

Highest cash prices
Dead Stock
 Horses \$5.00 ea.
 Cattle \$5.00 ea.
 Hogs 50c cwt.
 according to size
 and condition
PHONE PERGUS 15
 (COLLECT)
DARLING & COMPANY
 OF CANADA, LIMITED

You can't prevent POLIO
 But you can protect your family and yourself with
POLIO INSURANCE
FAMILY PREMIUM
2 YEARS — \$10.00
 Ask us to arrange your coverage for you.
WALTER T. EVANS & CO.
 Mill Street, Phone 183W

HERBS
 NATURE'S WAY TO HEALTH
OLD ENGLISH HERB CO.
 Importers and Distributors
WM. BROUGHTON
 M.N.L., M.H.
 Murdoch Street — Phone 59M
 Mailing every day throughout Canada

Flowers FOR EVERY OCCASION
 Design Work a Specialty
 Bonded Member T.D.S. (Telegraph Delivery Service)
 Flowers by wire anywhere in the world.
Norton Floral
 Phone 315W — Georgetown

Memories
 to honour a lifetime for lifetimes to come
Monuments & Markers
 — Moderately Priced —
 A card or letter will bring our service to your door.
OAKVILLE MONUMENT WORKS
 20 Colborne St., Oakville on highway

E. P. Head
OPTOMETRIST
 and MANUFACTURING OPTICIAN
BATTERIES FOR HEARING AIDS
 EYES EXAMINED SCIENTIFICALLY
 25 St. George's Square
GUELPH
 Established 28 years

THE MIXING BOWL
 by Anne Allan
 HYPER-HEALTH ECONOMIST

"Hello, Homemakers! Ice cream, once regarded as a treat for special occasions, is served today as a nutritious food in everyday meals. This shift in emphasis stems from knowledge of nutrition and better understanding of the safety value in cool, smooth ice cream.

The nutritional value of vanilla ice cream is gratifying since a leading commercial concern has made tests which show significant amounts of protein, calcium, Vitamin A and B-1. This food value is important for it is not only good for normal appetites but the difficult appetites of ill and convalescent patients.

Commercially made vanilla ice cream contains cream, milk and milk solids, sugar, a stabilizer (maybe gelatine) and sometimes eggs. There are no significant losses in the nutritive value of milk in the manufacture of ice cream so the calcium value so necessary for growing children is available.

For those who have to be careful of excess weight, ice cream is a good choice since one serving (one 6th quart) contains about 206 calories. However those who need added calories may be given syrup, fruit, cookies, cake or pie with ice cream.

As we recall the trends in ice cream, we remember the early type of ice cream — that tasted like a soda biscuit, then the craze for ice cream with Chocolate Sauce; for a long period there was a tremendous demand for pie and ice cream; then came orders for banana splits; the next request was for hot chocolate sauce and hot butter-scotch.

At present, the trend is a memorable one for our tourists, Maple Walnut Sundae. Of course, there are still numerous favourite sundaes and sodas of yesterday at the Soda and Ice Cream Counter as well as restaurants.

Teenagers will gather around the home kitchen when you keep their favourite dessert on hand. Usually, there will be no dessert left on the plate if you include ice cream. The new choice of the refrigerator raider is the dish of ice cream with all the fixings he can find there too, jelly, sauce or fruit or all three.

1. When you make ice cream at home read the directions on the package of mix carefully and use level measurements.

2. Turn electric refrigerator to coldest point about 1 hour before ice cream mix is placed in the unit for best results.

3. Do not serve ice cream until time to eat dessert.

4. Use ice cream for milk shakes, sodas and sundaes at home.

5. Commercial ice cream can be packed in a tray in the freezing unit, then placed in the refrigerator and turned to the coldest point for 1 hour. When frozen firm the dial of refrigerator may be returned to normal position. (Usually No. 6 is coldest and position 1 or 2 is normal or 40 degrees.)

6. You may decorated bricks of ice cream with tinted whipped cream in a cake decorator for an emergency on a special occasion such as home coming, bon voyage, honeymoon guests.

7. Use pie plate or aluminum foil as a dish that will fit into freezing unit.

8. A well-padded knitting bag makes a useful shopping bag for carrying ice cream and chilled drinks.

Lions Hold Dance at Brant Inn Thursday

Several members of the Lions Club, with their ladies attended the dance at the Sky Club of the Brant Inn at Burlington last Thursday, where they enjoyed an evening of dancing to Morgan Thomas and his orchestra.

