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A small, thin, emaciated man, who has been ill for some time, is shown in the foreground. He is looking at a large, healthy, well-developed man, who is standing behind him. The healthy man is wearing a suit and tie, and is looking at the thin man with a sympathetic expression. The thin man is wearing a simple, worn-out shirt and trousers. The background is a simple, plain wall.

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THE MIXING BOWL
by Anne Allan

Hello Homemakers! This year's Women's World at the Canadian National Exhibition is indeed electrified. The products of the range and refrigerator will be in the spotlight. Men, along with teen-agers, and you, the women, are invited to enter the competition. You will find the food contests "as easy as pie." Honestly though, you may win \$100 cash for your apple pie on September 7th, or by submitting a week-end budget for five people on September 10. Then, too, there is a \$50 cash prize for the ham and two eggs you can cook for the Judge on August 31st, or the salad plate you can prepare for them on September 8th. By the way, there are second, third and fourth prizes too.

Here is what you do: Send the letter stating competitions you wish to enter BEFORE August 15th. The address is Mrs. Kate Aitken, Woman's World Exhibition, CNE, Toronto.

On the day of the scheduled competition in which you wish to compete, you will go to the second floor in the Coliseum to Woman's name and address on application, World. Check your registration, and be available to take over the project. Everything will be ready for you. There will be an electric range ready at the flip of the switch, and all the necessary equipment, as well as the ingredients.

The competitors will be judged on the speed of assembly, the ease of handling the equipment, the quality of the prepared food, and the artistry of the dish. For example: the ham should be lifted into the pan with the fork, the pan should be carried on the level, the grease should be drained off before the end of the cooking, or the ham should be lifted to a piece of paper towelling on a plate, to drain off excess fat. Then an egg should be broken into a saucer and slipped into the warm fat — first one egg then the other. Reduce the heat to Low and cook with a cover or by basting frequently. Transfer to plate with ease and care.

In regard to the salad, the ingredients will be in the refrigerator for you. Trim and prepare quickly. Think of your colour combinations as you shake the washed greens loosely in a towel. Give consideration to food value as well as the quality of the salad ingredients. Do your job just as you would at home and enjoy it. Wish you all could win.

On the day when the big prize is for budget menus, you go into the room with only a few ideas in mind. As you are given your entry blank and a price list of the seasonal foods, check them over and write down menus for Saturday night supper, Sunday breakfast, dinner and supper. Economy is the key note. Consider the following points:

A meal should be different in texture, that is, salad with custard, dessert — never, cream soup and blanc mange on the same menu. A meal should have variety in foods, that is, raw tomatoes and apple pie — never, tomato juice and raw tomatoes.

A meal should have a difference in flavour, that is, a Spanish Omelette and a fruit cup — never, liver and onions and spiced cake.

A meal should have variety in colour, for instance, glazed carrots and lime jelly — never, cauliflower and bread pudding.

A meal should have good digestive foods, for example, roast chicken, and codded apples — never, fried pork chops and spiced pie.

The days' meals should include milk or milk dishes, one serving of meat, fish, poultry or eggs, one serving of potatoes, two servings of vegetables — one raw and one coloured, one serving of citrus fruit juice or raw tomatoes, four to six slices of whole wheat bread or a whole-grained cereal product.

Now, plan your menus and plan to win.

There is an easy baking item you can make and deliver on September 7th, before 11 a.m. D.S.T. It is Apple Pie — without spice. Try your favourite recipe in a 9-inch pan or test our suggestion on the Judges. Don't forget to put your name on a piece of adhesive tape and stick it to the pie pan, as well as fill out your entry blank.

