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Hello Homemakers! It is difficult to trace the origin of most basic recipes. However, the first pancake recipe to be printed was that of a publisher by a Dutch settler. In writing about pancakes the husband said, "these cakes are Heath cakes; they are not a bit rich but taste so delicious every one raves about them." Here is the modern version of the original Heath cake recipe using our refined flour and homogenized shortening.

FAVORITE PANCAKES

1 egg
1 1/2 cups sour milk
1/2 tsp. baking soda
1/4 cups sifted flour
1 tsp. sugar
2 tbsps. shortening
1 tsp. baking powder
1/4 tsp. salt

Beat the egg. Mix sour milk and soda and blend into egg mixture. Measure flour, sugar, shortening, baking powder and salt and beat with mixer at high speed for 4 min-

utes. Pour batter from tip of large spoon in pools about 4 inches apart. Turn pancakes as soon as they are puffed and full of bubbles. Turn and brown on other side. (Time required is about 3 or 4 minutes on each side.) Makes about 10 pancakes.

FRUIT PANCAKES

Add 1/4 cup drained, canned fruit to above batter, folding in carefully before cooking.

CEREAL PANCAKES

Fold in two-thirds cup of packaged breakfast cereal to favorite pancakes before cooking.

FARM SAUCE

Heat 1 cup honey over hot water. Mix 1/2 cup maple syrup into honey and blend in 1 tsp. cinnamon. Serve on pancakes and waffles.

CRISP WAFFLES

2 eggs
2 cups sour milk
1 tsp. baking soda
2 cups sifted flour
2 tbsps. baking powder
1/4 tsp. salt
6 tbsps. melted shortening

Beat eggs, then beat in remaining ingredients until smooth. (This is a thin batter.) Bake in preheated waffle iron.

Note: A waffle iron requires about 4 mins. to preheat and 4 mins. to cook each batch. Makes about 8.

CHEESE AND BACON WAFFLES

Make the Crisp Waffle batter; then fold 1/2 cup grated old cheddar into it. As each waffle is ready for baking on the preheated iron, place short pieces of thin bacon across the batter. Bake in about 4 mins. or until steaming period is finished.

TAKE A TIP

- A thick batter makes thick cakes; a thin batter makes thin cakes.
- If pancake batter has to stand a long time add a little extra baking powder.
- A heavy griddle is best for even cooking. (Modern griddle pans do not require greasing.)
- Heat griddle gradually while mixing batter. When the pan is sprinkled with a few drops of water and the bubbles skitter around the cakes will brown nicely.
- Turn pancakes when bubbles form but before they break.
- To keep extra pancakes hot for half an hour or so, place between folds of a warm towel in a warm oven.
- Serve pancakes with maple syrup, corn syrup, sweet sauce, fruit or sausages.

THE SUGGESTION BOX

Mrs. K. B. says: Although most electric waffle irons require no greasing after first tempering, we use 3 drops of clear salad oil and brush thoroughly into every corner if the iron has not been used for over a month.

Mrs. B. M. says: If waffles don't come off the iron, cook a little longer. If waffles are not crisp, add about a 1/4 tsp. of oil to a batter.

FASHION HINT



You mightn't think so right now, but come summertime we generally realize that it's these long evenings of January, February and March that provided the best time for sewing, knitting and handcrafts. For those studying art, sewing or anything else at night classes the topic of interesting evening work-and-entertainment combined is of course settled. But for the others, a project even without the benefit of a teacher is a perfect breath of spring these after-Christmas weeks. After Christmas and not-yet-spring is really opportunity time! Just a simple suggestion—make housedresses you'll be very glad of in the summer. Housedresses and all, make them smart! Or there's smocking, quilting, learning to type properly, knitting, tatting, crocheting—it's the fashionable time of year for them all.

IT CAN BE EXPENSIVE TO DEFER YOUR FARM IMPROVEMENT PLANS

"The man who holds off modernizing his farm until he can pay cash for everything is not always well advised," points out Gordon Oder, who, as Bank of Montreal manager in the district branch, has a long acquaintance with farm-financing problems.

"The farmer who brings his place up to date with a low-cost Farm Improvement Loan," Mr. Oder says, "is the man who will enjoy greater profits sooner."

F.I.L.'s can be used for many purposes that will contribute both to Canada's welfare and to the farmer's earnings. Mr. Oder says, "We will gladly answer any questions about Farm Improvement Loans. The interest charge is only five per cent. Repayment can be arranged to fit seasonal incomes."

Name Mrs. R. Bean Lakeside Regent

Loyalty to the Queen was pledged by members of Lakeside Chapter I, O.D.E. and two minutes' silence in memory of King George VI observed at the annual meeting of the Chapter held on February 12th in the Legion Hall. About 80 members were present, with 11 new members joining the group.

