



**Hellow Homemakers!** At this time of year every homemaker always has a dream home in mind. Since January is the month of reckoning it should prick our conscience to the point of writing 1953 expenses in a budget book. Many banks, agricultural offices, hydro offices have account books and offer their services to illustrate a preliminary set-up. Before you see them, list the information that will plan expenditures and savings—taxes, income, insurance, telephone, electricity, etc. Now, set your goal for a 10 per cent saving. If you can't manage it, keep trying.

The aim of the household budget is considering the recourse of any purchase, especially if there are children of young ages. We have often heard a mother say: do we need it and if so how much can we afford to pay for it. In addition to the dollars and cents value we must consider comfort, convenience, durability and usefulness.

To those who plan a budget you may wish to review these points of buymanship.

1. Tackle the job with confidence and determination.
2. Consult authorities before shopping.
3. Decide in advance whether cash and credit terms can be advanced.
4. Deal with reputable merchants.
5. Learn how to recognize genuine bargains.
6. Read the labels and ask for the facts.
7. Choose according to your needs for a 5 to 10 year term.
8. Select modern equipment that increases efficiency.
9. Fit purchases into your mode of living.
10. Purchase with the intention of keeping the article.
11. Follow directions on the label carefully and make any repair or returns promptly.

All the above principles can be applied to most items purchased for clothing, furnishings, and equipment. Now if we are saving for this part of the budget we should try to reduce food costs. To do this:

Learn how to choose the least expensive foods to make up an adequate diet.

Never waste food through overbuying, careless cooking, overserving or improper storage.

Plan to grow garden produce and preserve a surplus for winter use. Eat meals at home or carry a lunch.

Serve plain, tasty food for company.

**TAKE A TIP**

1. If you want automatically controlled heat, install a heat regulator. It will save you steps and money and at the same time keep your home at an even temperature. Too much heat is wasted by leaving the draft door open too long. Remember that wasted heat means wasted fuel.
2. Do not "fiddle" with a thermostat. It is a delicate mechanism which can be easily put out of order. Then, too, be sure to call in expert assistance if anything goes wrong with the regulator.
3. Water pipes that are not frozen solid can be thawed this way: Turn the faucets upside down using a cloth under the pipes then pour in a gallon of boiling water containing as much salt as will dissolve in it.
4. When glassware develops nicks on the edges, rub them smooth again with fine sandpaper.
5. Replace colored lamps in lighting fixtures that serve no special purpose. They greatly lessen the amount of light you should get.
6. Replace dark shade linings with white-lined shades.
7. When making long-distance telephone calls, place an egg-timer or minute minder near-by that will warn you exactly when the period of three minutes is ended.

**OMAGH**

**Groups Hear Report Of Successful Year**

The January meeting of the Omagh Presbyterian W.A. and W.M.S. was held at the home of Mrs. Cameron Marshall on Thursday afternoon. Despite very inclement weather, 21 ladies were on hand to discuss the business for the new year.

Mrs. C. Patterson, president of the W.A., welcomed the ladies and took the chair for their part of the meeting. Mrs. Robert Marshall read the scripture lessons and gave an interesting talk on the theme, "The church's true foundation." Mrs. C. Marshall and Mrs. F. Jeffcott gave prayers.

Letters of thanks for flowers and fruit were received from Mrs. Pell, Mrs. R. Brownridge, Mrs. Curtis, Mr. A. Armstrong and Mr. McFadden. Mrs. McFaul thanked the ladies for their Christmas gift and Mr. E. Henderson sent a letter of thanks for his Christmas gift from the W.A.

The June tea was discussed and Mesdames McFaul, C. Peacock, H. Peacock were named a committee to secure a speaker for that event, also at that time there will be a sale each month. Members are invited to bring articles for same. The "travelling apron" was once again started on its way. Treasurer's report was given by Mrs. Jeffcott and showed that the Society had had a most successful year financially. The biggest project for last year was the redecorating of the kitchen and S.S. rooms and donations of cash to the Scott Mission.

A letter of thanks was to be sent to an absent member for a cash donation to the W.A. and W.M.S. Mrs. C. Peacock, vice-president, presided for the W.M.S. meeting. Roll call word was "foundation."

