



Hello Homemakers! Remember you can cook fish without frying. It is true that many kinds of fillets and steaks can be cooked in 8 to 12 minutes in a hot frying pan. However, the aroma permeates the house. On the other hand, fish with a sauce on it baked for 25 to 35 minutes, in the electric oven, seems to keep the flavor in the food.

Fish, fried, broiled, poached or baked, is our favorite Lenten dish. Throughout the coming weeks we shall endeavor to keep you posted on various methods, while this week we publish recipes for baked fish dishes using the less expensive cod and haddock fillets. Any mild-flavored fish fillet such as flounder, sole, perch or halibut may be substituted in the following recipes:

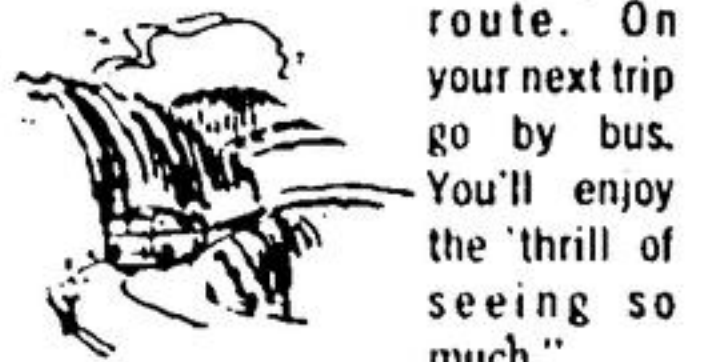
- FILLETS FLORENTINE**
3 lbs. (2 packages) green spinach
4 tbsps. butter
1/4 tbsps. flour
1/4 tsp. salt
1/4 tsp. pepper
1 1/2 cups milk

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Increase Rates Of Medical Service

At the annual meeting of the Halton Co-operative Medical Services held in Milton on February 16th, the Members assembled instructed the incoming Board of Directors by resolution, to increase the premium rates of both plans to assure adequate financing and provide sound operation of the service.

Mr. Paul Mehan, Toronto, Fieldman and auditor for the Ontario Co-operative Medical Services Federation, presented the Financial Statement and Auditors report for the past year, which closed on November 30th. He also addressed the gathering mentioning many of the improvements and conditions as he found them in the province in connection with his work with all Co-operative Medical Services both rural and urban. He congratulated the Halton members on the work done by the Halton services, pointing out that work carried out by the Halton office had been done in a most efficient manner.

The speaker felt, however, that the rising costs as shown during the last part of the year's operations justified some action, now, in order to avoid a possible serious problem. Proper action now, he said, would keep the Halton Co-operative in a healthy condition and permit the carrying on of the good work and service for the people of Halton County.

Mr. MacFarlane, director of the Wentworth Medical Co-operative and chairman of Zone 3 district, spoke to the group and discussed the proposed Surgical Plan as had been recommended by the Board of Directors. Following his address a motion was passed instructing the Board to study the plan further and when deemed advisable proceed to offer it.

The president Mr. M. J. Brown in opening the meeting referred to the loss of our king and mentioned the several Sovereigns we had lived under and declared allegiance to the new Queen.

The Board of Directors for 1952 will be—Mrs. Ellerby, Acton; Mrs. King, Hornby; Mrs. J. Wickson and George Atkins, Bronte; Ross Segsworth and Miss Florence Meares, Freeman R.R. 2, M. J. Brown, Norval; P. A. Fisher, Burlington; Geo. Robertson, Acton; H. E. Batkin, of Georgetown; Wm. Dales and Wm. Hume of Milton, with R. S. Heathcrist continuing as sec-treas.

888 Telephones In Acton Exchange

While total revenues of the Bell Telephone Company of Canada were substantially higher during 1951, so were taxes, wages and other expenses, according to the company's 72nd annual report issued February 14.

Revenues totalled \$160,781,058, of which nearly half—\$78,068,254—was paid out in wages. The total taxes levied on the company amounted to \$22,893,000, equivalent to \$2.91 per share of stock or \$12.69 per telephone.

Commenting on this aspect of the report, R. G. Dillane, Bell manager for this region, said that 71 telephones were added in Acton during 1951, bringing the total to 888.

The company expended \$72,600,000 in 1951 for new construction to improve and extend its facilities throughout Ontario and Quebec, which increased its total investment in plant to \$582,048,747. In all, 113,424 telephones were added during the year, bringing the total number in service to 1,839,750 but leaving 76,000 unfilled orders at the year-end due to lack of facilities.

Motorists' Third Is Taxward Bound

Whenever a little extra snow falls whenever traffic piles up in streets that should have been widened long ago, whenever some extra municipal revenue is needed, or officials think it is needed, somebody always comes forward with the suggestion of a new tax on the car owner.

To listen to these people, says the Financial Post, one would think the owning and driving of a motor vehicle was virgin territory so far as taxes are concerned. Instead it is one of the greatest contributors. At least, a third of every dollar spent by the motorist goes to the tax collector.

For that, he is surely entitled to streets and highways, reasonably clear of traffic and snow, but all too often he isn't getting them.

It's about time some of these people who talk glibly about new taxes on the car and truck owner were asked and asked plainly, what they are doing with the millions in taxes already being contributed.

Larger supplies of pork with no material changes in supplies of beef and mutton are expected in 1952. With high wages likely to continue there should be good domestic demand for meats, while an increased consumption of pork is likely as a result of lower prices.

