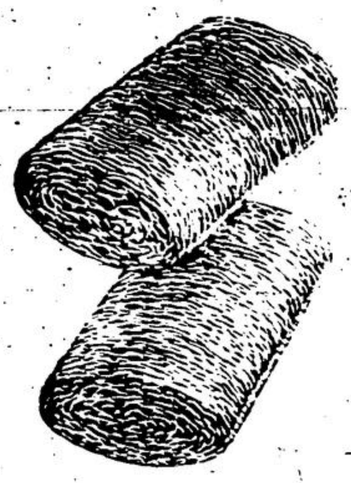
You need WHOLE WHEAT at least ONCE A DAY!



serve NABISCO Shredded Wheat

(MADE FROM 100% WHOLE WHEAT)

. . . here's whole wheat in its most popular form!

You need all the goodness, all the nourishment of whole wheat in your diet! It contains vital food elements. And NABISCO SHREDDED WHEAT *is made from 100% whole wheat!* Tomorrow, serve fresh, golden NABISCO SHREDDED WHEAT with MILK and brown sugar. You'll love it!

The Better Buy!

SW-50

12 one oz. Biscuits in Every Box

Highest cash prices

Dead Stock

Horses ea. $2.50
Cattle ea. $2.50
Hogs per cwt .50

According to size and condition
PHONE FERGUS 18 (COLLECT)

DARLING & COMPANY OF CANADA, LIMITED

THE MIXING BOWL

by Anne Allan, Hydro Home Economist

Easter, which this year falls on April 9, is what the churches call a "movable feast." The aim of the early Church was to preserve the same relation between the times of Easter and Passover as existed at the time of the Resurrection. On this basis, Easter is celebrated on the first Sunday after the first full moon occurring on or after March 21.

Since March 21 is the first day of Spring, we associate Easter with fresh, colorful, new things. So we colour our eggs, make chocolate candles in the form of small animals with pink eyes and glaze the baked ham with red cherries and such.

Vegetable garnishes enhance taste appeal and also add a touch of colour to nearly every food.

TAKE A TIP

1. Roast Beef — Oven browned potatoes, asparagus with pimiento strips.

2. Roast Lamb -- Carrots folled in finely chopped mint, mashed potato nests filled with spoonfuls of peas.

3. Roast pork -- Sliced sweet potatoes of baked oranges slices, buttered cabbage sprinkled with grated carrot.

4. Broiled Fish -- Covered with lemon juice and watercress, mashed potatoes and scalloped tomatoes with minced onion tops

5. [illegible]

6. [illegible]

7. Roll, [illegible] salad flavoured [illegible] Place [illegible] two rows of [illegible] separate [illegible] baby carrots

8. [illegible] can be given added interest by placing colourful crisp vegetables on top of the filling before adding the second slice of bread. If they peep out around the edges [illegible] the better.

9. Jellied vegetable salads may be more satisfying with creamed cheese balls or mashed potatoes combined into small rolls with salad dressing and nuts.

10. Jellied Fruit Salad made in shaped moulds and topped with a tinted whipped cream are always enticing.

11. Stuff fruit with fresh vegetables for variety. Cooked stoned prunes are good with grated carrot; baked apples with diced celery; halved peaches put together with cottage cheese and lots of watercress.

REQUESTED RECIPES

Baked Ham for Easter

From a ham with a rind on as requested: Scrub the ham in warm water with a stiff brush. Put in a deep kettle; cover with warm water; bring to the boiling point; simmer (not boil) until a steel fork will penetrate readily to the center. Allow about 20 minutes per pound. Cool the ham in the water in which it was cooked. Remove from the water and peel off outside skin. Pat a mixture of two-thirds cup brown sugar, 2 tsps. dry mustard mixed with 2 tbsps. canned cherry juice over ham. Insert whole cloves about ½" apart. Place on a rack in roasting pan and bake in electric oven at 350 degrees, for about 80 minutes. Baste once or twice.

Easter Eggs in Shell

Heat an inch of water in saucepan to boiling point. Add ½ tsp. salt to prevent shells from cracking. Place eggs one at a time, in a tablespoon and slip into the boiling water. Cover and turn off electric element. Let stand 4 minutes for soft-cooked and 9 minutes for hard-cooked. Time depends on number of eggs and temperature of eggs. With crayons or transfers decorate eggs for serving in shell

THE QUESTION BOX

Mrs. W. C. asks: How to make jam from fresh pineapple

PINEAPPLE JAM

Select two medium, fully - ripe pineapples. Slice, peel, take out core and grind, using finest knife of food chopper. Measure 7 cups sugar for four cups pineapple. Mix well and bring to full rolling boil. Stir constantly while boiling for 1 minute. Remove from electric element and add 1 bottle pectin. Then stir and skim by turns for 5 minutes, to cool slightly and prevent floating fruit. Pour quickly into hot sterilized jars. Stir with paraffin.

Mrs. J. T. asks: Do you use raw or cooked pineapple in a cream rice dessert?

Answer: We use freshly cooked pineapple at this season and because we use milk in place of water. Here's the recipe: Scald 1 cup milk and add ¼ cup washed rice. Cook over hot water for 45 minutes (or 15 minutes for Minute Rice.) Then rub through a sieve and add 2 tbsps. sugar, ¼ tsp. salt and 1 cup diced cooked pineapple to rice paste. Chill. Just before serving, fold in two thirds cup whipped cream. Makes 6 servings. Garnish each with a red cherry.

Mrs. H. G. asks: How do you store maple syrup?

Answer: Pour cold syrup into sterilized pint jars. Place on rubber bond and partially seal. Use a deep pressure saucepan with an inch of water in it and on the rack place 3 or 4 pints of syrup. Heat to steaming point, then to 10 lbs. pressure and at that time count 15 minutes. Let pressure saucepan cool, seal jars tightly and store in dark place.

