



Hello Homemakers! There's a certain crispness in the evening air, a bluish haze on the distant hills. The leaves look tired and the birds seem to have a wanderlust.

Here are foods with flavors that blend with the aroma of the outdoors in autumn.

**Mother's Special Soup**

- 1 lb. beef chuck, cut in 1" cubes
  - 3 tbsps. fat
  - 2 onions, sliced
  - 1 tsp. pepper
  - 2 tbsps. salt
  - 1 lb. marrow bone, cracked
  - 3 1/2 cups stewed tomatoes
  - 6 cups cold water
  - 1 quartered apple, cored
  - 1/4 cup lemon juice
  - 2 tbsps. brown sugar
  - 6 cups cabbage, shredded
  - 4-6 quartered potatoes
- Brown meat in fat. Add onions and brown lightly. Add pepper, salt, bone, tomatoes, cold water and apple. Cover, bring to boil and simmer 2 hours. When meat is tender, add lemon juice, brown sugar, cabbage and potatoes. Cook covered 30 minutes.

**Stuffed Cabbage Rolls**

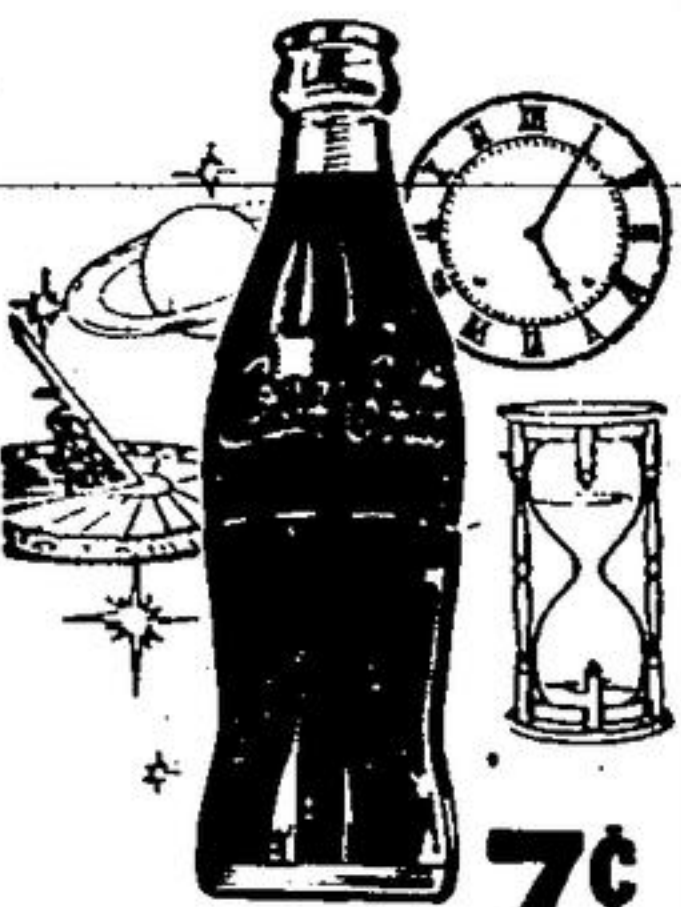
- 1 lb. minced raw beef
- 1/2 lb. minced pork
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/4 cup finely chopped onion
- 1/2 cup uncooked rice
- 1 head cabbage
- 2 cups tomato juice

Combine meat, seasonings and rolls. Remove core from cabbage and steam until leaves begin to wilt. Separate cabbage leaves and wrap each meat roll in a cabbage leaf. Place rolls in a greased skillet and add tomato juice. Cover closely; cook on high until steaming then reduce heat to complete cooking. Cook for 1 hour on element turned low.

**Sweet Potato Ring**

- 6 medium sweet potatoes
- Salt
- Pepper

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THE ORANGEVILLE BOTTLING WORKS  
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- 1/2 cup orange juice
- 1/4 cup shortening
- 1/2 cup honey

Cook potatoes in skins until tender. Peel, mash and beat in salt, pepper and orange juice. Mix melted shortening and honey and pour into well-greased ring mold. Pack potatoes into mold. Bake at 375 degs. for 30 minutes. Unmold on platter. May be garnished with parsley and orange wedges. Makes 6 servings.

