

**H. S. HOLDEN**  
Optometrist  
7 DOUGLAS ST.  
GUELPH  
EYES EXAMINED  
GLASSES FITTED

COME TO THE  
**ROYAL AGRICULTURAL WINTER FAIR**

**LIVESTOCK ROYAL HORSE SHOW**

**POULTRY FLOWER SHOW AND**

**SCORES OF OTHER INTERESTING FEATURES**

NOV. 13<sup>TH</sup>-21<sup>ST</sup>  
**ROYAL COLISEUM TORONTO**

**Poet's Corner**  
REVERIE  
Statesmen in conclave, you are wrong  
Contenting walls of steel are strong  
And greater fallacies in hell  
With force alone to cancel ill  
Construct your armour, monstrous tanks  
And propaganda—froth of cranks  
O'ercast the skies with metal wings  
Pollute the earth with noisome things  
Atomic bomb or rending hell  
That stimulate the depths of hell  
Indeed, devise your vilest plan  
To mutilate your brother man  
And still I vow that you are wrong  
To vouch that walls of steel are strong!

Such rigid walls shall yield as clay  
Before the spirit's firm array.  
They are the fools and sports of fate  
Who strive to manufacture hate.  
Deep in the hearts of every race  
A spirit stirs with ways of grace  
A love transcending creed and tone  
Eternal, fragrant, ever young—  
Awaiting yet that certain hour  
When man shall meet its conquer-  
ing power.  
Rulers and statesmen, you are wrong  
Asserting walls of steel are strong:  
Material things all come to death,  
The spirit never perisheth!

Arthur Lynnford Smith  
Contributed

**Skinny men, women gain 5, 10, 15 lbs.**  
Get New Reg. Vit. Vigor  
What a thrill! Never forget the fact: only healthy men and women can be successful in business, industry, or in any other line of endeavor. It is the only way to success. The only way to health and vitality. The only way to a long and happy life. The only way to a better future for you and your family. The only way to a better world for all.

**Pollock and Campbell**  
Manufacturers of  
HIGH GRADE MEMORIALS  
MEMORIAL ENGRAVING  
62 Water St., North GALT  
TELEPHONE 2848



**THE MIXING BOWL**  
Ann Allan  
HOME ECONOMIST

Hello Homemakers! Money does not grow on trees! Yet when folks shop for Christmas cake ingredients they forget to include such items as their budget. Too often we make a gift list, but forget to estimate not only the festive foods of the cards and postage, decorations, gift wrapping, tickets for concerts, the tree and allowance for extras. However you'll want to make the fruit cake and pudding this week, which is probably before you have a family conference re expenses, so here are economical recipes.

**CHRISTMAS CAKE**  
1 lb. butter  
1 lb. brown sugar  
0 eggs  
3/4 cups cake flour  
2 tsp. mace  
2 tsp. cinnamon  
1 tsp. soda  
3 lbs. currants  
2 lb. seeded cut raisins  
1/4 lb. almonds, shredded  
1 lb. citron peel, cut  
2 tbsps. brandy.

Cream butter, add half the sugar gradually, and beat thoroughly. Beat egg whites until stiff, add remaining sugar, and set aside. Beat egg yolks until thick and lemon-colored, and add to first mixture. Add sugar—egg whites. Then add milk, brandy, floured fruit and nuts and remaining flour sifted with mace, cinnamon and soda. Stir batter well. Pour batter to a depth of 1 1/2 in each of the 3 fruit cake tins which have been lined with greased foil (shiny side out). Then steam 3 hours and bake 1 1/2 hours in oven of 300 degrees. (If desired, bake 4 hours for large cake and others 20 and 15 mins. less, in oven of 275 degrees without steaming).

**STEAMED SUET PUDDING**  
1 cup suet (chopped)  
2 cups bread crumbs  
1 cup raisins  
1/2 cup chopped citron  
1 cup sugar  
1/2 cup milk  
1 beaten egg  
1 tsp. soda  
1 tsp. cinnamon  
1/2 tsp. cloves  
1/2 tsp. allspice  
1/2 tsp. salt

Pour the batter into a greased pudding mold. Cover it closely. Steam it for two hours. Serve it hot with whipped cream or w.p. sauce. Yield: 8 servings.

**MOCK MINCEMEAT**  
1 peck green tomatoes  
2 qts. boiling water  
1 peck tart apples, pared and chopped (12 1/4 lbs.)  
5 lbs. brown sugar (13 1/2 cups)  
1 lb. seeded raisins  
1/4 of these chopped)  
1 lb. currants  
1/2 lb. of suet, finely chopped  
3 tbsps. salt  
2 tbsps. ground cloves  
4 tbsps. cinnamon  
3 tbsps. nutmeg  
2 cups vinegar

Scald tomatoes with boiling water. Drain them well and combine with remaining ingredients. Boil these ingredients for 20 minutes. Pack the mincemeat into sterilized jars and seal them. Yield 12 quarts.

**TAKE A TIP**  
1. Spoon the plum pudding mixture into greased molds or empty

**Hungry Corn? Test Soil, Is Suggestion**

Underfed field crops often develop off-colour leaves and by noting these colours and the manner they develop a trained fieldman can often name the particular soil nutrient lacking, states J. J. Neilson, of the Western Ontario Agricultural School and Experimental Farm at Ridgetown. He further points out that even the unexperienced observer may read these signs on corn.

Two of the most common soil deficiencies are the lack of Nitrogen and Potash, and these are easily determined at this time of year when corn is well developed. In the first case, Mr. Neilson advises that the lack of Nitrogen can be detected by a decided yellow colour to the leaves, and this colouring is proceeding up the midrib faster than along the edges. He points out that many farmers blame this "Firing" or "Yellowing" on dry weather instead of the real cause. In the case of a Potash deficiency, the leaves are lacking in a deep green colour and have turned yellow. This yellowing progresses along the edge of the leaves and the midrib remains green. Mr. Neilson states that if there is a decided lack of Potash all the leaves may show the marginal "Firing."

