To Defrost That Home Freezer

With more and more Ontario families installing home freezing outfits, some advice as to their defrosting may not be amiss, as it is a job different in many ways from defrosting the ordinary automatic refrigerator. An expert gives the following hints as to the best method for removing the powdery frost and solid ice.

"Defrost before more than one-half inch of frost forms over a considerable area of the refrigerated surfaces. Ordinarily, once a year is often enough, but in humid surroundings, or if the freezer is frequently opened, the job may need doing two or three times a year. Defrost, if possible, when relatively little food is in the freezer.

"Remove frost unmixed with ice by scraping with the freezer in operation. If the freezer is not too full, move food packages from one part to another as you work, rather than taking them out.

"Use special scraping tools sold for the purpose, or a broad, stiff spatula, a putty knife or a sharp-edged wooden paddle.

"Catch frost on papers, cardboard or cloths as it is scraped from vertical dividers and walls; or collect it from the bottom with a dustpan and whisk broom. If pans and broom are kept cold, the frost will not melt from contact with them.

"If ice is mixed with the frost, or a complete cleaning job is needed, remove food packages and disconnect the freezer. Put the packages on trays or in baskets that have been well cooled in the freezer. Pile packages compactly and cover with chilled blankets, newspapers or other insulating material. Then work as follows:

"Scrape as much frost as possible from the surfaces, to lessen need for mopping up melted ice. If the freezer has a drain, speed melting by running cold water over refrigerated surfaces. Do not use hot water because this would cause difficulty when starting the compressor again.

"Speed defrosting by removing loosened ice from the surface. An electric fan can help melt the ice if placed so that it blows room air into the freezer or cold air unit.

"If the freezer is upright, set the fan on the floor or on a chair, to blow air directly into the freezer. If the freezer opens on top, the fan may be placed on the bottom of the compartment and tilted upward slightly, to blow against a side wall; or the fan may be put on the freezer and tilted down to blow into it.

"While ice and frost melt, wipe up the water with cloths, and clean the non-refrigerated surfaces of the freezer. When defrosting is done and the freezer clean, connect the freezer and let it run half an hour or so to lower the temperature somewhat before replacing the food.

"When returning food packages to the freezer, take time, if possible, to make an inventory. It is a good opportunity to bring the older packages to the fore, and mark them plainly for first use."

She Musta Been A Beautiful Baby—Frances Jean Lupe holds up her baby picture to show how she looked in 1934 when she won a $3000 insurance policy as the prettiest baby in Chicago World's Fair competition. She collects the proceeds on the policy on her 18th birthday this month.

News of "The Ex"

Here's best news in a long while for women who do not sew, but are smart buyers when it comes to outfitting themselves and young daughter. This is it . . . this year at the C.N.E., the clothes for the Mother and Daughter "Cover Girl" competition need not be home sewn. They must be smart, suitable to the wearer and as close as possible to what the typical Canadian woman and daughter would wear.

Daughter must not be older than 10 by September 1, to be in the winning line-up. First prize will be $50; second, $40; third, $30, and fourth, $20. Mother with daughter by hand will look their prettiest for the judges the afternoon of September 1 with the winners' parade in Woman's World in the Coliseum that evening at eight. Write today to Kate Aitken, women's director of the C.N.E., for your entry form.

When the white man discovered this country, the Indians were running it. There were no taxes, there ning it. There were no taxes, there was no debt. The women did all the work. And the white man thought he could improve a system like that!

Helpful Hints For Home-Makers

Tint chenille bedspreads or shag rugs in the washing machine. Add the coloring to the final rinse, mix with the agitator, then put in the article to be tinted. Stir with the agitator for a few minutes, rinse in clear water, dry in the shade.—

* * *

Shower the bride-to-be with confetti as she begins to open the gifts at her shower. Fill balloons with confetti before inflating them. Hang them over the gift table. Puncture balloons with a pin to start the shoker.

