. It was too heavy to carry so Partner came down for the tractor and stone-boat. My job was to sit on the stone-boat and keep the calf from falling off. It was the day of our Institute meeting and Partner called me just as I had things started for dinner. Rather than take chances I shut off the burners and pulled the pressure cooker to a cold spot. Started all over again when I got back home. Result—late dinner and late for the meeting. But things like that don't worry me any more. They are far from being major catastrophes.

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## FASHION HINT

Summer suits in slim silhouette rayon shantung. This one has a striped collar and pocket accents. Cool lightweight summer suits take some considering before purchase but prove themselves a good buy once the tags are off, for the evenings that are becoming shorter and cooler, for the earliest morning trips and for the impending September days. The trim skirt will perfectly complement a full-swinging shortie.

However, uncertainty about getting away does keep me from offering other people a ride. Going alone looks selfish. But I generally find someone glad of a ride home so that eases my conscience a bit.

Just imagine—hot, dry weather at last! In fact, we could even do with a nice little shower. There is a grand smell of clover and new mown hay drifting through the window. Partner is hopefully leaving the red clover for seed. We may get good results as the bees are working on it from dawn to dark.

Speaking of bees... Partner and I were loading logs to fix a bridge when we uncovered a bumble-bee's nest. I ran for the house. Partner fought the bees with his hat while he straightened the load and then drove away with the tractor as quick as he could make it! He was glad he didn't have horses to worry about.

## Welfare Proposal Might Irk Women

Basic needs of the human animal are generally considered to be food, shelter and clothing. Advocates of the welfare state have shown a good deal of concern about the first two essentials, subsidizing food through baby bonuses and shelter by various public housing plans. But hitherto they have neglected the third essential. Only in penal institutions, the armed services and the police forces is clothing provided by the taxpayer.

This neglect is serious, for in the Canadian climate, clothing is a necessity for at least ten months of the year and surely deserves precedence over state medicine and subsidized culture.

Moreover, a system of state-regulated clothing, whether it were subsidized or not, would have definite public advantages. It will be recalled that one of Canada's contributions to allied victory in the second world war was the W.P.T.B. order forbidding the manufacture of double-breasted suits. This was subject to certain exemptions. Members of the diplomatic service and the higher bureaucracy were given special dispensations allowing them to buy the garments of dignity. Thus a man wearing a new double-breasted suit came to be recognized as obviously a person of importance, ranking as the equal of any other so dressed and the superior of the ordinary taxpayer who couldn't afford a new suit of any type.

Revival of this order and extension of its principle would make for social convenience. Each grade of clothing from the morning coat to the work-tracker could be assigned to a class of wearers, with appropriate penalties for infringement of the order and an army of inspectors to make sure that it was obeyed. The baggy grey flannels of the intellectual could no longer be worn by persons without sufficient culture to meet the standards of the Massey Commission.

Some difficulty might be found in applying the order to women, who are naturally anarchists and individualists in the matter of clothing. This might be overcome by having all prosecutions of women tried by a female magistrate, who herself would be ranked in the fifth grade of clothing or lower. This would make certain that stiff sentences would be handed out to the offenders, and after a few examples had been made, the laws would be obeyed at least as well as summary laws of the past have been—The Printed Word.

In the first quarter of 1951 Canadian manufacturers sold 13,757 television sets, compared with 2,445 in the same period of 1950.

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