Fire Protection For All Eramosa

Eramoss Township Council has now an agreement with Rockwood trustees to supply fire protection for all residents of Eramosa Township 'peluding the village of Eden Mills

The council has agreed to pay \$100 for the first hour and \$50 for of heat and energy value in cereals, and Worchestershire sauce, the each additional hour for each fire Wel often hear pioneers say that onlon and garlic salt, then mix attended by the Rockwood Fire oatmeal and cracked, wheat will in cottage cheese and sour cream. Brgade. The minimum annual "stick to the ribs." This seems an Place in a 2-quart causerole. Then charge for this service. (in other excellent reminder for protection sprinkle with dry crumbs. Bake in words-stand-by) & \$750. A pro- against the chilly weather. portionate amount will be paid by Then, too, look at the economy in 40 minutes. Serves six. the village of Eden Mills for the'r the group of cereals, which include protection. The Eden Mills amount rice, spaghetti and macaroni, From is included in the \$750 figure. Out one pound macaroni (5 cups) there of the \$750 paid to Rockwood, will be about .12 cups cooked 2. To cook 1 cup of macaroni; rice \$200 w'll be turned over to the cereal; from one pound of rice (214 Rockwood Fire Brigade for wages cups) there will be about 8 cups attending out-of-town fires. The cooked; from one pound of rolled balance will be turned in to the oats (5 cups) there will be about village fund for expenses, deprec- 10 cups cooked cereal. ation, etc.

township council.



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a preheated oven of 350 degs, for

TAKE A TIP

gereals are to be cooked.

fork to prevent sticking.

9 to 12 minutes, while rice needs

about 20 minutes bo'ling period.

is to be reheated with a sauce.

in the cereal.

desserts.

water before boiling it.

THE QUESTION BOX

Keep hot in a pan of hot water.

Mrs. J. R. asks: Is wild rice the

same as brown rice, and how do

ning water. Shake to wash well.

in 2 cups boiling water with 4

ed of homes for lumberjacks.

CLEARING

AUCTION SALE

Livestock, Farm Implements,

Furniture, Etc.

The undersigned have received

G. W. SYMONS

son and Trafalgar Townships, on

TUESDAY, MARCH 11

CATTLE - 1 reg. Ayrshire cow.

Oct. 3; 1 Ayrshire cow, bred Sept.

1; 1 reg. Ayrshire bull, 2 years old

or, on steel; Int. Harvester comb-

STRAW- Co-Op milking emachine.

lerk day of sale.

Randell, Clerk

No reserve as farm is sold

HINDLEY AND ELLIOTT.

IMPLEMENTS-Int. 15-30 Tract-

instructions from

centre just before serving.

Hello Homemakers! There is lots | Season the noodles with tobasco

However to serve cereals as a Rockwood pays one-n'nth and main course supper dish they need Eden Mills pays one-sixtioth of gen- an addition of one of our best foods 4. Test for doneness by pressing a swinging shortle coat of the same tures in the papers that the full eral expenses of the township. -milk or cheese. The simplest en-These percentages are based on as- | tree is creamed macaroni and seasment and arrived at by agree- cheese, or scalloped spaghetti. Of ment between the villages and the course, cereals are used in every meal. They may be substituted for a vegetable (for example, buttered rice in place of potatoes), or used 6. No, rinsing is necessary if cereal With Antibiotics as a substitute (for example, outmeal in place of an egg in stuffing). You may look over hundreds necessary in many of them.

PIONEER MACARONI AND

Our recipes to follow are Lenten

- 6 cups boiled macaroni 2 thsps. butter
- 14 cups grated old cheese & tsp. salt
- 1; tsp. pepper 2 cups milk

Dash of paprika Place the above ingredients in layers in a 12" x 7" baking dsh.

Garnish with pimiento strips and paprika. Bake in oven at 350 degs. for about 40 minutes. Makes 6 to

CURRIED RICE

- 3 cups boiled rice 1 thsp. minced onion
- 2 thsps. butter 15 tsp. salt
- 14 -tsp. pepper Minced cooked ment

Cook the onion in butter until keep grated cheese from becoming yellow. Gently stir in hot rice, salt, oily and hard? pepper and curry powder. Add Answer: We store grated cheese about 2/3 cup minced cooked meat. in a glass jar, drop in a cube of

Serves about six. Note: Bou llon may be added to place. meat for this curried dish, or in place of meat serve a cream sauce with a half cup of diced shrimp in you cook it?

