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**Shades of Opinion  
Many for Choice**

(Continued from Page Two)

mechanism with which, it is said, everyone is endowed. Somehow, in spite of all the mental giants we have living in this country, the people have always seemed to pick a good administration. There may be mutterings of how the country is going to the dogs under the present government before an election but outside of a couple of Toronto newspapers people are generally happy under any form of government when the issue is settled. Now the campaign is over, we can go back to living normally until municipal elections come up. The same people will no doubt trot out the same arguments on that occasion. Like the fellow said, "It takes all kinds of people to make up a world."

**Poet's Corner  
SMALL THINGS**

Just give the kind word, wrapped up in a smile  
Neatly tied with a sweet, quiet voice;  
For only God knows how far it may go  
And how many hearts may rejoice.

Just do the kind deed you've planned for so long,  
And don't put it off till to-morrow;  
Perhaps you may think there's time enough yet,  
And wait far too long—to your sorrow!

Just breathe a low prayer as you travel alone,  
For some heart that is heavy with grief;  
God hears, and because of that kind, earnest prayer,  
May bring to that soul sweet relief.

The small things of life may not seem worth while,  
As you carelessly pass through the throng,  
But the soft, whispered prayer, and the kind word and deed  
May bring to some heart a glad song.

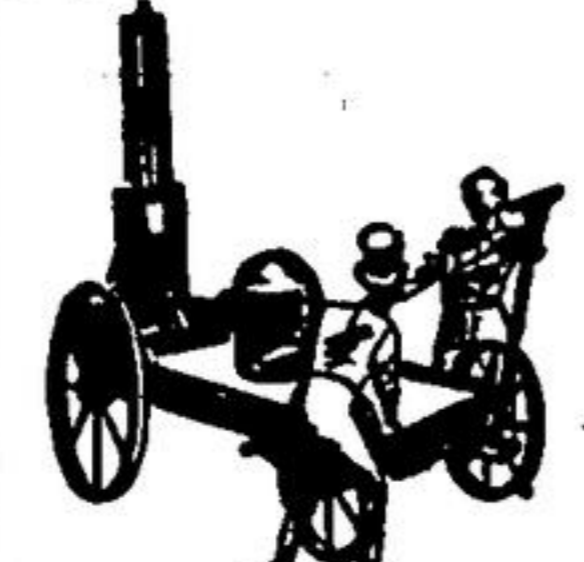
**20 Per Cent Fish  
Catch for Meals**

Of an estimated 25,000,000 tons of fish produced annually by the world's fisheries, herring and a similar species comprise 21 per cent of the total catch. Fresh and brackish water fish are a close second with 19 per cent of the total. Cod, hake and others comprise 14 per cent of the total.

These figures were released by the Food and Agriculture Organization of the United Nations. They estimate that there are approximately 27 pounds of fish available per person per year. This figure doesn't indicate how much is actually consumed, because a considerable part of the total weight is lost during cleaning and a certain quantity is converted into oil and meal unsuitable for human consumption. Actually only about 20 per cent of the world catch ever reaches the table.

The outlook for increased production appears to be promising, for the F.A.O. study reports that many countries are adding or planning to add mechanized craft to the fishing fleets. Too, the report adds that improvements in fishing gear and equipment are being made in many under-developed as well as developed countries.

**Did you know that...**



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**Chronicles  
of  
Ginger Farm**

Written Specially for the Acton Free Press by Gwendoline F. Clarke

We have survived our first week with Partner on the casualty list—but I will spare you the details. Suffice to say there was very little work done around here other than the ordinary everyday chores—under the circumstances it was quite enough. However, I did manage to get in a few hours in Toronto last Friday—actually more than I had hoped for. Not to have gone would have been a great disappointment as I had been invited to attend an exhibit of hooked rugs, which had come from almost every W.I. district in Ontario in response to a competition sponsored by the Salada Tea Company.

The rules of the competition were simple: the rugs had to be original in design; hooked with rags and made by a W.I. group. Entries were limited to one rug from each district, previously judged to be the best entry from the various branches in each district.

I wish you could have seen those rugs... they were marvellous in design and of beautiful workmanship. Sixty-four in all, from points as far distant as Thunder Bay, Timiskaming, Perth and Port Arthur. However, the winning entries were not announced that day, nor will they be made public until the Fall, so we were able to amuse ourselves in trying to guess which would win the awards.

Two of the judges were present, Mrs. D. MacPherson of Dutton and Miss Ina Hodgins of Carp. They knew which were the prize-winning entries but neither of them so much as blinked an eyelid at the various comments passing back and forth. And yet some folk say women can't keep a secret!

If only I could describe each one of those 64 rugs—they were all so good. Many of the entries featured Coronation designs; others worked in the W.I. motto—"For Home and Country"—and some managed design around the letters—"ACWW."

Some of the rugs were meant for the floor—only you would hate to put your feet on them—most of these had designs with a border of flowers, maple leaves or fruit, or else a central motif against a neutral background. Others, obviously meant as wall decorations, had designs of great variety. One in particular, from Lakeview W.I., Elgin County, was very original, featuring a tea party. (That, surely, would please the sponsors!) There were also designs featuring birds, animals, houses, gardens, Fort William's "Sleeping Giant" and even a freight boat going through the Sydenham River lift-locks, each central figure standing out in relief against a background of artistically blended colors.

