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Hello Homemakers! Are you serving your fresh fruits just as they come? So many of them—blueberries, raspberries, peaches and apricots—need no sugar at all. Prepare, wash and chill. An hour in the refrigerator will make a fresh fruit extra luscious or set a dish of fruit in a larger bowl of crushed ice. Sweeten the cream if necessary to suit the "sweet-tooth."

Ideas for Fresh Fruit
1. Fresh pears stuffed with cottage cheese mixed with a little minced peel can be served on crisp lettuce and topped with mayonnaise.
2. Cantaloupe sliced in short pencil-sized pieces is attractive mixed with apple cubes which have been dipped in lemon juice.

Honey Raspberry Delight
2 tbsps. gelatine, 1/2 cup cold water, 1 1/2 cups milk, 1/2 cup honey, 3 tbsps. lemon juice, 1 1/2 cups red raspberries, 1 cup whipping cream.
Soak gelatine in cold water for 5 minutes. Scald milk and pour it over the gelatine. Stir until the gelatine is dissolved. Cool. Mix honey and lemon juice and stir in the milk mixture. Chill and when it begins to set add the whipping cream and raspberries. Pour into 8 custard cups. Place in a refrigerator until very cold. Serve in the custard cups.

Orange Cantaloupe Cocktail
2 medium cantaloupes (3 cups cantaloupe balls), mint sprigs, 1 cup orange juice, 2 tbsps. lemon juice.
Cut cantaloupe into ball-shaped pieces with a French ball cutter. Mix together orange and lemon juice. Pour over the cantaloupe balls. Place in six dishes. Chill. Serve in the glass cups and garnish with sprigs of mint. (Serves 6.)
Fluffy Pudding
1 1/2 cups milk, 1/2 tsp. salt, one-third cup light syrup, 1/4 cup quick-cooking wheat cereal, 1 egg, separated, 1/4 tsp. almond

extract, 2 tbsps. sugar.
Scald milk; gradually add cereal and salt; cook over boiling water 20 minutes, stirring occasionally. Add egg yolk, corn syrup, almond extract; beat well. Whip egg white stiff; gradually add sugar, beating constantly. Fold into cereal mixture; chill in electric refrigerator. Serve with sauce. Yield: 4 servings.

Raspberry Sauce
Pick over 1 pint raspberries; wash and crush. Add 1/4 cup sugar and 1/4 cup water; bring to boiling point; simmer 5 minutes. Press through sieve and chill.

Take a Tip
1. To prevent fruit from floating in gelatine base desserts, let the gelatine mixture chill to a syrup thickness — the consistency of molasses — before adding the fruit.
2. Save all juices and syrup to make dessert sauces and give added flavour to chilled drinks.

3. To keep cut apples, peaches and bananas from turning dark, dip them in lemon juice.
4. Sprinkle a little fruit sugar on berries to draw out the juices before chilling them for shortcake.
5. Dip oranges and grapefruit in hot water for 2 or 3 minutes, then in cold water; the peel and white membrane may then be easily removed. Chill fruit before serving.

The Question Box
Mrs. C. M. asks: Which is the best way to make iced tea?

Answer: There are two accepted ways to make iced tea: take your choice. (1) Pour double-strength hot, fresh tea over glasses filled with ice cubes or crushed ice. The ice chills and dilutes the tea at the same time.

Or (2) cool average-strength tea before serving time. Then pour it over glasses half-filled with ice.

Mrs. S. R. asks: How can you prevent the skins of plums from bursting during the canning process?

Answer: Prick with a fork or darning needle when washed.

BATTLING BASS STORY MAY HOLD RECORD FOR SUMMER

Beaverton—A battling rock bass about eight inches long has been appointed "official initiator" for the Thorah Island Swimming club. Moving with the speed of a torpedo, he takes a bite at every bather who ventures into Lake Simcoe in the vicinity of his favorite dock.

