

### Fire Protection For All Eramosa

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

The council has agreed to pay \$100 for the first hour and \$50 for each additional hour for each fire attended by the Rockwood Fire Brigade. The minimum annual charge for this service (in other words—stand-by) is \$750. A proportionate amount will be paid by the village of Eden Mills for the protection. The Eden Mills amount is included in the \$750 figure. Out of the \$750 paid to Rockwood, \$250 will be turned over to the Rockwood Fire Brigade for wages attending out-of-town fires. The balance will be turned in to the village fund for expenses, depreciation, etc.

Rockwood pays one-ninth and Eden Mills pays one-sixth of general expenses of the township. These percentages are based on assessment and arrived at by agreement between the villages and the township council.

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Hello Homemakers! There is lots of heat and energy value in cereals. We often hear pioneers say that oatmeal and cracked wheat will "stick to the ribs." This seems an excellent reminder for protection against the chilly weather.

Then, too, look at the economy in the group of cereals, which include rice, spaghetti and macaroni. From one pound macaroni (5 cups) there will be about 12 cups cooked cereal; from one pound of rice (2 1/2 cups) there will be about 8 cups cooked; from one pound of rolled oats (5 cups) there will be about 10 cups cooked cereal.

However to serve cereals as a main course supper dish they need an addition of one of our best foods—milk or cheese. The simplest entrée is creamed macaroni and cheese, or scalloped spaghetti. Of course, cereals are used in every meal. They may be substituted for a vegetable (for example, buttered rice in place of potatoes), or used as a substitute (for example, oatmeal in place of an egg in stuffing). You may look over hundreds of recipes and find that cereals are necessary in many of them.

Our recipes to follow are Lenten specials.

**PIONEER MACARONI AND CHEESE**  
8 cups boiled macaroni  
2 tbsps. butter  
1 1/2 cups grated old cheddar  
1/2 tsp. salt  
1/2 tsp. pepper  
2 cups milk  
Dash of paprika

Place the above ingredients in layers in a 12" x 7" baking dish. Garnish with pimiento strips and paprika. Bake in oven at 350 degs. for about 40 minutes. Makes 8 to 10 servings.

**CURRIED RICE**  
3 cups boiled rice  
1 tsp. minced onion  
2 tbsps. butter  
1/2 tsp. salt  
1/2 tsp. pepper  
Minced cooked meat

Cook the onion in butter until yellow. Gently stir in hot rice, salt, pepper and curry powder. Add about 2 1/2 cup minced cooked meat. Serve about six.

Note: Bowllon may be added to meat for this curried dish, or in place of meat serve a cream sauce with a half cup of diced shrimp in it.

**SAVOURY NOODLES**  
2 cups cooked noodles  
1 cup cottage cheese  
1 cup sour cream  
Dash of tobacco sauce  
Dash of Worcestershire sauce  
1 tsp. minced onion  
1/2 tsp. garlic salt

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### Fashion Hint



The Fashion Hint this week is taking advice from the Fashion Show held last week in Acton. Checks were prime design advice and navy blue prime color advice. Also suggested was a three piece suit with a plain skirt and checked jacket and shorts. So this week's suggestion is an outfit like this, with a grey skirt, trim and allm, a smartly checked short suit jacket in grey and navy and then a full swinging shortie coat of the same material.

### Chicks, Pigs Zoom With Antibiotics

When antibiotics, such as penicillin and bacitracin, are added to feed rations of fast-growing broiler type chickens or young pigs growth increases as high as 12-25 per cent, have been observed, according to Dr. J. R. Aitken of the Poultry Division, Federal Department of Agriculture. The actual quantities of antibiotics required to produce these increases are exceedingly small; as little as 2 grams in one ton of feed seems to do the trick.

An interesting fact pointed out by Dr. Aitken is that the growth-stimulating effect of antibiotics is much more pronounced during the period of the animal's most rapid growth. For example, weight increases of 20-25 per cent are commonly observed in 3-4 weeks old broiler-type chickens, while at 12 weeks—which is the marketable age—the antibiotics-fed broiler-type chicken may retain an advantage of 12 per cent in weight over those that do not receive antibiotics with their feed ration.

