



Hello Homemakers! Dried fruits have been used for four thousand years as a source of food energy. To-day the drying process of raisins, apricots, prunes and figs as well as the transportation of these foods is reasonably cheap. What is more, one pound of dried fruit

yields 10 times as many servings as one pound of the fresh fruit. Since the cost of cooking electrically has not risen in comparison to other foods, more and more homemakers now turn to these easy-to-prepare dried fruits.

APRICOT WHIP

- 1 1/2 cups cooked apricots
- 2 tps. lemon juice
- 2 egg whites
- 4 tpsps. sugar

Chop fruit and add lemon juice. Beat egg whites until foamy. Add sugar gradually, beating constantly until egg whites stand in peaks. Fold in cooked, sweetened apricots. Serves about 5.

APPLE PRUNE BETTY

- 1 1/2 cups prunes, cooked
- 1 1/2 cups apples, cubed
- 4 cups bread, cubed
- 1 cup prune juice
- 2 tpsps. lemon juice
- 1/2 cup sugar
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 2 tpsps. butter.

Halve and pit the prunes; use fresh apples. Arrange half the fruit in layers and cover with half bread cubes, add remaining fruit, then remaining crumbs. Pour prune juice and lemon juice on top, then sprinkle with the sugar, salt and cinnamon. Dot with butter. Cover and bake in oven at 350 degs. for 30 minutes then uncover and continue baking another 30 minutes. Serves about 6.

FIG PUDDING

- 1/2 cup shortening
- 1/2 cup sugar
- 1 egg
- 1/2 cup cornflakes
- 2/3 cup milk
- 1 cup flour, sifted
- 2 tpsps. baking powder
- 1/2 tsp. salt
- 12 cooked figs

Blend shortening and sugar and beat in the egg. Add cornflakes and milk, then stir in the measured flour and baking powder until flour disappears. (Do not beat.) Fill greased muffin pans half full and add one fig to each cup. Bake in oven of 400 degs. for about 25 minutes. Serve with sauce made from juice in which the figs were cooked, thickened slightly with cornstarch and flavored with pineapple extract. Serves 8 to 12.

TAKE A TIP

1. To cook prunes cover with hot water and soak 1 hour. Bring prunes quickly to the boiling point in a covered saucepan using electric element turned high, then turn element to simmer for 20 minutes.
2. Prunes, figs and dried apples require about 1/4 cup sugar for each pound (16 oz.) dried fruit.
3. A silver of candied ginger is a delightful addition to a pound of cooked apricots.
4. Cooked dried fruits are the best substitute for rich candy. For birthday parties fill or top with a little butter icing.
5. Serve date and custard pie often. It only requires 20 minutes baking.
6. Try a fruit filled with a prune and apricot mixture, using a half pound of each sweetened with half cup of sugar and a tablespoon of lemon juice.

THE QUESTION BOX

Mrs. K. C. asks: How to prevent apple pie filling from turning a brown color?

Answer: Sprinkle peeled apples with lemon juice or half cup of water to which 1 tsp. of vinegar has been added. Use nutmeg or



HUGHES CLEAVER, present Member of Parliament for Halton, announced recently to a Liberal rally in Milton that he would not contest the seat in the next election. Mr. Cleaver told his audience that his private practice and government affairs were too much for him. A committee was appointed to present possible candidates.

lemon in place of cinnamon or all-spice which tend to darken apples. Mrs. M. R. asks: Are all currants cleaned and should we wash poppy seed?

Answer: Some currants are especially prepared and labelled as "cleaned." These may be served among table raisins and nuts. Packages that are not labelled as "cleaned" are all inspected and ready for food mixtures which will be baked. Poppy seed is an air-cleaned product and requires no washing.

Mrs. J. W. asks: How can we prevent peanut butter from drying out? Should it be refrigerated?

Answer: Stir in a little peanut oil or salad oil as peanut butter begins to dry out. Keep in refrigerator once the jar has been opened.

Home Appreciates '51 Gifts, Services

The Board of Commissioners of the Peel-Halton Home wish to thank the following organizations and individuals for the gifts and services supplied during the Christmas season and throughout the year 1951.

Wm. R. Gibson, Illinois, U.S.A., cheque for \$5.00; Lakeview Choral Group, concert, bags of candies, oranges and biscuits; Brampton High School Glee Club, concert and ice cream; Campbellville Women's Institute, cheque for \$10.00; Flower-town Women's Institute, Brampton, candy; Brampton West Women's Institute, Christmas treats; Ingrams Grocceteria, ice cream; Scotch Block Women's Institute, Christmas treat; F. T. Hill & Co., Ltd., crate of oranges; Hornby Women's Institute, half crate of oranges; Brampton Red Cross, lifesavers and biscuits; Salvation Army, Santa Claus, candies and fruit; Orange Lodge, Brampton, ice cream; Mrs. J. E. Cooper, bags of fruit and candy; Rotary Club, Brampton, Admiral magic mirror television set; Cooksville Business Men's Association, 2 crates of candy; Daughters of the Empire, Brampton, ice cream during 1951, commencing Jan. 27th, Sundays 5 months; Brampton East Women's Institute, ice cream; the Charters Publishing Co., Brampton Conservator; Peel Gazette Publishers Ltd., Peel Gazette; Publisher of Bolton Enterprise, Bolton Enterprise; Burlington Gazette, newspaper, Streetsville Review, newspaper; Brampton Business and Professional Women's Club, 3 movie films; Brampton Ministerial Association, services.