Reports were given by all the convenors. It was decided to attend the memorial service on Friday in Knox Presbyterian Church.

A presentation was made on behalf of the members to Mrs. M. Storey, a regent bride.

- Officers for 1952 are as follows:
- Honorary regent, Mrs. J. H. Creighton; regent, Mrs. R. Bean; first vice-regent, Mrs. G. McKenzie; second vice-regent, Mrs. H. Hinton; recording secretary, Miss Doris Wilson; assistant secretary, Mrs. A. Orr; treasurer, Mrs. J. H. Creighton; assistant treasurer, Miss Alice McCallum; educational secretary, Mrs. A. Fryer; educational assistants, Miss Clara Grindley, Mrs. H. Helwig; pianist, Mrs. C. Pickett; assistant pianist, Mrs. C. Heard; standard bearer, Miss Marguerite Ryder; assistant standard bearer, Mrs. G. Somerville; corresponding secretary, Mrs. M. Holmes; Echoes secretary, Mrs. J. Jaque; publicity, Mrs. J. Adamson; card convener, Mrs. V. B. Bunley; film convener, Mrs. T. Hansen; world affairs and current events, Mrs. E. Smith; Mrs. T. Watson; flower and visiting, Mrs. W. Waterhouse; Mrs. L. McKersie; membership, Mrs. W. Dumarch; Mrs. S. Brunelle
- Services at home and abroad, Mrs. E. Gamble, Mrs. E. Marks, Mrs. W. Middleton, Mrs. I. Harris, Mrs. F. VanWyeck, Mrs. D. Manning, counsellors, Mrs. R. Langford, Mrs. E. Landsborough, Mrs. J. Van Fleet, Mrs. W. Talbot, Mrs. C. Wood, Mrs. F. Terry, Mrs. C. Leashman, Mrs. J. Mellon, Mrs. H. Otterbein, Mrs. J. McHugh

MORE PLANTS

Capital inflow to Canada in 1951 may have reached \$700-\$750 millions, reports the Financial Post. Of this total, possibly \$200 million was represented by new direct investment in branch plants or foreign controlled industrial undertakings.

This latter figure would be the largest in Canadian history. It compares with like investment in 1950 estimated at \$190 million. This was almost as much as the combined total of the three preceding years.

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CARROLL'S
AUNT JEMIMA
PANCAKE FLOUR
OR BUCKWHEAT
PKG. 19c

Shrove Tuesday—Feb. 26th
Pancake SYRUP 16-OZ. JUG 33c
Corn SYRUP 2-LB. TIN 31c, 5-LB. TIN 72c
MAPLE SYRUP PURE 16-OZ. JUG 51c

FOR PEACH SHORTCAKE IN FEBRUARY
MONARCH WHITE
CAKE MIX PKG. 35c
BRIGHT'S CHOICE
PEACHES 15-OZ. TIN 18c

SALMON BLUEBACK 1/2-LB. TIN 37c
SARDINES Brunswick 3 TINS 26c
HADDIE BRUNSWICK 2 7-OZ. TINS 27c
GOBLIN MEATS 15-OZ. TIN 43c

QUARER TOMATO
SOUP 3 10-OZ. TINS 25c

This is a famous brand of Tomato Soup—packed to sell at 2 tins 25c—but relabelled "Quaker" because the tins were accidentally dented. The soup itself is in perfect condition. Buy a dozen tins—the saving justifies it.

PURITY CAKE MIX
CHOCOLATE 28c WHITE 27c GINGERBREAD 26c
PACKAGE PKG. 27c PACKAGE 26c
PITTED DATES LB. 15c
BULK FIGS LB. 19c

AYLMER CHOICE PRUNE
PLUMS 2 15-OZ. TINS 25c

LARGE PRUNES 40.50 LB. 24c
BABY FOODS Aylmer 3 TINS 27c
CAT SUP AYLMEYER 11-OZ. BTL. 23c

CONTAINING CHLOROPHYLL
BALLARD'S CHAMPION
DOG FOOD 2 15 OZ. TINS 27c

PURE LARD FARMER'S 2 1-LB. PKGS. 29c
MARGARINE MONARCH 1-LB. 35c
MAPLE LEAF OR FARMER'S
PURE LARD - 1 lb. pkg. 14c
CALIFORNIA SUNKIST 5238
ORANGES - doz. 35c
NEW CABBAGE - 2 lb. 15c
SPY APPLES - 6 qt. bskt. 69c
FRESH CARROTS - 2 bunches 17c

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