Scientists have attempted various explanations to account for the surprising growth-stimulating effects of antibiotics, the primary use of which as the name implies—is in stopping and eliminating the growth of microorganisms. Among the suggested explanations are: (1) antibiotics alter the intestinal microflora in such a way as to eliminate the harmful bacteria but leave the beneficial strains to flourish in the intestinal tract; (2) antibiotics reduce the bacterial population in the intestine and therefore give the animal-host an advantage in the general competition for food; (3) antibiotics in themselves are vitamin-like substances; (4) antibiotics promote a more efficient absorption of nutrients.

Each of these theories has certain weaknesses. Theories (1) and (2) especially are weak since the quantities of antibiotics used to bring about growth-increases are so small that they could not have a depressing effect on the bacterial population in the intestine. Moreover, it has been shown that even when penicillin is treated in such a way as to render it non-toxic to microorganisms, it still retains its growth-stimulating action. It is also difficult to see how antibiotics can have such selective action as to kill off the undesirable bacterial strains and have no effect on the more desirable ones.

Investigations will soon be started in the Poultry Division to study the effect of antibiotics on egg production.

### 180,000 Pounds Of Fish Leave Ice

When Ontario's northern lakes are frozen, conservation officers, down on ice patrols in ski-equipped Department of Lands and Forests aircraft report being greeted in many lakes by men with ten foot snowshoes or by crews of men with snowmobiles. For this is the time that commercial fishermen are busy harvesting their annual crop of fish through the ice.

The fish taken include whitefish, yellow pickerel, great northern pike and some lake trout. Department of Lands and Forests reports reveal that an approximate average of 180,000 pounds of fish are taken from northern inland lakes under licence through the ice each month during winter and early spring as ice conditions permit. This is about a third of the monthly average netted during the summer and fall seasons.

Most of the fish are exported but some find their way to Canadian tables. The industry provides welcome winter employment for a large number of the most rugged type of Ontario's commercial fishermen.

### Chronicles

**Ginger Farm**  
Written Specially for the Acton Free Press by  
Gwendolene F. 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 people?

What makes me wonder is this: All last week I had been hearing harrowing details by radio of the outbreak of foot and mouth disease. Of course it worried me to think of the dire consequences to the unfortunate farmers in the affected area. But it wasn't until I saw pictures in the papers that the full realization 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 herded together would not frighten the poor beasts because range cattle are used to being run into corrals and herded together in just that way. It was just the expression in their limp, trusting eyes that got me down.

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 wry about it, partly because it is in the area where we lived when we were out on the prairie. One thing we do know, the people out West will take this disaster in their stride as they have taken others—drought, floods, grasshoppers and early frost.

Except for all this bad news it 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 I specially wanted it, of course.

Answering fan mail has kept me pretty busy. Not in connection with this column but as a result of a recent article 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 the car battery.

When we got home Partner and I were both so happy in the realization that our farm is in a quiet part of the county. Thank heaven industrial expansion has not yet caught up with us. But since we live on a Queen's Highway there is no telling how soon that day will come.

It was strange looking around the Oakville district. Residential Oakville has always been so very exclusive, so that now it seems to be entirely out of character. No doubt some of the older residents are pretty sick about it. There was not much to see at the Ford plant—except large areas of good, arable farm land laid waste where bulldozers and bulldozers had been in operation. Activities have been temporarily suspended.

We passed the McKendrick farm where the shell of the old alfalfa processing plant stood like a ghost of the past but a comparatively recent past. For a year or two this 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 winter-killing of alfalfa changed the picture. We wondered if any time this industry would be revived.

We also passed the King Paving Plant where all kinds of heavy road equipment stood ready and waiting for spring to come to beat against their work of paving. Improvement or destruction depending on how you look at it.

We passed a farm where a new combine was sitting out in the field no doubt it had been there all winter. Fox farms have facilities for buying over-sized equipment. We noticed a small house-cum-cabin for a part of a party with a television aerial that practically covered the roof.

We came back to Ginger Farm and here too we saw things that looked familiar, unfinished improvements left over from last fall, waiting to be done; wood to be shipped but thank goodness it is still in home in the country.

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