

O'Keefe's CANADIAN SPORTS PARADE

FROM its advent about five years ago Canadian stock car racing has swept into a prominent position in the sport fans' affection. An outgrowth of the wheeled sports in the United States, stock car racing first appeared in Canada shortly after World War II. Graduating from the hazy one-a-week meet on rural pasture tracks, stock car racing has now moved (in many cases) into the cities and towns on a strictly scheduled, professional basis. The fans, guaranteed many of the thrills and spills of big-time racing, have taken the battered, careening chariots to their hearts and pocketbooks. Stock car racing is good, clean, dangerous fun.

Mobile-Ontario

Sanctioned by the Canadian Stock Car Racing Club, the rules and regulations of the new sport are strictly enforced. But before covering the "Do's and Don't's," let's take a look at the expansion of the stock car game in Ontario. It's estimated that nearly 600 drivers compete in races every week in and around such towns and cities as Belleville, Hamilton, Brantford, London, Windsor, Guelph, Chatham, Oshawa, Fort Erie and Toronto. According to the capacity of the available parks as many as 6,000 spectators crowd in to watch their favourite drivers perform and an over-all weekly attendance figure for stock car racing in the Province should hover around 60 to 70 thousand fans. For some unknown reason at least 50 per cent of the fans are women which should prove something or other about the gentler sex, for, as far as we know, women racing drivers are almost unknown in the sport except possibly around Brantford, Ontario.

Stock-Rules

Contrary to a general belief, strict rules govern the racing cars you see roaring around the tracks. The Canadian Stock Car Racing Club has issued a complete brochure governing safety with respect to the vehicles themselves. For instance, "all cars must be an original hand top with no roadsters or convertibles allowed. All cars must have fenders but no sharp edges allowed. Headlights must be removed and bumpers must not be interlocking. Mufflers must be left on or cars sufficiently quiet to meet track approval. Windshields must be left in and be of safety glass type. All other windows must be rolled down or removed. All car doors must be welded, bolted or strapped shut. Quick

release safety belt compulsory, bolted to frame at both ends. All drivers must wear approved racing helmets. Rearview mirrors recommended. Inside steel bracing compulsory. Hub caps must be removed. Racing numbers shall be one on each side and one on rear. The number, 13 shall not be used. This to include outside competitors. For us, that last admonition would be quite unnecessary!

Most Dangerous Job

Although, in action, the stock cars average anywhere from 50 to 60 mph., around the tracks, the low score on serious accidents is a complimentary reflection on the governing body controlling the sport. And likely the most dangerous job is that of official starter. We questioned Starter Ross Kennedy of the Oakwood Stock Car Racing Club, Toronto, and found that the closest Kennedy had come to disaster was losing the seat of his pants. But, nevertheless, the starter has to be a nimble operator handling his flag and controlling the actual race. Next time you attend the races check the material manipulation of the flag. Green for start, Orange caution do not pass, Red serious accident. Black this qualification, crossed flag half-way mark. White one lap to go and, Checkered, winner. To catch up on the stock car racing business, visit the car house of the location nearest and with, no doubt, many others on the way. At the moment, nearly half of the operating tracks are using arc lights and specializing in night racing, so you have your choice of daytime or evening attendance. We repeat, stock car racing is good, clean, dangerous fun. However, we'll still take that back seat high in the stands, please!

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Specially prepared by a prominent Canadian Sports Authority for



ERROL FLYNN, disguised as a one-eyed goat herder, contrives a secret meeting with Dean Stockwell in one of the suspense-filled sequences of "KIM", MGM's spectacular film version of romance, adventure and intrigue. The new picture filmed in technicolor is the first major Hollywood to be filmed in India; much of it against the awe-inspiring Himalayan Mountains. Coming to the screen of the ROXY THEATRE this Friday and Saturday.



Hello Home-makers! We have received a new cook book -- "hot"

from the press. The proud group who compiled the contents of Favourite Foods are the Girl Guides away down (or up) in Grand Falls, Newfoundland. These recipes are their mothers' favourite dishes. These Guides do not know how much their efforts will mean to them until they have a home of their own, will they? Take a look in your desk drawer or mother's cupboard! Can you sort out your mother's recipes? Maybe you should start to paste these recipes on 3 by 4 inch cards which you buy in a pack and file them under a card index. The recipes that appeal to us naturally, from Newfoundland, are the economical fish dishes. Here are a few.

