

Fashion Hint



Whirl Me Around Again. A two-piece 'semble just made for gaiety and dancing! The flounced skirt, horizontally ric-racked in multi-colors; the blouse, daintily shirred and appealingly off the shoulder.



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 satietary 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 nutrient 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-sixth 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 cone 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 ba-

nana splits; the next request was for chocolate sauce and hot butterscotch. At present, the trend is a memorable one for our tourists, Maple Walnut Sundae. Of course, there are still numerous requests for the 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.

TAKE A TIP

- 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 into a tray in the freezer unit, then placed in the refrigerator and turned to the coldest point for 1 hour. When frozen firm the dial of refrigerator may be turned to normal position.
6. You may decorate 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.

Largest single item in Ottawa's budget estimate is interest on our public debt—a cost to the Canadian taxpayers this year of \$947,000 a day.

In A Country Lane

By Lillian Collier Gray

This past week has granted us some perfect summer days, with the temperature just comfortably warm throughout the day, pleasant, fresh breezes, and cool nights. Days almost like those we expect to get in late September. Days when it's good to work in the sunshine or just sit and watch the blue and white clouds and listen to the birds and absorb into one's being some of the warmth, light, and colour for the long, cold months ahead.

A big fly in the ointment, however, is the dark cloud of war on our horizon. We have had two wars to end war, and now a third one looms, and this one, most of us believe, if it develops as it gives every promise of doing, will be the war that may end civilization. Wars never have ended wars. They haven't even solved the problems responsible for them. But mankind, with all his brilliant discoveries along scientific lines, hasn't yet discovered how to do without them.

We are always coming across things that have been said by people who lived not so many years ago, but which reveal great changes in a comparatively short period of time. In an old book published in the year 1897, we have come across this astounding opinion: "There is a prevalent notion that the weapons of destruction invented by modern science will render war in the future far more dreadful than it has in the past. We believe this notion to be a mistaken one, and venture to think that some facts in proof of our theory will not be uninteresting. So far from increasing the carnage of the battlefield, we hold that the tendency of modern arms of precision is to diminish it, and that science, by turning her attention to the instruments of warfare, may be regarded as a benefactor to humanity in disguise." Well, all we can say is, if the man who wrote those words could see the potential threat in the discoveries made since his time he would toss around in his grave. The idea that scientific means of warfare make for security is pretty well dissipated. If all the people in the world could just forget how to fight, we might have some peace. Of course, this writer of a half century ago didn't envision the use of the atom bomb, germ warfare, or any of the things that makes the ordinary person shudder with horror.

In the same book, we came across another item that interested us. It told about the early use of rockets in warfare. The rocket bomb isn't a recent invention at all, although of course in its modern, streamlined perfection it is. But this article relates that the explosive nature of saltpetre mixed with charcoal was apparently known to the Chinese many centuries before the Christian era. And at the siege of Constantinople, 673 A.D., the Greeks destroyed the Arab fleet by means of liquid fire discharged from tubes. The Saracens employed a similar agent against the Crusaders, and throughout the fourteenth century this so-called "Greek fire" was constantly used throughout the West of Europe, both in siege and defence.

Well, this old book has many more tales to tell than those pertaining to man's murdering of man. The instinct for adventure has found expression in more peaceful pursuits, too. But even these pursuits have often been dangerous. Of course, as we all know, man doesn't insist on living in safety. Even in this day of striving for material security, there are great, adventurous souls who do not demand safety. But they want to be able to feel that the adventure they have set out upon is one that is going to contribute to the betterment of the world in some way. They like to think they are doing something that is truly constructive. If the performing of our daily tasks give us that sense of accomplishment, then there is something wrong.

Of course, there are always those who love adventure for adventure's sake. This old book tells about the Yukon Goldfields. As I read the article, there came to mind the old, fat photograph album we looked at as children. One bearded man wearing his hat at a jaunty angle was "Uncle Reuben." Uncle Reuben was grandmother's younger brother who had gone to the Yukon on the gold-rush to seek his fortune. He was never heard of after, along with many others. Uncle Reuben is still in the old album. And every generation has its disciples of adventure. Even the atom age!

OAKVILLE

Early Post Office Slated for Museum

Oakville's earliest post office is about to be moved. This week a group of Oakville-Trafalgar Chamber of Commerce volunteer workers started preparing the old red frame structure that for many years has stood on Colborne Street near the river bank, for removal to a permanent site at the corner of Thomas and Front Streets, by the lake where it is expected to become a museum.

Frenzied tooting of a tug, engaged in raising the Radel from the creek bottom, added shrill volume to the blasting of the town's fire siren at 3.15 Monday morning when the dump burst into flame. Firemen made a fast run and soon had the blaze under control.

Blood drawn from the veins of more than two hundred Oakville and district residents is now in a "bank" at Oakville-Trafalgar Memorial Hospital, in readiness to be administered in transfusion whenever emergencies arise.

Meeting to discuss playing problems, representatives of the Oakville Baseball Ass'n. and the newly formed intermediate club Monday night reached a mutually satisfactory agreement for the setting up of practice and games schedules, it was disclosed yesterday in a joint statement by the two groups. —Trafalgar Journal.



Take it easy!

That's just what you need—a restful change from the stress and strain of everyday affairs. And that's just what you'll find in Ontario's happy holiday land. ROUND TRIP—BY BUS

Table listing bus routes and fares: NORTH BAY - \$13.00, OWEN SOUND - 7.85, PENETANG - 6.50, GRAVENHURST - 7.15 (Subject to change)



HARRIS' STORE PHONE 404

Horses Vs. Tractors

The ever-increasing performance and efficiency of the tractor during the first part of this century does not mean that in the near future the horse will have disappeared as a factor of importance in world agriculture, says an editorial of "World Crops" a magazine published in Great Britain and distributed throughout the world.

