



Dear Homemakers! This is the time for reviewing mistakes of the past and for resolutions for the future—time for giving even more attention to balancing the budget, after the holiday time for giving even more attention to balancing the budget. Children, for the most part, have eaten plenty of candy which is not on the list of daily necessities. Sweets are not cheap, especially when the nutritive value is taken into account.

The November Ontario Nutrition Bulletin had worthwhile information about the most important food which is a must in the budget. It is milk for children. We quote from this authorized publication:

Why serve milk? Milk is the only source of calcium and riboflavin which can be used by children every day. Children up to 12 years who have a pint of milk a day obtain 70 per cent. of the day's need of calcium required for growth of bone. Milk protein has high nutritive value and is cheaper than protein from meat; two quarts of milk contain as much protein as one pound of beef.

How much milk? One pint of milk taken with other foods listed in Canada's Food Rules supplies the calcium and riboflavin needs of children up to 12 years. One pint, used through the day, does not lessen the appetite for other foods. Adolescents need at least one and a half pints a day.

When to serve milk? Preferably near the end of meals so as not to reduce the appetite for other needed foods. Between meals milk should be taken at least 1 1/2 hours before the next meal. The nutritive value of milk is not altered by cooking; some may be used in soups, sauces, and desserts.

What kind of milk? Only pasteurized milk should be used. Whole milk is best for most children. Skim milk contains as much calcium, riboflavin and protein as whole milk and may be used to save expense. Chocolate daily milk is generally skim milk plus chocolate syrup. The extra sugar promotes tooth decay. Children should not be encouraged to want sweet foods.

Successful budgets are not made overnight. There are four essentials to consider in the Food Budget: (1) Planning meals. (2) Buying foods. (3) Storing food. (4) Preparing foods. Almost all the planning is done at home and includes checking supplies on hand, reading food advertisements, making menu plans, writing grocery lists and deciding where to shop.

Buy whole grain cereals. Buy as many foods in quantity as possible. Buy at convenient store—transportation costs money these days. Buy seasonal foods.

Store food wisely. The advantage of a constant cold atmosphere is best for many foods. Dry storage for those foods that do not require storage.

Careful preparation of food may save many dollars in one year. For instance, if vegetables can be cooked in natural covering there is little waste compared to peeling. Watch cooking period to test excessive boiling or baking temperatures, and use reliable recipes.

BASIC CREAM SOUP

- 4 tbsps. butter
- 2 tbsps. onion, diced
- 4 tbsps. flour
- 3 1/2 cups milk
- About 1 1/2 cups cooked vegetable and vegetable liquid
- Salt and pepper

Melt butter in top section of double boiler. Add onion. Cover and cook slowly over electric element turned High until soft, but not brown.

Place over hot water. Add flour and mix well.

Add milk all at once. Cook, stirring constantly until thickened.

Shortly before serving, add vegetable and enough vegetable liquid to give desired consistency. Season with salt and pepper. Six servings.

Cream of Carrot: Decrease onion to 1 1/2 tablespoons. Add 1 1/2 cups sieved cooked carrots. Garnish with diced, cooked carrots.

Cream of Celery: Add 1 1/2 cups cooked fine diced celery.

Cream of Corn: Increase milk to 1 quart. Add 1 cup cooked cream-style corn. Thin as desired with additional milk.