Smoked Fish Souffle

Remove the flesh from previously cooked cod or haddock, about half a pound, and flake it. Put one ounce of butter in pan and melt it. Add one tablespoon flour and pour on a cup of water. Let this thicken, mix with fish, season well and beat in two egg yolks. Fold in carefully the stiffly whipped whites of two eggs. Turn the mixture into a buttered souffle dish, sprinkle with grated cheese and bake in a hot electric oven, till brown and well risen, about 20 mins. (Delicious with canned lobster)

Tuna Fish Mold

1 (6 oz.) tin tuna
1 cup cold water
1 cup chopped cucumber
1 cup chopped celery
1 cup peas
1 1/2 cups salad dressing
1 tsp. lemon juice
2 envelopes gelatin
Red pepper
Salt

Method: Dissolve gelatin in cold water. Let stand for 5 minutes. Separate tuna with fork to make it flaky. Thoroughly mix tuna, cucumber, celery, peas, pepper and salt with salad dressing. Add lemon juice. Then stir in gelatin and pour into mould which has been rinsed in cold water. Chill firm, then unmold on lettuce or crisp. Garnish with stuffed olives and sprigs of parsley.

Baked Fillet

Wash fillet, drain and dry. Cut into serving pieces. Dip pieces of fish in seasoned bread crumbs, then in milk, then in bread crumbs again.

Place fish in butter coated baking dish. Pour melted butter over it -- (using about 4 tbsps. butter to 1 1/2 lbs. fish.) Bake in very hot electric oven (500 degrees) for about 15 or 20 minutes.

Savory Oysters

1 lb. sausages
1 cup milk
1 tsp salt
Dash of pepper
1 pint of oysters
3 tbsps flour

Saute sausage until cooked, then cut the sausage in cubes. Blend the flour into this, then add the milk, salt and pepper. Cook until thick and add oysters. Heat thoroughly until edges of oysters begin to curl. Pour at once over toast points or in pastry shells. Garnish with parsley.

TAKE A TIP

1. There are 6 distinct species of salmon, differing in colour, flavour, texture and oil content. Due to quality differences the prices of canned salmon especially, varies widely. The pink is good for casserole dishes. Red salmon, always labelled sockeye, is desirable for sandwiches and salads. Medium-red salmon is priced between these and is used for cooking or serving salads. 2. Some smoked and cured fish are cooked partially and may be eaten without further cooking, or with just heating. Fish of this type include goldeye, chub and whitefish. Other cured fish, such as kippered herring or finnan haddie, must be cooked. 3. When we extend fish servings, by adding other less expensive foods such as vegetables, macaroni or spaghetti, cereals or bread-crumbs to make loaves, casserole dishes, and salads, we get more servings per pound. 4. Like the white of an egg, fish must be cooked so that the albuminous part is delicately soft and creamy. When perfectly cooked the flakes of the fish can be easily pulled apart yet full of juice. 5. Wrap fish fillets or steaks in wet parchment paper and bake in the electric oven. There is no escape of aroma during the cooking. 6. Fillets or small fish may be broiled or pan-fried in oil or fat and should be basted to prevent fish from drying out. Preheat the broiling element, place fish skin-side down on the rack and broiler pan about 2 inches below heating unit. When fish is well browned on one side turn it carefully and brown other side. It will take 5 to 8 minutes cooking time for small fish and 15 to 20 minutes for broiling large fish. 7. Prepare tartar sauce or stoupy cole slaw to accompany cooked fish. 8. Portions of leftover fish may be made into a delicious fish and vegetable casserole or flaked and served with diced celery and grated beef for a fish salad.

New District Softball League is Formed

A softball league operating in villages in the Georgetown district has started, with Limehouse, Ballinafad and Terra Cotta participating in a twelve game series. The opening game was played in Terra Cotta on Sunday, when a strong Limehouse team beat Terra Cotta by a score of 27-10.