A short contest was conducted. The secretary's report was given by Mrs. H. Peacock, showing that the group had successfully contributed its share to the Mission funds, had made one lady a life member, that one of the devoted and faithful workers had passed away.

Miss Jane Rayner, leader of the junior mission band, gave a fine report on the year's work. After discussion, it was decided to change the order of meetings. In future, the W.M.S. will hold their meeting first. Mr. McFaul gave closing prayer.

Mrs. S. McFadden offered her home for the February meeting. At the close, a sale was held for the flower basket, after which the hostess, assisted by Mrs. Snow and Mrs. Jeffcott, served a delicious lunch and all enjoyed a social half hour.

Mrs. Cecil K. Jarvis received the sad news of the passing of her brother-in-law, Mr. James Beaton of Waterdown on Wednesday of this week.

The Medforth Pewtress family will soon be enjoying the many benefits of hydro. Workmen are busy this week making the necessary installations.

Sympathy is extended to Mrs. Thomas Howden and family in her recent bereavement in the loss of her father, Mr. Ramsay of Guelph.

**Euchre Party**

The sixth line euchre parties got underway two weeks ago with a fair attendance. Mr. Lloyd May is the president for the year. Prize winners on January 2 were Miss Doreen Howden, Mrs. C. Patterson, George Peacock and John O'Connor. Tea hostess was Mrs. Lloyd May.

On January 9, winners at cards were Miss Marguerite Peacock, Mrs. N. Cantelon, Grant Royce and Carman Cantelon. Tea hostess was Mrs. Lillie Campbell.

Owing to another party, the euchre has been withdrawn for this week.

Little Miss Elaine Fullerton of Oakville is holidaying with her cousin, Myrna Campbell.

**FASHION HINT**



Reading the latest decrees from the fashion kings and queens is fun this time of year. The slim and trim skirt is still high in favor, so, of course, the diet will be in favor again too in 1953. The full, swish skirt is still shown for evenings and summer dresses, luckily for the many who find them so comfortable.

To anyone with an artistic imagination, the names of the new colors are simply delightful—black plum, bronze shadow, rose smoke, twilight red, blue blaze, green glitter, red fair, rose strawberry. The fashion spotlight is turning from the recently popular grey to the browns. Some of the nice, neutral colors have been named desert earth, blond champagne, ivory sand, French clay, Inca copper, goldspice and porcelain yellow.

Printed wool is the fabric of this smartly tailored suit that doubles for a dress. It features a three-button jacket, and a moderately slim skirt. Comfort is a top consideration this new year!

**KILBRIDE**

**Phones, Hydro Out After Severe Storm**

The severe ice storm has put the telephones out, also the hydro in some places.

Mr. and Mrs. Warren McNiven have returned home after spending the holidays with relatives at Garson Quarry in Manitoba.

The Honourable George Prudham of Ottawa visited his mother and other relatives here last Tuesday. He left by plane from Malton at night for the west.

Mr. Harry Abbott of Vancouver, B.C., was a Sunday visitor with Mr. and Mrs. Eric McArthur.

Owing to the stormy weather last Thursday, the W.M.S. meeting was postponed until this Thursday at Mrs. Prudham's home.

**Excessive Speed Hurts the Purse**

Excessive speed not only endangers life but it also hurts the pocket-book.

Driving costs go up every time the accelerator goes down. When speed is increased from 40 to 65 miles an hour, gasoline costs jump almost 30 per cent. Cost of oil consumed goes up almost four times when speed is increased from 40 to 65 miles an hour. At the same time, the cost of wear and tear on tires is two and a half times greater at the higher speed.

The increased seriousness of accidents at higher speeds is indicated by the records for 1951. In Ontario cities the "fatal rate" (fatal accidents per 100 accidents of all types reported) was 0.7. On the King's Highways, the corresponding rate was 2.4 or more than three times as high.

**Personals**

Mr. and Mrs. Bert Sales left on Sunday for a vacation in Florida.

Mr. Bruce Bayley of Durham spent the week-end with Mr. and Mrs. Wm. Bayley.

