Outstanding quality has made Salada Canada's lärgest selling tea.

RAYON CORD GUARANTEED COOD YEAR

MARATHON

The Marathon is bargain-priced-yet it's a quality-built tire in every way-a tire that will give you more for your money than any other tire in its price class . . . more than tires selling at even higher prices. Drive in . . . we're truck tire specialists.



SAXE MOTORS

PHONE: 152 W DODGE DESOTO SALES & SERVICE COMPLETE LINE OF GOODYBAR TIRES, TUBES, LIFEGUARDS AND BATTERIES





Rose Bar Restaurant PHONE 89 - MAIN STREET

Uqu'll never miss

... YOU PUT INTO A GOVERNMENT ANNUITY

BUT small amounts with compound interest mean independence for the years when you want to take it easy.

Government Annuities are backed by the Resources of Canada.

No Medical Examination Required.

BETON F. GREGG

Thousands of Canadians, not covered by pension plans, have taken advantage of a low-cost Government Annuity to guarantee their future security. Others, covered by pension plans, use a Government Annuity to supplement their retirement income.

Annuities Branch

MENT OF LABOUR

	Annuities Bre	mch.					17M
White the	Deinstead o	of Labour, Offers	· . "	•			
D. 15 32 C	Plocos send :	e COMPLETE IN	HORMATION	about Cons	dies Core	radont.	Annuilles
列德国地	8			"		•	50
10000	HAME.		(2204)	CHARLY)			



Hello Homemakers! Cream soups, better than any dish we can hame. fill the desired need for a nutritious' satisfying food. The mitk and fat that are apt to be lacking in lunchbox meals and the vegetables that provide so much iron and variety. in winter meals are in a cream soup: They are more satisfying than clear soups and not us filling las chow-

The flavourful vegetables, usually sieved or purced along with the liquid in which they were cooked, are combined with a smooth creamy white sauce. (A combination of cooked vegetable and one freshly cooked one is a good way of using leftovers).

However, the secret of a good cream soup lies in making the smooth white sauce. Master the basic recipe and you will have the basis for many kinds. (The only exceptions are potato soup and, cream of tomato.)

TAKE A TIP

. For sure success, use low heat Either the double boiler or the electric element turned "low" provides steady, even, low heat and prevents scorching.

2. Measuring the flour before the fat Ts a good idea. It saves washing the measuring spoon or cup. We measure 14 cup flour then fill the * cup measure with part butter and part bacon dripping.

3. For cream soup accompaniments we cube fresh bread in half-inch pieces and toast_on a cookie sheet in a hot electric oven for 3 minutes. Or we serve cheese bites, salted soda biscuits or rye wafers.

4. Serve hot cream soups in hot soup bowls. Rou may garnish with minced parsley or celery leaves.

Basic Cream Sauce

% cup butter or other fat 4 cup flour

1 tsp. salt

1/8 tsp. pepper 3 cups whole milk

Melt fat over low heat. Add flour and seasonings. Mix until smooth. Add milk. Cook over boiling water or low heat, stirring constantly, until thickened.

Basic Cream Soup

(for 4 to 6 servings) To the prepared cream sauce, add 1½ cups sieved or mashed cooked vegetables. Reheat over hot water or "Low" electric element.

Cream of Pea Soup

Cook 2 cups canned green peas and liquid for 5 minutes. Press through a sieve. Make a cream sauce from the basic recipe, reducing the flour to half quantity. The peas help to thicken the soup.

- ('ream of Corn Soup

Mix 112 cups creamy style corn, one slice onion and I cup hot water, Cook, covered, over low heat for 15 minutes. Press through coarse (Should be approximately 112 cups). Add to 3 cups cream sauce. Sprinkle with paprika.

Cream Carrot Soup

Mix 1 cup finely grated carrot, 1 cup boiling water, and I teaspoon grated onion. Cook, covered, for 10 minutes. Add to 3 cups cream sauce. Sprinkle with 1 tbsp. chopped toasted nuts.

THE SUGGESTION BOX

Mrs. -R. K. suggests: When lining cake tins, anchor the paper around the rim with spring clothes pegs as you go around, and do not remove until the batter has been poured in

the tins. Mrs. B. G. suggests: To make ring tea biscuit, prepare the dough, roll in a long, inch-thick strip and place la circular fashion in a layer cake tin, then place a pint sealer in the centre. Pour an inch of water into the jar and it will not crack in an oven temperature of 400 degrees. When baked in 15 minutes, it can be turned out and filled with creamed chicken or fish.