The fighting fish was discovered when it staged an all-out assault against swimmers at the dock of Mrs. Frank Furniss. Mrs. Guy Rolfe of Buffalo was sent scurrying to shore with a severe bite on the ankle. Mrs. Ross Watson of Toledo, Ohio, was next to fall prey to the submarine attack. She was bitten on the knee. Mr. Watson laughed and was bitten at the base of the spine.

The bass went for a line dropped in by the baffled bathers, was caught and transferred to a different section of the lake, several

SHOULD BE VARIETY CANNED PRODUCTS

There will be a good variety of canned fruits and vegetables on grocers' shelves this winter. Despite a short crop of some kinds of fruits and vegetables, commercial canning companies will nevertheless be able to keep the consumer happy, says F. J. Perry, Chief Canning Inspector, Dominion Department of Agriculture.

While emphasizing that much depends on a continuance of good growing weather and favourable conditions at harvest, Mr. Perry finds many cheerful items in examining the likelihood of this year's canning operations.

The strawberry crop is over and it was a good one—the largest in several years. While canned strawberries were unobtainable for two or three years during the war, owing to shortage of metal for cans, this year's pack will probably be equal to that of the sizeable pack of 1941. Mr. Perry foresees more strawberry jam, than usual, but no more frozen strawberries than were packed last year.

There will be a less than average pack of canned cherries. A fair-sized pack in British Columbia is more than balanced by the small quantity available for canning in Ontario.

The good crop of both raspberries and loganberries assure an average pack of these fruits.

Deliveries of apricots to canners in British Columbia have been only about 30 per cent of normal, but canning firms will probably can enough imported apricots to bring the pack up to average.

It is expected there will be a larger than average pack of canned peaches, despite a decline in the Ontario crop. Production of peaches in British Columbia is presently estimated at about 20 per cent above that of 1946.

There are prospects for a good crop of plums, especially of prune plums. B.C. production is forecast as 20 per cent above that of last year. The pack, however, will certainly be no higher than the record pack of 1946, as there is a heavy carryover of canned plums from last year.

A reduced crop of pears will result in a reduced pack. Of this fruit, however, there is a small carryover from 1946.

The quantity of apples to be canned and dehydrated depends largely on the requirements of the United Kingdom.

As for canned vegetables, the quantity of asparagus, canned this year is small. Canners bought little, as a result of the high prices for fresh asparagus. There will be an average pack of spinach.

The pack of peas this year will be smaller than that of last year when canners put up a record quantity. There are, however, enough of last year's canned peas carried over to give consumers all they are likely to need and this year's pack promises to be of the highest quality in years.

There will be an average quantity of (green and wax) beans: canned this summer. The pack of canned corn will probably be as large as in 1946.

When asked about prospects for tomatoes, Mr. Perry said: "Many growers and canners were pessimistic earlier in the season, but the long spell of hot weather in the principal tomato producing areas has brought tomatoes along remarkably. But even if it continues, and if harvesting is good and if there is enough labour, canners will probably have a smaller output of tomato products than in 1946. Tomato products include: tomato juice, tomato puree and so on. But, there are prospects for more canned tomatoes."

hundred feet away. But he got back before the swimmers did and still is holding the fort at his favorite dock.

Local residents are convinced that this is the best "fish story" of the season and doubt very much that it will be topped by anyone during the remainder of the summer.