Which rug did I think the best? I wouldn't dare to say—I might show up my own ignorance! However, in looking them over I picked out several which I would love to see on our own living room floor. One was from Winona W.I., past background with a border of grapes—grapes from Winona, how appropriate! The fruit and leaves were so beautifully shaded as to almost give a three dimensional effect. There were others, too, with floral designs that were very pleasing, as was the entry from Dublin W.I., in Halton County. The coloring in this rug was very delicate—conventional border, and in the centre flying geese faintly outlined in a contrasting color.

Naturally I could go on and on, describing many of the rugs in detail. And yet the description of one would be true of them all. In each case it was the work of a group of artists, some excelling in creating a design; others in the evenness of hooking, some in dyeing or in blending colors, or even in the tedious and exacting work of selecting and cutting rags into even strips—each type of work a necessary part of the whole.

And so, at this exhibit, it was possible to find not only good workmanship and creative effort but concrete evidence of good fellowship and co-operative enterprise—requirements necessary all the way from rug making groups to the work of the various councils of the United Nations.

To tie in the U.N. with the W.I. seems only natural because some of the outstanding guests at this little get-together were from foreign countries—and fellow members of the ACWW. In native costume there were Mrs. de Mel and Lady Coomaswamy two charming and distinguished ladies from Ceylon. Lady Coomaswamy is a candidate for the office of ACWW president, which becomes vacant upon the retirement of Mrs. Raymond Sayres, of Ackworth, Iowa, who has given this world-wide organization such wonderful leadership. Also present was Mrs. Geord van Beekhoff, one of the five visiting delegates from Holland—and, of course, there were quite a number of officers present from our own W.I. Provincial Headquarters.

**SMART**

A police officer was preparing to finger-print an offender.  
Offender—Wash your hands.  
Offender—Both of them.  
The police officer hesitated for a moment.  
Offender—No just one of them I want to see how you do it.

**THE MIXING BOWL**  
by Annellian  
HYBRID HOME ECONOMIST

Hello Homemakers! Packaged or ready to serve bottle beverages are excellent for emergencies but we know that many homemakers like to make their own thirst-quenching drinks. This is particularly true when we have an abundance of fresh fruits on hand, cold water at the tap and ice cubes in the refrigerator. Then, too, there is a lot of food value in beverages made with fresh fruits. For instance, press black currant and blueberries through a puree and add either cold water or cold milk.

Do you remember years ago when the water was carried by pail to the house, many homemakers used tartaric acid and epsom salts to perk up the flavor of fruit juice and probably because the water was not chilled with ice cubes in those days. Now, here are modern recipes for a few thirst quenchers.

**LEMON SOOTHE**  
2 quarts water  
4 cups sugar  
grated rind of 3 lemons  
juice of 6 lemons

Bring to a boil the first three ingredients then strain. Add lemon juice and chill before using. Serves 8 or 10.  
(Thanks to Mrs. S. G. W., Miss H. R. and Mrs. R. M.)

**FRUIT PUNCH**  
4 cups boiling water  
4 tps. orange pekoe tea  
2 tps. sugar  
1/2 cup lemon juice  
1/4 cup orange juice  
1 qt. ginger ale

Steep tea in boiling water for 5 minutes. Drain into a pitcher and stir in sugar. Then add lemon and orange juice. Chill. Just before serving, add 1 qt. ginger ale and pour over ice cubes.

**FRUITADE**  
1 qt. water  
1/2 cup sugar  
juice 1 orange  
juice 1 lemon  
1/2 cup peach juice  
1/2 cup grape juice  
1 cup black currant juice

Heat water and sugar to dissolve sugar, then add fruit juices.

**BANANA MILK SHAKE**  
3 bananas  
4 cups milk  
1/2 brick ice cream  
Mash bananas. Beat cold milk and ice cream with bananas until frothy. Serve at once. Yield: 6 glasses.

**MAPLE FIZZ**  
1/2 cup maple syrup  
1 qt. cold milk  
ginger ale

Stir maple syrup into milk. Pour into 6 tall glasses and fill each with ginger ale.

**ICED COFFEE**  
Using a vacuum coffee maker, measure water, either hot or cold, into lower bowl of coffee maker and heat to boiling. Adjust filter in upper bowl and into it measure 2 level tablespoons coffee for each cup water. Place over boiling water; twist slightly to make an airtight seal. Turn element from medium-low (position 3) to simmer, and allow water to rise into upper bowl until only a small amount remains in lower bowl. Remove from element and stir. When coffee has returned to lower bowl, remove upper bowl and pour hot coffee into tall glasses filled with ice cubes.

**THE QUESTION BOX**  
Mrs. C. D. asks: How do you prevent mold on olives?  
Answer: Pour a little salad oil gently on the top of opened jar of olives.

Mrs. W. F. asks: Do you measure berries before mashing or after to decide how much water to add and simmer for jam recipe?  
Answer: Partially crush, then measure fruit. Then add amounts of water according to recipe.

Mrs. D. Mc. asks: Do you prefer brine or dry pack for preparing corn niblets for home freezer, and what containers do you prefer?  
Answer: We prefer to pack the corn niblets in 2 per cent brine that is 1 tsp. salt to 1 quart water. The rectangular box with a vinylite liner is the type we are using this year. We find the rectangular box best for freezing vegetables in home freezer.

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