Mrs. T. M. suggests: Prepare toasted rice for a more tasty pudding. You simply measure the regular packaged white rice (1 cup for 4 servings) and sprinkle into a baking pan, then bake at 400 degrees for 30 minutes, stirring it occasionally with a long handled spoon. As the rice takes on a golden brown colour, it may smoke a bit, but do not be disturbed. After toasting, wash, add milk, eggs, sugar and flavouring and return to oven.

Hello Homemakers! The men- at the Crop Improvement Conference are talking about us. They want to know why homemakers do not buy more Ontario potatoes and turnips. We are not among the guilty because we purchase home-grown vegetables-whenever possible. Who could pass by such inexpensive; nutritious foods? Ontario growers are producing high quality crops and

we should stop to consider the wellbeing of our farmer-neighbour. Local vegetables are being graded and packaged more carefully : and etriciently now than in the past. you ask for Grade I potatoes or Hiland potutoes you will find them of uniform size, smooth, and free from discase (The Hi-land packages

come tion Dufferin County, the - highest garden area in (Optario!) When you purchase turnips and onions look for ones that have had a narrow stem, few foots, and those that are oval and smooth. . There are some who think that potatoes and turnips are fattening

In answer to this statement may we ic. and you that jams and breads are to to 98 percent starch while these most vegetables are only 20 per cent. In other words, one medmin sized potato is not more fattenint than I slice of bread or half coungnut or one-third serving of apple pie

Although it is true that potatoes and turnips are a good source of food energy, Vitamin C and iron, it is necessary to remind you that potatoes cooked in their jackets or pressure cooked turnips have the most nutritional value.

TAKE A TIP

1. Do not soak peeled vegetables. before cooking.

covered pan.

3. Start cooking in a small amount of boiling water Reduce heat once water is back to boiling.

4. Use the cooking water for soup stock or gravy. (If potatoes are boiled and the water is discarded, about one-quarter of the iron may be lost).

5. Serve the potatoes and turnips as soon as they are cooked.

6. Keep vegetables in a cool, well ventilated room to preserve the greatest amount of Vitamin C.

7. Since potatoes reheated by pan frying or browning are low in food value, it is inadvisable to cook two meals supply at one time. A good way to use leftover baked potatoes is to peel, cube and heat in a milk sauce in a double boiler. Another way to heat leftover boiled-in-skin potatoes is to make Duchess Pota-

Duchess Potatoes:

1. Prepare mashed potatoes; 1 egg or 2 yolks, well beaten, may be ad-

2. Butter a baking-dish; put in potatoes, mound in centre, smooth

Brown in hot oven.

Scalloped Potatoes:

2 cups cooked potatoes, diced I cup medium white sauce

the think the th

thsp. tinely enopped oplon. 1's cups buttered crumbs

1. Add potatoes, onion and parsley to white sauce

2. Turn into buttered baking dish 3 Cover with buttered crumbs; brown in hot electric oven. NOTE: 12 to 1 cup grated cheese may be added to the sauce. Omit parsley.

French Fried Potatoes:

1. Wash and pare potatoes; cut in

thir slices or in strips. 2. Soak in cold water 10 minutes

3. Drain: Dry between towels. 4. Cook in deep fat which browns

a cube of bread in 40 seconds-390 degrees.

5. Cook until golden brown; drain on unglazed paper; sprinkle with salt; keep hot for serving.

THE QUESTION BOX

Mrs. R. T. requests quick and economical supper suggestions. · Answer:

Tomato Juice Tuna Vegetable Casserole Cheese Biscuits Lemon-Meringue Custards

Macaroni-Sausage Creole Quick-Cooked Cabbage Fruit Cup and Custard Sauce

Ox Tail Stew (made previous night) Parsleyed Cole Slaw Toast Applesauce

Liver and Bacon Creamed Oniohs Small Potatoes (boiled in jackets) Cup Cake Fruit Sauce

Meat Loaf (cooked night before) Slices heated in canned gravy Potatoes and carrots --Creamed Minute Rice

NEW FORESTS

Forests lands of Britain are being increased by 3 million acres. With existing woodlands, this will give the 5 million acres of timber land called for in the postwar program.

