

WINTER SPARRERS

There's somethin' 'bout the sparrers that  
In winter makes yeh glad.  
They cheep and peep and peep and  
cheep  
When all things else seem sad:  
They stay around when snow has come,  
An' other birds are gone,  
An' with their cheepin' cheer yeh wish  
Their sort-a winter song.

Their color ain't a' bright as some  
Nice other birds we know  
But then these nice bright-colored birds  
Skip south t' 'void the snow;  
But sparrers stay the hull year 'round,  
An' when the winter's here,  
They keep right on a cheepin' an'  
a-hillin' yeh with cheer.

I like t' feed 'em in the snow,  
An' watch 'em peck away,  
Their feathers bunchin', they look like  
balls,  
In color, drab an' gray;  
So let's be thankful 'cause they stay,  
The hull long winter through,  
An' peep and cheep an' cheep and peep,  
't cheer both me an' you.

Menu Hints

Recipes for New and Novel  
Dishes, Household Ideas and  
Suggestions

HOT LUNCHEON FOR A WINTER DAY  
By Betty Barclay

- Special Tuna Casserole
- Baked Rice Spanish Style
- Surprise Salad
- Home-made Relishes
- Orange Shortcake with  
Orange Sauce
- Beverage

The menu featured above presents something old, something new, nothing borrowed, nothing blue! Let's take the new first. The Tuna Casserole can be made from the emergency shelf kept adequately stocked in every well-ordered home. The almonds add novelty and nutritive value but they may be omitted. The Surprise Salad glorifies the parsnip. It is often called Mock Crab Salad. Try it to see why. A cabbage salad would be an equally good balance in this meal.

Although shortcake is old, it is a favorite dessert for all ages. This Orange Shortcake is especially luscious. The oranges provide the vitamins and minerals so frequently lacking in winter diets.

SPECIAL TUNA CASSEROLE

- 1 1/2 teaspoons grated onion
- 2 7-ounce cans tuna, with oil from one can
- 1 1/2-pound can ready-to-serve cream of mushroom soup
- 2 tablespoons flour
- 1 1/2 teaspoons any favorite condiment sauce
- 2 tablespoons lemon juice
- Salt to taste
- 1/2 teaspoon white pepper
- 3 tablespoons chopped pimiento
- 1 cup sliced almonds
- 8 lemon quarters

In a saucepan, gently saute onion in oil drained from the can of tuna, until soft, but not brown. Blend in the flour. Add cream of mushroom soup and seasonings. When it reaches the boiling point add the chopped pimiento and tuna prepared in large flakes, and sauteed almonds. Heat stirring carefully and as little as possible.

Put in a casserole set on a serving plate, garnish with bits of pimiento, and orange lemon quarters on the plate. A squeeze of lemon on the individual servings adds the final flipp of flavor to a tantalizingly delicious party supper or dinner dish that can be made in a few minutes.

NOTE: May be served on toast or in croutards, or for a complete dinner of luncheon main course, serve Special Tuna Casserole with noodles, green peas and baby carrots.

SURPRISE SALAD

- (Serves 6)
  - 2 cups shredded raw parsnips
  - 2 cups cut celery
  - 2 tablespoons minced pimiento
  - 4 tablespoons horseradish
  - 1/2 cup mayonnaise
- Use a shredder not a grater on the scraped parsnips. This produces long flakes resembling crab meat. Combine all ingredients and serve plain or on any available salad greens. Surprisingly delicious.

ORANGE SHORTCAKE

- (Serves 6)
  - For the filling use:
  - 6 oranges segmented
  - 1/2 to 1 cup sugar
  - For the shortcake, sift together:
  - 1 1/2 cups general purpose flour
  - 1/2 teaspoon salt
  - 2 tablespoons sugar
  - 3 teaspoons baking powder
- Work into the dry ingredients 5 tablespoons shortening.

Add:

- 1 cup milk

Stir to a soft dough. Divide into two portions. Pat into two ungreased baking pans. Bake in hot oven (425 degrees F.) for 12 minutes. Cover bottom layer with orange segments. Top with second shortcake layer. Cover with the remaining segments. Serve with Orange Sauce, prepared while shortcake is baking.

ORANGE SAUCE

- 1 tablespoon cornstarch
  - 1 cup sugar
  - 1 cup orange juice
- Mix. Bring to a boil. Boil until clear (3 to 5 minutes). Remove from fire.
- Add:
- 2 tablespoons butter
- Serve hot—a good sauce for puddings.