Lack of Export Markets Severe Blow to Primary Producers

Egg producers are taking a terrific beating at present egg prices. Some poultrymen have already commenced to get rid of their flocks. At the moment hen prices are far from attractive and as a matter of fact the demand is limited. In the main however, the great majority are, we feel, taking the wise attitude, marking time for the moment and at the earliest opportunity plan to do some culling. Hog producers, to a much lesser extent, are also facing the New Year with considerable trepidation. With feed grains at their present prices, a hog price of \$25.20 or thereabouts is going to leave a very narrow margin. The situation is particularly acute in this section of Ontario due to the poor crops of 1949. From the standpoint of competing on world markets our prices for most of our agricultural produce are undoubtedly high. While we do not pose as any economist, it would seem to us that if all prices could be scaled down, no one would be hurt and we would be in a much sounder economic position. However, with the high cost of living in our urban centres and the present attitude of many of our labour leaders we can't see much hope for any immediate reduction in the cost of those articles we are buying from industry. In brief, it is a case of history repeating itself and agricultural prices are the first to feel the squeeze. Eventually and perhaps in the not very distant future, there must be a reduction in the cost of manufactured goods. The present situation can only result in reduced sales of manufactured goods to rural Canada. Just how it is to be done is not for us to say. Nevertheless we are going to be bold enough to suggest that it means a greater number of hours of work per week for those in industry or a greater output per hour. Otherwise as we see it, there is only one alternative, and that is mass unemployment in our urban centres. However, to look at the situation from a brighter aspect, there is bound to be a levelling off or balancing up. Grain prices must come down. If the Western grain grower is wise he will sacrifice a little on his present grain holdings in order to ensure himself of a continued market for feed grain in Eastern Canada in 1951. Frankly we expect to see some slight recovery at least in egg and hog prices. As usual, a percentage of our producers are going to go out of the business just as quickly as possible. The efficient hog producer who stays with the game will as usual be the man who comes out ahead in the end.

GUERNSEY AND HOLSTEIN BREEDERS HOLD ANNUAL MEETINGS THIS WEEK

The Annual Meetings of the Halton, Guernsey and Holstein Breeders' Clubs are scheduled for the coming week. The former meeting is to be held at Hornby on Wednesday, January 11th, when J. A. Carroll, Superintendent of Agricultural Societies for Ontario is to be guest speaker, while the Holstein Breeders meet at the new Township Hall at Trafalgar on Thursday, January 12th. At this meeting, W. P. Watson, Ontario Live Stock Commissioner will be the special speaker. Both organizations are holding their business sessions in the morning, followed by a dinner or banquet at noon. These meetings always have a large attendance and with two of the top speakers in the agricultural field on their respective programs, a record turnout is anticipated at both meetings.

INTER-CLUB DEBATING

The Halton Juniors Debating Series gets under way in February when Palermo and Norval will debate the subject "Resolved that present restrictions against open theatres and professional sports on Sunday should be removed."

HOW TO BE HAPPY

Be up to your ears in things. This is the one sure way to happiness. It doesn't much matter what you are up to your ears in. Babies, ideas, driving a truck, tating—these are all ways to happiness if you really work at them.

People are generally happiest in early middle age. They may feel better and be more hopeful in youth, and they may know more when they are older. But in early middle age, on the average, they are too busy to ponder long on whether they are happy or not. Resourceful old people get around this by planning ahead. They lay out jobs for themselves that will take less physical and nervous energy, but will still be a shade harder than they can conveniently do. Young folk with their long long thoughts and longer college educations have a hard time of it. Put eventually most of them get working at something and brighten up. By the time they are short-winded and aching they will have too many troubles to be unhappy.—The Printed World.

MORE BUSINESS FAILURES

Keener competition is bringing an increase in Canadian business failures, says The Financial Post. The first nine months they reached the highest level since 1941, totaling 739 compared with 606 for the corresponding 1948 period, 772 in 1941. A continuous decline was shown from 1941 to 1946 when the low point of 177 was reached, and subsequently the trend has been upward.

The Post also reports an increase of 34 per cent in liabilities of defaulting firms during the first nine months as compared with a year ago against a rise of only 22 per cent in number of failures. The average amount of liabilities per failure is also considerably greater than prewar, reflecting the larger capital investment now required to operate a business.