APPLE PIE

Pastry:
1 1/2 cups sifted cake or pastry flour
1/2 tsp. baking powder
1/2 tsp. salt
3/4 cup shortening
About 1/4 cup water

Mix and sift dry ingredients. Cut shortening into the flour mixture with a pastry blender or two knives. The pastry should resemble coarse oatmeal when properly blended. Sprinkle in ice water gradually by spoonfuls until a "soft dough" is formed. Chill dough for about one hour. Turn on to a lightly floured board and pat the pastry into rectangular shape. Roll up like a jelly roll, then cut in half before roll-

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Under the fragrant pines at Cap Tourmente, students at St. Joachim School gathered to learn arts and crafts. It was 1668. Painting and carving were among the handicrafts taught. The students soon produced fine work — and set a pattern for distinctive Canadian art.

A new form of art appeared after 1760. British soldiers made sketches of their life and experiences in the New World. Later, artists were commissioned to travel through the land and permanently record its development on canvas.

Many foreign artists saw the promise of Canada in the early 1800's. Among these new citizens was Cornelius Krieghoff. His gayly coloured and animated scenes reflected the bustling activity of the new country.

As Canada has grown, the spirit of the times has made possible a glowing tradition of truly Canadian art. After 1918 the now-famous Group of Seven Canadian Artists started a new school of endeavour. The progress of our nation has given our artists unlimited material to draw from. Yes, there's room to grow — in Canada Unlimited.

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"A council of service, welfare, labour, cultural and other organizations whose aim is to assist new Canadians with the opportunities offered by democratic citizenship in Canada."

**Esqueuing Tax Rate
Is Up Five Mills**

The tax rate in Esqueuing Township has been set at 42 mills for 1949, an increase of 5 mills over the 1948 rate. This does not include trustee rates for school purposes which are extra. The rate was struck at a recent council meeting at Stewarttown, when a by-law was passed authorizing the assessment of the township for the year.

Claims for foxes destroyed were paid to Lorne Norton, Limehouse, \$5 and David Lawson, Milton, \$5. Sheep claims amounted to \$48 and were as follows: Charles Thompson, lamb-killed, \$15; A. N. Stark, valuator, \$3; Austin Young, lamb killed, \$25; Duncan Waldie, valuator, \$4.

It was not necessary to issue a warrant for tax sales this year. The road superintendent, W. E. Townsend, was authorized to collect road accounts receivable and will be bonded for this. Interest from the railway bonus fund was distributed to the various school sections entitled to it. Treasurer K. C. Lindsay was authorized to set up a petty cash fund of \$50 for payment of accounts of up to \$300.

Relief accounts were \$16.90 and road accounts \$390.19. Mr. Edwin Harrop appeared at the meeting to ask a grant for Halton Agricultural Society.

**AUGUST MEETING OF
TERRA COTTA FARMERS**

The August meeting of the Terra Cotta Farmers Club was held at the home of Mr. and Mrs. Andrew McDonald. Mrs. Lloyd Crichton was in the chair for the ladies meeting, when the roll call was responded to by "Ten words about a noted Canadian." Mrs. Leslie Young gave a paper on "The happy art of conversation."

Mr. Crichton presided at the joint meeting, the program for which had been arranged by Mrs. James McKane and Mrs. Clarence Anderson. Mr. John Czerwinski played a number of selections on the guitar and banjo and Mrs. Arthur McKane gave a humorous reading "How Mr. Simmons took care of the baby." Vocal solos were sung by Betty Jean Anderson and Dorothy Thompson and Mrs. R. S. Leslie gave an address on "Education."

Correspondence from Dr. Seho-field, who is now in Berlin, was read by Mrs. Clarence Lyons. A number of appreciative letters were read from those in Europe who had been helped through Dr. Schofield's good work.

Mrs. George H. Leslie expressed thanks to those contributing to the program and to the host and hostess, after which a social hour was enjoyed. The September meeting will be held at the home of Mr. and Mrs. Lloyd Crichton.

First words spoken ever the telephone were "Watson, come here; I want you," spoken by Alexander Graham Bell to his assistant.

Twenty-one guns comprise the national salute to The Flag.