

thing that tastes so good as a bowl of soup better than anything else. of steaming hot soup on a chilly There is a wonderful variety of day? Clear soup is a first course for chowders, legume soups and creamdinner and the more substantial ed soups that no one kind need be cream soups and purees for supper served often. Of course, thrifty

Hello Homemakers! Is there any- lunch boxes like the vacuum bottle

## or lunch. And the folks who carry homemakers realize that soup offers

AN OPERETTA IN THREE ACTS

AND THE SEVEN DWARFS

By the pupils of Acton Public School

**PUBLIC SCHOOL AUDITORIUM** 

WEDNESDAY, FEBRUARY 24

THURSDAY, FEBRUARY 25

Admission by ticket only. Tickets for sale by pupils.

vear

**Hustrated: Lowestian Sport Coupe** 

Price

smally inherent in Postice at se

four a price. Model for model,

dollar for dollar, Pontiac is

unbestable for beauty, stemins

can best this choice of models

colors and trims, wheelbases, body

styles and special features. What

over your personal profesences may

be there's a Pontine that's "tailored"

after

an excellent opportunity to use leftover vegetables, bones and trimmings from meat TAKE A TIP

To remove excess fat from hot soup skim off with a meal spoon, then remove the remainder by passing a paper serviette over the surface.

. If soup is too salty drop some sliced raw potatoes into soup and boil for ten or fifteen minutes. . Mince one slice of onion and add

to most soups for flavor. Monosodium glutamate added in the quantity of 4 tsp. to 1 qt, soup brings out the best of meat and vegetable flavors.

> Super-Soup I lamb shank •

3 pints cold water 2 tsp. salt 15 cups pearl barley

2 cups celery

1 pint tomatoes 1 large onion I cup chopped carrots

Pepper to taste Bring shank slowly to boil in vater to which salt has been added. Add barley and another pint of hot water. Boil gently for two hours. Add vegetables and salt and pepper to taste and simmer another

1 cup grated carrots

if necessary. Makes 8 servings - Lima Bean Soup 2 cups lima beans

I small grated turnip Small minced onion

I cup tomatoes, canned I stalk celery

2 cups grated carrots 3 tsps. salt

8 cups water

TOPPETER

t<del>erior appointments, tri</del>ms, colors,

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-and that's how Pontiac sales

with Hydro-Matic Drive.

THE SERMON ON THE MOUNT is heard in Columbia Pictures' "Salome" which stars Rita Hayworth and Stewart Granger, lower left, in color by Technicolor, at the Roxy Acton Monday and Tuesday

Wash and soak beans overnight amount of water till tender. Mash in three cups cold water. Next day and add seasonings, butter and milk cook till tender then mash and rub Heat to boiling point and serve at two hours. Add a little more water through a sieve. Add other ingred- once, ients and cook till tender, about one

> Squash Soup Squash 2 or 3 small onions A lump of butter

hour. Add more water if necessary

Charles Laughton also stars.

t tsp thyme Salt and pepper to taste

Peel squash and cut in pieces Boil with onion finely cut in a small

A GENERAL MOTORS VALUE

1 tsp. sugar Few grains pepper

1 pint milk

2 stices onion I thsp. butter

1 tbsps. flour

a cup cooked mashed potato

Economical Tomato Soup 112 cups canned tomatoes

4 tsp. salt

12 cup cooked peas

if desired). Add seasonings. Scald milk in double boiler with onion Well butter, add flour, and bland' well. Add scalded milk (first removing the onion). Add tomatoes to the milk slowly. Beat well. Add potatoes and peas, reheat and serve

## Ontario Hydro Speaker Tells Y's Men Of Frequency Standardization Problems

Frequency standardization - "a! Significant reasons for this contremendous problem in co-ordinat- version, the guest speaker elaboration of equipment and manhours" ed, are to eliminate the inconvenwhich involves the electric power lence caused moving families when cycle conversion of over 5 000,000 a different cycle area is encounterunits in 13,000 square miles of ed; to allow Southern Ontario, if the densely populated and heavily in- need arises, to buy power from 60 dustrialized Southern Ontario, was eyele sources, to gain the advantage explained in deft terms here Friday [of novel electrical equipment made evening to members and guests of for 60 cycle only Y's Men's club.

