TESTED RECIPES

NEW IDEAS FOR OLD> VEGETABLES

Far too often the best part of vegetables is drained away, and the best pert means, flavour as well as minerals necessary to a healthful diet.

It is advisable to cook vegetables with very litle water or by such methods as baking, steaming or escalloping. All food value is then retained. At this time of year when vegetables such as cabbage, carrots, turnips, onions, beets and potatoes have been in storage, they often need a little fussing up to make them more attractive. The following recipes have been tested by the Home Economist of the Consumer Service Section, Marketing Service, Department of Agricul-

> Hot Cabbage Salad 4 cups shredded cabbage cup boiling water 1 teaspoon salt 4 tablespoons butter

4 tabléspoons vinegar ...

2 tablespoons flour Cook cabbage in a closely covered saucepan in boiling salted water 6 minutes. Drain. In another pan melt butter, add flour and stir until smooth. Add hot water from cooked cabbage, then vinegar. Cook 3 minutes. Add cabbage.

Onion Upside Down Cake (This is particularly good with roast

3 cups onions

1 egg 21/4 teaspoons baking powder

14 cup milk 4 tablespoons shortening. Peel and slice onions in a greased baking pan. Dot with 2 tablespoons butter. Sift flour and baking powder Best egg. Add milk and 2 table-

> Potato Pancakes 2 cups grated raw potatoes

> > Crown Brand

CORN

SYRUP

PHONE 75

POST'S BRAN FLAKES

WESTON'S WHEATENS

MOLASSES KISSES Fresh supply

COTTAGE ROLLS Sweet pickled - Lean lb.

With other parts of Wheat

flour. Pour over onions and bake.

spoons melted shortening. Stir into

2 tablespoons soft bread crumbs

Best egg. Add bread crumbs, salt and potatoes. Saute on hot greased griddle, allowing 1 tablespoon of batter for each pancake.

Pareley Carrole 4 cups shredded carrots 1 tablespoon minced paraley

% cup bolling water 2 tablespoons butter Cook carrots in boiling water minutes. Keep closely covered. Remove cover and add butter. Cook 5 here. minutes. Add paraley and serve.

Tomato-Bread-Cheese Lunch 6 slices bread 14 lb. cheese

Salt and pepper 2 . eggs ... 2 cups canned tomatoes A little onion

Cut bread in cubes. Coarsely grate cheese. Beat eggs. Add tomatoes and seasonings. Arrange bread and cheese in alternate layers. Pour liquid over and bake 45 minutes at 375 degrees F. Serve at once.

Carrot Loaf

14 cups grated carrots 1 egg

% cup ground peanuts 1/2 cup milk

2. tablespoons butter A little onion Salt and pepper

Beat eggs well. Add milk and other ingredients. Press into a greased ty, bad roads and weather. The high baking dish. Bake % hour at 350 degrees F. Serve hot or sliced cold on

Ottawa-Goering's book, "Making of a Nation," has been confiscated Russia at the request of the Ministry of Culture, on account of a passage in which the field marshal declares that the great decision for Germany, Europe and the whole world would be the conflict between the Swastika and the Sovie; Star. "Should the latter win Germany would be destroyed by the blood terror of Communism and Ashgrove. her destruction would be followed by that of Europe."

AYLMER

TOMATO

JUICE

105 bz. 39c

3 for 25c

pkg. 10c

2 lbs. 25c

FREE DELIVERY

...PURE FOOD STORE ...

2 Quaker Puffed

Wheat

1 Quaker Puffed

Rice

for 21c

SPECIAL MEAT VALUES

FRESH BOLOGNA Choice Visking wrapped By the piece lb. 14c

CHOICE FRESH FRUIT AND VEGETABLES AT MARKET PRICES

Watch Our Window!

Fruit Salad Sundae — 13c, 2 for 25c

Long's Confectionery Georgetown PHONE 89

GREGORY

A. E. FARNELL

MEALED BACK BACON Choice and Lean Ib.

New Toasted Wheaten Sodas

NABOB COFFEE Drip or Regular Grind - 1 lb. tin

Pure Lard In 1 lb. Cartons 3 for 25c

Interesting News Items

From Surrounding Villages

STEWARTTOWN

Mesers. P. R. and Norman Bally of Toronto spent Sunday at their home

Miss Frances Jenkinson has returned to Toronto Normal School after being student-teacher at the 7th Line

School. Miss Ilsa Bessey of Georgetown and Toronto Normal School was studentteacher in S. S. No: 6, Stewarttown. Mr. and Mrs. Joe Standish have returned to their home after an absence

of several weeks. Congratulations to Mr. and Mrs. Ned Hodge who have a fine baby son.