**Corn Oysters**

- 2 cups stewed fresh corn
- 2 beaten eggs
- 1/2 cup flour
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. baking powder

Grate corn on coarse grater. Add eggs and flour sifted with salt, pepper and baking powder. Drop from tablespoon into 1 inch of melted fat or salad oil, hot enough to brown bread cube in 40 seconds. Turn once. Makes 12 oysters. Serve with hot maple syrup.

**THE QUESTION BOX**

Mrs. D. C. asks: "How long should meat stock keep in a refrigerator?"

Answer: It all depends on how quickly the cooked meat-bone was cooled and stored with bone removed. Be sure to leave the fat that collects on top until the stock is to be prepared as soup.

Mrs. T. C. asks: "How can we cook squash to prevent hard granular pieces in it?"  
Answer: Some varieties of hard squash are not fully matured until after the first frost and this may be the reason it does not cook well. Wedges of button squash (2 inches thick) should be cooked in boiling water for 25 minutes.

**Say Drivers Badly Mannered at Wheel**

The Financial Post asked a group of Canadians what were the chief faults of motorists and how could they be corrected.

Impatience and lack of courtesy received majority support. The Canadian driver seems to shuck his manners as soon as he gets behind the wheel.

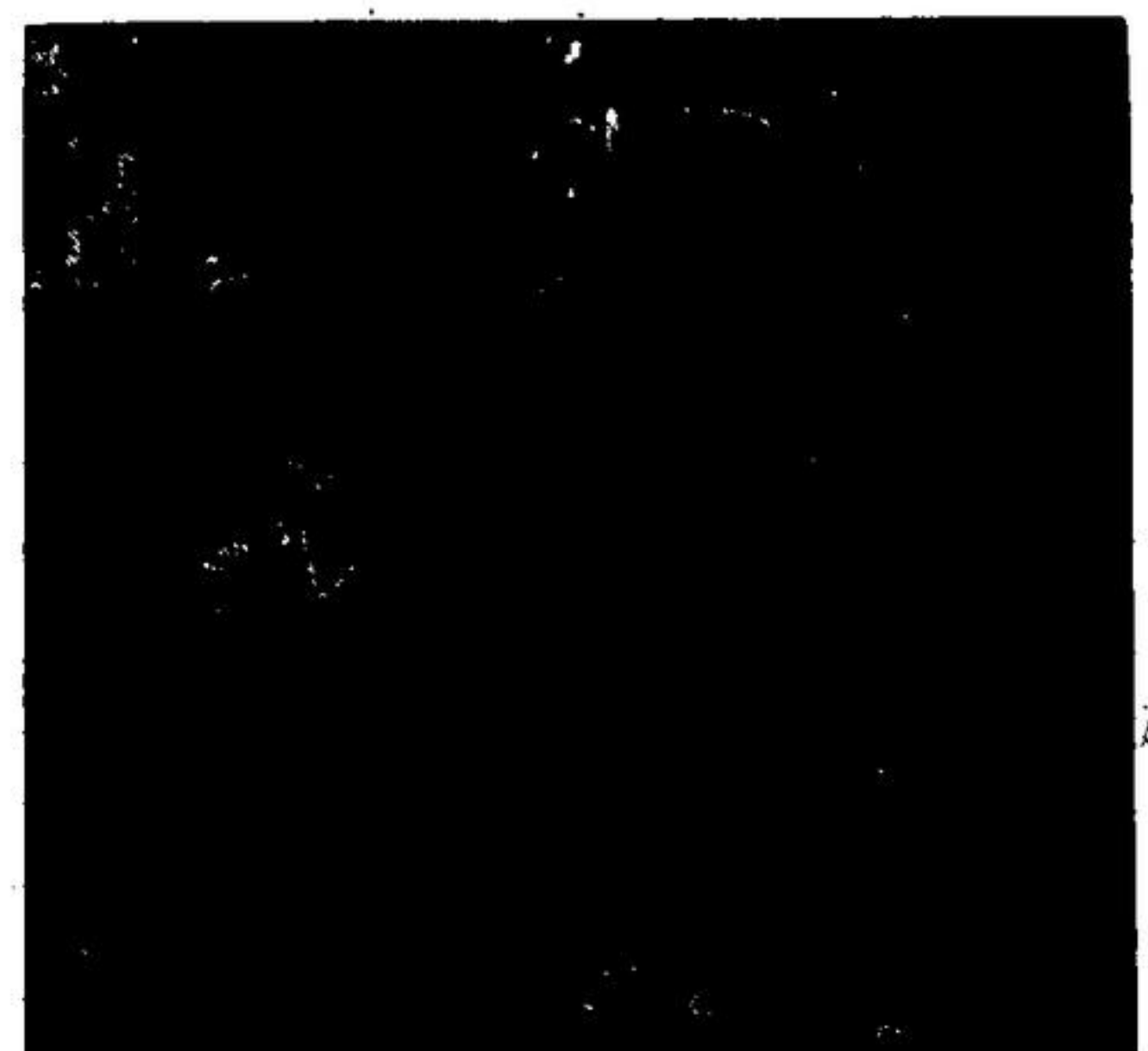
Many find the answer to this in education of potential drivers at an early age in the rules of the road the car itself and the importance of highway care and courtesy to our social way of life.