FARM NEWS

Night Classes End Plan "Open Night"

The Night School classes inaugurated last November at Milton will conclude on Tuesday, March 6th. We understand from Mrs. M. J. Brown, secretary of the local committee, that the following Tuesday' evening, namely March 13th, an "Open Night" is to be held at the Milton High School in order that the members of the various classes may have un opportunity of seeing and hearing what has been accomifished in classes other than, their own. Incidentally, the general publie 🐞 also, extended an invitation, In so far as we can determine the various courses have been an unmalified, success. A a matter of tact a large spercentage of those attending are already making inquittes regarding what courses will be available next year. It will be of interest to our readers to learn that of the 330 enrolled, 72 per cent . are from the rigal sections of the

The programme on March 13 will provide an opportunity to see something of the work accomplished in such handicrafts as woodworking, oil painting and leatherwork and we think many visitors will be surprised. Frankly, we personally have been amazed at the progress which has been made by many in these three fields. The respective fashion parades to be staged by the groups in elementary clothing, advanced dressmaking, and tailoring, should be equally as in-2. Cook as quickly as possible in a teresting. Then there will be some numbers by the Choral Group and last, but not least, there will be opportunity to hear something of the highlights of the courses in Farm Business, Effective Speaking, and Farm Machinery, the members of which groups are equally as enthusiastic about their courses as those in other courses to which we previously referred.

FARM NEWS

Halton Juniors Stage Parliamentary Debate

A bill which would permit rural municipalities to set up "Graded Schools" was the subject of the parliamentary debate held in the High Schools at Milton last Friday evening. The Government was composed of the Milton, Brookville, and Norval Juniors and the opposition, of the Palermo and Acton groups. The bill was introduced by "Minister of Education" John Copley of Brookville Juniors, with "Prime Minister" Stan Jay and the surface, brush over with melted, "Minister of Agriculture" Evelyn Course the heavy artillery for 'the government, while Opposition leader George Pelletterio assisted by Lloyd and Bill Vivian of Palermo and Mac Sprowl of Acton provided most of the ammunition for the opposition. George S. Atkins was the dignified speaker of the House, with Dick Course as Clerk; Ross Wilson as sergeant at arms; and Jack Ferguson as the efficient page. In general the young people on both sides of the House made some able presentations. The bill final-

ly passed with a large majority. The programme also included an excellent sing song ably led by Dave Pelletterio assisted by Anita Cowan at the piano; humorous skits by the Milton Junior Farmers and the Brookville Junior Farmers, and a reading by Mae Wingfield of Norval Juniors.

The evening concluded with a dance to music supplied by Alex Near and His Orchestra.

IN THE MAIL BAG

Still Thinks Parks Board Statement Needed

Georgetown, Ont.

February 17, 1951

Dear Sir: I noted with interest item submitted by C. Davidson in the issue of the 14th in which he upholds the work of the Board of Parks:

In my request for information regarding the financial status of the arena, I cast no aspersions on either the operators or operations of the enterprise, but merely asked that a statement be forthcoming giving the public the figures pertaining to operating the arena, to which they are justly entitled.

Should there be any hesitancy in supplying this information, it will, of course, be necessary for the taxpayers to insist that the "town fathers" procure same and publish without delay.

Yours truly, Ed A. Peters

KIND THOUGHT

The judge has just awarded a divorce to a wife, "And," he said to the husband, "I have decided to give your wife \$50 a .month."

"That's fine, Judge", the man said. "and once in a white I'll try to slip her a couple of bucks myself."



MARCH 22 - 26

Special tours to New York City, from \$84 to Washington, from \$42.

both ways - good hotels. sight-seeing tours. BOOK NOW AND AVOID

Trips by rail, reserved seats.

DISAPPOINTMENT

John R. Barber

TRAVEL ADVISOR ELMER C. THOMPSON

Insurance Service Mill Street Phone 119

AVOID PIG PROBLEMS Due to Deficiencies By Giving Nixon's PELLAGREX

Routinely to: - Pregnant Sows - Suckling Pigs Weaner Pigs Pellagrex supplies needed Iron, Vitamins and Trace Minerals. Try Pellagrex On One Litter

ASK ABOUT PELLAGREX AT MacCormack's Drugs

And See the Difference:

For Expert Eye Care CONSULT O. T. WALKER

OPTOMETRIST 8 Main St. North - Brampton (Over Abell's Drug Stores) Phone: Office 599 - Res. 830 Hours: 9 a.m. to 6 p.m. daily Evenings by Appointment

SCHULTZ

Electrical Construction Wiring - Motor Repairs.

ELNA SEWING MACHINES "HEAT WAVE" RANGES

Fred Schultz Phone 531w

PRICED FROM \$79.50 to \$114.00

The New SILENT "DOMETIC" REFRIGERATOR \$169.50

Reasonable payment plan

For Sales & Service Electrolux (Canada) Ltd.

Phone or write

C. FENNER 688W - Brampton

Dead Stock Horses \$10.00 ca. Cattle, \$10.00 ea. Hogs , \$2.50 cwt. according to sime and condition PHONE FERGUS

Land Daniel DARLING & COMPANY

OF CANADA, LIM YEL