



RIGHT AROUND HOME

By SHIRLEY

No one can afford to start the day off without breakfast. Nutritionists feel that breakfast is the most important meal of the day. Children will be more alert and attentive in school, workers will attack their jobs with more vigor and weight watchers will find it much easier to stick to their diet if they start the day with a good breakfast.

A good breakfast should be high in protein and an easy way to get a good quality protein is to eat an egg. But there are other good sources that can be served for breakfast. Bacon, ham, sausage or hamburger patties served with whole wheat pancakes make a substantial start for the day's activities. A whole grain cereal served with milk makes an excellent combination, giving protein and important B vitamins.

Tomato juice or vitaminized apple juice should be served sometime during the day and because of their tangy good taste,

most people enjoy them for breakfast.

So set a good example for your children; eat a good breakfast!

Treat your family to a plateful of hot, crisp waffles — soon. Serve them for breakfast with crisp bacon or sausage. For lunch try cheese waffles topped with creamed vegetables and for a glamorous dessert, top golden waffles with vanilla ice cream and frozen or fresh strawberries.

Plain Waffles
2 cups sifted pastry flour
1/2 tsp. salt
3 tsp. baking powder
1 2/3 cup milk
1/3 cup melted butter
2 egg whites
2 tsp. sugar.
Sift together the flour, salt and baking powder.

Combine the milk and melted butter with the beaten egg yolks. Mix liquid into dry ingredients just until moistened. Beat 2 egg

whites until soft peaks form and gradually beat in 2 tbsp. sugar; beat until stiff peaks form. Fold egg whites into batter. Bake in preheated waffle iron, without opening until no steam escapes.

Makes 5 7-inch waffles. Serve at once with honey or maple syrup or as suggested above. For variety stir 1 cup of diced apple or 1 cup of kernel corn into batter before folding in egg whites.

Apples offer another welcome change from routine breakfast of juice, cereal, toast and coffee. The fresh, appetizing tang of an apple is a good start for any day, a real "eye-opener". Besides, apples are a good source of nutrition.

Try this tomorrow morning. A chilled baked apple, its core cavity filled with cream and topped with a heaping teaspoon of brown sugar. Does it sound good? It is, and children in the family are likely to shout for "seconds."

Many Study God's Word in Caves Missionary Tells W.M.S. Meeting

The two auxiliaries of Knox W.M.S. held their annual joint meeting on Tuesday evening of last week in the church hall.

The evening ladies were in charge of the program, and in the absence of their president, Mrs. H. Magee, who was ill, Mrs. K. Marshall presided. She opened the meeting with a word of welcome by an appropriate missionary challenge entitled, "Let your Light shine".

"O send Thy Light forth, and Thy Truth," was sung, and The Lord's prayer repeated in unison. An announcement was made of the 48th annual meeting of Section II, to be held on May 15 in Norval Presbyterian church, after which the offering was received and dedicated.

Devotional
A very inspirational devotional was next given by Mrs. D. Irving, based on The Ten Commandments. Quoting from various Bible passages found in Matthew, Mark and Luke, she stressed the practice of earnest daily prayer. "Ask and Ye Shall Receive", then give thanks for benefits received, she emphasized. Mrs. Irving named several prominent and well-known people who are firm believers in prayer, including the former United States president, Dwight Eisenhower; and used a prayer requested by 6,000 people, that of Conrad Hilton, to close her devotional.

After the singing of the old familiar hymn, "What a Friend we have in Jesus", a song of prayer, "Dear Lord, Forgive", was rendered in solo form, by Miss Lois Agnew, accompanied at the piano by her mother, Mrs. S. Agnew.

Guest Speaker
The guest speaker for the evening, Dr. S. Moore Gordon was introduced by Mrs. K. Marshall.

Dr. and Mrs. Gordon, whom he met in China, labored in that country for 15 years, then spent 20 years in pastoral work in Ontario, and now, having recently retired after two terms in Formosa, he is assistant minister in Knox church, Guelph.

In opening a very descriptive talk, Dr. Gordon first thanked the people of Canada for their prayers through the years, for all missionaries, and praised the work of Reverend Dickson, Miss I. Taylor, and others who are still serving in Formosa. He said the first protestant missionary work was started by the Reverend James Maxwell, in 1865, and has been mainly carried on in that land, by Presbyterians, ever since.