According to this article, there is no reason to believe, as some prophets do, that the horse "will survive merely as an instrument for sport and recreation, a charming relic of a bygone age". On the contrary, writes the editorialist, the horse has, and will continue to have, a definite part to play in the farm economy for many years to come and, indeed indefinitely. It will supplement the work of the machine and their roles are complementary, a sort of symbiosis, in fact.

Point is given to this in a recent circular of the British Ministry of Agriculture which describes the alarming decline in the number of farm horses during the past decade. The circular stresses the fact that tractors have to depend on imported fuel oil, while the horse "proceeds under its own steam generated by home-grown food."

"Even assuming that adequate supplies of tractors, spare parts and fuel can be relied upon, says the writer of "World Crops", there are still many occasions when the horse can be more suitably employed than the tractor. Smaller farms with, say 100 to 125 acres of arable land possessing only one tractor will almost certainly require two horses at least."

The editorial goes on to point out that the tractor is particularly valuable for getting heavy work done quickly, but numerous light jobs are more cheaply and efficiently done by horses, especially when conditions are wet owing to the lower compressive effect of the horse. In some conditions, "the value of the draft animal as a source of supply of organic manure has to be taken into account."

"It is not really a question of competition between the animal and the tractor, concludes the editorialist, but rather one of deciding the conditions under which each can be used to the best advantage. They are, in fact, complementary and not competitive."

We don't exactly disagree with vegetarians, but we do think that the taste of an opinion is improved greatly by adding a pound of steak to it.

Advertisement for Milk is well-protected by Aluminum. Includes an illustration of a woman holding a glass of milk and a child, and a diagram showing the 'inside story' of milk production and packaging.

Aluminum is friendly to food!

Pollock and Campbell Manufacturers of HIGH GRADE MEMORIALS MEMORIAL ENGRAVING 62 Water St., North GALT TELEPHONE 2048

DO YOU Know.. that the last act of your life will be going into debt—and that life insurance bought now can cancel your obligations later? C. STEWART LOCKIE Court St. Milton Phone 73 THE PRUDENTIAL INSURANCE COMPANY OF AMERICA

PROFESSIONAL DIRECTORY AND TRAVELLER'S GUIDE

MEDICAL THE STEVENSON CLINIC Milton Phones: Number 1 Campbellville Number 392r14 Dr. C. K. Stevenson Dr. J. A. Palmer Dr. J. D. Bailey

DENTAL DR. G. A. KING DENTAL SURGEON Office in Royal Building, Milton Hours 9-5 Evenings by Appointment X-Ray Service Telephone 197

Office Hours: A.M. By Appointment only. P.M. 1-4 7-9. Sundays—Emergencies Only. Campbellville Office Hours: 4-6 p.m. Every week day but Thursday. MILTON PRIVATE HOSPITAL X-RAY Coroner, C.P.R. and Gaol Surgeon

DR. F. E. BABCOCK DENTAL SURGEON Office Over Princess Theatre Night Appointments May be Arranged X-Ray Service—Gas Extraction Hours 9 to 5 Telephone 65W

DR. G. E. SYER Physician and Surgeon Office—James Street Phone No. 38 Office Hours: 9 a.m.; 1-3 7-8.30 p.m. Coroner

NIELSEN — The Chiropractor Drugless Therapist 37th Year of Practice Lady Attendant Mon., Tues., Fri., 2-5 p.m. Wed., Sat., 2-5 and 8-9 p.m. Closed Thursday Over Dominion Store, Georgetown Phone 150-W

DR. J. W. McCUTCHEON Farmers' Building, Main Street Office Hours—9 a.m.; 1-4, 7-9 p.m. Telephone 395W Residence 395J

LEVER & HOSKIN Chartered Accountants Successors to JENKINS & HARDY 1305 Metropolitan Bldg., 44 Victoria St., Toronto Elg 9131

LEGAL DICK & DICK W. I. DICK, K. C. K. Y. DICK Barristers, Solicitors Brown Street, opposite Arena Telephone 4

TRAVELLERS' GUIDE CANADIAN PACIFIC RAILWAY Going East—7.51 a.m. daily; 2.04 p.m. daily, 8.37 p.m. daily, except Sunday. Going West—9.05 a.m. daily, 6.31 p.m. daily, 12.45 a.m. daily except Sunday (flag).

T. A. HUTCHINSON, K.C. Barrister, Solicitor, Etc. Office—Next Door Champion Office Main Street—Milton Telephone 54

SUNDAY Going East—7.51 a.m., 2.04 p.m., 9.14 p.m. Going West—9.05 a.m. daily, 6.31 p.m. CANADIAN NATIONAL RAILWAY Going North—7.58 a.m. Going South—7.10 p.m. All C.N.R. daily train service now resumed

OPTICAL CARSTEN GLAHN Successor to H. C. LAIRD For Appointments Phone 56 Milton

MUTUAL LEADER HONORED



J. T. ARMSTRONG The Mutual Life of Canada has released its Honors List, recognizing Mr. J. T. Armstrong of Georgetown for outstanding service to his community in the club year recently closed. He has qualified as a member of the Company's Leaders' Century Club. Qualification for club membership requires not only the underwriting of a large volume of protection, but, more important, the writing from year to year of "quality" business, that is, life insurance that is continued in force. These two factors, combined with a high service to policyholders, earn this personal standard of confidential recognition for Mutual Life representatives.

SINGER SEWING MACHINE COMPANY

SALES & SERVICE CAR will be in the Town of Milton every TUESDAY New machines now available. Repairs to all makes. Free estimates in advance. Work guaranteed. Phone or write SINGER SEWING MACHINE CO. 39 Main St., Galt Phone 3165 and our man will call