

Women's Page



RIGHT AROUND HOME

by Shirley



"Where you go, I go" whispers the salad to the sandwich — and the wise menu planner listens with an attentive ear. For sandwiches and salads are the perfect food combination for good looks, good eating and balanced nutrition.

Whether the salad ingredients are inside or outside the sandwich itself, their contribution is equally welcome. Tickle your ingenuity with these ideas for sandwich-salad combinations:

"In-Between" Salad - Sandwich Ideas

Where everything goes between the handy bread slices —

Sliced tomato, shredded lettuce, cottage cheese between whole wheat bread slices.

Sliced Spanish onion, Swiss cheese and honey between dark rye bread slices.

Grated raw carrot and crisp bacon slices between raisin bread slices.

Cucumber strips, lettuce and

minced roast pork between enriched white bread slices.

Diced celery, flaked tuna and pineapple slices between cracked wheat bread slices.

Marinated green beans and corned beef between thick slices of French bread.

"Go-Together" Salad - Sandwich Ideas

Where the salad sits beside the sandwich for company during the

Tossed cabbage, lettuce, spinach, chopped dates and orange sections with grilled cheese sandwich.

Potato salad in lemon rind shell on bed of lettuce with open-face sardine sandwich.

Tomato wedges, cucumber chunks, parsley and endive with hot pork sandwich.

Pineapple cole slaw and green pepper rings with toasted salmon salad sandwich.

Tomato aspic mould on finely shredded marinated cabbage with cottage cheese and chive sandwich-on-a-bun.

For Parents Only

Exploring Out-of-Doors

by Nancy Cleaver

Exploring out of doors pays big dividends in health and serenity of spirit. A father, studying the ways of bird life with his boy, gets to know his son better; a mother, on the look-out for wild flowers with her girl, discovers what fun it is to share her leisure time with her daughter. A youngster who learns to appreciate Nature in childhood will have a lifelong interest. What finer gift can you give your son or daughter?

If your children start on an activity such as star study, you will be happy to see what a unifying influence this project has on the family. Seeking the answer to questions such as "What is the difference between a planet and a star?" can be fascinating for adults and youngsters. Your boy or girl may discover a real enthusiasm for a new hobby following William Cullen Bryant's advice "go forth, under the open sky, and list to Nature's teaching."

Star Map—After studying a star map, draw your own from observation of the sky on some dark night. Another plan is to obtain a marshmallow tin and copy a star map on the cover. Use nails of three different sizes.

Punch big, medium and little holes to represent stars of different magnitude. Paint the tin dark blue. Use aluminum paint and outline the constellations, name them and also the first magnitude stars. Place a square flashlight, shining upwards, inside. Put on the cover and behold a unique star map of your own making!

An Animated Map—Draw an animated map of your property, marking names of trees, location of wild flowers, birds' nests, and anything of special interest. Color with crayons or water colors. It is fun to add a new picture each day!

Plant a Tree—Perhaps in drawing the map and learning the names of the trees on your land, you will decide you need a new tree or two. Choose small, sturdy specimens, move plenty of earth with the roots and water thoroughly for several weeks. Make a game of learning not only how the trees look in the summer, but observing their shape and guessing how they would look without leaves. This can be combined with a fishing jaunt!

Birds and Their Songs — Keep

a record in a good handbook, such as Roger T. Peterson's "Field Guide of Birds" of the date, time and place you saw each new bird. Imitate bird calls on your early morning walks. Invest in good phonograph records of bird songs. They will help you in your bird song practice.

A Nature Lure Trail—Begin to build a nature lure trail by labeling a patch of wild flowers or a tree, or any other interesting object with its name and one or two facts about it. Linen tags may be used for labels. Print in India Ink and varnish with clear shellac to preserve the inscription. A typical label might read:

Jewel-Weed

This orange-yellow flower with the long pouch, growing in the damp earth in this shady spot is called Jewel-weed. Snapweed or Touch-me-not. If touched when ripe, the seed pod explodes. The juice from the crushed stem of jewel-weed relieves the itch of nettles, poison ivy and some other skin irritations.

Rock or Leaf Collections—Make a collection of samples of the rocks in your district, and arrange them attractively and label them or collect and press different kinds of leaves. You can do three things with leaves.

Lay them between wax paper, then after pressing them with a warm iron, you can mount them on large sheets of cardboard; produce "spatter prints" of their outlines by splashing poster paint through a fine wire screen around the leaves; or make "blue prints" using photographic paper, which results in an effective design.

A Dawn Paddle or Hike—if the members of your family are all swimmers, get out on the lake in a boat while it is still dark. If some cannot swim, substitute a hike along the shore.