ASHGROVE

Mrs. John Bellboddy, Mrs. F. Wilson and Mrs. Walter Brownridge attended the W.M.S. Presbyterial at Waterdown on Tuesday, April 9th.

The W.A. crokinole social on Thursday night had only a fair attendance due to much sickness in the communiscores were won by Mrs. R. J. Graham and Mr. E. Currie. Although the pupils from Ashgrove

school did not take part in the musical festival held at Norval on Thursday. April 11th, some of the pupils accompanied by Miss Dierlem, had the privilege of attending. Mr and Mrs. Frank Wilson attend-

ed the play "It happened in June." given at Bethel by the Woodbridge young people. Mr. Jos. Drake has purchased the Ashgrove property formerly owned by

Mr. W. J. Alexander. We welcome Mr. Canada, who died in Toronto recently. and Mrs. Drake and family back to

LORNE MILLS

The executive committee of the Horticultural Society in this district, held their spring meeting on Monday evening at the home of Mrs. George Bolton, with a fair attendance. president, Mrs. Albert Beard, was in was transacted. The district was divided in o lour parts and canvassers appointed in each district to secure membership. The president has offerthe most members.

Mr. and Mrs. Harry Ware, Acton. spent the week end at the home of Mr. Albert Ware.

week end with friends in Guelph. Wm. Norrish of Guelph, "It's a boy," formerly Winnifred Wrigglesworth. The ice is still two feet thick on the river here, which is not broken

The cold nights and mild days in the bush, have increased the flow of maple syrup.

Mrs. D. J. Sinclair has returned soon be out around again.

attended the Halton Presbyterial held sions, but on that particular morning An English professor inspected in at Waterdown last Tuesday, and report a very fine meeting. Scholars of S. S. No. 14 went to Norval last Thursday and took part in

the Musical Festival.

The Mission Circle met for their April meeting at the home of Mrs. S. Sinclair. The president, Reta Allen, presided at the meeting. Florence Sinclair read the scripture lesson and Helen McLean had charge of the topic A very interesting reading on medical work in India was given by Mrs Sinclair. A personal letter to Mrs. Foreman from a missionary friend in Japan was read, concluding the programme. Lunch was served by the

A number of Inez Scott's friends gave a surprise party in honour of her birthday on Apri 8 at her home. An enjoyable evening of games and danc-

The Women's Institute meeting was held at the home of Mrs. F. Shelbourne attendance and the President.

Mrs. Hill reported on work done for the Coorgetown Red Cross branch

ters and 80 pairs socks. It was decided that the W.I. branch donate five dollars to each of Georgetown Red Cross, and Salvation Army Two girls from the community are to be sent to the fifteenth annual

- The Roll Call was answered by "An Event of Fifty Years Ago." Mrs. Smethurst's paper concerning Historical Research dealt with the expariences of a former Limehouse old boy. This paper led to further tales of

social half hour was spent while the hostess served lunch. Visitors on Sunday included:-The Haines family at Mr. and Mrs.

Brantford with Mr. and Mrs. Gale and Miss Ivens. Mr. and Mrs. E. Morrow of Toronto,

. Robert Lane of Georgetown, with Mrs. Mr. and Mrs. W. Greenless and Miss Marianne and Mr. David McLeod of Milton with Mr. and Mrs. A. W. Ben-

All the roads of the district are open again, and the garden perennials are showing themselves. Spring must be here in spite of the snow. Messrs. Alex and Russell McDonald and Gear Hayes visited at the home of

the latter at Inglewood on Sunday. The W.M.S. meeting was held at the home of Mrs. Gale on Friday evening with Mrs. Davidson delivering the address, and Mrs. A. W. Norton and Mrs. D. D. Davidson rendering a duet.