Many meet in caves to study God's word, hiding their literature between study periods, lest it be found by communists and destroyed. Something like this surely raises the question in our minds "Are we thankful enough in our country for the freedom which we enjoy, including the freedom to worship God in peace?" The numerous slides shown by Dr. Gordon, along with his message, revealed many aspects of their work, as well as the beauty of the mountains, lakes and buildings, and depicted a most interesting picture to all present.

After a brief word on the life of a young Japanese evangelist, of 12 years, whom they had brought to Christ, Dr. Gordon concluded a very timely talk with a quotation of the late Dr. Gordon — "Through answer to prayer, not by might, not by power, but by Faith, has the work of Christ been carried on."

Fellowship Follows
A vote of thanks on behalf of everyone was offered the speaker

by Miss Eva Chisholm, and after the closing hymn, "Now God be with us, for the night is closing", Dr. Gordon announced the benediction.

A period of fellowship followed over dainty refreshments, served by the Robertson Auxiliary, and a viewing of the bales on display. The many articles showed a commendable effort on the part of each member, of missionary endeavor, and a very worthy contribution towards the work of our Heavenly Father, in Knox Church.

Frozen Cream Pies Provide a Change

When freezing cream pies, best results are obtained if the pie filling and shell are frozen separately, report food experts at Macdonald Institute, Guelph. Bake the shell on the outside of the pan, then remove, wrap, and freeze. Freeze the filling on the inside on the same size pan, remove, wrap and freeze. When ready for use combine the two.

Researchers find that cornstarch is the most acceptable starch to use in the filling of cream pie that is to be frozen. The addition of gelatin helps to prevent the filling from separating or becoming grainy.

The following recipe for cream pie should freeze well:
Scald 2 cups whole milk. Add 2/3 cup white sugar, 2 tablespoons cornstarch and 1/4 teaspoon salt which have been combined; stir while heating to the boiling point. Stir half a cup of this hot mixture into 2 beaten egg yolks; pour back into the saucepan and cook another five minutes. Stir in 2/3 teaspoon gelatin which has been hydrated in 1 tablespoon of cold milk. Add 2 tablespoons butter and 1 teaspoon vanilla. Pour into an 8-inch pie pan and freeze as above.

To serve, arrange sliced peaches or strawberries over the frozen filling; sprinkle with 3 tablespoons confectioner's sugar; cover with meringue and bake until browned at 425 deg.



FOR THE LOVELY MISS here's a pretty pyjama embroidered in bright colors, perfect for wearing on those warm nights of the summer season. For the pattern, send 10 cents and a stamped, self-addressed envelope to The Women's Editor, Canadian Champion, Milton, and ask for Leaflet No. E-8497.

Library Notes

Birds fly. Fish swim. Snakes slither along the ground. Yet all animals that fly are not birds. I would rather meet a migrating flock of birds than a swarm of hornets. Fish do swim and are found in water, but so is the deadly moray eel. And no one would be foolish enough to mistake an earthworm for a cobra, yet both slither along the ground.

Libraries are a collection of books. Because murder mysteries, westerns, light novels and some of the best sellers are recreational reading, some would class libraries as recreational centres. The fact that they also contain worthwhile and educational books is overlooked. This oversight can be as disastrous to people as mistaking a cobra for an earthworm.

Russia is feared and hated by the western world. We must have nuclear weapons to defend us from a possible invasion by them. The fact that Russia leads the world in fine libraries, plus the number of readers per capita, is overlooked — a dangerous oversight.

Recently I read "The Slave Who Freed Haiti." As a slave, he owned nothing. He was fortunate in having a kind master who permitted him to be taught reading and then gave him access to his fine library.

France sent the best army in Europe to subdue this slave and the uprising under his leadership. Back of the army was discipline, money, military strat-

egy of the best brains in Europe — power unlimited. Yet this power was no match for the knowledge this simple slave had gleaned from a library of fine books. The slaves of Haiti remained free.

According to a recent broadcast, Canada ranks among the lowest in the per capita of library readers. What is your contribution to this figure?
E. Braun, Librarian.