Mrs. B. H. asks: Do you put anything other than sugar in rhubarb pie.

Answer: We use 4 cups finely sliced rhubarb with 2 cups granulated sugar, ¼ cup flour, grated ½ orange rind for a 9-inch pie filling.

Communicable Disease Control

press release from Halton Health Unit

In certain areas of the county, there have been local outbreaks of some of the milder communicable diseases of childhood.

Up to the week ending March 11, 113 cases of measles had been reported during 1950 in the county. 38 in January, 64 in February and 11 in March. Acton reported 87 of these cases. During the same period 228 cases of mumps were reported, 105 in January, 87 in February, and 26 in March. 114 of these were reported from Georgetown and 59 from Esquesing Township. Since the beginnig of the year 22 cases of German Measles have been reported. In the week ending February 25, 15 cases were reported, 11 from Oakville and 4 from Trafalgar township. In the week ending March 11th, there were 3 from Oakville and 1 from Trafalgar township.

In the week ending March 18th, German measles and measles have shown a sharp upswing in the Oakville - Trafalgar area. Oakville reports 35 cases of German measles and 7 of measles. Trafalgar township reports 1 German measles and 4 measles. The age distribution of these cases is of interest in that 32 of the 36 cases of German measles and 8 of the [illegible] cases of measles occurred in the age group from 10 to 19 years. In other words, the outbreak is centred in the high school age group

This week, too, Milton has shown an increased incidence of mumps. There were 19 cases reported. Up to this week, 16 cases had been reported from the beginning of the year

These figures are, at best, only [illegible] They are obtained from reports by physicians [illegible] Unfortunately many more cases have occurred but have been [illegible] a physician [illegible] been called and no report [illegible]

[illegible] diseases [illegible] cycle [illegible] years with comparatively few cases and [illegible] epidemic year. None of these 3 diseases are [illegible] Quarantine for these diseases has been done away with since it has been [illegible] that it does little or nothing to control these diseases. Cases are no longer quarantined. These measures are Provincial Department of Health regulations. Using Oakville as an example, the cycle nature of these diseases is well demonstrated

Cases Reported	Measles	German Measles
1948	2	25
1949	3	9
1950 (to March 18)	40	17

The child with these diseases is required to stay home for varying periods by Provincial regulations: Chickenpox, until skin is clear; German Measles, 6 days from appearance of rash; Measles (red) 7 days from appearance of rash; Mumps, 16 days from onset of swelling.

By Provincial regulation, there is no quarantine of contacts and his brothers and sisters may continue at school.

All these diseases are most liable to spread in the day or so before they are recognized and a physician called. Thus the child with a cold, running eyes, or a swelling in the neck should be kept at home until it is decided as to whether he is developing one of these diseases.

The length of the quarantine period does not necessarily mean the child is ready to return to school. This will be judged by his general physical condition by the parent or, if there be any doubt, by his family physician.

Skinny men, women gain 5, 10, 15 lbs.

Get New Pep, Vim, Vigor

Wasa thrill! Body hollows fill out, ugly hollows fill up, neck no longer scrawny, body looks half-starved, sixth "headquarter" look. Thousands of girls, women, men, who never could gain before, are now proud of shapely, healthy-looking bodies. They thank the special vitamin-building flesh-building tonic, Ostrex. Its tonic of vitamins, iron, vitamin B1 calcium, aids blood to improve appetite and digestion so food gives you more strength and nourishment put flesh on bare bones. Don't fear getting fat. Stop when you've gained the 5, 10, 15 or 20 lbs you need for normal weight. Costs little. New "get acquainted" size only 50c. Try famous Ostrex Tonic Tablets for new vigor and added pounds this very day. At all druggists.

NATURE UNSPOILED

YOURS TO PROTECT

The WHITE-THROAT'S whistling song is a typical sound of Canadian springtime. He feeds on the ground, searching among the leaves and twigs for beetles, grasshoppers, weed seeds and wild berries. Protect him—he's a valuable pest destroyer and a cheery friend.

YOURS TO ENJOY

CARLING'S

THE CARLING BREWERIES LIMITED WATERLOO, ONTARIO

You will be delighted with this fragrant tea

"SALADA" ORANGE PEKOE

ELMER C. THOMPSON. JOHN R. BARBER

Elmer C. Thompson Insurance Service

FIRE - AUTO - WINDSTORM

Canadian Pacific Railway — Trans-Canada Airlines

Steamship Tickets on all lines

Cruise and Travel Advisers

Mill St. Georgetown Telephone 119w

Spring Condition your car with this Complete 6-Way Service

see your FORD - MONARCH DEALER or your MERCURY-LINCOLN-METEOR DEALER

Before you answer Spring's call to the open road, remember: your car needs more than just a change of oil . . . it needs the *Complete, 6-Way Service* offered by your Ford-Monarch Dealer and Mercury-Lincoln-Meteor Dealer. This *complete* servicing makes your car truly "ready for the road", ready to give you dependable, trouble-free driving. Your local Ford-Monarch Dealer or Mercury-Lincoln-Meteor Dealer can service your car best because he *knows* it best . . . and his *expert servicemen* can give you the best service because they use *factory-approved equipment, factory-approved methods* and *Genuine Ford Parts.*

Beauty Kit For your car! Contains the Liquid Glaze perfect combination of cleaners and polishes for the body and trim to keep your car looking new. Kit also includes special polishing cloth.

Drive in today!

Ford MONARCH

OVER 1100 DEALERS COAST-TO-COAST

MERCURY LINCOLN Meteor

Georgetown Motors

YOUR FORD and MONARCH DEALER

Telephone 280W and 562 Georgetown