REV. DR. T. ALBERT MOORE Ex-Moderator of the United Church of

HOME AGAIN

(Acton Free Press) Very Rev. Dr. T. Albert Moore has passed on. A native of Acton and a loyal son, he had risen to the peaks in the affairs of church and that accomplishment was made only by his untining effort and putting the best he had into every position he held. Known throughout Canada for his week in the Methodist and United charge and a good deal of business. Churches, his accomplishments in this will perhaps be remembered by most i

Put to the Editor of The Free Press we remember him best in another way. 11 ed a prize to the canvasser bringing in Never losing interest in Acton or the newspaper of which he was, back in 1878. its cuitor, he wrote letters of enthe present Editor took over The Free Mrs. W. Wrigglesworth spent the Press, among the first letters was one from T Albert Moore. No matter how Congratulations to Mr. and Mrs. busy he was he never missed reading has copy of The Free Press and keeppreferred to call "home." He has told -David William. Mrs Norrish was ing in touch with the community he lengthy trip, he had all the copies retained and often read three and four issues af er one of these trips.

One of his great delights was to visit his home church here and deliver a message from its pulpit. But a picture that is indelibly stamped on our memory is his visit, just two years ago, to be the minister at the 100th anniversary of Churchill. It was a beautiful summer morning in June and the doors of the church on the hill were open and looking over the green hills and into the distance on a view that is unexcelled and with which he was familiar from his boyhood days. Very Rev. Dr. T. Albert Moore was a forceful speaker at all times and he always joined heartily in the service of praise. We have heard him on many occawas an inspiration in him and the service that many like ourselves recall. And then we recall the genuine joy he was experiencing after the service in his chat with friends of other

Many remember him, as we menioned, for his accomplishments in the world. Many of us here remember him for his personal loyalty and friendliness in the home community. To-day (Tuesday) a distinguished son of Acton comes home again. Home to his last resting place in Fairview

A preference for entertainment by members of their own regiments has been shown by Canadian troops in England. While professional entertainers have been given an enthusiastic welcome, home-brewed concerts, with Canadians as performers, are the most popular.

Town of Georgetown Proclamation! DAYLIGHT SAVING

CHANGE TO SUMMER TIME -APRIL 28th TO SEPTEMBER 21st Whereas the Council of the Town

of Georgetown have rescinded the

Daylight Saving Time By-law; And whereas the By-law has been amended to read that Daylight Saving Time shall be established in the Town of Georgetown from the 28th day of April at 12.01 a.m. until the 21st day of September, at 12.01 a.m.

Therefore all citizens are requested to comply with the time specified in Proclaimed pursuant to the instruc-

April Specials

OYERALLS

Men's Overalls, black Men's Overalls, black and blue \$1.50, \$1.65, \$1.75 and \$2.25 **PANTS**

Men's Cottonade Pants, grey \$1.65

Men's Striped Cottonade Pants \$1.55 WOOL PANTS

Men's Wool Pants, small checks, were reg. \$3.95 \$2.90 Young Men's Wool Pants, sizes 30, 32, 34 were reg. \$3.50

UNDERWEAR

Men's Fleece Combinations \$1.59 Men's Fleece Drawers Men's Fleece Shirts BREECHES

Boys' Whipcord Breeches, 26 to 32

\$1.49 Boys' Navy Serge Breeches, 26 to 32 Boys' Grey Tweed Breeches, 26 to 32

Agents for LANGLEY'S, Cleaners and Dyers

McBean & Co.

GEORGETOWN

Polish

39c

For extra Pep-

REXALL

Tablets

and energy take

Nerve Tonic

with Vitamin B1

SAVE WITH SAFETY AT YOUR REXALL STORE Specials for This Week Cleans, and Tone up your LYSOL ANTISEPTIC 35c - 65c 4 SQUARE Furniture

TABLETS LARVEX MOTH SPRAY \$1.39 LADY DAINTY TISSUES CARNATION PERFUME 25c - 50c When storing away Garments

MOTH CRYSTALS Red Cedar Flakes ALKA-SELTZER with Naphthalene You can Always Shop to Advantage at Your Rexall Store

WORTH

. that's how people recommend CRESS CORN & **BUNION SALVES**

SPECIAL!

