

WOMEN ARE TALKING ABOUT the FAMILY FAVOURITES at DOMINION

PRICES EFFECTIVE THURS. THE SAT. JULY 13th, 16th, 17th

LYNN VALLEY, STD. 20 Oz. 26c
PEACHES Tin

NEW PACK
AYLMER RHUBARB 20 Oz. 17c
 VAN CAMP—S. W. B. G. S. S. V. L.

PORK AND BEANS 2 20 Oz. 25c
 Tins

Various Brands—Raspberry
JAM With 24 21 Oz. 37c
 Packet Jar

Heinz Junior and
BABY FOODS 3 8 Oz. 25c
 Tins

B.C. CHOICE
PRUNE PLUMS 20 Oz. 17c
 Tin

DOMINION—DELICIOUS FLAVOUR
PEANUT BUTTER 16 Oz. 37c
 WITH CHEESE Jar

HEINZ SPAGHETTI 2 15 Oz. 27c
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GINGER ALE Bottle Deposit 30 Oz. 25c
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RAISINS 2 11 Oz. 29c
 Jaysmax Baby Roll 1/2 Lb. Dog Food 16 Oz. 12c

CHEESE Roll 25c
 Jutland—In Oil Libby's Prepared 16 Oz. 27c

SARDINES 4 Oz. 11c
 Various Brands—Choice Orange Pekoe—Richmello 6 Oz. 10c

PEAS 20 Oz. 16c
 Jorinans—Grape 16 Oz. 21c
TEA 8 Oz. 50c
 Giant Size 6c

JUICE 16 Oz. 21c
 Heinz—Pure 35 Oz. 23c
JUICE 20 Oz. 9c
 Graves—Apple

VINEGAR 20 Oz. 9c

FRUITS & VEGETABLES

Crisp Green Celery, Lettuce, Radish, Cucumbers, Tomatoes, Cabbage, Potatoes, Oranges, Grapefruit, Lemons, Apples

All merchandise sold at your Dominion Store is unconditionally guaranteed to give 100% satisfaction.

DOMINION



Help Home-makers! To live in the vicinity of a commercial freezing locker or to own a home freezer is a great convenience. Moreover, it means your family will be able to enjoy fresh, delicious fruits and vegetables out of season without strain on the family budget. You will find that freezing fruit is far easier than canning and is even easier than freezing vegetables. By organizing the work before starting a quantity of fruit can be prepared, packaged and stored in the freezer within a couple of hours.

Certain varieties of the following fruits are excellent when frozen—blackberries, cherries, gooseberries, huckleberries, raspberries, strawberries, rhubarb, peaches and fruit juices. (We will mention apple pie filling later—made with fall varieties). It is wise to select particular varieties since some types are not adapted to freezing. Notice that we do not suggest freezing very seedy fruit—blackberries and black raspberries.

VARIETIES OF FRUIT RECOMMENDED FOR FREEZING

- Raspberries—Cuthbert, Viking
- Sour Cherries—Early Richmond, Montmorency
- Currents—Black and red
- Strawberries—Van Rouse
- Gooseberries—Purman, Chief
- Grapes—Concord, Niagara, Cayuga, Lindly and Hungarian
- Peaches—Elberta, Vedette, Valiant, and Veifree
- Plums—Claude, Grande Duke, Fair-Pond, Pacific, Washington and Italian Prune