Chronicles of Ginger Farm
Written Specially for the Acton Free Press by Gwendoline F. Clarke

If it were the purpose of this column to review the week's news I certainly wouldn't know where to start, there is so much going on all the time. Last week for instance... Churchill's address from Ottawa and from the U.S. Congress—and the repercussions that are still coming in from all directions, Captain Kurt Carlson and that dramatic saga of the sea. The terrible ordeal of passengers caught in the snowbound train in California. The T.T.C. strike. More trouble in Egypt—and last but not least the suggestion that Canada be sold to the United States of America!

Of course there was plenty of other outstanding news, much of which touches our lives directly, or indirectly, whether we want it or not.

And yet, such is human nature, while we know world shaking events are shaping up yet we show our greatest concern for what takes place on our own doorstep, as it were. We are shocked at the sudden death of someone we have been used to seeing around town any time we went there; and we are deeply concerned over the illness of a near neighbour.

Even our own livestock seems to be of major importance. For instance, a few minutes ago Partner came in with the news that he has a sick cow—so the sick cow takes precedence over what goes on in Europe, Asia, or even Toronto. Is that being selfish and narrow-minded? I hardly think so.

Certainly we need to take an interest in world affairs but we each have our own work to do and if we worry too much about wars and runours of wars we inevitably cripple our own efficiency for the job that is close at hand.

Take the T.T.C. strike. There you have major transportation difficulties. But in the country we have our traffic problems too—as I knew only too well last Saturday—especially in regard to parking. From what I have seen in small towns around here the available parking space falls far short of the number of cars that want to park. To a "native" it is annoying, to a stranger it is confusing.

As you drive slowly down the street the only open space you find is either a driveway or space reserved for a fire hydrant. Recently an additional fire hydrant was installed on our main street. I always forget it is there and gleefully head for the empty space. I drive in—and there's the hydrant.

The other day our local police officer was also there. He had his back to me but turned round just as I was backing out. Late yesterday afternoon when I went down town, heavy wet snow was falling. The only parking space I could find at all was between two cars parked at different angles. I looked at the place... well, my car was small. I guess I could make it. And I did. By flattening myself pretty well I was even able to get out of the car.

Before I left I went round to see how much space was left on the other side. Only a few inches separated my car from the one that was parked at such an awkward angle. Oh well, maybe the owner of that car will be gone by the time I get back—and getting out will be his worry, I thought. But it wasn't gone, nor was the one on my left. Cars and trucks were coming along the street in quick succession; the snow was so wet the wipers couldn't clear the windshield properly; the rear window was blanketed with snow, all of which added to my troubles in trying to back without scraping any fenders. Getting out of a tight spot like that is not my idea of fun especially if some superior male takes a delight in standing on the sidewalk to watch my manoeuvres—and that has happened more than once.

One time I challenged a man to come and back the car out for me if he thought he could do a better job—that time being crowded in wasn't my fault. He didn't accept the challenge—he didn't know how to handle an English car! However on Saturday everybody was too busy minding their own business to worry about me—the storm was getting worse all the time. So, without any onlookers to make me nervous, and with much experimental twisting and turning, I finally managed, inch by inch, to get myself out, more convinced than ever that something needs to be done to relieve congested parking. What, I hardly know. A parking lot? But where?

Country towns were not laid out to provide for central parking lots

Fashion Hint



A trimly tailored suit like this one is always a prize. Business-like and yet flattering, a suit is always ready to go anywhere. Looking ahead to spring? This is it, of course. Pictured, the suit is in gabardine with a rich sheen. And rich colors look best with that rich sheen, too. And then let your mind wander with accessories!

The only place is underground or overhead. Of course, in some towns there are a few antiquated stores that might be better out of the way and the space given over to parking. That is quite a thought... or is it?

To change the subject... would anyone reading this column be interested in something for nothing? If so I have a number of cornflake box-tops that are yours for the asking—first come, first served. By sending 3 box-tops and 25c to the cereal company you can get a piece of Tudor plate silverware. I don't need these box-tops myself and yet I go on saving them. I hate to throw anything out that someone else might be glad to have.

Cavemen Actually Good Neighbours

Writing in the December issue of Harper's Magazine, Michael Fry debunks the current, or cartoonists' conception of the caveman. So far as we have any evidence on the subject, he thinks it goes to show that the caveman did not do his wooing with a club, was probably kind to his children and, with certain limits, was usually a good neighbour and peace-loving gentleman.