Regular 25c Metal and Glass Sprayer and a 16 oz. Bottle of Moth-Killer and Moth-Control Liquid

Both for 83c

Robb's Drug Store THE PHONE 76 We Deliver REXALL STORE GEORGETOWN

Miracles Still Happen Some 3,300 years ago peas were deposited in the tomb of Tutankhamen; the Egyptian king, as food on his journey Behind the wall that seals the grave, which is watched over by the goddess Isis. the mummy of the ancient Egyptian ruler has been discovered in a costly sarcophagus. Alongside the mummy were the gifts bestowed on the illustrious king as everlasting sustenance for him on his journey. from the singing of "Unto the Hills his own home the seemingly value-Around Do I Lift Up My Eyes," there less and desiccated seeds of 3,300 years ago, and wondered if by chance they might be made to germinate. He gave a few of them to a skilled gardener, with instructions to plant them. And the result

was an almost supernatural event, for these peas, 3,300 years old, sprouted and developed into magnificent plants on which an excellent crop matured. They have blue pods and green kernels. Taj Mahal Is Tomb The Taj Mahal, one of the most beautiful buildings in the world,

was built by the Mogul Emperor Shah Jehan at Agra, near Delhi, India, as a tomb for his favorite wife. To build it a vast army of Hindu workmen labored for 22 years, and with its neighboring palace and mosque, the cost is reckoned to have been between \$20,000,-000 and \$50,000,000. It is of white marble, 130 feet long and wide, and nearly 200 feet high to the top of the huge dome, which surmounts the eight-sided building. This is supported on each side by two slender minarets and is surrounded by Persian gardens. The walls of the interior are covered with floral designs, loved by the Persians, picked out in onyx, jasper, carnelian and other semi-precious stones.

White is the characteristic color of hospital interiors, physicians' examining rooms and biological laboratories. Plumbing fixtures, uniforms of murses, coats of doctorseverything is white. If the Zeitschrift fuer Aerztliche Fortbildung is right white will cease to be the color of medicine and surgery. Why? Because, whatever merits it may have in revealing dirt, white has optical disadvantages. It has been definitely proved that doctors, when engaged in performing long operations, suffer from eye-strain because of

the all-pervading white. One Ger-

man hospital has experimentally

is now-studying the result.

White for Hospitals?

Contributions amounting to \$177.00 were sent to the Canadian Government one day last week by Japanese citizens of British Columbia, Japanese employees of a lumber mill pooled \$95.00 as their contribution to Canada's war effort, while the Nanaimo Japanese Association forwarded \$77.00. for the same purpose. A Japanese individual of Bella Bella, B.C., sent slong five dollars to help Canada carry

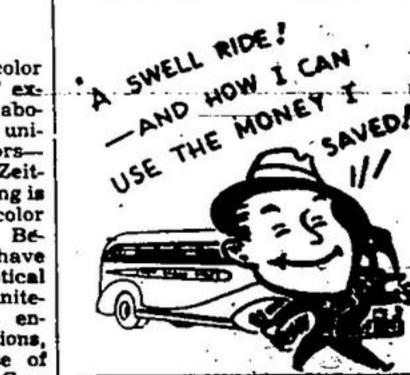


by Motor Coach

LOW ROUND TRIP FARES

GODERICH HUNTSVILLE . Tickets and Information at

W. H. LONG



GRAY COACH LINES

THEATRE Friday, April 19 - "AT THE CIRCUS" a laugh riot with the Marx Bros, and Kenny Baker Crime Doesn't Pay "Drunk Driving." Popeye "Never Sock a Baby." Fox News

Saturday, April 20 - "DESTRY RIDES AGAIN" big scale thriller, with Marlene Dietrich and James Stewart

Cartoon "Hitch Hiker." Miniature "Rhumba Rhythm." Chapter 6 "Lone Ranger Rides Again."

Matinee at 3 p.m.

Tuesday and Wednesday, April 23 and 24 "SWANEE RIVER" (TECHNICOLOR) romantic days of minstrels and river boats with

> Band "Rubinoff and His Orchestra." "MAINTAIN THE RIGHT" a story of the Canadian North West Mounted Police Scenic "Valiant Venezuela."

Don Ameche and Andrea Leeds

BALLINAFAD

home from St. Michael's Hospital, Toronto, where she was confined with a fractured ankle. We hope she will

Many farmers are busy making maple syrup, the run has only been Several members of the W. M. S.

LIMEHOUSE

on Abril 4th with thirteen ladies Gowdy in the chair.

8 pair wristle's, 3 scarves, 13 swea-

Girl's Conference at O.A.C. Guelph on May 8, 9, 10.

old times in the neighbourhood. Following the Natonal Anthem

Messrs. Wm. and Gordon Grieg of the amended by-law.

tions of the Town Council. JOSEPH GIBBONS, Mayor. "God. Save the King"