Master Charles Kerr arrived home from Fort Lauderdale, Florida, by plane on Monday. He was visiting friends for the Christmas season.

**Physical Distress Caused by Emotion**

Physical symptoms may be the result of continued emotion, often pent up for long periods, with the condition greatly aggravated when the patient worries about the persisting symptoms, attributing them to serious disease, according to Dr. R. F. Farquharson.

Dr. Farquharson, Professor of Medicine, University of Toronto, in an article states that acute emotions such as fright, anger and anxiety often cause very real physical disorders in people experiencing them.

"On sudden fright, a near accident or very acute apprehension almost everyone has experienced faintness and postural instability, palpitation (unduly rapid heart action) and rapid pulse, flushing, sweating, waves of heat and cold, shortness of breath, sudden weakness or an 'all-gone' feeling," Dr. Farquharson writes.

Besides these, he says, many have suffered restlessness, headache, faintness, lack of loss of appetite, nausea and other symptoms.

"When patients who look fairly well complain of utter exhaustion, one can be satisfied that it is of emotional origin," Dr. Farquharson states. This is often evidenced in patients, recovered from an attack of coronary thrombosis, remaining unable to enjoy their recovery because of the symptoms caused by anxiety; patients with osteo-arthritis who fear that they have rheumatoid arthritis with its more serious disability and prognosis; or some patients with cancer recognized before it gives rise to severe symptoms.

He further explains that the nervous patient must have complete confidence in his physician in order to receive benefits from treatment. "In ordinary people, when ill health is caused by simple anxiety and tension, recovery is usually rapid and complete," Dr. Farquharson says. "The thorough examination and subsequent reassurance dispel the anxiety, and adequate rest and training contribute to a quick recovery."

**"Everlasting" Pipe Claim; Used Nearby**

Polythene plastic piping estimated to last "forever" is exciting the interest of agriculturalists and some is already in use in Halton county. The piping is said to be resistant against rot, rust and action of soil acid and alkalis. It will not burst when water freezes inside it since the flexible well will expand to its original shape after thawing. The polythene plastic itself is in no way affected by low temperatures.

The polythene piping is claimed for use in homes and livestock water systems, well casings and low pressure underground piping, and spray or irrigation systems. One outstanding feature is its light weight which reduces shipping costs and facilitates handling. A one and one-half inch plastic pipe 250 feet long weighs 80 pounds compared to the 640 pounds a galvanized steel pipe of the same dimensions would weigh.

In Canada polythene piping is being tried experimentally by municipal water systems at Dunnville and Oakville.

**The Case of the Missing Kippers**

Sensible folk would have a pretty poor opinion of a man who goes fishing where there aren't any fish and spends his time throwing his bait overboard. Any individual who chose to conduct himself in such a fashion would be considered a likely candidate for a mental institution.

The strange thing is that conduct which in the individual would seem just downright silly and wasteful is often regarded when done by the government as right and proper. Consider for example, the strange case of Iceland's missing kippers.

Until recently, herring fishing was one of Iceland's chief industries. Then, because the fishing grounds were overfished, herring all but disappeared from Icelandic waters. But did the herring fishermen stop fishing? Not a bit of it. Officials in Reykjavik decided to subsidize the industry. So to-day we have the strange spectacle of fishermen going fishing for herring that aren't there and being paid by the taxpayers for doing so.

Sounds just about as silly as the man who went fishing where there were no fish and got a kick out of just throwing his bait away.

If your fountain pen is suddenly sticking or clogging, try this simple home remedy before you send it off to the repair shop: flush it out several times with plain water and then fill it with good quality writing fluid.

**NOTICE**

**Milton Livestock Market**

will be discontinued during the winter months. Watch for announcement of reopening in early spring.

SEE . . .

**JOHNSON BROS.**

**GARAGE**

Your Chrysler, Plymouth and Fargo Dealers

FOR BETTER USED CARS

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**Tenders Wanted**

Sealed tenders will be received until 12 o'clock noon Jan. 31, 1953, for a five-ton truck approximately 160" wheel base with not less than 325 cubic inch motor displacement, equipped with 7 tires, 1000 x 20-12 ply; 2 speed axle; heater; defroster and electric windshield wipers; separate quote 6 cubic yards 7 ft. x 11 ft. steel body, cam and roller hydraulic hoist, mounted. State delivery date. Lowest or any tender not necessarily accepted.