Those in the party were Mr. and Mrs. Jack Armstrong, Mr. and Mrs. Clarence Kennedy, Mr. and Mrs. Harold Hutchinson, Mr. and Mrs. Don Barrager, Mr. and Mrs. Art Scott, Mr. and Mrs. Stewart Young, Mr. and Mrs. Vince Jones, Mr. and Mrs. Ray Whitmee, Mr. and Mrs. Jack Gunning, Mr. and Mrs. Dick Licata, Mr. and Mrs. Fred Schultz, Mr. and Mrs. Spence McKinnon, Mr. and Mrs. Wheldon Emmerson, Miss Irene Young, Mr. Bill Barry, Mr. and Mrs. Ernie Rawson and Mrs. Rawson's brother, Norman Marsh of Guelph.

A book dictated by Marco Polo in prison was the most popular source of European knowledge of the far east for three centuries.

Fire Escapes Will Be Installed at Public School

Georgetown Public School board is planning some improvements at the school to provide better fire protection for the second floor of the building. Since an extra classroom was added last year by converting the former assembly room into two classrooms, there has been an additional fire hazard. Two hundred and forty pupils are now accommodated in six upstairs classrooms and two of those have no secondary exits.

At the board's request a representative of the Ontario Fire Marshal's department, visited the school in May and at a school board meeting last Wednesday his report was received. It recommended that secondary exits be provided in two rooms and that exterior metal fire escapes be provided on each side of the building and that certain improvements be made in the furnace room. The board intends to carry out these ideas this year.

New School Discussed
 Some preliminary discussion was held about the new school which is to be built. Architects Merton & Evans had been asked to attend the meeting and they showed sketches of various schools which they had designed, including Glenwood, Glen Williams and Napanee. No site has yet been selected for the building and it was the architect's advice that an architect should be engaged before any site is selected. At least three locations within town limits have been proposed, but to date no contact has been made with any property owner.

The board decided to invite a number of architects to a meeting this Wednesday. Each architect specializes in certain types of construction and a decision by the board on the type desired will have a bearing on the hiring of an architect.

A letter from Dr. J. M. Mather, medical officer of health for the county suggested that the board consider having a separate health room in the new building. At present the principal's office is used by the health nurse and this is not a satisfactory arrangement.

New Roof Needed
 Ross Duncan, in his report on building conditions said that some patching was needed on the roof this year and that he believed a new roof would have to be put on the school next year. The teachers' room and principal's office will be painted this summer. Jim Kennedy getting the contract.
 Principal Howard Wigglesworth

END BLOWOUT DANGER
 WITH **GOOD YEAR** LIFE GUARD SAFETY TUBES
SAXE MOTORS
 PHONE 152W
 DODGE — DESOTO — SALES & SERVICE

UNICEF Goes to School in the Tyrol



A nun delegates a young "waiter" to help her serve bowls of soup — an extra on the schoolchildren's menu, in Mayrhofen, Austria — made possible by help from the United Nations International Children's Emergency Fund (UNICEF). The children are served their extra lunch each day at an inn operated by the mayor of the village.

reported that enrolment in Kindergarten-primary in September is 1,000 years old were found last year anticipated as 52, according to a survey made this spring.

Around the Home

TOM GARD'S NOTE BOOK

One of the most distressing scenes at this time of year is a lawn burned to a crisp. True, some home owners are able to keep their lawns green throughout the summer but they are in the minority. Soil fertility is an important factor in this struggle to keep grass green as the amount of water applied. People who make a lawn on a two-inch layer of good soil are only asking for trouble. Money spent to prepare a deep seed bed before the seed is sown will save heavy annual payments for fertilizers the years to come. A friend of mine placed a two-inch layer of peat under six inches of rich top soil and has never had to worry about watering his lawn. In case you are struggling with a poor lawn, you will find the lawn spike illustrated a valuable asset.

Garden Tables
 I visited a classmate of mine last week who had just moved out to the wide open spaces. I envy all the room he will have to employ his gardening skill. The thing that really caught my eye was a huge mill stone he plans to mount on a cement base for a garden table. This relic of the past will still be giving service generations hence. Much smaller stones can be procured and used equally well. Also illustrated is a wooden table built on a barrel; you will find it easy to make. One of the most effective garden tables I have ever seen was made from the marble top of an old-fashioned tea-room table placed on a 12 inch cement drainage tile, partially buried in the ground to make it solid. The whole thing had not cost a cent to assemble as the table top was rescued from a dump and, unbeknownst to the proper authorities, the township contributed the tile.