So passes another illusion. As far as the caveman is concerned, his rehabilitation comes too late. He and his low-browed contemporaries have long since passed to whatever Neanderthal heaven they expected, and rest unmoved by modern praise or blame. But discrediting the legend may have some effect on present-day manners. There has always been a certain wistful admiration for the caveman in his traditional character. The Casper Milquetoasts of the world have dreamed of his prowess with the club as they submitted to their wives' demands, envying but never daring to emulate him. Yielding, for the sake of peace in the home, they have gradually lost self-respect, merely because they have failed to live up to their ideal.

Now that the ideal is proving false, it may be that the modern male's self-respect will revive. The argument to bolster it will now be: "If the caveman could put up with it, why can't you?" No longer need he feel ashamed of helping with the housework or being dragged out of his modern cave to attend parties of his wife's relations. He has the comfort of knowing that, with the progress of civilization, he has to put up with more than Caspar Neanderthal ever dreamed of, and by that excess is the better man.—The Printed Word.

Canadians spent more on pleasure travel in the U.S. and overseas last year than ever before, a total of \$225,700,000.

Acton LAUNDRY
37 Church St.
Good Workmanship
At your own convenience
Give us a try

Robt. R. Hamilton
OPTOMETRIST
71 ST. GEORGE'S SQUARE
GUELPH
COMPLETE EYESIGHT SERVICE

JOHN CALDER
Plumbing - Heating
Eavestrouthing - Tinsmithing
PROMPT, COURTEOUS SERVICE
FREE ESTIMATES
CHURCH STREET PHONE 319W

CARROLL'S TEA BAGS

PARING KNIFE FOR ONLY 10c
WHEN YOU BUY CARROLL'S
TEA BAGS PKG. 34c, 67c, 99c

FLORIDA ORANGE
JUICE 2 20-OZ. TINS 27c

MIL-KO POWDERED SKIMMED MILK—16-OZ. PKG. 37c
PUDDINGS JIFFY 3 PKGS. 14c

LARGE FIGS POUND 19c
RAISINS AUSTRALIAN SEEDLESS 2 LBS. 45c

LACHINE GREEN
BEANS 2 20-OZ. TINS 31c

DEL MAIZ CORN 15-OZ. TIN 16c
Tomato SOUP Campbell's 2 TINS 25c
Tomato JUICE HEINZ 20-OZ. TINS 31c

WESTON'S WATER ICE
WAFERS COCOANUT OREAM POUND 33c

SPAGHETTI HEINZ 2 15-OZ. TINS 31c
MACARONI READY 2 LBS. 21c

Corned Beef Loaf BOSTON 15-OZ. TIN 41c
BEEF WITH VEGETABLES AND GRAVY—1-LB. TIN 39c

EMERY MINCED
BEEF 12-OZ. TIN 29c

SALMON SOUKEYE 45c
TUNA FLAKES CLOVER LEAF 1/2-LB. TIN 29c

RED ROSE RICE 2 LBS. 33c
CHICKEN HADDIE 1-LB. TIN 21c

BRING US YOUR COUPONS FOR
SURF & RINSO

LG. PKG. 38c GIANT PKG. 75c

PEARS BARTLETT "PENN" 15-OZ. TIN 21c
APRICOTS HUNT'S 15-OZ. TIN 23c

JAM PLUM or GRAPE GLASSCO'S with Pectin—24-OZ. JAR 29c
Peanut BUTTER ROMAR 16-OZ. JAR 37c

NAVY TISSUE 2 ROLLS 23c

CELERY HEARTS - - - 19c
CELERY STALKS - - 2 for 23c

LETTUCE - - - 19c

CELLO TOMATOES - - 19c

252 ORANGES - - doz. 41c

the trip down was fun too..

"I came down by bus again this year and had a lovely trip—a couple of stop-overs on the way to see the sights and do some shopping. The highway scenery was grand and we passed through a lot of interesting towns and cities. I'm going home by bus too."

FARES ARE LOW ROUND TRIP
(Subject to change)

JACKSONVILLE	\$48.05
MIAMI	\$9.60
LOS ANGELES	\$6.60
NEW ORLEANS	\$9.80

(Surcharge Included)

Tickets and Information at
HAROLD WILES
PHONE 207



A STELLAR LINE-UP in a stellar show! Here are the principals in M-G-M's eagerly-awaited Technicolor version of "Show Boat", based on the immortal musical play by Jerome Kern and Oscar Hammerstein II, and opening at the Roxy Theatre, Acton, Monday, January 28th. From left to right, Kathryn Grayson, as Magnolia, Howard Keel as Gaylord Ravenal, Ava Gardner as Julie, Joe E. Brown as Cap'n Andy, Agnes Moorehead as Parthy and Robert Sterling as Stephen Baker. See it folks and enjoy perfect entertainment.

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