Sunday Tours at Trafalgar Refinery

Tours of the Cities Service Trafalgar Refinery near Oakville are again in full swing. An attraction for weekend motorists since the refinery was completed in 1959, the tours will continue each Sunday until about Thanksgiving between the hours of 2 and 5 p.m.

Trained guides are in attendance and gaily colored miniature trains provide the transportation. Among the highlights is a modern 4900 gallon aquarium in which trout, bass and other fish from the Great Lakes thrive in water which has been used to process petroleum products, then purified in the refinery's model water treatment plant. The refinery is famous throughout North America for its many anti-pollution features.

Access road to the Trafalgar Refinery is just west of the Second Line, or Bronte Road, running north from the No. 2 Lakeshore Highway. Tours are free and children are welcome.



Social Notes

By MRS. LIL HOUSTON

Items for this social news column are welcomed. Call Mrs. Houston at TR 8-9284.

Mrs. E. C. Casson from the Milton Travel Agency, Main St., flew to Montreal last Wednesday with other travel agents to inspect the new Cunard ship, Carmania. A tour of the ship, dinner and a floor show were enjoyed.

Mrs. W. A. Cuthbertson, Main St., spent the holiday weekend with her daughter, Mr. and Mrs. William Campbell, London.

Mr. and Mrs. Don Worth, Elmwood Cres., and Mr. and Mrs. Jack Arnold, Bronte St., spent the weekend fishing at Doe Lake.

Mr. and Mrs. Bob Little and family of Hamilton, formerly of Milton, spent the holiday weekend with his sister, Miss Ellen Little, Martin St.

Mr. and Mrs. William Robertson of Lowville spent the holiday weekend at Gravenhurst and Parry Sound.

Mr. and Mrs. George Gilbert and family, Mill St., spent the holiday weekend at their cottage at Lake Rosseau.

We are sorry to report Dick McDuffe, Mill St., is a patient in Milton District Hospital. We wish him well.

We are sorry to report Mrs. A. Charlton, John St., is a patient in Milton District Hospital. We wish her well.

Friends of Bert Rainey, Barton St., will be sorry to hear he is a patient in Milton District Hospital. They will wish him well.

Graydon Jackson of Leon Lake, Saskatchewan, presently at H.M.C.S. Gloucester, Ottawa, was a weekend visitor at the home of his cousins, Mr. and Mrs. Lorne Dickson and family, Main St.

Friends of Mrs. Gordon MacNab, King St., will be sorry to hear she is a patient in Milton District Hospital. They will wish her well.

Miss Susan Sargent of R. R. 1, Milton and Miss Margaret Wheelwell of Oakville, formerly of Milton, spent the holiday weekend in New York.

We are sorry to report Rev. J. L. Graham, James St., is a patient in Weston Hospital, Toronto. The congregation of St. Paul's United Church and Friends will wish him well.

Mr. and Mrs. Vernon Coulson and Lynn, Mr. and Mrs. Orlo Coulson, Mr. and Mrs. Harold Coulson and Mr. and Mrs. Howard Coulson and Tim spent the holiday weekend at Lake Bal-sam.

Hugh and Eira Fay of Sault Ste. Marie, Harry and Irene Whitall and family of Port Credit were visitors at the home of Mr. and Mrs. W. J. Koski over the weekend.

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Jubilee Pure Pork Sausage lb. 43c

Maple Leaf Cottage Rolls lb. 49c

Canada Packers Picnic Hams lb. 39c

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Mrs. E. Hollingsworth, formerly of Kilbride, will leave June 1 by plane to visit relatives in England.

Suzanne Broadbent celebrated her first birthday May 21 at her home, 371 Meadowbrook Drive, Milton, with relatives and friends present to mark the occasion.

Mr. and Mrs. L. M. McLennan, Mrs. Despond of Hamilton, D. McIntyre of Acton, Mr. and Mrs. C. Bartnoof Guelph, Mrs. J. McLennan of Petrolia and Miss Marie Veale of Sarnia visited with Mr. Will McLennan and Ethel of Campbellville on Monday, Victoria Day.