Watch the first light in the east, then the changing colors of the sky reflected in the water, and finally the morning sun in all its glory, rising above the wooded shore. Perhaps you would like to read aloud a short quotation or two, such as Tagore's—"Dawn plays her lute before the gate of darkness And is content to vanish when the sun comes out."

LIBRARY NOTES

BY T. J. B. ANDERSON

At the end of last week's article, I used the word "danger" in connection with the present cultural situation, and I feel that this is not too strong a word to use. While writing this I have the forward, written by Edward R. Murrow, to Admiral Rickover's "Education in Freedom", and I have been reading the following lines:

"When he was assigned to build the first nuclear power plant for Naval use he had to create a working force of highly educated specialists. They had to be like himself, know what the nuclear age meant, be willing to make sacrifices to equip themselves for it, and understand that utterly new engineering standards were called for.

He discovered that such men

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Report Urges Milton Annexation

Continued from Page Eleven

conduct; leaks more easily found.

6. Most privately owned water works are 100% metered.

7. The careful consumer benefits; the careless consumer is penalised.

Against

1. Limited use of water may result in unhygienic conditions and disease.

2. Pressure losses through meters are appreciable and add to pumping costs (specifications permit head loss of 20 P.S.I. through meter).

3. Meters cost money to buy, install, maintain and to read, partly defeating their own purpose.

4. The poor suffer more than the rich through water charges.

5. Consumer resents standby charge when meter is not used.

6. The use on gardens is diminished affecting economy and appearance of the community.

7. Meter money might better be spent on water works improvement.

8. Waste can be more economically checked by inspection than by meter.

SECTION 7

Financial Status

The 1957 Annual Report of Municipal Statistics, issued by the Department of Municipal Affairs, provides the following comparison with Townships and Municipalities in this area.

Thus the Per Capita Tax Levy

and the Per Capita Debenture Debt have both reduced during the year. The Per Capita Debenture figure, however, could lead to false conclusions. For instance, a Municipal could have a favorable Industrial to Residential balance of say 50% to 50%, and have a relatively high Per Capita Debenture Debt, but still be in a very favourable financial position.

The "Rule of Thumb" as applied to the permissible relationship between the Debenture Liability and the Assessed Valuation is that the Debenture Liability should not exceed 25% of the assessed Valuation. Some authorities have put it as high as 30%.

At the present time the percentage relationship for Milton, based on 1958 figures, is 23.6%.

The percentage relationship for the Townships and Municipalities

	Population	Total Taxable	Per Capita Assessment	Net Tax Levy	Debt're Deb'te	Debt're Deb'te
TRALALGAR	18,430	\$40,220,984	\$101.72	\$7,063,278	\$383.24	
NELSON	14,549	20,794,445	62.54	5,847,486	401.91	
OAKVILLE	10,147	20,017,017	98.47	4,511,701	444.63	
GEOGETOWN	6,534	8,619,097	71.97	1,994,643	305.27	
ACTON	3,903	4,326,630	70.68	1,267,790	324.2	
MILTON	4,592	5,846,472	80.66	1,485,860	330.41	

The 1958 figures for Milton are as follows—

MILTON 5,010 \$ 6,149,931 \$ 78.05 \$1,448,394.85 \$289.1

listed above, based on 1957 figures, is as follows:

TRALALGAR 17.6%

NELSON 28.1%

OAKVILLE 22.5%

GEOGETOWN 23.1%

ACTON 29.3%

The figure for Milton is thus borderline. It does, however, provide for us the necessary leeway to embark on a program of expansion. The only way, taking factors of population increase and industrial expansion into consideration, for us to improve our financial position is to expand, and produce a more favorable balance of Industrial to Residential assessment.

SECTION 8

Other Considerations if Milton were to Annex Land School Zones

When lands are annexed it is the obligation of the Municipality to care for the children of school age within the area annexed.

The present school zone extends to the majority of proposed area of annexation. The additional areas should be no problem for the present school facilities. However, it would be necessary for Milton to assume that portion of the Public School debenture debt hitherto assumed by Trafalgar Township. This amounts to a sum of \$38,393.99. It would also be necessary for Milton to assume a portion of the debenture liability on the school at Milton Heights.

Fire Protection

The Milton Fire Department already serves an area comprising some 100 square miles, including North Trafalgar, North Burlington, the southern part of Nassagaweya, and the southern part of Esquisses Township.

These are the main additional items. There are others, such as garbage collection, etc., but these services could be extended as required without undue burden on the Town.

July, 1959.

Halton County Health Unit — Prenatal Classes

"Preparation for Childbirth and Parenthood"

10 Classes to a Series — Registration Fee \$1.00

Classes will be held in HEALTH UNIT OFFICE,

48 Hugh Street, beginning September 8th

To register for class please obtain a signed request card from your family physician and notify your local Health Unit Office, TRiangle 8-9752.

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