

OVER THE YEARS - A NATION BUILDER

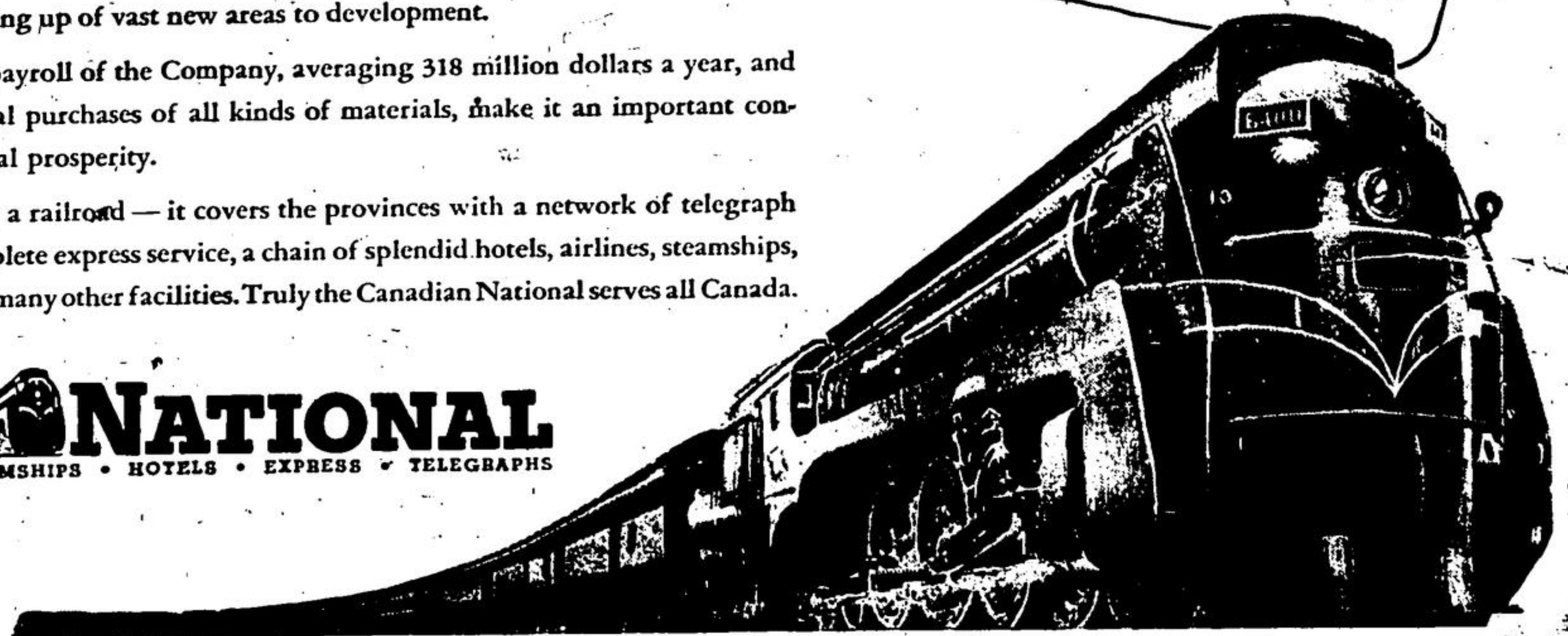
From sea to sea the lines of the Canadian National Railways — more than 24,000 miles of them — serve Canada, linking all ten provinces. From earliest days the C.N.R. has been a nation builder, making possible the expansion of industrialization and the opening up of vast new areas to development.

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THE MIXING BOWL
by Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! It's a wonderful feeling to have a dream become a reality — a brand new kitchen! We are very proud of ours because it is both attractive and efficient. It is not the new gadgets as much as the well planned general working conditions which minimize time and energy. The compact, step-saving work unit combines a laundry and kitchen area where only 2 or 3 steps are required from one work centre to another. The size of the room is 8 feet, 9 inches by 15 feet, six inches.