It is hoped that this year's curtailed schedule will lay the foundation for an early start next year with half a dozen competitive entries. Terra Cotta played at Ballinafad on Monday, and the remainder of the schedule, prior to playoffs, is as follows:

July 27--Limehouse at Ballinafad
July 31--Ballinafad at Terra Cotta
Aug. 3--Ballinafad at Limehouse
Aug. 5--Limehouse at Terra Cotta

CARROLL'S



PUNCH HORNE'S ASSORTED--13-OZ. BTL. 33c
TEA BAGS LIPTON'S PKG. 41c, 79c
COFFEE PARKER'S--TIN 56c, \$1.07
ROMAR COFFEE 1-LB. BAG 96c

TEA BAGS
CARROLL'S PACKAGE 34c, 67c

FROSTEE DESSERT MIX 2 PKGS. 29c
LUSHUS JELLY POWDERS 3 PKGS. 29c
GINGER BREAD SHIRIFF'S MIX--PKG. 31c
HONEY BUTTER 12-OZ. PKG. 39c

TOMATO JUICE
BRIGHT'S FANCY 2 20-OZ. TINS 25c

VINEGAR CIDER or WHITE HEINE--39-OZ. BTL. 25c
FLAKED TUNA CLOVER LEAF 7-OZ. TIN 32c
PICKLE SLICED CUCUMBER HEINE--16-OZ. JAR 25c
MUSTARD FRENCH'S JAR 13c, 16c

McGORMICK'S ASSORTED SANDWICH BISCUITS LB. 31c

Pork & Beans AYLMER 2 10-OZ. TINS 21c
NUCOA Margarine 1-LB. PKG. 41c
GOOD LUCK MARGARINE 1-LB. PKG. 42c
PEAS FRANKFORD SIEVE 4-5 2 20-OZ. TINS 25c
CORN OREAM STYLE DEL. MAIL--15-OZ. TIN 16c

SWIFT'S
CLEANSER TIN 13c

IVORY SNOW LG. PKG. 41c
Oxydol or Tide PKG. 41c, 81c
CAMAY SOAP 2 OAKES 19c
RECKITT'S BLUE 2 PKGS. 27c

FRUIT AND VEGETABLES ARRIVING FRESH DAILY

FIRM & RIPE -- NO. 1
TOMATOES 2 lb. 19c
LARGE HEADS
LETTUCE 2 for 23c
ONTARIO NO. 1
POTATOES 6 qt. bskt. 39c
IN PLENTIFUL SUPPLY - FRESH CORN PRICED RIGHT

Aug. 8--Ballinafad at Limehouse
Aug. 10--Terra Cotta at Limehouse
Aug. 13--Limehouse at Ballinafad
Aug. 15--Terra Cotta at Ballinafad
Aug. 20--Ballinafad at Terra Cotta
Aug. 22--Terra Cotta at Limehouse

TERRA COTTA

JAMES STRINGER VISITS IN VILLAGE

Mr. Harvey Puckering and Morris are spending a week's holiday up at Midland. Friends and neighbours were pleased to be visited by Mr. J. Stringer and N. Vickers who spent the week-end at Mr. and Mrs. Rutledge's. Limehouse Blues won the ball game on Sunday, the score being 26-6 over the Flyers. Mr. and Mrs. Emmerson spent the week-end at Port Colborne where they attended the wedding of her brother. Pleased to see Gary McNally around again after being sick. The Little Giants won the ball game on the 17th, the score against Glen Williams being 19-13.

Next public holiday is Monday, August 6th, Civic Holiday.

Our Plant will be CLOSED FOR VACATION

July 28th to August 7th

During this vacation week, our Main Street office will be open for your convenience, to pick up finished work and for cleaning and pressing orders.

BARRAGER'S Cleaners and Dyers

MAIN STREET PHONE 233W

GARBAGE MUST BE WRAPPED

HOUSEHOLDERS ARE REMINDED THAT ALL GARBAGE MUST BE WRAPPED IN NEWSPAPERS AND PLACED IN SUITABLE GARBAGE CONTAINERS.

This assists the collector in doing a speedy and efficient job. Please co-operate.