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Trip to Belgium Topic For Mountain Union W.I.

Mrs. J. W. Robertson opened her home on May 15 to the Mountain Union W.I. The president, Mrs. M. Readhead took charge of the meeting and opened with a short paper on gardening. The singing of the opening ode and the repeating of the Mary Stewart Collect followed.

The roll call was answered by 13 members present and two visitors. The roll call was to name a country that belongs to the United Nations. A donation of \$10 was given to the Retarded Children's School, and a \$10 donation was given the Northern Friends W.I. to help with the Disaster Fund for the Thai areas. Articles for the Milton Fall Fair W.I. display were discussed and a committee was chosen to be in charge, Mrs. V. Norris, Mrs. L. Farlow and Mrs. F. Hadley. A bus trip with the Hornby W.I. was discussed. It was decided to have 150 W.I. programs printed for members to hand out to visitors, etc.

Speaks on Trip
Mrs. J. W. Robertson introduced guest speaker, Mrs. Walter Norrington of R.R. 6, Milton. Mrs. Norrington told of her trip back home to Belgium by plane last year. She had a very interesting travelogue and showed some pictures of the most wonderful buildings, scenery, etc. Mrs. Norrington also brought some beautiful pieces of hand made lace.

Miss M. Hume brought a very interesting paper on current events. A reading on "Friendship" was given by Mrs. J. W. Robertson, Mrs. Langton, courtesy convenor, thanked the guest speaker and Miss Hume.

The meeting was closed by the singing of the Queen and the Institute Grace. A miscellaneous

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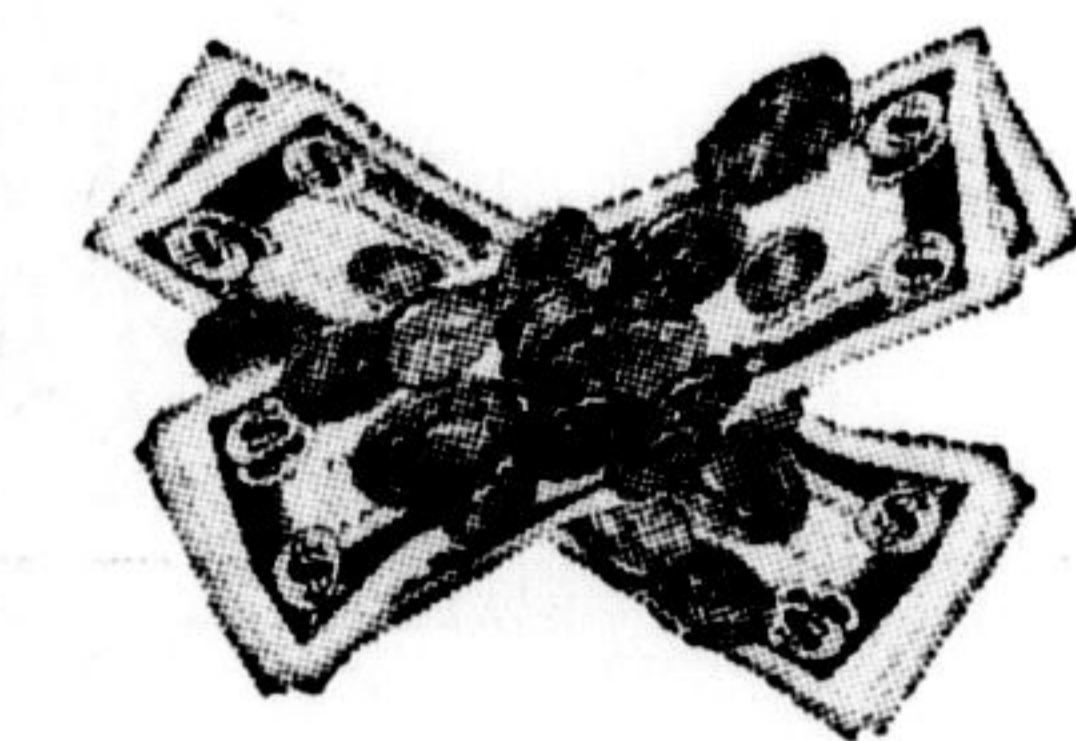
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