Beginning at the back door we have the following installations: broom closet with cleaning equipment, refrigerator, clothes sorting space, washing machine, double sink, food preparation table, baking counter, electric range, door to

the dining room and breakfast counter.

When we were planning the kitchen, we made a list to evaluate our needs. Maybe these ideas will be helpful to you:

1. Well-lighted work areas.
2. Provision for adequate ventilation.
3. Comfortable kitchen temperature — winter and summer.
4. Size and features of range, sink, and refrigerator to suit our particular requirements.
5. Other appliances needed.
6. Provision for three work surfaces — mixing centre near refrigerator, dish clearing at sink, and cooking-serving at the range.
7. Location of the refrigerator so that the door opens toward a clearing table.
8. The laundry equipment enclosed in the cabinet area if the machine is spin-dry.
9. The laundry procedure arranged to allow space to sort, wash dry if possible.
10. Storage facilities convenient as well as adequate. (a) cutlery drawer in divisions; (b) Lazy Susan shelves for corners; (c) step-up shelves for spices; (d) cup rack; (e) towel racks; (f) tray racks; (g) metal lined drawers for flour, sugar and bread; (h) ventilated con-

ainer for vegetables.

11. A place to work sitting down — about 32 inches from floor.
12. The bottom of the sink bowl at least 32 inches from floor.
13. All built-in working surfaces of the same height and width — about 36 inches high and 27 inches wide.

As this check list is used in planning a new kitchen or remodelling an old one, two things become apparent: First no one kitchen laundry can have everything, since good planning requires elimination of the non-essential as well as inclusion of the essentials. Secondly, a kitchen laundry room is an individual problem — and one that is never solved for all time. Even a new home can be perfect for a family of a given size and way of life only until its size and way of life change inevitably with the passage of time.

TAKE A TIP
Kitchen Clean Up

1. Do not scrape food from granite, as it chips. Soak enamel kettles well and boil to loosen clinging food. Scour stoves with scouring powder.
2. Do not use soda or ammonia to clean aluminum. Rub scorched aluminum pans with steel wool.

Boil an apple peeling in a solution of tomato juice to remove stains from aluminum.

3. Clean milk bottles and flower vases with a solution of ammonia.
4. Copper and brass are easily cleaned with a cloth dampened in vinegar and then in salt or whitening.
5. To prevent a new tin utensil from rusting grease it lightly and heat it slowly. After washing linens in soapy water, dry thoroughly.
6. Always leave the oven door of the range partly open after baking period to ventilate and prevent any possible rusting.
7. Periodically, clean the sink drain-pipe by pouring a solution of washing soda down the pipe (½ cup of washing soda to 2 quarts water.) Rinse with plenty of hot water.
8. Wooden handles should not be soaked.
9. Do not put the cogs of the Dover egg beater in water.
10. Wipe out all greasy pans with paper before washing.
1. Line the garbage can with newspaper and a tablespoon of dry ammonia over this to keep it sweet.

OFFICERS CHOSEN BY ST. PAUL'S GUILD

St. Paul's Church of England, Norval, has formed a new organization which will be known as St. Paul's Guild. At a meeting last Wednesday at the home of Rev. and Mrs. J. E. Maxwell, the following officers were elected to serve as a temporary committee: Mr. M. Rushmere, president; Mrs. Barker, secretary; Miss Prairie Maguire, treasurer; Miss Barbara Needham, publicity agent.

A fee of 10c a person was decided for each meeting, young people 18 and under paying 5c. Meetings will be held each Wednesday evening at 8.30 in Norval Parish Hall.

The ladies spent the evening knitting woollen squares for the making of an afghan, while the men enjoyed a game of cribbage. Refreshments were served by the hostess, Mrs. Maxwell.

Although the number of hens that are laying eggs is 10 per cent lower than last year, every group of 100 birds is producing 18 more eggs this year.

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