WHEN I HAVE TIME

When I have time, so many things idomestic consumption. Twenty-five To make life happier and more cannot nor will not meet the de-

For those whose lives are crowded now with care:

I'd help to lift them from low des-

When I have time

When I have time, the friend I love line procedure and relate some

Shall know no more these weary | characteristic of "C-Day" here toiling days;

I'll lead her feet in pleasan' paths always. And cheer her heart with words

of sweetest praise, When I have time

When you have time! The briend by club secretary John McGeachie you hold so dear

May be beyond the reach of sweet! President J Greer informed mem-

When you have time

To scatter loving smiles and a quartet in the Club and called

now so dear. They may not meet you in the coming year Now is the time'

and thanked by John Moles.

followed the film

bers that the local club has 'adopt-May never know that you so kind- 'ed" a Y's Men's Club in the Philippine Islands. The plan in this project is to exchange ideas and information and to extend what sup-Heat tomatoes and sugar (strain | Now is the time! Ah, friend' no port is possible, it was pointed out. Bob Ridsdale told of plans to form

However, Mr. Beecroft added, the

main reason over these and other

factors can be found in post-war ax-

pansion of industry and increase in

evele power, the speaker indicated,

Acton, the speaker noted, is

scheduled for change-over next fall.

Soon the vast program of prepara-

tion will reach in effect to this

locality, followed by actual conver-

sion operations. He went on to out-

typical problems which will be

ed with laugh-provoking anecdotes,

Mr Beecroft showed a film dealing

with conversion planning, methods

The guest speaker was introduced

and direction A question period

Following his remarks, interspers-

words of cheer. .... for support from vocally enthusiasthose around whose lives are tie members. John Moles reported Y's Men in St. Catharines are supporting a 4H club which exhibited turkeys He suggested the Acton club executive might consider a Anon i similar project



## A "Windy City" Interlude

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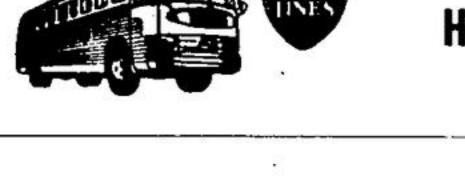
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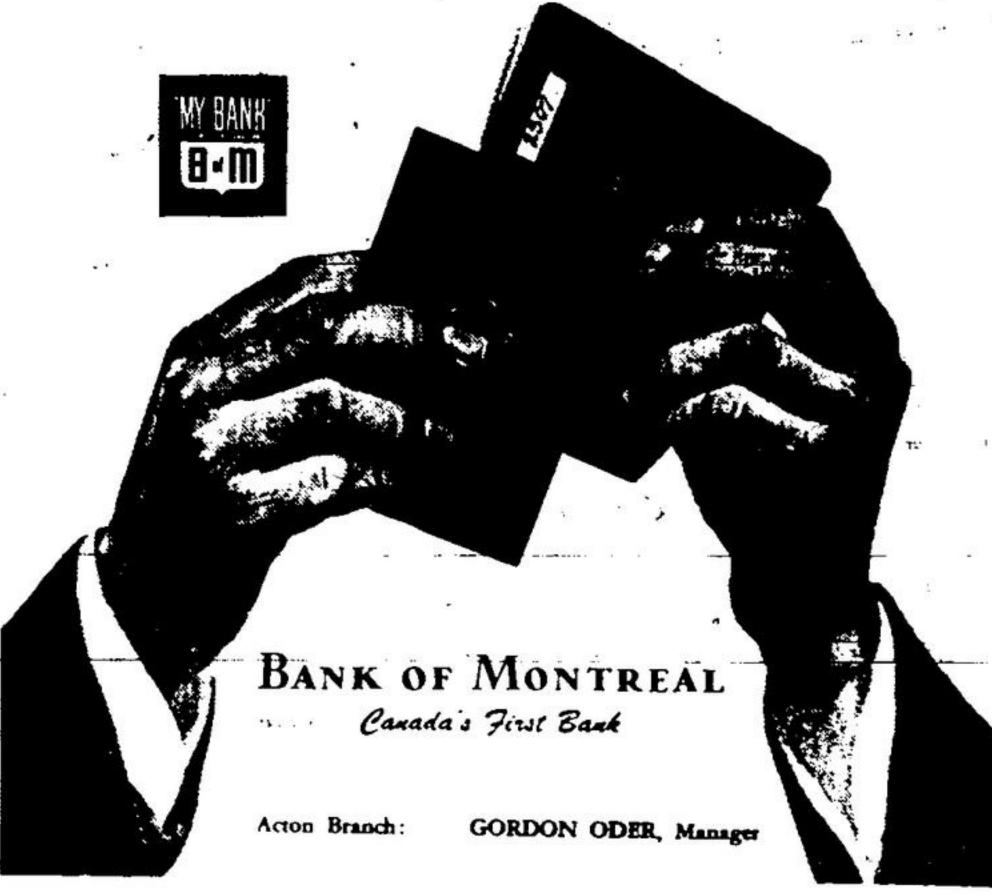


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