STEPS IN FREEZING FRUIT

- Little equipment is needed. All you require are two large mixing bowls, two trays, a funnel, clean towels, measuring cup and spoons, electric iron and cardboard shields.
- Purchase cartons with a cellophane lining or heavy waxed coating.
- Harvest fully matured and firm fruit of the variety recommended for freezing. Sort the fruit to remove any blemishes or over ripe pieces.
- Prepare to package fruit immediately after it has been sorted.
- Wash fruit quickly in cold water with as little handling as possible. Drain on trays lined with paper towelling or cloth. Pit or peel such fruits as cherries and peaches. Cut or crush fruit if desired.
- (a) Alternating layers of fruit and sifted sugar right into the container known as the Dry Sugar method. You should know how much fruit the containers hold, then estimate the amount of sugar required for each container. For example, in the case of strawberries, using 4 pounds (42 cups) of prepared fruit to 1 pound (2 cups) of sugar, a container holding 2 cups of fruit would require one-third cup sugar.
- (b) A thin syrup is often poured over fruit to within 4 inch of top of cartons. To make syrup: add 1 1/2 cups warm water to 1 cup sugar, stir to dissolve, and chill. This is sufficient for 2 pint cartons. Add 1 tsp. lemon juice to the above for peaches and pears to prevent discoloration. Make sure pieces of fruit are covered with syrup.
- (c) Fruit for pie filling may be packed without sugar or syrup but we prefer sugar method.
- Before sealing the package try to exclude as much air as possible. If the liner can be heat sealed, use a warm iron to press the ends quickly. Fold liner then close carton. Label with black crayon.
- Keep packaged fruit in the electric refrigerator until all cartons are ready, then take to the locker in an insulated box.

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NUTRITION IS OUR BUSINESS—AND YOURS!

G.R.C. Community Picnic at Erin Next Week

So successful was last year's community picnic at Stanley Park, Erin, sponsored by Georgetown Recreational Council that it has been made an annual event. With Walker Cleave as convener, the picnic will be held next Thursday, July 22nd, with races, swimming and baseball on the program. The picnic is for everyone, boys and girls and grown-ups. Local merchants have donated 45 prizes for various events and the G.R.C. will again provide ice cream and pop with picnickers asked to bring their own lunch.

Transportation will be provided for all children and teen-agers who register with Recreational Director Hal Newman before Wednesday noon, July 21st. Grown-ups must provide their own transportation as it is impossible to arrange to transport everyone. Stanley Park officials have assured the G.R.C. of ample pavilion space for lunch. Children are to assemble at one o'clock on the day of the picnic, when buses will leave the Old Town Hall for Erin.

Mr. and Mrs. Reuben Eason, June and Betty of Campbellford, spent their holidays in town at the home of Mr. and Mrs. Joseph Custer. June is staying for a while longer with her grandparents.

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Mrs. Graydon Chester Again Heads Norval W.I.

Mrs. Graydon Chester was re-elected president of Norval Women's Institute when the ladies held their annual meeting at the home of Mrs. L. Laird. Roll Call was answered by "Hints for next year's program" and Mrs. W. Graham gave current events. Mrs. F. Fowlley and Mrs. L. Cleave assisted the hostess in serving refreshments. Miss Prairie Maguire will be hostess at the opening meeting in September.

The new Institute officers are: President—Mrs. Graydon Chester 1st vice pres.—Mrs. Lorne Cleave 2nd vice pres.—Mrs. Patterson Sec'y. Treas.—Mrs. Joseph Murray Ass. Sec'y. Treas.—Mrs. W. Graham

Pianists—Mrs. Walter Fidler, Mrs. C. Moreton District Director—Mrs. E. C. Reed

Publicity—Mrs. C. Moreton Auditors—Mrs. W. Fidler, Mrs. N. A. Robinson Program Committee—Mrs. W. Fidler, Mrs. Wilkinson, Mrs. Wishart

Work Committee—Mrs. N. A. Robinson, Mrs. Jolley, Prairie Maguire, Mrs. L. Laird, Mrs. W. Fidler

Flower Convener—Mrs. Clegg Home Economics—Mrs. W. Cleave, Mrs. Murray Laird Social Welfare—Mrs. Oliver Hunter, Mrs. Wilkinson Historical Research—Mrs. E. C. Reed, Prairie Maguire Agriculture—Mrs. W. Graham, Mrs. K. Well Citizenship—Mrs. N. A. Robinson, Mrs. L. H. Laird

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Georgetown Shorthorn Shipped to South America

A dual-purpose Shorthorn bull, bred by J. E. Miller of Georgetown, travelled by plane from Buffalo, N.Y., to Bogota, Colombia, last week, where he was purchased by Cajun Farms. He was one of two Ontario-bred bulls included in the shipment.

Sun Snow has returned home to Bellinford after spending two months in the west at Rollie, Sask.

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