Halton Junior Farmer Highlights

In response to the suggestion from some of the Nassagaweya rural young people that there should be a Junior Farmer Group and a Junior Institute organized in Nassagaweya, the Halton Junior Farmers' County Executive is sponsoring a meeting in the Nassagaweya Township Hall on Friday evening, January 13th. President Ismev Kean and County Secretary are lining up an interesting programme for the evening. Included will be the skit entitled "In a Kentucky Farmyard", which was written and directed by Geo. S. Atkins of Palermo. The Palermo Junior won the inter-club amateur entertainment competition in Halton with this skit and later won the district competition held at Waterdown, and still later took the zone competition with the same skit, at Camilla. They are now in the Provincial finals which are being held in the Crystal Ballroom at the King Edward Hotel, on Tuesday evening, January 10th. All rural young people are invited to the meeting at Brookville on the evening of January 13th.

County Rally

The annual County Rally of Halton Juniors is scheduled for the Milton High School on Friday evening, January 20th. Rev. Wm. Young, popular chaplain at the Ontario Agricultural College, is to be the guest speaker. Rev. Mr. Young is one of the most popular speakers in this section of Ontario. According to President Reek, of the O.A.C., he could be away from that institution every night in the week, consequently Halton Juniors are most fortunate in being able to secure his acceptance of their invitation. Another feature of the evening's programme is to be the presentation of the new Junior Farmer film.

COUNTY CHOIR

A new project for the winter months is to be a County Choir. Secretary Stanley Jay has been fortunate in securing Mr. Alex. Pudwell as leader. Milton Juniors have already eleven signed up for

the weekly choral practices which it is expected will get under way the week of January 15th. This number along with similar delegations from other Junior Farmer groups in Halton would seem to ensure the success of the project.

ACTON

It will come as big and welcome news to Acton citizens generally that Beardmore and Co. have offered to Acton six acres of land south-east of the plant for the location of a sewage disposal plant and equipment. With this offer of land goes a right of way to the property for laying the sewer line from the pumping station. The land will be given to the town without charge along with the right-of-way to the property. One man was injured and taken to the General Hospital in Guelph as a result of injuries received Friday night when his car struck a guy wire on a hydro pole and rolled over in the ditch near Rockwood. In hospital is Elgin Crispin of Rockwood who sustained lacerations to the face and a severe shaking up. The car was a complete wreck.

Last Thursday afternoon the Beardmore Co. played host to 380 children and some parents in the annual Christmas party held in the Roxy Theatre. Postmaster Frank Terry reports a 25 per cent. increase in the quantity of letters that passed through the Acton Post Office during this year's holiday rush as compared with last year.—Free Press.

DUMPING FOOTWEAR

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The dilemma is that Czechoslovakia is a member of the Geneva Trade Agreement group. As such, Canada is prevented from applying section 43 of our customs act against her imports.

This is the special "escape clause" under which Canada recently acted to apply arbitrary values to imports of Jap wool gloves and mitts.

Since we are unable to apply arbitrary values against Czech goods, the only recourse, says The Post, would be to apply dump duties if we found exports to Canada were being sold here at less than their fair market value.

TOURIST TROPHY RACE

Britain's Royal Automobile Club has made arrangements to revive the famous Tourist Trophy race for sports cars which has not been held since 1938 when L. Gerald won it at Donington in England, driving a three litre Delage machine. The race is to be held on the Dundrod circuit near Belfast in Northern Ireland on September 16, 1950. This circuit has not been used for motor racing before. It is set in open heath land and includes gradients as well as fast straights. The circuit measures between seven and eight miles, and modifications will be carried out during the coming months.

GEORGETOWN

Following an illness of three weeks, Mrs. Walter Thomas Foreman died on December 19th at the home of her daughter, Mrs. Alfred Sykes, Georgetown.

Change of ownership of a local implement business is announced with the news that E. L. "Jim" Taylor has sold his Massey-Harris agency which he operated as the Taylor Tractor Service to Douglas Swackhamer of Brampton. Mr. Swackhamer will operate it under the name Georgetown Tractor Service.

At a recent meeting of the Halton Conservation committee, Mr. Geo. E. Elliott, president of the Halton County Sportsmen's Association announced that four beaver had been released in Nassagaweya Township. Notwithstanding the fact that these animals were not released until September, they erected a dam 3 ft. in height, built their winter home and an area several acres in extent has been flooded.—Herald.

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