

THE MIXING BOWL

By ANNE ALAN

Hydro Home Economics

Hello Homemakers! Many of us are resuming the job of packing lunch boxes now that cooler weather is here and school routine has been re-established. When the lunch box comes down off the shelf, it is also time to take stock of suitable menus. The well-planned mid-day meal for a growing child cannot be over-emphasized — likewise the one for the office worker. Some school and factories serve soups and beverages at moderate price, thus eliminating the need for carrying a thermos. If this service is not available or is found to be costly, it is advisable to make use of the standard lunch box containing a thermos and fill it every day with a wholesome beverage or soup.

SANDWICH IDEAS

1. Chopped meat and gravy: Put leftover cooked meat through a food chopper and moisten with thick gravy.
2. Scrambled eggs with cottage cheese or tomato. Add 2 tbsp. cottage cheese or tomato (chopped) to 2 beaten eggs. Scramble as usual, and cool before putting in sandwich.
3. Cottage cheese: Mix equal amounts of cottage cheese and chopped spinach with a little onion.
4. Chopped prunes or peaches mixed with cream cheese and moistened with skim milk.
5. Chopped bacon and mashed, cooked kidney beans—flavored with a little onion.

Time Table Changes

EFFEKTIVE
Sunday, Sept. 23, 1947
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5. Peanut butter spreads (1) add half quantity of diced apples (2) Add 1/4 mashed banana. (3) Mix with shredded carrot.

CARROT AND BARLEY SOUP

1 cup barley, 5 cups cold water, 1 cup sliced carrots, 2 tbsp. chopped onion, salt and pepper, 3/4 cups milk.

Soak barley in water overnight. Cook in same water for 45 minutes or until tender. Add carrots, onion and seasoning about 30 mins., before end of cooking time. Stir frequently, add more water if necessary. Add milk and when hot put in thermos. This makes three servings.

LUNCH BOX MENUS

Carrot and Barley Soup
Scrambled Egg Sandwiches
Gingerbread Squares Apple

Cream Tomato Soup
Chopped Meat Sandwiches
Carrot Strips
Fruit Salad

Potato Salad and Celery
Buttered Brown Bread
Custard Cookies

Hot Cocoa

THE SUGGESTION BOX

Mrs. S. M. says: By all means group the family around the dining room table for study and hobby work. Use a 200-watt study lamp over the table to save electricity and provide adequate light.

Ms. J. T. says: Taking spots off a crepe dress can be done easily if cleaner is used immediately. I found that a little at a time did not leave a ring, or do it in the open air so the liquid evaporates quickly.

Mrs. N. S. says: You can sharpen scissors by cutting through sandpaper several times.

LETTER TO THE EDITOR

Cobalt, Sept. 12th, 1947

The Editor, the Herald,
Georgetown, Ont.

Dear Sir:

I have just secured a clipping from your paper of an article by Howard Oram about the Commercial class at the High School in 1897. In it he states that the whereabouts of my humble self are not known.

So, I can think of no more appropriate heading for this letter than "Responding to Howard Oram." For I am still alive and kicking, Howard, although I must painfully admit with much less vigor than I used to boot the football around on the field back of the school.

Fifty years is a long time to remember back, more especially when you have lost track of the doings in the old town as fully as I have; more especially since all my relatives have long since left there.

I have been back but twice since I left there in 1901, once to pay a flying visit to my aunt and once to attend the funeral of my father.

I am now a somewhat permanent resident of this mining town. I came here in 1909, and, although more than one chance has offered, do not seem able to tear myself away.

And, by the way, if any of you who read this scroll should by chance come to Cobalt and be obsessed with a desire to look me up, do not ask where to find "Carl" Cross. Ask for "Charlie" for that name was tacked on to me when I first came here and there are not more than a half-dozen in the entire town who call me by my right name.

There are not many graduates of G.H.S. up this way. "Bill" Somerville who came to the school later is a dentist in Haliburton, while Jim McCullough (also a later arrival) is a practicing physician in New Liskeard, 11 miles to the north.