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

The 1952 Royal Winter Fair is many months away. And yet there is every reason for us to be thinking about it right now—at least if we can rely on the subject-matter of an editorial in the FARMER'S ADVOCATE and CANADIAN COUNTRYMAN—February 23. This editorial states quite openly that a movement is on foot to have the "Royal" open for business on Sunday—that is, the Sunday that comes midway during the time the Fair is on. The editorial is quite obviously against it and wonders what attitude farmers will take in the matter. What, indeed!

This is a matter that should be discussed by farm groups and agricultural organizations from one end of the province to the other. The "Royal" is our fair. It was organized primarily in the interest of agriculture. Do we want it cheapened and used as one more means of creating an open Sunday?

We know there are quite a number of farmers, mostly fruit and market gardeners, who seem to think it necessary to work on the Sabbath, but the majority of farmers still regard Sunday as a day of rest—insofar as it can be where winter chores are almost an all-day job.

I have spoken to several people about this subject and not one has been in favour of having the "Royal" open for business on Sunday. The nearest to it was one man who said he would like to see the Fair open, but not for business. That is to say, an admission fee could be charged and people allowed to go through the barns, the horse palace and the flower show, but no judging or show ring events should be allowed. And definitely no commercial side shows—which, after all, are merely an attraction to people who are not in the least interested in farm animals or farming operations.

There is also another way of looking at it. Suppose the "Royal" were to open on Sundays. It would just be the thin edge of the wedge. If the "Royal" stayed open then there would be a clamoring from some quarters to have the Canadian Exhibition stay open on Sundays—which heaven forbid.

And if the Exhibition stayed open there would be other places of amusement that would think they should do likewise. Very soon there would be more commercialized amusement on Sunday than on any day of the week.

Apparently the idea of keeping the "Royal" open on Sundays has been tentatively suggested as a means of making more money—according to the editorial it "might mean the difference between surplus and deficit." And does the management think any good would come of a new venture which deliberately and publicly flouts the fourth commandment? Dear knows, many of us are guilty enough in that respect, but at least it remains a personal matter.

If the "Royal" is not paying its way why not have it stay open the whole two weeks—Sundays excepted? Or raise the admission fee. People who are really anxious to go would probably pay an extra 25c as easily as not. Rather hard on a big family, of course, but then children could be taught that if they want to go to the Big Fair they must save their pocket money and pay their own way.

Too often, with easy indolence, we farm people sit back and let changes take place to which we are actually opposed. Too late we realize we could have stopped any given change had we really tried.

In regard to the Royal Winter Fair we have been given plenty of time to think about it. I hope farm folk all over the province will make their voices heard to make this possible, the matter should be discussed by all farm organizations at their regular meetings.

If the majority of members are against an open Sunday at the "Royal," then a resolution should be properly drawn up, signed by the mayor and seconded and by the president and secretary and having a copy of the resolution sent to the Board of Directors of the Royal Winter Fair and also one to the Minister of Agriculture. The Honourable T. L. Kennedy.

Let agriculture raise its voice in respect in this matter which is of such vital importance to itself. Don't let this be one more occasion for saying too little and saying that little too late.

That may be I am saying too much—and saying that much too soon! What do our readers think?

To reach iron deposits in north-western Ontario, a lake at Steep Rock had to be drained.

Fashion Hint

March winds will have a good time with this season's skirts! Here is a typical one that hits top glamor rating in the spring of '52 list! This crisp rayon taffeta model is sprigged all over in a gay print. It has a molded midriff, and pleats accent the very full skirt. Beneath, of course, there's the starched petticoat or crinoline.

DEPARTMENT OF AGRICULTURE LISTS SEED FAIR, DISPLAY DATES

Dates of Seed Fairs and Displays have been issued by the Crops, Seeds and Weeds Branch of the Ontario Department of Agriculture, Parliament Bldgs., Toronto. Among them are the following:

- Haldimand, Rural Youth Centre, Kohler, March 3, Seed Show ("Farmers' Week").
- Middlesex, Western Fairgrounds, London, March 3-6, Seed, Bacon and Food Show.
- Simcoe South, Creemore, March 5.
- Waterloo, Market Bldg., Waterloo, March 6, Seed and Bacon Show.
- Wentworth, Binbrook, March 11 and 12, Seed Show.
- Oxford, Woodstock Fairgrounds, March 12 and 13, Seed and Provincial Hay Show.
- Halton, Milton, March 14 and 15, Seed and Bacon Show.
- Peel, Brampton, March 14 and 15, Seed Show.
- Perth, Listowel, March 20, Seed Show.
- Wellington, Arthur, March 21 and 22, Seed Show.

Pilots Lie Down To Fly Aircraft

A specially adapted Reid and Sigrist Desford trainer aircraft, flown by a pilot lying down full length in the fuselage, is being tested at the Royal Aircraft Establishment's Farnborough airfield.

Primary research for testing the prone piloted aircraft is a medical one: theoretically the effects of centrifugal force on the pilot should be less severe in manoeuvres if his body lies along the axis of the aircraft. The prone position also reduces the sizes of the aircraft fuselage, cuts down its frontal area and makes possible a slimmer fuselage, reducing drag. The redesigned control system—stick, rudders, etc. will be closely watched during the trials, which will also reveal whether the prone position is especially fatiguing.



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SARDINES Brunswick in Oil 3 TINS 26c
Chicken Haddle Brunswick 2 7-OZ. TINS 27c
KIPPER SNACKS CONNOR'S TIN 10c
SARDINES JUTLAND 2 TINS 21c

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