He reports that a Phosphorous deficiency is harder to detect except that on some strains of corn there is a decided purpling if this element is lacking.

If there are hunger signs on your corn, Mr. Neilson suggests that you have these confirmed by having the soil tested.

**a Little buys a Lot of telephone service**



It's one of today's best buys—growing in value all the time.

For one thing—its cost hasn't gone up as much as most other things you buy. Your telephone is one item that takes less of your budget than it used to.

Again—it's bigger value than ever because now you can talk to twice as many people as you could ten years ago—and more families are getting telephones every day.

In addition—we've been able to keep on steadily improving the quality of this traditionally friendly and helpful service.

If you haven't yet got service—we want you to know we're working at it. You can be sure your place on the list is being protected and your telephone will be installed just as quickly as possible.

**THE BELL TELEPHONE COMPANY OF CANADA**

Onions contain an oil, similar to that used in tear gas bombs.

**THE QUESTION BOX**

Mrs. A. C. requests: A recipe for homemade almond icing.

**ALMOND ICING**  
1 lb. shelled almonds  
4 egg yolks  
2 cups icing sugar  
1/2 tsp. almond extract  
1 tsp. rose water

Blanch almonds and put through food chopper, using fine blade. Work the mixture to a smooth paste, adding the remaining ingredients. Dredge board with icing sugar and pat the mixture to the shape of the cake. Moisten top of cake with cold water, press icing on it and let it stand in a warm place for 24 hours before covering with other icings.

Mrs. W. B. asks: Is it necessary to steam fruit cakes before baking?

Answer: It is not necessary if the temperature of 275 degs. can be kept constant and if a small tin of hot water is placed on the oven shelf while cakes are baking.

Mrs. J. C. asks: How many cups in a lb. of cake flour and a lb. of cut-up peel.

Answer: There are 3 and one-fifth cups cake flour in a lb. and 1 1/2 cups of cut peel or candied cherries in 1/4 lb. of these fruits.

**Serious Shortage Of Red Pine Seed**

A shortage of red pine seed, so serious that the Government, along with other co-operating bodies, is studying the possibility of establishing "seed orchards" has developed in Ontario according to research scientists of the Lands and Forests Department.

The shortage, which has added significance inasmuch as the red pine is an especially favoured species in reforestation, is being investigated by the Department's Division of Research, the University of Toronto and the Research Council of Ontario. As part of the study, the department has requested the Dominion Forest Insect Laboratory at Sault Ste. Marie to investigate insect attacks which are considered an important factor.

During 1950, an extensive survey of insect damage to red pine was made in central and northern Ontario and a study was also made of the seed-producing capacity of normal cones. Cone collections from several other localities in north-eastern Ontario were also examined.

The scarcity of red pine seed is due, in the first place, to inherent characteristics of the tree which permit it to reproduce seed only every six to ten years; and, even then, crops produced are not good. The crops are then further reduced by insect attacks.

Numbers of good trees have been located across the Province and progeny from them are being grown in plantations where they may be treated by various means now successfully used by agriculturalists to stimulate seed production in other plants.

Alberta's St. Mar's River dam will provide irrigation for 345,000 moisture starved acres.

Life Insurance is the Difference Between "I Have" and "I Wish"

**THE MUTUAL LIFE OF CANADA**  
LIFE INSURANCE AT LOW NET COST  
HEAD OFFICE: WATERLOO, ONT.

451A  
Jack Armstrong, District Representative  
GEORGETOWN, ONT.  
Branch Office Brampton, Ont.

**Guard winter health with DAIRY FOODS**

Make Winter Menus More Delicious!  
Now's the time to help your family to better health by serving them Nature's fine foods—dairy foods. So much of the nourishment they need for growth and vitality is found in milk. It's a delicious, nutritious habit to serve dairy foods at every meal.

Yum, yum, yum!  
It's another of Mom's wonderful dairy dishes! Maybe macaroni rich with cheese or cream sauce made smooth as satin with evaporated milk. There are a million ways to make 'em happy with dairy foods.

**ENJOY NATURE'S FINEST FOODS**

"Down Dairy Lane"  
Listen to this program on Thursday 1:45-2:00 p.m. E.S.T. over the Trans-Canada network of C.B.C.

**DAIRY FOODS SERVICE BUREAU**  
409 Huron St., Toronto, Ont.

**These babies thrive on hard work!**

**They're Built to GO and KEEP GOING!**

Whether you need a fleet-footed pick-up model or a heavy-duty giant, a GMC is the best buy you can make today for tomorrow's hauling jobs. From the rims up, these husky babies are truck-engineered to stay young through years of rough-and-tumble trucking service. Feature after feature proves their superiority: their wider, faster-acting hydraulic brakes, their heavier axles and longer, "pillow-action" springs. And you pay no more for all this extra GMC quality! Such matchless features as the Weathersealed cabs with Ventipane-controlled ventilation, the easy-turn steering system—all these and many others are standard equipment with GMC! So come in. Select from the widest range of engine-chassis-body combinations on the market. Drive out in a rugged GMC tailored to your job. You'll know it will take you further and cost less to run—because these babies thrive on hard work!

**A GENERAL MOTORS VALUE**

**GMC TRUCKS**

**Get a real truck!**

**LORNE GARNER MOTORS**  
MAIN AT BOWER ACTON PHONE 432  
GMC FOR ANY LOAD ON ANY ROAD