



Hello Homemakers! Many of us are resuming the job of packing lunch boxes now that cooler weather is here and school routine has been re-established. When the lunch box comes down off the shelf, it is also time to take stock of suitable menus. The well-planned mid-day meal for a growing child cannot be over-emphasized—like-wise the one for the office worker. Some schools and factories serve soups and beverages at moderate prices, thus eliminating the need for carrying a thermos. If this service is not available or is found to be costly, it is advisable to make use of the standard lunch box containing a thermos and fill it every day with a wholesome beverage or soup.

Sandwich Ideas

1. Chopped meat and gravy: Put leftover cooked meat through a food chopper and moisten with thick gravy.
2. Scrambled eggs with cottage cheese or tomato. Add 2 tbsps. cottage cheese or tomato (chopped) to 2 beaten eggs. Scramble as usual and cool before putting in sandwich.
3. Cottage cheese: Mix equal amounts of cottage cheese and chopped spinach with a little onion.
4. Chopped prunes or peaches mixed with cream cheese and moistened with skim milk.
5. Chopped bacon and mashed, cooked kidney beans—flavoured with a little onion.
6. Peanut butter spreads: (1) Add half quantity of diced apples. (2) Add ½ mashed banana. (3) Mix

with shredded carrot.
Carrot and Barley Soup
 ¼ cup barley, 5 cups cold water, 1 cup diced carrots, 2 tbsps. chopped onion, salt and pepper, 3½ cups milk.
 Soak barley in water overnight. Cook in same water for 45 mins. or until tender. Add carrots, onion and seasoning about 30 mins. before end of cooking time. Stir frequently, add more water if necessary. Add milk and when hot put in thermos. This makes three servings.

Lunch Box Menus

- Carrot and Barley Soup
- Scrambled Egg Sandwiches
- Gingerbread Squares
- Apple

- Cream Tomato Soup
- Chopped Meat Sandwiches
- Carrot Stripes
- Fruit Salad

- Potato Salad and Celery
- Buttered Brown Bread
- Custard
- Hot Cocoa
- Cookie

The Suggestion Box
 Mrs. S. M. says: By all means group the family around the dining room table for study and hobby work. Use a 200-watt study lamp over the table to save electricity and provide adequate light.

Mrs. J. T. says: Taking spots off a crepe dress can be done easily if cleaner is used immediately. I found that a little at a time did not leave a ring, or do it in the open air so the liquid evaporates quickly.

Mrs. N. S. says: You can sharpen scissors by cutting through fine sandpaper several times.

BLOOMINGTON

(Sept. 18, 1947)
 Mrs. A. Topper was in Toronto visiting with her daughter and son-in-law, Mr. and Mrs. Garlick.

The Ladies' Aid meeting was held at the home of Mr. and Mrs. W. Vaughan with the president, Mrs. Earl Davis taking charge of the devotional. The program was in charge of Mrs. L. Paisley and Mrs. Tranmer. A reading by Mrs. A. Story, Bible quiz conducted by Mrs. C. Tindall, solo by Mrs. G. W. Brown and a paper by Mrs. D. Burnett completed the program. Lunch was served by the hostess. The meeting next month will be held at the home of Miss J. Sage in Stouffville.

Our college of knowledge with Mrs. W. Topper as teacher, opened with twenty-five pupils in attendance and four beginners. Great credit is due to the school teacher and pupils on their high rank in the contest of best kept school grounds.

Mrs. Wood of Toronto is visiting with Mr. and Mrs. Irving Hill. Little Jerry Tranmer, infant son of Mr. and Mrs. K. Tranmer, is ill in the Sick Children's Hospital, Toronto.

Mr. and Mrs. H. Shantz of McIntyre Corner were visiting her parents, Mr. and Mrs. Tranmer.

THIS KNOWLEDGE

Q.—How can I make threads come out easily when hemstitching?

A.—When drawing threads for hemstitching, wet a small brush, rub it across a cake of soap and then over the threads to be drawn. The threads will come out easily and without breaking.

Q.—What is a good home remedy for toothache?