Causes, effects and remedies discussed touch a wide range: "high-powered engines and speed (both too slow and too fast); level crossings; alcohol; lax driving tests; over-crowded facilities; inadequate law enforcement.

Several respondents point to statistics that show some 15-20% of drivers are responsible for 80% of accidents and suggest more stringent control of the driving rights of this group are in order.

The Board of Trade was first organized in Milton in 1898 under the leadership of Walter H. Lindsay.

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- Potatoes and Vegetable
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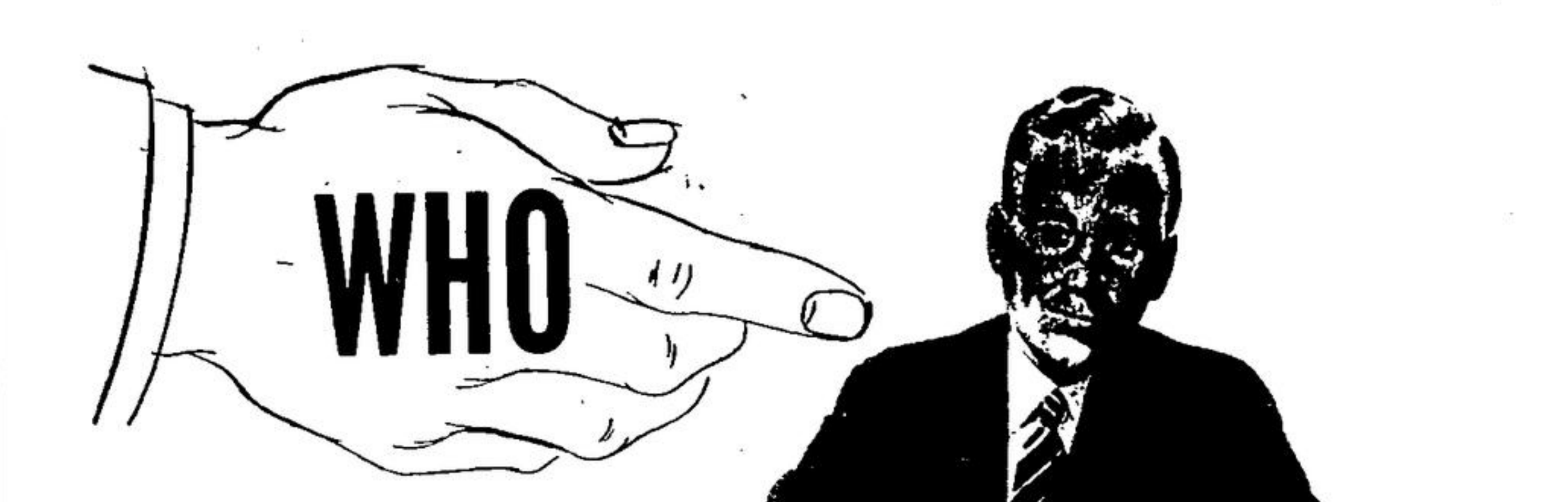
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IN ACTON  
**SATURDAY, OCTOBER 24**

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