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**EYES EXAMINED**

THURSDAY  
Jan. 15 - 29  
10.30 a.m. to 6 p.m.

**GRIMWOOD JEWELLERS**

MILTON PHONE 113

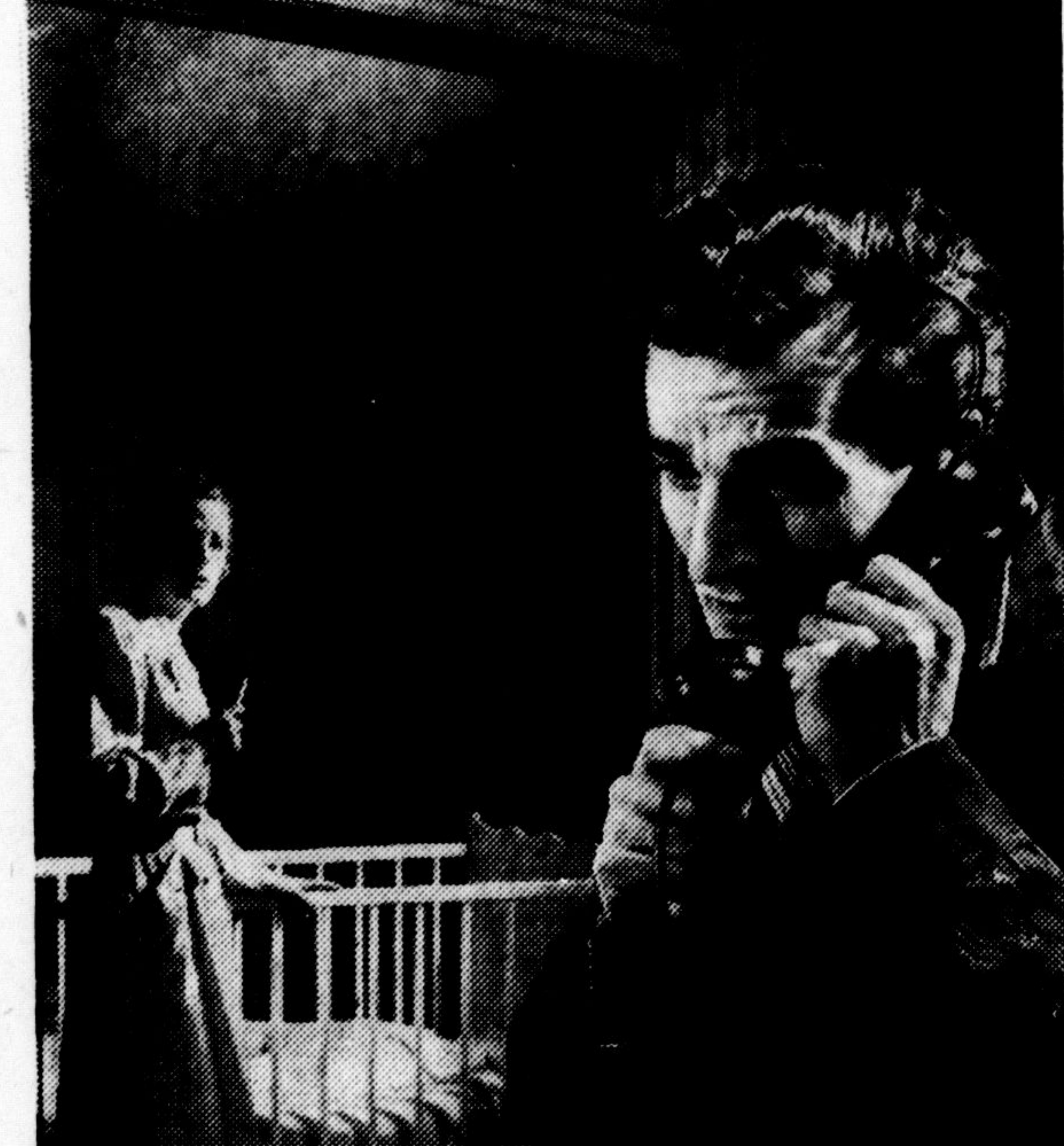
**CAMPBELLVILLE**

**Buy Table, Chairs For Sunday School**

The Young People's Society of St. David's Presbyterian Church met on Monday evening with Marjorie Chester presiding. Audrey Hurren had charge of the devotional period. Brian Moore, Bill Elliot and Rev. J. Sutherland were named a committee to purchase a table and chairs for a Sunday School class of six year olds, whose teacher is Miss Joyce Chester. Plans were made for a sleigh riding party next week. Anna Hurren led in a discussion "How a Christian believes". Rev. J. Sutherland closed with prayer.

**Several Ill**

Residents of this community are sorry to hear Mr. George Harris is ill at his home. Mr. William Van Sickle who is ill at the home of his sister in Toronto, Mr. Archie Gunby, R.R. 2, Campbellville, who has been bed ridden for a month, also Mrs. Andrew Frank, R.R. 1, Campbellville who underwent an operation at St. Joseph's Hospital, Hamilton, recently. We wish them all a speedy recovery.



**"Could you come right away, doctor?"**

When you need help in a hurry, you reach for your telephone . . . Think of the difference it makes — just knowing your telephone is there, ready to serve you in any emergency. No price can measure its usefulness.