A.—A remedy that is often effective is to place a bag of salt, heated fairly hot, on the face.

Q.—How can I make dishes of food look more attractive?

A.—Colors make food attractive to the eye. An ordinary dish can be made to look more appetizing by garnishing with fancy slices of pimento, watercress, parsley, or green peppers.

Q.—How can I mend broken chinaware?

A.—Use a cement made by mixing plaster of Paris with the white of an egg to the consistency of cream.

Q.—How can I remove blackheads and avoid a greasy skin?

A.—Use a toilet water made by mixing two drams of powdered borax, one ounce of glycerine, and 19 fluid ounces of orange-flower water. Always shake well before applying.

Q.—How can I make a wall mop?

A.—A good wall mop can be made by tying a flannel bag over a broom. It will make an ideal mop for brushing off spider webs and dust.

Q.—How can I make a good silver polish?

A.—By dissolving one ounce of powdered borax in ½ pint boiling water. Add four ounces precipitated chalk when cool, and beat until smooth. Then add one gill of alcohol. Bottle and shake thoroughly before using.

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Time Table Changes

Effective
 SUNDAY, SEPT. 28, 1947

Full information from
Canadian National Railways



AUCTION SALE

HOUSEHOLD FURNITURE
 Piano, Electric Lamps, Dishes, etc.
 The undersigned has received instructions to sell by public auction at

MAIN STREET, STOUFFVILLE

SATURDAY, SEPT. 27

the following property belonging to

E. B. LEAVENS

- Piano, Newcombe
- 2 Electric Lamps
- Dining Room Suite, 5 chairs
- 3 Beds, Springs and Mattresses
- 3 Dressers
- 2 Rocking Chairs
- 4 Small Stands
- Ironing Board
- Water Tank metal
- Arm Chair
- Dowswell Washer
- Center Table
- Steel Bed, Springs and Mattress
- Mohair Settee
- 3 Mohair Chairs
- Mohair Arm Chair
- Baby Pram
- 6 Rocking Chairs
- 3 Stands
- 4 Kitchen Chairs
- Morris Rökker
- Kitchen Set, cupboard, table, chairs
- Single Bed and Mattress
- Bedroom Arm Chair
- Toilet Set
- Washing Machine and Wringer, hand
- Set House Scales
- Screen
- 2 Water Barrels
- Trunk
- Lady's White Boots and Skates, size 6½
- Large Kitchen Cupboard with glass doors

Piano Sheet Music and Records
 Child's Rocking Chair
 Toilet Set
 Child's Trunk
 Child's Toys
 Wicker Tray and Baskets
 Couch
 Hand Sleigh
 Hockey Skates
 Dining Room Table and 6 Chairs
 Commode
 Rag Carpet
 Bread Tray
 Bolster
 Lantern
 5 Sad Irons
 Cushions
 Rugs

Quilts
 Pictures
 Dishes
 Cooking Utensils
 Numerous Other Articles

Sale at 130 d.s.t. Terms, Cash

No Reserve

Sellers & Atkinson, Auctioneers

Sale at 130 d.s.t. Terms, Cash

No Reserve

Sellers & Atkinson, Auctioneers

AUCTION SALE

Jersey Herd, Horses, Implements
 Hay, Grain, Household Furniture
 The undersigned has received instructions to sell by public auction at

Half Mile West of Stouffville

WEDNESDAY, OCT. 1

the following property belonging to

JOSEPH MERTENS

HORSE, CATTLE, HENS

- Gray Horse, 8 years old
- Roan Mare, 9 years old
- Bay Mare, 10 years old
- Guernsey Cow, bred in March
- Jersey Cow, bred July 1
- Jersey Cow, bred July 15
- Jersey Cow, bred July 25
- Guernsey Heifer, bred July 31
- Jersey Cow, bred Aug. 1
- Jersey Cow, bred Aug. 5
- Jersey Cow, bred Aug. 15
- Jersey Cow, bred Aug. 22
- Jersey Heifer, 2 years, bred in Feb.
- Purebred Guernsey Bull, 2 years
- 4 Heifer Calves, part Guernsey, 6 months
- 3 Bull Calves, about 6 mos. old
- 50 Hens, Rocks and Leghorns

