

**CECIL A. CARR**  
OPTOMETRIST  
GUELPH  
8 Douglas St.  
Tel. 1091

**Moore & Rocher**  
Painting and  
Decorating  
Contractors  
PHONE 299W OR  
2787 ACTON

**THE MIXING BOWL**  
BY Anne Allan  
HYDRO HOME ECONOMY

Hello Homemakers! Have you ever wondered why meats are called beef, veal, pork, mutton, when on the table, but cows, calves, pigs and sheep when on the hoof? Well we have been asked so often that we were prompted to search for the answer.

According to history this distinction of terms originated after the Norman conquest of England. The names of the meat came from the language of the conquerors who ate it, while the Saxon peasant who took care of the animals continued to call them by their Saxon names.

To-day, no matter what kind of meat we want the costs seems to take most of our food budget. For instance, a survey shows that the average price of stewing beef during July 1951, was 12 cents per pound while the July price this year for stewing beef has been about 68 cents. So when the butcher tells you that a loin pork roast costs about 45 cents you may be tempted to disregard the less expensive beef cuts. However, unless you cook the roast carefully you will only have one serving per pound whereas stew made with fresh garden vegetables yields three servings per pound.

**SAVORY STEW**  
3 lbs. stewing beef  
3 tbsps. dripping  
1 cup each of carrots  
celery and tomatoes  
1 cup cubed potatoes  
1 bay leaf  
2 tbsps. minced parsley  
1 tsp. thyme  
Cut beef in 1 inch cubes. Roll pieces in flour. Brown meat in dripping. Cover with boiling water. Simmer 1/2 hours. Add vegetables and seasonings and cook 35 mins. Thicken liquid with flour to make gravy (if desired, cook dumplings.)

**PORK ROAST**  
4 to 6 lb. pork roast  
salt, pepper, flour  
Take the roast from the refrigerator at least 1/2 hour before cooking it. Wipe it with a damp cloth and pat roast with mixture of flour, salt and pepper. Place fat side up in preheated oven of 350 degs. Roast about 2 1/2 to 3 hours, allowing 35 mins. per lb.

**TAKE A TIP**  
1. Store meat immediately in the refrigerator or in a cold, fresh atmosphere. Remove wrapping from fresh or smoked meat and cover the top loosely with wax paper, leaving ends open. Store in the meat compartment or directly below the freezing unit.  
2. Store ground meat in meat keeper but cover the whole surface loosely. Cook within 24 hours.  
3. Store frozen meat in the freezing unit of the refrigerator. Keep meat frozen until ready to use. Do not refreeze.  
4. Store cooked meats wrapped in foil. Do not cut, grind, or slice until ready for use.  
5. Poultry keeps better whole than in pieces.  
6. Wrap fresh fish completely and store in a covered meat keeper. Cook within 24 hours.  
7. To reheat meat without losing moisture and flavor wrap first in aluminum foil or wet parchment paper. Sliced meats may also be heated in gravy.

**BRITISH "TEN GALLON" HAT**  
A white "ten gallon" hat was flown from London to Calgary because that city's Mayor Don MacKay said he wanted to wear a British hat at the Stampede. The hat was made by a Stockport firm on behalf of Britain's entire hat industry.

**"MUSICAL" TYPEWRITER**  
Miss Lily Pavey, 34, of London, England, has staggered the world of music by inventing and patenting the first typewriter that can type music in all the complexities of six octaves. Sold an official of Britain's Musicians' Union: "It may revolutionize the music-writing world."

**Pollock and Campbell**  
Manufacturers of  
HIGH GRADE MEMORIALS  
MEMORIAL ENGRAVING  
62 Water St., North GALT  
TELEPHONE 2644

**ACTON FALL FAIR**  
FRIDAY AND SATURDAY  
September 21st - 22nd  
SPECIAL PRIZES

**HORSE SPECIALS**

NO	Best High Stepping Horse, 1st \$500 cash; 2nd, \$2.00 cash	7 00
1S	Best Single Turnout, 1st, value of \$5.00; 2nd, value of \$2.00	7 00
2S	Best Span High Steppers in Harness, 1st, cash \$5.00; 2nd, value of \$5.00	10 00
3S	Best Span Heavy Horses any breed, 1st, \$7.00; 2nd, \$3.00 3rd, \$2.00 cash	13 00
4S	Best Lady Driver, 1st, value \$5.00; 2nd, value \$2.00	7 00
5S	Best Heavy Horses on grounds Mare or Gelding, any breed, 1st, \$6.00; 2nd, \$4.00 cash	10 00
6S	Best Pony Foal, 1st, \$6.00 value; 2nd, by J. A. Kerr, 1 bag Pioneer Horse Conditioner, value \$3.25	8 00
7S	Best Single Delivery Horse, 1st, cash \$5.00; 2nd, cash \$3.00	8 00
8S	Best Showmanship of Foal, open to boy or girl, 1st, cash \$4.00; 2nd, value \$3.00	7 00
9S	Best group of not less than Five Horses owned by one exhibitor, 1st, value \$7.00; 2nd, value \$5.00; 3rd, value \$3.00	15 00