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**THIS IS COMBINED** living and dining area in a model Canadian house which was recently erected in Thorncrest Village, Ontario. All the furniture shown is of original Canadian design.

**JANUARY SALE**

**at DOMINION**

REAL VALUE! AUNT SALLY'S—TWO FRUIT	SPECIAL!
<b>MARMALADE</b>	24 Fl. Oz. 29¢
TREMENDOUS VALUE! CULVERHOUSE—CHOICE	SPECIAL!
<b>PITTED CHERRIES</b>	2 15 Oz. 35¢
TERRIFIC VALUE! AYLMER—IN T.S. WITH PORK	SPECIAL!
<b>BROWNE BEANS</b>	2 20 Oz. 31¢
SNOWFLAKE	SPECIAL!
<b>SHORTENING</b>	1 Lb. 21¢
REAL SAVING	SPECIAL!
<b>FAB DETERGENT</b>	Large Package 35¢
SPECIAL FEATURE! BRAESIDE—GRADE "A"	SPECIAL!
<b>LARGE EGGS</b>	Doz. 53¢
CULVERHOUSE—Choice—Golden	QUEEN'S ROYAL—Std.—Sliced
<b>CORN</b> 2 20 Oz. 33¢	<b>PEACHES</b> 2 15 Oz. 37¢
TIP TOP—Choice—Greengage	SCOTCH BROTH—TOM.—VEG.
<b>PLUMS</b> 20 Oz. 15¢	<b>SOUPS CLARK'S</b> 10 Oz. 11¢
PINK SEAL—PINK	SUGARIFE—LARGE
<b>SALMON</b> 1 1/2 Lb. 43¢	<b>PRUNES</b> 16 Oz. 30¢
READY CUT	B.C. Extra Fancy Delicious 80's
<b>MACARONI</b> 1 Lb. 26¢	<b>Apples - 3 for 29¢</b>
<b>Fruit &amp; Vegetables</b>	
Fresh Green Tops Florida 2 bchs.	Arizona Firm Crisp Iceberg Lg. Size
<b>Radishes - 15¢</b>	<b>Lettuce - 19¢</b>
Texas Fresh Green Washed 10 oz. cello bag	Firm Golden Yellow Ripe
<b>Spinach - 19¢</b>	<b>Bananas - lb. 19¢</b>
Fresh Green Pascal Size 48's 2 stalks	Richmello
<b>Fl. Celery - 29¢</b>	<b>Coffee - lb. 93¢</b>

Values Effective Thurs., Fri., Sat., Jan. 15th, 16th & 17th

UNGRADED EGGS WANTED! We pay highest market prices for ungraded eggs. See manager for details. Reg. Grad. Station O-29.

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