* * *

When we buy equipment, such as lawn mower, sprayer, washing machine, iron, or refrigerator, we tack the pamphlet on the garage wall, or file it in a special drawer in the kitchen. A handy reference for the name and address of manufacturer, or sketches showing repair parts or directions.

* * *

Cooking spices arranged alphabetically on my cabinet shelf save me a lot of hunting. The shelf for spice cans should be very narrow; you can have more than one shelf if necessary, but stand the cans single file.

Ottawa Youth Wins Summer Ski Meet

Hitting almost a mile a minute clip, two Ottawa youths recently shared top honors in the annual James I. Brewster memorial ski race at Columbia Icefield. George Grossman, 20-year-old son of an Ottawa buliding contractor, captured the trophy by turning in a time of 1.37.1 for the mile and a half slalom course, while Ron Carwardine, a student of Carleton College, secured second place with 1.39 minutes for the descent. The two Ottawa lads, both members of the Ottawa Ski Club, were triumphant over 19 other contestants from Montreal, Toronto, Calgary, Edmonton, Jasper and Vancouver in the gruelling run over the rugged course down the face of Athabasca Tongue of the Great Dome Glacier. The first half of the run was practically sheer ice, while the latter half was wet, with the snow surface in a late stage of firnification and with many small crevasses to be hurdled.

The ladies' section of the event was won by Lois Woodworth and Lorna Pirie placed second.

The junior boys' section was captured by 16-year-old Jack Bruce, while Milton "Sonny" Kaine, also 16, was second.

The meet was witnessed by more than 200 persons, and the trophies were presented in the chalet by Mrs. I. Brewster and Mrs. Fern Clarkson. G. H. L. Dempster, superintendent of Jasper National Park, presided. In a brief address, Mr. Dempster expressed the belief this annual race will soon become a Canadian ski classic, and promised the full co-operation of Jasper Park authorities in future runnings of the event.

Answer to Crossword Puzzle

CHRONICLES OF GINGER FARM

by Gwendoline P. Clarke

The drought is with us yet! The radio speaks of this as being the nineteenth day without rain. That may be true of some districts, but here, in Halton County, the dry spell has been much longer. Except for one or two very brief showers, we have not had a real rain since the middle of April. Sometimes there would be rain in Toronto and Hamilton and we naturally hoped for our share, but it was hardly a drop we ever got in this district. And the result is all too obvious . . . and in so many ways. Everyone knows what is happening to the crops, the pastures, fruit and gardens, but here is something that I don't believe has been mentioned at all. Just this: The cattle and horses are getting very sore feet from walking on the dry, rough ground. The poor things do so much wandering back and forth looking for green feed, a bit of shade, or running water. They are walking around far more now than they would be in normal times — and the dry pastures are also having an effect on their digestive systems. So, even though it would be too late now to help the crops, we still pray for rain to make life more bearable for our live stock. But, according to the weather "probs," there is still none in sight. However, it sometimes helps if we remember "the darkest hour is just before the dawn." Maybe by the time this column is printed we shall have had some life-giving rain. Wouldn't that be wonderful!

If we do get rain, we may have some garden stuff even yet. Most of our seeds actually managed to struggle through—all they need is a little encouragement. In that, we are lucky as some of our neighbors tell us none of their garden seed has sprouted at all. That is the way with our clover. Partner spent over $100 on clover seeds of various kinds. He might better have left it in the bags.

Really, the weather does seem to have taken a crazy streak.

The last two days, it has been around 90, and yet, only a week ago we had a small fire in the furnace to keep our visitor comfortably warm. She is in Toronto again now—uncomfortably warm, without a doubt.

We did a bit of shopping last Thursday and I had an idea the stores were not quite as busy as usual. Coming home on the bus, I was chatting with a friend, at present living in Toronto, who told me that during the last few weeks there have been quite a number of peddlers going from door to door. If that is a sign of the times, it is one that nobody welcomes — unemployment, with the cost of living so high would be terrible. But perhaps that is one instance where the International Federation of Agricultural Producers would get a chance to prove its worth.