**CATTLE SPECIALS**

12S	Best Guernsey, get of sire, group of three animals either sex. Any family having won a T. Eaton Co. Limited prize in this class at a Fair in 1951 not eligible to compete, by T. Eaton Company Limited, 18" Silver Plated serving tray with glass relish liner	25 00
13S	Best Two Beef Calves, 1st, cash \$2.50; 2nd, value \$2.00; 3rd, value \$1.00	5 50
14S	Best Two Dairy Calves, 1st, value \$2.50; 2nd, value \$2.00; 3rd, value \$1.00	5 50
15S	Junior Herd, any beef breed, consisting of bull and 3 females, previously shown in individual classes, all under two years of age—1st, value \$3.00; 2nd, value \$2.00	5 00
16S	Best Holstein Cow in milk, any age, 1st, cash \$10.00; 2nd, \$5.00 by the Secretary	15 00
17S	Best Jersey Cow in milk any age, 1st, cash \$10.00; 2nd, cash \$5.00 by Acton Creamery	15 00

**HOG SPECIALS**

18S	Best Pair Weanling Pigs; Bacon Type, 2 bags Purina Chow Mix value \$9.00, donated by Thomson Bros. Feed Supply Store	9 00
19S	Best Pen Market Hogs, 1st, 2 bags Pioneer Bacon Producer, value \$7.80; 2nd, 1 bag Blatchford's Hog Grower value \$4.35, by J. A. Kerr, value	12 15

**SHEEP SPECIALS**

20S	Best Flock of Sheep, consisting of 1 Ram, 2 Ewes and 2 Ewe Lambs, any breed, 1st, value \$3.00; 2nd, value \$2.00	5 00
21S	Best Pair Marketable Wether Lambs, value \$2.50; 2nd, value \$2.00	4 50
22S	Best Five Ewe Lambs, cash \$2.50; \$2.00; \$1.00	4 00
23S	Best Fleeces Fine Wool, cash \$2.50; \$2.00; \$1.00	5 50
24S	Best Fleeces Long Wool, cash \$2.50; \$2.00; \$1.00	5 50

**POULTRY SPECIALS**

26S	Best Pair Cockerel and Pullet, any breed, 1 bag Master Mix Laying Mash by J. P. Kirkwood, value \$4.10	4 10
27S	Best Pair Barred Rock Cockerel and Pullet, 1 bag Purina Chow Mix Lay Mash by Thomson Brothers, value	4 10
28S	Best Pair Dressed Chickens over 6 lbs., donor to receive same, by Lovell Bros., cash \$20.00, \$16.00, \$14.00	50 00

**HOME DEPARTMENT SPECIALS**

32S	Best Loaf of Homemade Bread, made from High Loaf Flour by D. H. Lindsay, 98 lbs. High Loaf Flour, value	5 50
33S	Best Light Cake made from Excelsior Flour, by D. H. Lindsay, 48 lbs. Excelsior Flour, value	2 60
34S	Best Dark Layer Cake, donor to receive same by Jennings Bowling Alley	2 00
35S	Best Chocolate Layer Cake, donor to receive same, by McEachern Garage, Acton, cash \$5.00	5 00
36S	Best Light Layer Cake, by Secretary	2 00

**MISCELLANEOUS SPECIALS**

38S	To Couple married greatest number of years, attending the Fair. Registration to be made with gatekeepers or Secretary, second day of Fair. The Acton Free Press, one year value.	2 50
39S	To the Person attending Acton Fair from the Greatest Distance. Report to Secretary for computation of distance. The Acton Free Press on year value.	2 50
40S	Best Appearing Child, under 12 years, and Doll Cabbage follow band from park entrance to stand, 1st cash \$2.00; 2nd, \$1.00; 3rd, \$0.50	3 50
41S	Best Decorated Bicycle, follow band from park entrance to stand, boys and girls, by Pallant's Clothing Store, Acton, 1st \$5.00, 2nd \$3.00, 3rd \$2.00 goods	10 00
42S	Boy with the most freckled face, 1st, cash \$3.00; 2nd, cash \$2.00; 3rd, cash \$1.00	6 00
42S	Girl with the most freckled face, 1st, cash \$3.00; 2nd, cash \$2.00; 3rd, cash \$1.00	6 00