Chronicles of Ginger Farm

Written Specially for  
The Acton Free Press  
GWENDOLINE F. CLARKE

Last Thursday was Achievement Day for the girls at the "Short Course"—and what a day! Do you remember Mr. Rain, ice and sleet—worse than anything, so far, that we have had this year. The weather was not so bad when the children went to school, but as the day advanced, it became worse and worse.

About two o'clock I looked at the lane and I looked at the road, and everything was a glare of ice. It was raining quite heavily and the rain freezing as it fell. I can't think of anything at all that would have taken me out on such a day if it had been for my own pleasure, but well, one does for one's children things one wouldn't do otherwise.

So the Optimist and I started out—and this time I wouldn't have minded NOT being an independent female. But still I didn't ask Partner to take me to town because I thought last Thursday was not exactly the right kind of day for him to learn to drive a car!

Perhaps I should tell you the only kind of wiper the Optimist possesses is one of those hand-driven variety. So there was I with the rain freezing solid on the windshield, working the wiper with one hand, and driving with the other. All the glass I was able to see through was a semi-circle half an inch wide. I was able to see cars coming, but I couldn't see the road I was driving on. Most of the time I was driving in second gear—or is it neutral on a Model T? I never really know what it is, but I do know what it does, and it did it—and I got into town without colliding with anything, or going into the ditch, or even spinning round in the road. But was I glad to get on my two feet again—such a drive is no pleasure trip!

Considering the day, it was really surprising the number of people who turned out to see what the girls had been doing at the Short Course. I am sure there would have been twice as many there had the weather been better.

There were only seventeen girls who finished the course. More started, but several got jobs, and one or two got tired and quit. The girls who completed the course certainly did some splendid work and if all the students got as much out of it as Daughter did, then teachers and students can surely be congratulated.

On Thursday every visitor was treated to a cup of steaming hot tea and the daintiest refreshments were served, which the girls had made that morning. At four o'clock the boys came in and were treated to a hot meal. The boys returned the compliment and served the girls who had been working so hard all day, and were really glad of a rest and refreshments.

Among the exhibits there were some fine samples of work done by the girls in their sewing class—dresses, pyjamas blouses and bath-ropes.

The first aid exhibit was very fine. Three-fourth dolls were very prettily looked after, with either a bandaged head or a leg or an arm in a splint. A doll's coat, made to represent an improvised bed for a sick person, with the feet standing on wooden blocks—the feet of the bed I mean—a chair was fixed to form a support for the knees, securely anchored with strings to the head of the bed. It was all very practical and applicable to any home.

The class on nutrition had a tray illustrating the correct breakfast of a child attending school—orange juice, cereal, codded egg, toast and honey and a glass of milk. There were many comments on this tray—some people thought it a pretty big breakfast for a child—I didn't—I thought it was just right. I have always argued that a child, especially from the country, with possibly a long walk to school, should not be allowed to leave home without a substantial breakfast. If he or she cannot eat it, then he or she must be sick and shouldn't go to school anyway.

After all, this notion of a light breakfast is often just a habit. Children getting up late are rushed for time, think they can't stop to eat a proper meal, get by all right for a time or two and before they know the habit of a light breakfast is established. And then mothers wonder why children get tired out and have so many colds. What a pity a few mothers couldn't attend Short Course too!

But to get back to the Short Course for girls.

There were suggestions for Home Beautification. Home Decoration and Booked Pages.

There was also a Literary exhibit, illustrating the type of books that should be included in the Home Library. This was the exhibit of which Daughter had charge. She and another girl had classified the various kinds of books—Canadian authors, fiction, classic, home and farm magazines and light readings. Each group was named, and as a comparison the girls had borrowed some magazines from the drugist's of the "True Story" type, and Daughter had marked them with a big ticket, "Useless." She didn't mean it to be funny, but apparently everyone was very much amused.

An added attraction to the afternoon was a visit from Miss Ethel Chapman, editor of the Home Section of "The Farmer," who visited and chatted with

"Our" Column

Items of Particular Interest to Women  
in Which Women are the Protagonists of The  
Free Press May Dismiss Each Week

**MAKE HOME PLEASANT.**  
A cheerful, happy home is the greatest safeguard against temptations for the young. There should be entertaining books, periodicals, checkers and other games. There should be a certain time for social pleasures; a few young friends, for music and singing; a warm welcome to the neighbors who drop in, whether young, or not so young. A cheerful, neat, attractive home will go far in doing away with dissipated husbands, unhappy wives, and sons and daughters who spend their time in worthless pursuits outside their homes.