One thing I will always remember in connection with my school days, is the day Jim Ballantine came home from the Boer War. The band was playing in a snow-cleaned space between Morrow's Drug Store and McBeans and a certain gentleman was directing operations. When the time came he ran to the bandmaster (my father) and called to him "The Queen, play God save the Queen." Just at that moment his upper plate fell out and our National Anthem was very poorly played, due to the laughter of the bandmen as they watched the frantic hunt for those false teeth in the snow bank.

In the booklet "You Live in Georgetown," Mr. Editor, which came along with the clipping, there is a picture of "The Park." This is one that I failed to locate. Incidentally the booklet is a credit to the Board of Trade.

And now, having reported, I must close, signing myself the long lost

Carl Cross.

Mrs. Emmerson Ford Is Guest Speaker

Mrs. Percy Merry was hostess for the monthly meeting of Horby W.I. held on September 10th. There was a good attendance of members and a number of visitors were present. After the business portion of the meeting had been held, Miss Wilma Johnston contributed a vocal solo which was followed with a piano solo by Mrs. F. Ainsworth. This was the music meeting in charge of Mrs. Clarence Ford, convenor. A paper was read by Miss Johnston entitled: "Music — Crime Cure(?)". The author of this article stated tests had proved that good music contributed greatly towards the mitigation of crime and juvenile delinquency.

The roll call was answered by naming a musical composer.

Mrs. Emmerson Ford gave a very interesting and informative address on "The British Commonwealth of Nations," which was illustrated with a large wall map.

Mrs. Merry gave a report of the Area Convention held in Guelph recently.

Mrs. Clarence Ford, convenor of this meeting moved a vote of thanks to all who had contributed to the program.

Junior Farmers From This District In Judging Contest

Revival of the Ontario Junior Farmers' judging competitions at the Canadian National Exhibition brought out a keen group of 225 juniors for the livestock judging events, and some seventy for judging of grain, roots, fruits and vegetables, the programme being spread over two days of intensive judging at the Exhibition.

The contestants were divided into two groups, senior, composed of Junior Farmers under 26 years of age, and juniors, composed of bona-fide boys and girls club members between the ages of 16 and 20.

District boys were high in the following classes:

Sheep, senior, Doug Currie, 4th, Georgetown; John Ouirie, 5th, (tied), Georgetown.

Sheep, junior, David Pelletier, 2nd, Milton.

Swine, senior, Ward Brownridge, 2nd, Georgetown.

Swine, junior, Fraser McNabb, 2nd, Georgetown.

Beef Cattle, senior, S. R. Griffin, 4th, (tied), Acton.

Grain and roots, senior, S. R. Griffin, 4th, Acton.

English People Thank Canadians for Flood Relief Gifts

Mr. J. Arnott Early, chairman of the Georgetown Committee which collected gifts of clothing and food for British flood relief last spring received a communication from Toronto headquarters last week which will be of interest to those who contributed. Enclosed with the letter were a number of original cards from English people who had received help.

Mr. and Mrs. A. Rylatt, 3 Mayfield Road, Sprotbro, Doncaster, Yorks., wrote: For the two articles received as gifts under your scheme for relief of Flood Area Damage in this district accept our heartfelt thanks. We welcome the articles, but more so the hearts that prompted the gifts and made them possible.

Would to God the world were filled with the spirit that has inspired the gifts, surely the mind of the Master who said "Bear ye one another's burdens."

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Mrs. T. Dewhurst, 44 St. Martin's Ave., York Road, Doncaster, says: We are very much indebted to you all and I personally thank you very, very much for being so kind to us during the floods by sending such

lovely and welcome gifts. F. A. Mills, 8 Brookend St., Ross-on-Wye, writes: Grateful thanks for the gifts received by us from the kind friends in Canada. Many thanks for help rendered.

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* Food and cover are the most important considerations in the life of a bird . . . few perish from the effects of adverse weather alone.

* An excerpt from—CONSERVATION AND WINTER HELP FOR OUR BIRDS, by J. L. Baillie, Jr., one in a series of pamphlets published by The Carling Conservation Club.

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