Garden Fences
 A fence can be a friendly thing as I have just found out. My neighbour and I have finally taken time to sit down and plan the building of a new one between us. Now that we have progressed past the sodding and sodding stage, I'm certain we will be spending many hours together.



USING BARREL OR NAIL KEG ...
 FASTEN OLD DINING TABLE TOP IN POSITION WITH TWO BRACES OF INCH BOARD ACROSS THE CENTRE. NAIL FOR SECURITY.

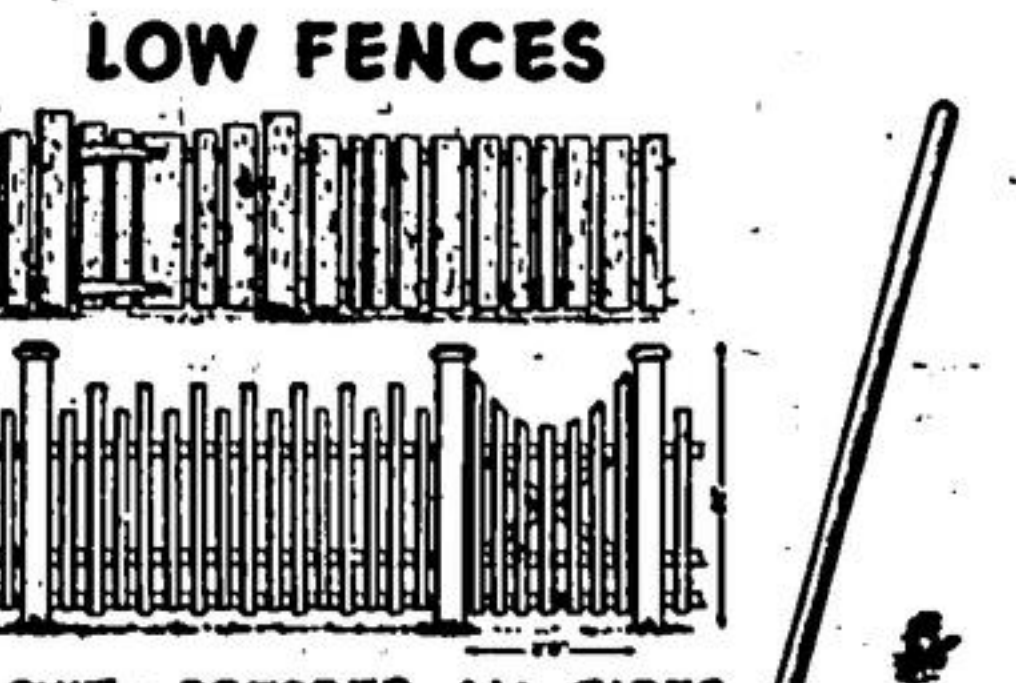


OTHER FENCE IDEAS
OLD COW HORNS
 MAKE FINE CANDLESTICKS WHEN POLISHED AND VARNISHED.
 BASE MADE OF BLOCKS 1" THICK.

GARDEN TABLES



USING OLD GRINDSTONE ...
 MAKE SQUARE FRAMEWORK OF PINE OR CEDAR LOGS. TO THIS FASTEN FOUR RUSTIC LEGS OR TRIMMED POLES. APPROX. HEIGHT: 16" FROM GROUND.



LOW FENCES
 1 INCH PINE — DRESSED ALL SIDES. POST ABOUT 5' HIGH, SET IN CONCRETE FOR STRENGTH. WHERE WOOD IS BELOW GROUND, TREAT WITH A WOOD PRESERVATIVE TO PREVENT ROT.



LAWN SPIKE
 TO GET WATER OR FERTILIZER DOWN WHERE GRASS ROOTS MAY ABSORB MOISTURE AND FOOD. OLD RAKE HANDLE, AND PIECE OF 2"x4" PINE. 4 SPIKES ABOUT 8" APART.

More information on these and many other ideas in the booklet "AROUND THE HOME". Write for your copy to Tom Gard, c/o MOLSON'S (Ontario) LIMITED, P.O. Box 490, Adelaide St. Station, Toronto.