SILVER LINING.

A MORNING GLORY FOR EACH DAY OF THE WEEK

Thursday, February 24th  
Some times the man at fifty would be greatly assisted if he had what he wanted at thirty.

Friday, February 25th  
Revenge may be sweet, but it is terribly costly.

Saturday, February 26th  
One cause of failure—always five minutes late.

Sunday, February 27th  
Blessed be the Lord, Who daily lendeth us with benefits.—Ps. 68: 19.

Monday, February 28th  
Postponing wisdom does not postpone the penalty of folly.

Tuesday, March 1st  
The person who sees beauty everywhere is the one who is welcome everywhere.

Wednesday, March 2nd  
Good resolutions are not worth much until they ripen into good deeds.

NURSE ELKRAM.

When boiling suet puddings, add a slice of orange peel. This will gather the grease and the pudding will be lighter.

HOME HINTS  
Rub a piece of beewax on heels and toes of silk stockings. This strengthens the threads and stockings wear longer.

When ironing, stand on a thick rug, and you will not tire so easily.

MARCH

Birthstone—Bloodstone.  
Flower—Jonquil.

People born in March are trustful, loving and sympathetic. They are most likely to succeed in pursuits that require industry, tact and the ability to make the best of circumstances and in any employment where steady application of mind and concentration of thoughts are required. The March people are successful as teachers and nurses.

Dear Friends:

I do wish I could hear from you all, telling me what books you are reading, how much you enjoy them and why.

Books to me are wonderful companions. How people live and not read is beyond me.

What do you do with your books when you are through reading them? Do you put them on a shelf—or do you pass them on for some one else's pleasure? You know, "Books are only good when working."

Think—think good—can't you recall someone who would enjoy your spare books? If so, wrap them up and send them out, and brighten up some other place.

Then too, dear friends, do you like to receive letters? Most everyone does. Well, you can't just go on receiving them—you must write a few, too. So how about starting now?

And, last but not least, do you like to read "Our Column"? I hope you do. But, there you are again. You can't go on always just reading. You must write one in awhile. So don't delay—do it now. If you delay, then soon—so soon.

"Our Column," which at New Year was called, "The Baby of 'The Free Press,'" will be such a poor, weak, underfed child, it will just pass away.

So, dear friends, to you who have written—Thanks so much. Your letters have interested us and we hope to hear from you and many more in the near future.

Yours sincerely,

NURSE ELKRAM.

TRY THIS STUNT

Get a postcard and in this cut a little slit half an inch long and very narrow in the opening. Obtain a tumbler of water and a sheet of white paper. Put the paper on a table where there is bright lighting and hold the card with the slit over the sheet so that the sunlight streams through the opening and gives a patch of light.

Take the glass of water and let the sunshine that comes through the slit pass through the water before it reaches the paper. You will have all the glorious colors of the rainbow on the paper.

Use the girls and their mothers, with their usual charming informality. It was half-past five before we were ready to leave for home as Daughter seemed to have taken half the contents of our house down there, and I had to wait to bring it home. And so ended a good day, in spite of the weather and roads.

WHEAT SITUATION REVIEWED IN BRIEF

Over two hundred thousand farmers in Western Canada will be seeding wheat in the coming weeks. While the chief concern of many will be the possible weather conditions of the succeeding four or five months, these farmers will all be vitally interested in the market possibilities for the 1938 crop. The market for wheat is influenced by many factors and these are all given careful consideration in the preparation of the grain section of the Agricultural Situation and Outlook for 1938, prepared by the Dominion Department of Agriculture and of Trade and Commerce.

World wheat production in 1937 was moderately larger than that of the previous year, but this increase was approximately offset by a reduction in world stocks at the beginning of the crop year. The distribution of the 1937 crop, however, was such that the importing countries had a more adequate supply and consequently world trade in wheat is expected to be lower in 1937-38 than was the case in 1936-37, when 606 million bushels moved in international trade. The United Kingdom is the largest market for Canadian wheat and this year, it is expected that Belgium, Germany, Holland and France will also be importers of substantial quantities.