IMPLEMENTS

- Binder, M.H., 6 foot
- Mower
- Horse Rake
- Disc Seed Drill
- Spring Tooth Harrow
- Disc
- Set Drag Harrows
- Riding Plow
- 2 Walking Plows
- Scuttler
- Iron Wheel Wagon
- Set Sleighs
- Wagon Box, and Springs
- Fanning Mill
- Cutting Box
- Separator, I.H.C.
- Top Buggy
- Double Barrelled Shot Gun
- Wheelbarrow
- Iron Kettle
- 2 Cutters
- Pig Crate
- Set Double Harness, Brass Mounted
- Set Plow Harness
- Hay Rack
- 2 Sets Single Harness

OATS & HAY

- 400 Bushels Beaver Oats
- 400 Bushels Ajax Oats
- 10 Ton Hay

FURNITURE

- Oak Bookcase
- Music Cabinet
- Parlor Settee
- Small Tables
- Crosley Battery Radio, complete, nearly new
- Extension Table
- Kitchen Table
- Kitchen Chairs
- Rocking Chairs
- 5 Cane Bottom Chairs
- High Chair
- Arm Chair
- Findlay Cook Stove, nearly new
- Coal Oil Heater
- Quebec Heater
- Coal Oil Lamps
- Sofa
- 2 Aladdin Hanging Lamps
- Rayo Hanging Lamps
- Coleman Gas Lamp
- Brass Kettle
- Spinning Wheel and Reel
- Dishes
- Antique Clock, with wooden works
- Kitchen Clock
- Croquet Set
- Copper Apple Sauce Kettle
- Daisy Churn and Butter Bowl
- Connor Washing Machine and Wringer
- Carpets
- Honey Extractor
- Iron Kettles
- Fire Extinguisher
- Crocks, all sizes
- Spool Bed, Springs and Mattress
- Spool Bed, Springs and Mattress
- 2 Bedroom Suites
- Rag Carpet
- 2 Feather Ticks
- Hooked Rug
- Brass Bed and Springs
- Quilts
- Wooden Cradle
- Woolen Blankets
- Wool Carpet, 12 x 15
- Stair Carpet
- Black Bear Skin Robe
- Numerous Other Articles

Sale at one p.m. Terms, Cash

No Reserve, as farm is sold

A. S. Farmer, Auctioneer

STRANGER RETURNED \$500 TO STUPID FARMER

Everett Cain, an Orono farmer, lost \$500 last March as the result of an "unusual experience" in Toronto. Last week a stranger came to him and returned his money in full.

Cain appeared in County Criminal Court to testify against Joseph Dorazio, charged before Judge Parker with the theft of the money. His Honor took just 15 minutes to find Dorazio not guilty.

The complaint stated that on March 18 he came to Toronto to buy some electrical goods and a truck.

"I cashed a cheque for \$500 and then, just a block away from the bank, a man stopped me and asked where he could buy some liquor," said Cain. "He stopped the accused man, too, and he offered to show this man a place. The man said he would give us \$10 apiece so I walked along with them. We stopped at a house and we all went in. Another man was in there, and after talking for a bit he said he would give me \$100 if I could show him \$500. I showed him, and he

RAIN IN THE WRONG PLACE

We just heard of the experience of five farmers in Burlington, Iowa. These fellows were watching a heat wave burn up their fine crops. They hired a pilot and his plane to drop dry ice in the clouds over their 1,500 acres. And the rain came. Only disappointment was that the wet all fell on an adjacent golf course, leaving farm lands still dry and hot. Manager of the golf course said "thanks." It is not known just what the farmers said.

"Sweating" on cold water pipes and plumbing fixtures is caused by condensation of water vapor in the air.

grabbed it."

Cain said he was given \$5 to buy them a bottle of liquor with the promise, that when he returned he would get his \$500. "I couldn't find a store, and when I got back to the house I couldn't get in." "Did you play any poker at the house?" asked the crown. "I'm not sure."

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