> SAVOURY NOODLES 2 cups cooked noodles I cup cottage cheese

1, cup sour cream Dash of tobasco sauce Dash of Worchestershire sauce

1 tsp. minced onlon tsp garlie salt

E. P. HEA Optometrist

Eyes Examined Scientifically

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Fashion Hint



The Fashion Hint this wook to taking advice from the Fashlon . Use a deep squeepan when raw Show held last week in Acton. Checks were prime design advice people? and navy blue prime color advice. or noodles, heat I quart of water Also suggested was a three piece All last week I had been hearing to the bubbling boil, add one teaspoon salt, then gradually drop jacket and shortie. So this week's outbreak of foot and mouth d'sease. Cook, uncovered, at fast boil, with a grey skirt, trim and slim, a of the dire consequences to the unstirring occasionally with a long smartly checked short su't jacket fortunate farmers in the affected few pieces against kettle. Mac- material. b aroni and spaghetti require from

Chicks, Pigs Zoom . Drain boiled cereals in a colander

However, rice to be served buttered or in a whipped cream cillin and bacitracin, are added to the poor beasts because range cattle dessert should have a cup of boil- feed rations of fast-growing bro'ler are used to being run into corrals ing water poured through it. type chickens or young pigs growth and herded together in just that Shake water through then cover increases as high as 12-25 per cent. way. It was just the expression in with a cloth. Set over boiling have been observed, according to their limp, trusting eyes that got water to keep hot, or cool in a Dr. J. R. Aitken of the Poultry Divdraft to prepare for refrigerator sion, Federal Department of Agriculture. The actual quantities of . To make rice extra white, add 2 antibiolics required to produce these tablespoons lemon juice to the increases are exceedingly small; as little as 2 grams in one ton of feed seems to do the trick. Miss. S. D. asks: How do you

An interesting fact pointed out make hot rice into an attractive by Dr. Aitken is that the growthring shape so that the creamed sea- stimulating effect of antibiotics is food does not drain through the much more pronounced during the period of the animal's most rapid rice into a plain ring mould; creases of 20-25 per cent, are comsprinkle a tablespoon of salad oil monly observed in 3-4 weeks old or melted butter on top then press broiler-type chickens, while at 12 gently with the back of a spoon, weeks which is the marketable age -- the antibiotics-fed broiler-Unmold by inverting a platter over type chicken may retain an advancthe mold then reversing the two age of 12 per cent, in weight over dishes. Pour creamed mixture into those that do not receive antibiotics with their feed ration.

Mrs. K. G. asks: How do you Scientists have attempted various explanations to account for the surprising growth-stimulating effects of ant biotics, the primary use of which as the name implies-is in sugar, seal and store in a cool, dry stopping and eliminating the growth of microorganisms. Among the suggested explanations are: (1) antibiotics after the intestinal microtlora in such a way as to elimin-Answer: No, wild rice grains are ate the harmful bacteria but leave long, spindly, and grayish in color. the beneficial strains to flourish in To cook Wild Rice: Place I cup of the intestinal tract; (2) antibiotics ice in a strainer under cold runreduce the bacterial population in the intestine and therefore give the Then soak in warm water to cover animal-host an advantage in the for I hour (the water will be general competition for food; (3) absorbed). Now it is ready to cook antibiotics in themselves are vitamin-like substances; (4) antibiotics (thsps. butter and 2 tsps. salt. Place in top of double boiler for 2 hours of nutrients.

completely on rafts. It is composespecially are weak, since the quan- will come, To sell by public auction at his off the undesirable bacterial strains temporarly suspended. farm, I mile west of the Town of and have no effect on the more, We passed the McKendrick farm desirable ones.

ed in the Poultry Division to study of the past but a comparatively Commencing at 1.30 o'clock toe the effect of antibiolics on egg pro- recent past. For a year or two this bred Oct. 8; 1 Durham cow, bred duction.

28; 1 Durham cow, bred to fresh-en April 1; 1 Red Durham heifer, bred to freshen April 8; 1 Black Holstein cow, bred to freshen May 180,000 Pounds Of Fish Leave Ice

ine; Cockshutt tractor disc; Cock-When Ontario's nor hern lakes shutt 2-furrow tractor plows power drag saw, 6 ft., almost new; buck are frozen, conservation officers porture We wondered if my time rake; circular saw; 7 ft. grain bind- flown on air patrols in ski-equipped. This industry would be revived manure spreader: Int fertilizer Department of Lands and Forest. We also passed the King Paving grain drill; 2-furrow disc plow; aircraft report being greeted in Plant where all ikinds of heavy walking plow; scuffler; set of nar- many lakes by men with ten teata total equipment atood ready and rows; 2 wagons and wagon boyes; dog-sleds or by crews of men with without for spring to come to beflat rack; 2 dump rakes; 2 electric) fencers; scales, 2000 lbs.; 25 s.cel snowmobiles, for this is the time- am oftain their work of imthat commercial fishermen are busy provement to destruct on depen-DAIRY EQUIPMENT, HAY, AND harvesting their annual crop of fish sting on him you look at it through the ice portable; cream separator; milk