The market for Canadian wheat has been built up on a quality basis and on continuity of supply, hence, it is vital to the interests of Canada to have at least 200 million bushels of wheat available for export in each crop year in order that the advantage of existing markets may be realized. In the present crop year, the 1937 crop of 183.5 million bushels, leaves Canada with a supply of only 215 million bushels which will be needed for domestic requirements and with a minimum carryover of 30 million bushels, a maximum of 85 million bushels are available for export during the current season. This amount falls regrettably short of the volume of Canadian wheat that importing countries have been willing to take even in the years of low world import demand. In view of the low carryover which will be available on August 1st, 1937, it is not surprising that the crop on a wheat acreage similar to that sown in 1937 could be absorbed without difficulty.

GOLD MINING IN QUEBEC MAKES PROGRESS

Gold mining in Quebec has made notable progress in the past decade, the production of the metal having increased in value from \$172,217 in 1927 to \$24,365,221 in 1937. Quebec is now Canada's second largest gold producer with practically the entire output coming from the mines in the northwest section of the province. The copper-gold ores of the Noranda mine have been the chief source of Quebec's gold output but production from the lode gold properties has been steadily increasing, and whereas in 1933 they contributed only twenty per cent of the province's output, they are now contributing about fifty per cent.

Among the regions reporting outstanding developments is the Dubousson-Bourlamaque area, which is rapidly becoming one of the leading gold-producing camps in the Dominion. Gold production was commenced early in 1930, and since then it has increased from an annual rate of \$307,000 to the present rate of approximately \$9,500,000, with expectations of a further increase in 1938. This area adjoins the Cadillac-Malartic area on the east, and forms part of the gold belt which extends from the Ontario boundary eastwards a known distance of about 120 miles. In addition to the Siscoe mine, the first and for several years the only gold producer in the area, there are now four other properties—Lamaque, Sigma, Sullivan Consolidated, and Shawkey—contributing to the output.

RATHER SEVERE

"It always makes me glad to see a woman acting ally over a puddle."  
"Why?"  
"Because it shows what a bad bringer up some lucky baby escaped."

FREE! BOOK ON HOCKEY

"How to Become a Hockey Star" by that great authority T. P. "Tommy" Gorman, a Great Book profusely illustrated and containing many valuable tips on how to play the game.

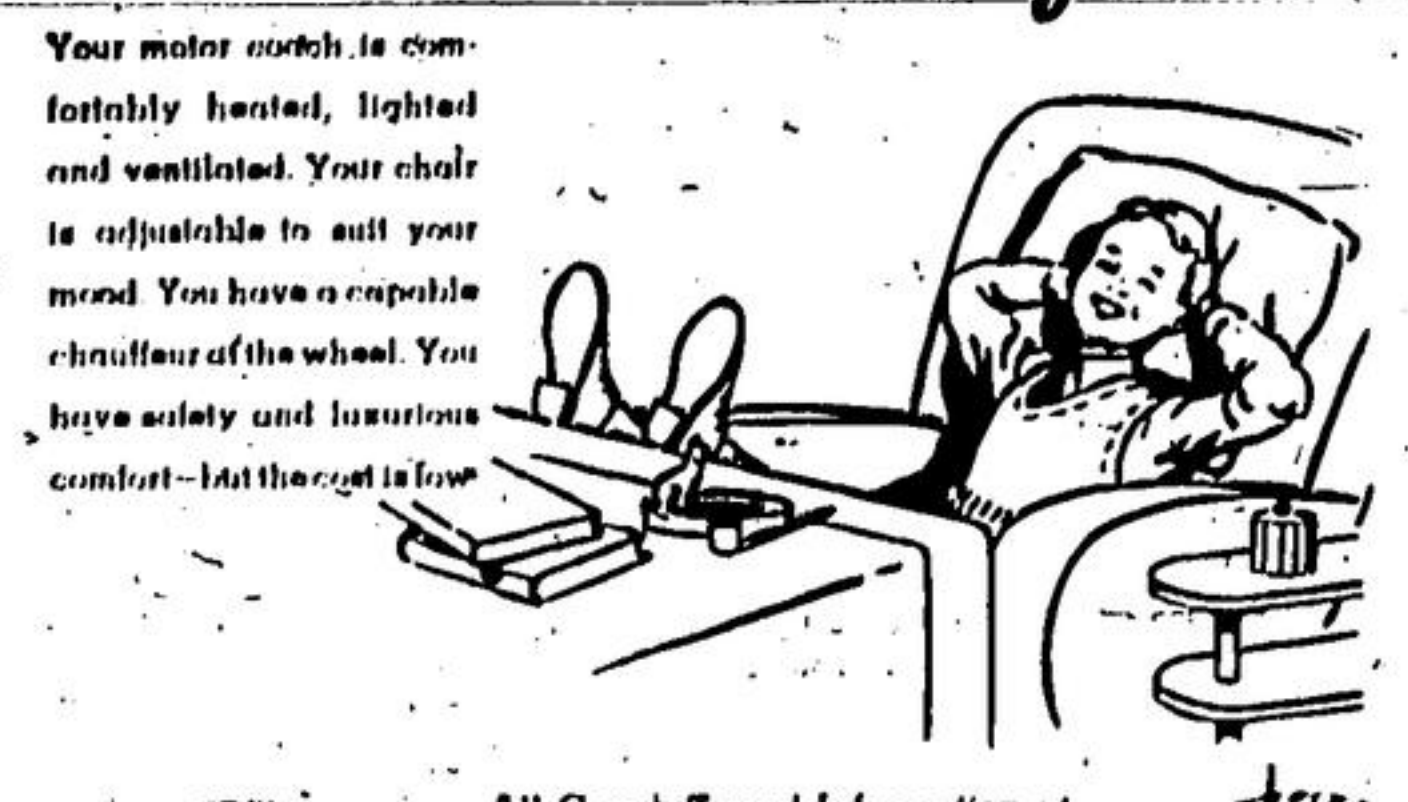
also AUTOGRADED PICTURES of GREAT PLAYERS (includes team names) Group Montreal "Maple Leafs" Group Toronto "Maple Leafs" Group Vancouver "Canadiens" Group Montreal "Maple Leafs" Group Toronto "Maple Leafs" Group Vancouver "Canadiens" Group Montreal "Maple Leafs" Group Toronto "Maple Leafs" Group Vancouver "Canadiens"