When I got home from Toronto last Thursday, I just had time to get a bite to eat and then Partner and I went off to see a show. We specially wanted to see it because it was "Scott—of the Antarctic." We thought it was something that was informative and should be seen. Not only that we were particularly interested in the story of the expedition because Captain Oates came from Gestingthorpe — a little village near our home in England. Some time after the ill-fated expedition, Captain Oates' personal effects were sent home, and I remember they were put on exhibit the proceeds, I believe, were used for some charitable purpose. I was just a school girl at the time and can't remember very much about it except that, even at that age, the tragedy of the whole affair seemed so terrible.

The picture, of course, is a wonderful production, but neither Partner nor I really liked it. The suffering and privations that the whole party endured seemed so useless—that is, according to the story. We would have liked it better had there been an epilogue—just something to show in what way the expedition had been of value to scoientific research. Perhaps there were many things in Captain Scott's diary that proved to be of benefit to future Antarctic explorers, but that is a point that the picture did not bring out. If it had, one would have come away with a different feeling. In most pictures, no matter how much tragedy is shown on the screen, one always has the consoling thought—"Oh, well, it is only a picture—it didn't really happen!" But with "Scott of the Antarctic," you remember, all the way through, that what you see actually did happen. As a result, one automatically asks the question, "What was the good of it all?" Brave men suffered and died — and for what purpose? If anyone knows the answer, I would be glad to hear it.

Well, even typing is hot work these days so this is where I sign off and hunt a cooling drink.

GAME GUY

The prim old lady was given the first glass of beer she ever had. After sipping it for a moment, she looked up with a puzzled air.

"How odd!" she murmured. "It tastes just like the medicine my husband has been taking for the last 20 years!"

DOES INDIGESTION WALLOP YOU BELOW THE BELT?

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More than half of your digestion is done below the belt—in your 28 feet of bowels. So when indigestion strikes, try something that helps digestion in the stomach AND below the belt.

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TABLE TALKS

Jane Andrews.

BINGO SQUARES

1 8-oz. pkg. whole wheat flakes
1 cup salted peanuts
3 cups brown sugar
¾ cup corn syrup
¾ cup butter or margarine.

Pour cereal and peanuts into greased large mixing bowl. Cook sugar and syrup over low heat, stirring constantly until sugar is melted and mixture boils (about five minutes). Add butter or margarine; mix well. Pour hot syrup over cereal, stirring so that each flake is coated. Press into greased shallow pans. Cut into large squares when cool.

Yield: 27 3-inch squares (three 9x9-inch pans).

* * *

And now that I've started it, I guess I might as well continue along the same line, and give you a couple of more recipes I've been treasuring—both for the sort of confections that are mighty handy to have around, especially in the warm weather, when something light and tasty, served with a cup of tea or coffee, hot or iced, tastes so well.

Chocolate Macaroons

2 egg whites
2-3 cup sugar
½ tsp. vanilla
2 cups corn flakes
½ cup chopped nutmeats
½ cup semi-sweet chocolate bits

Beat egg whites until stiff but not dry. Fold in sugar. Add flavoring, corn flakes, nutmeats and chocolate bits; mix carefully. Drop by spoonfuls onto well-greased baking sheet. Bake in moderate oven (350° F.) 15 to 20 minutes. Remove from pan at once.

Yield: 2 dozen macaroons (2 ins. in diameter).

* * *

Cream Cheese Cookies

⅓ cup shortening
1 package (3-oz.) cream cheese
½ cup sugar
1 tsp. lemon juice
1 cup sifted flour
2 tsps. baking powder
½ tsp. salt
1½ cups oven-popped rice cereal.

Blend shortening, cheese and sugar; add lemon juice. Stir in flour, baking powder and salt which have been sifted together; mix well. Shape dough into small balls, roll in finely crushed oven-popped rice cereal. Place on ungreased baking sheet; flatten with fork. Bake in moderate oven (375° F.) about 15 minutes.

Yield: 3 dozen cookies (1½ ins. in diameter).

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