pails, strainer, etc.; quantity of mixed hay, loose; quantity of long vellow pickerel, great northern field no do not it had been there out straw, loose; 3 bus, alfalfa | pike and some lake trout. Departs all a uter Few fiems have facili-FURNITURE-Electric wasning ment of Lands and Forests reports for heaving oversized equipmachine; bathroom equipment, in- reveal that an approximate average ment. We noticed a small hous. cluding five and a half ft bath, if 180,000 pounds of fish are taken strains for a coat of paint with basin and toilet with fittings; pi- from northern inland lakes under a telewson aerial that practically ano; coffee table; smoking stant; from northern inland lakes under a telewson aerial that practically floor lamps; hall chair; couch arm theence, through the see each month of world the raid chair; occasional chair; kit ben during winter and early spring as. We came back to Ginger Farm kitchen chairs; long mirror; 2 table are conditions permit. This is about and here too we saw things that lights: 2 basket chairs: cubb art; a third of the morably average nets tooded fixing unfinished improvecook stove; the box; coal heater ted during the summer and fall, ments left over from last fall; commode chair; odd tables; chest,

beds; mattresses; sheets; pillows; odd glassware; dishes, etc. TERMS Cash settlement with some find their way to Canadian still our home in the country tables. The industry provides welcome winter employment for a Freight rates in Canada, despite Auctioneers, large number of the most rugged the long hauls through unsettled

Chronicles

Ginger Farm Written Specially for the Acton Free Press by Gwendoline P. Clarke

Which would you say is the more sensitive-our sense of sound, or of sight? That is to say which sense makes a better job of carrying sympathetic impulses to the brain? Or is there a difference in different

What makes me wonder is this: suit with a plain skirt and checked harrowing details by radio of the suggestion is an outfit like this, Of course it worried me to think in grey and navy and then a full area. But it wasn't until I saw picrealization of the tragedy, as it affected the cattle, really hit me.

There was the huge pit; the poor diseased cattle standing there, unknowingly waiting for the slaughter. That really got me down. And yet, since they had to be killed, how better could it be done? Being When antibiotics, such as peni- herded together would not frighten

Foot and mouth disease is a major disease for Canada- and it will be a little while yet before we know to what extent it will affect our national economy.

The other night Daughter phoned and she was in quite a way about it, partly because it is in the area where we lived when we were out on the prairie. One thing we do Answer: Pour 2 cups of boiled growth. For example, weight in this disaster in their stride as they have taken others--drought, floods, grasshoppers and early frost.

Except for all this bad news ct has been a wonderful week, more continuous sunshine than we have had all winter. Which helped me a lot because I was experiencing a few troubles of my own. A cold for one thing, and then I left the lights on in the car and ran the battery down so completely the car wouldn't start at all-just when ! specially wanted it, of course,

Answering fan mail has kept me pretty busy. Not in connection with this column but as a result of recent art cle in the Family Herald and Weekly Star. Yesterday, to get away from it all, Bob took us over to see the Ford plant near Oakville. That served two purposes it gave us a bit of an outing and recharged

When we got home Partner and I were both so happy in the realization that our farm is in a quieter part of the county. Thank heaven promote a more efficient absorption industrial expansion has not yet caught up with us. But since we Each of these theories has certain live on a Queen's Highways there Holberg, B.C. is a town built weaknesses. Theories (1) and (2) is no telling how soon that day

tities of antibiotics used to bring! It was strange looking around about growth-increases are so small the Oakvalle district. Residential that they could not have a depress-! Oakville has always been so very. out effect on the bacterial popula- exclusive, to that now it seems tion in the intestine. Moreover, it to be entirely out of character, No has been shown that even when doubt some of the older readents penicillin is treated in such a way are pretty sick about it There was to render it non-toxic to micro- not much to see at the Ford plantorganisms, it still retains its growth except large areas of good, arable! stimulating action. It is also dif- farm land laid waste where hugficult to see how antibiotics can shovels and bulldozers had been have such selective action as to kill; in operation. Activities have been

where the shell of the old alfalfa . Investigations will soon be start- processing plant stood like a ghost plant gathered up surplus alfalfa from the farmers for miles around, and then dried and ground the alfalfa into meal which was then shipped for export. It was a new venture and showed great promise but falling export prices and wints er-killing of alfalfa changed the

We passed a farm where a new The fish taken include whitefish, combine wite sitting out in the

painting to be done; wood to be Most of the fish are exported but 40thered but thank goodness it is

Phone 19r3 Rockwood and 1771 type of Ontario's commercial fish- country, are among the lowest in

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