**GRAIN, ROOTS AND VEGETABLE SPECIALS**

43S	Best Collection of Farm Produce, including grain, roots, vegetables and flowers. Gardeners not eligible; 1st, cash \$3.00; 2nd, value of \$2.00	5 00
44S	Best Six Quart Basket of Onions, value \$1.00	1 00
46S	Best Three Samples of Grain, consisting of Wheat, Oats, and Barley, half bushel of each, 1st value \$2.00; 2nd value \$1.50	3 80
47S	Best Bushel-Basket of Mixed Vegetables. Not open to market gardeners, by Lakeview Greenhouses, plants spring of 1950, 1st value \$2.00; 2nd value \$1.00	3 00
48S	Best Bushel Shipping Turnips, 1st, cash, \$2.00; 2nd, cash, \$1.00	3 00
49S	Best Bag of Potatoes, donor to receive same, by Highway Garage, Acton, cash	4 00
50S	Best Bag Potatoes, donor to receive same, by M. Pallant cash	3 00
51S	Best Basket of Potatoes, 11 quarts, any variety, 1st, \$1.00; 2nd, 50c	1 50

**FRUIT SPECIALS**

53S	Best Bushel McIntosh Apples, donor to receive same, by Hinton's 5c to \$1 Store, cash	4 00
54S	Best Bushel Northern Spy Apples, donor to receive same, by Wm Cooper, cash	3 00

**PLANT AND FLOWER SPECIALS**

55S	Best 12 White Gladioli, 1st, cash \$1.00; 2nd, cash 75c	1 75
56S	Best Living Room Bouquet, 1st, cash \$1.00; 2nd, cash 50c	1 50
57S	Best Basket Cut Flowers, 1st, cash \$1.00; 2nd, cash 50c	1 50
58S	Centre Piece of Assorted Flowers, on tray, for dinner table seating twelve; 1st value \$2.00; 2nd cash 75c	2 75
59S	Best Basket Wild Flowers, arranged for effect, 1st value \$2.00; 2nd cash 50c	2 50

**HOME CRAFT SPECIALS**

60S	Best collection of Fancy Work, not more than 15 pieces, not shown before	3 00
61S	Best Baby's Layette	2 00
62S	Best 5 Novelty Articles	2 50
63S	Collection of 5 Articles suitable for Christmas Gifts, each article to be valued at not more than \$1	2 50

**Coca-Cola**  
IS PART AND PARCEL  
OF GOOD TIMES

**STOP!**  
And See Us  
FOR --  
● PONTIACS  
● BUICKS  
● VAUXHALLS  
● G.M.C. TRUCKS  
● PARTS AND ACCESSORIES  
● TIRES AND BATTERIES  
● GOOD SELECTION OF USED CARS  
● COMPLETE SERVICE AND REPAIRS  
**Lorne Garner Motors**  
Acton, Ont.  
MAIN ST. TEL. 452

**Your Eyes**  
DESERVE THE BEST  
Consult  
**R. M. BELL**  
Registered Optometrist  
Phone 2212 ERIN

**Reduced fares**

**TO THE CANADIAN NATIONAL EXHIBITION**  
August 25th to September 8th (Except Sunday)  
DIRECT INTO THE GROUNDS

Reduced Return Fares **\$2.50** Admission Includes Exhibition

LEAVE ACTON 8.36 a.m. (Daylight Time)  
LEAVE EXHIBITION 10.30 p.m.

Exhibition passengers travelling on regular buses will transfer at Toronto Bus Terminal to buses running into the Grounds  
TICKETS AND INFORMATION AT  
**HAROLD WILES -- PHONE 58**

**HEFTY HAULER**  
that's quick on its feet!

**GMC TRUCKS**  
1/2 TO 45 TONS  
Your key to greater hauling profits

You want a truck that has plenty of heft for the pay load—but the right kind of power is the clincher.

That's why so many truckers turn to GMC for swift performers that can pack home the pay load.

For in these broad-shouldered carriers—chassis and engine are yoked together to form a perfect team for hauling, a team that's built for keeps!

The result is a great line of trucks—from nimble 1/2-tonners up to brawny Diesels with two-cycle efficiency, with horsepower unsurpassed in their class, that has made them the talk of the country's truck men.

That's why—whether your cargo is compact or bulky, liquid or solid, grain or cement—if you load it on a GMC, you deliver it faster at less cost per mile!

As your GMC dealer, we can give you the long-time benefits of the right combination of axle, engine, transmission and frame for the loads you have to work—skillfully engineered by the world's largest exclusive manufacturer of commercial vehicles.

**Get a real truck!**

**LORNE GARNER MOTORS LIMITED**  
MAIN AT BOWER  
ACTON, ONT.