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Hello Homemakers! You can beat the heat by storing some of the fresh fruits and vegetables in a home freezer, or a locker at a storage plant. Food can be packaged in a quick, convenient and easy method of freezing. As a basic rule for preparation of vegetables remember: blanch one minute, then chill two minutes.

It is now common practice to prepare the fruits and vegetables which are usually canned if you have access to freezing space. The stored product will have good color, flavor and food value when the best variety is obtained and good quality packaging is used.

Freezing is not a method of processing food; it simply prevents growth of bacteria. For this reason place each filled container in the refrigerator then transfer to home freezer or locker within 4 to 6 hours. Be guided by the directions of a freezer manufacturer as to how many boxes to place along the quick freezing wall of home unit. (We freeze 8 packages at one time. We use the storage operator for quick freezing large quantities.)

TAKE A TIP
1. Select only the best—firm, well-ripened fruits and fresh, tender vegetables for freezing.

2. Certain varieties of vegetables are better suited for freezing than others: Burpees, Early Stringless, Tendergreen or Valentine Beans, Broad Leaf Spinach, Thomas Laxton or Tall Telephone Peas, Golden or Golden Bantam Corn, Henderson's Lima Beans and Long Island Brussels Sprouts.

3. Among our Ontario fruits, preference may be given to Cuthbert or Viking Raspberries, Early Richmond or Montmorency Cherries, Lawde Blackberries, Vedette or Valiant Peaches, Grand Duke or Prune Plums.

4. Purchase moisture-vapor-proof material. An ideal material should also be odorless, tasteless, strong, easy to handle, seal and label. Impregnated wax cartons can be re-used with new liners.

5. You can store 38 rectangular pint cartons, (with liner) in a cubic foot of space or 18 round tub pints.

6. When regular canning jars are used allow a headspace of 1 to 1½ inches at least to prevent breakage, whereas boxes of a dry pack may be filled leaving ¼ inch expansion.

TO FREEZE FRUITS
1. Sort and wash and drain but handle carefully.
2. Prepare according to method of serving. Berries may be gently rolled through a wide funnel into each box with or without sugar. We usually sprinkle in dry sugar allowing 1 cup for 4 cups of fruit. Rhubarb may be cut (do not peel) and packed. Cherries to be eaten fresh should be covered with a 50 per cent. syrup; for pies, mix 1 part sugar to 4 parts cherries. Peaches and pears require preparing as for canning and covering in 50 per cent. syrup (three-quarters of a teaspoon of ascorbic acid crystals in each quart of syrup will prevent browning).

3. When a lined box is used, squeeze the top of the envelope together above the fruit to exclude air, then fold and seal.

4. To heat seal the package: turn a sauceman (of the same height as freezer box) upside down. Use the iron with the control, if you have one, set at Rayon and press over 2 folds of the liners. Let stand a minute then fold to fit box.

5. Label with a grease pencil and place in freezer or refrigerator; freeze as soon as possible.

TO FREEZE VEGETABLES
1. Sort and wash firm vegetables. Prepare as for table use, cutting lengths according to type of freezing box.
2. All vegetables are then blanched or scalded to keep their color and stop chemical action. It is important to use only enough water to cover and to have the cheesecloth bag or sieve for the vegetables that can be held in the boiling water for the 25 to 45-second period. Keep the bag or sieve moving and also watch the clock during scalding period.
3. Cool the hot food quickly in ice water for 2 minutes then drain.
4. Pack drained vegetables immediately into containers and seal or cover with a cold brine using 1 teaspoon of table salt to 1 cup of water.
5. Exclude air as much as possible. Seal and label.
6. Freeze quickly.

JUST REMEMBER 43, 37; 80, 02 AND NEVER BE LOST AGAIN!

Ever lost? There's no need to be lost anymore! Acton is officially 43 degrees, 37 minutes of latitude and 80 degrees, 02 minutes of longitude.

Wherever Actonians may be, with this useful bit of information they can find their way back to the Mill and Main corner.

Provided, of course, they know which longitude and latitude they're standing lost at, and where they are as they go along. (For this purpose be sure to take a sextant along in the pocket during any travels, to shoot the sun.)

Perhaps, after all, just asking someone along the road would be easiest.

Anyway, Acton's latitude and longitude, handy to know or not, were given in a recent issue of the Gazetteer of Canada for southeastern Ontario, published by authority of the Canadian Board on Geographical Names.

Every place in southern Ontario has a place in the alphabetical lists of the book, from Ab Island to Zuni Island. Acton, 16th on the list, is designated "town, Esqueving Twp., Halton Co." and the longitude and latitude follow, as they do each place name.

An explanatory note warns that designations used in the gazetteer are descriptive only and "no attempt has been made to indicate the relative importance or size of these various populated places."

Certainly some residents of various populated places not far from Acton will be surprised to find what this publication thinks of their thriving small villages! Campbellville is catalogued as a "post office," Speyside is a "settlement," Crowson's Corners a "hamlet."