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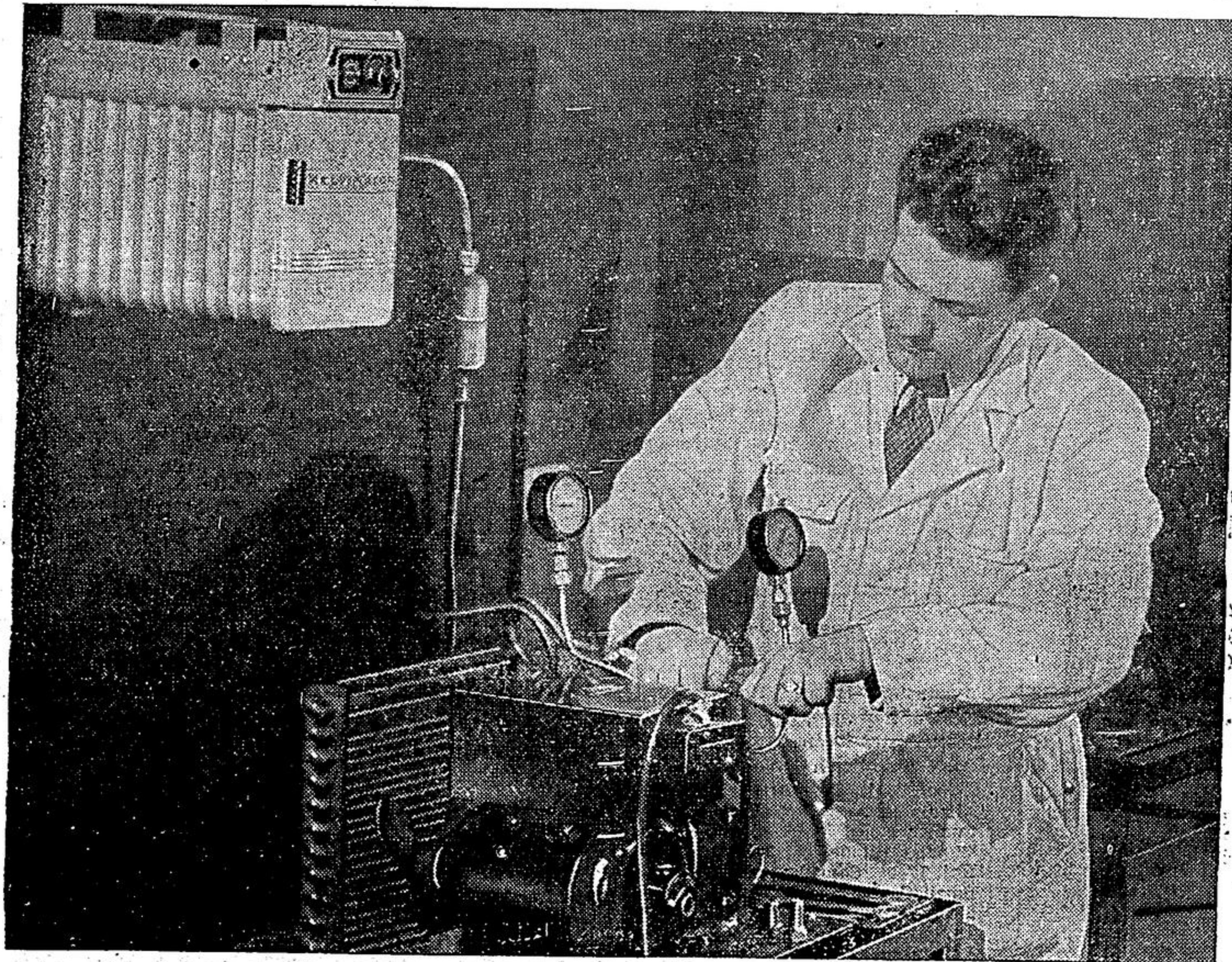
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HANDS AT WORK...

LEARNING REFRIGERATION

ONTARIO'S productive capacity is the measure of her future prosperity. To assure this province a prominent place in domestic and foreign trade markets, skilled hands are needed. Increased production of refrigeration units will mean a greater need for skilled servicing. Veterans, basically trained in schools and ON THE JOB, will fill this need as they are absorbed into industry. For those who have mastered skilled occupations, higher wages, job security and better working conditions are within easier reach.

Through plans, sponsored by the Department of Veterans Affairs and other agencies, hundreds of young workers are being trained for refrigeration servicing. Graduates of training schools are ready now to take their places in industry. Craftsmen of the future, they will have a share in Ontario's progress—an important part to play in her industrial development.

THE BREWING INDUSTRY (ONTARIO)

REFRIGERATION

D. C. Guiry, 23, of Toronto, a veteran of 15 1/2 months' service in the Royal Canadian Air Force, is shown checking the operating pressures on a domestic training unit.

The Refrigeration Course gives the student a theoretical and practical knowledge of domestic, commercial and air conditioning units.