Limchouse is one of the few full fledged villages, as, of course, is Rockwood. Anyone going to Rockwood by more tricky means than the good highway, and with the necessary aforementioned pocket sextant, must aim for 43 degrees, 37 minutes of latitude and 80 degrees, 8 minutes of longitude. Go at the latitude with the right altitude and the longitude with fortitude, and you'll get there.

"Hamlet," "settlement" or even "small village" for Silvercreek? No, they just call it a "creek!"

Orton is another of the local hamlets; so are Everton, Osprings, Eden Mills and Cedar Valley.

No residents of these small places need be offended their home is omitted. They're lucky! Some disillusioned readers of the catalogue of Southern Ontario points will find they live in a place noted for its geography only, leaving them out of the picture altogether. These places are called such names as "bank," "creek," "bay," "falls" or "pond." "Club house pond" on the St. Clair river estuary is one of these "ponds," although there is clearly a population there some times, at least.

In some instances when the population was scattered, the more "locality" was used. There's a Cobble Hill in Middlesex—not Acton's—that's just a locality as far as the geographers are concerned. But perhaps worst off of all are the worthy Canadians—if any—who live on Georgian Bay at Spohn—a mere "split."

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One of these new models will be on display at our store this Saturday so be sure to stop in and see for yourself how much more value these great new John Deere Tractors offer you.

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Prescriptionette

COSMETICS
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STATIONERY
GREETING CARDS
ICE CREAM

DEPARTING a little from our usual form of "Prescriptionette", we would like to offer our congratulations this week to Cliff Bradley on the opening of his new Modern Meat Market. Attractive lighting and modern refrigeration in the Bradley Meat Market have made another major contribution to Acton's business section. Another important thing to remember is that your small hand-operated can opener will work much more effectively if you run a stream of hot water over it before you begin piercing the can.

Cooper's DRUG STORE
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Highway Traffic Concerns Council

A special meeting of Erin Township Council was held in Hillsburgh June 14 when the clerk was instructed to write J. A. Coombs, district engineer, Stratford, concerning the construction of No. 24 Highway through Erin.

Since traffic has to detour either to No. 5 sideroad to the south or to No. 15 sideroad to the north, it was decided these roads are carrying highway traffic that they are not built to carry.

Council petitioned the Department of Highways to keep these roads in as good condition as they are at present.

A resolution was made and passed that the tender of the Matacat Company, as per contract with the Road Supt. for spraying weeds on the township roads, be accepted.

At the meeting on July 5, Council instructed the Clerk to mail an exact copy of resolution passed at the special meeting on June 14 to Walter Saunders, Division Engineer, Dept. of Highways, Owen Sound.

The road superintendent was instructed to contact the Wellington County Board of Health regarding the erection of signs prohibiting dumping of garbage on township roads.

Council authorized the Clerk to notify the secretary of the telephone commission that all their brush, etc. cut by their workmen, must be removed or burned and that in future all trees cut must be done in a workmanlike manner.

Goldwin Burr, was appointed to supervise the work to be done in the cleaning up of the McMillan and McArthur Cemeteries on the 9th line.

The sum of \$139.39 was ordered paid to Frank D. Gray, agent, as adjustment of compensation with General Accident Insurance Co. Bert Berris was ordered paid \$20.00 for attending the Assessor's Convention held at St. Catharines for two days.

The following accounts were paid:
General accounts \$ 465.59
Relief accounts 194.35
Sheep accounts 33.00
Road accounts 10018.62

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TALK TO SAVE
Conservation education extension work was continued through April, 1952, in the seven Ontario forest regions by Department of Lands and Forests staff members. The educational effort was carried into schools and to adult meetings by means of talk and lectures illustrated by slides and by motion pictures. Although 226 lectures were given to 23,147 persons of all ages.

ALAN LADD, as a cavalry captain, comes to a dramatic showdown with General Quantrell (John Ireland) in this scene from Hal Wallis' "Red Mountain" showing at the Roxy July 18-19.

Get In Fuel Stocks Before Winter Strikes
Arrange Your Fuel Loan at the B of M

It's a lot more convenient and economical to arrange your winter fuel supplies well in advance. There's no chance then of a sudden change in the weather catching you off balance, and you can stock up at the most advantageous terms.

Perhaps you'd like to be among those wise folk who arrange early for ample supplies of fuel, but can't lay your hands on the ready cash? Pay a visit to Gordon Oder, manager of the Bank of Montreal at Acton, and discuss with him the details of a B of M loan. Suppose you borrow \$100. The interest comes to only 6 per cent—29 cents a month when the loan is repaid over six months.

If you're in a position to repay a personal loan in easy instalments out of your income, you can make sure today that your family will enjoy a warm, snug home during the coming winter. Drop in and see Mr. Oder, while the matter's still fresh in your mind.

IT'S STILL BETTER DURHAM MEMORIAL ARENA CERTIFICATES Buy Now!

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Oh Boy! This is the Life!

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