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HINTS ON FASHIONS BY LISBETH

High Crowns and Low Both Popular in New Spring Hat Modes—Shoes Are Colorful and Varied, Too



What about our heads and feet in the new and exciting spring fashions that make us anxious to have the warmer weather actually here and which help us to endure the cold and storms of March? Hats especially, are as varied as one can well imagine. Presumably the first of the season hats will be small. But if they are they will shortly be followed by some large and very picturesque chap-eaux. Such as is shown here, for instance.

High crowns and low, practically non-existent—crowns are both in the coming mode.

Above it Frances Gellison looking very nifty in a huge chapeau with very little crown but plenty of brim! It is a navy and color. This brown alligator high-panama lacque with violet trim and violet ribbons to tie under the chin. Time was when any one who pretended to have a particle of taste avoided blues and purples and blues and greens combined as they would poison—but no more. These colors march right on together—like time.

The tied-under-the-chin motif is seen again and again in large, small and medium sized hats.

I've said before that a light hat that wears with your dark clothes is a very eye-catching item to wear right now. You can match said light colored hat with a bag and gloves and so hurry the season along a little.

And you can also wear a dark hat, but trim it with something bright colored like a flower or feather that gives the springlike touch.

As to shoes, they too are of many kinds and colors. This brown alligator high-panama lacque with violet trim and violet ribbons to tie under the chin. Time was when any one who pretended to have a particle of taste avoided blues and purples and blues and greens combined as they would poison—but no more. These colors march right on together—like time.

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**TIME TABLES**

**CANADIAN NATIONAL RAILWAYS**  
AT ACTON

Going East	
Daily except Sunday	7:00 a.m.
Daily except Sunday	9:54 a.m.
Daily, except Sunday	6:26 p.m.
Sunday only	7:04 p.m.
Going West	
Daily, except Sunday	8:48 a.m.
Daily, except Sunday	2:38 p.m.
Daily, except Sunday	7:07 p.m.
Daily, except Sunday	1:38 a.m.
Sunday only	11:32 p.m.

**GRAY COACH LINES**

COACHES LEAVE ACTON

**EASTBOUND**

8:51 a.m.	3:37 p.m.
9:11 a.m.	6:42 p.m.
12:11 p.m.	8:37 p.m.

**WESTBOUND**

(To Elmhurst)

9:53 a.m.	3:13 p.m.	8:08 p.m.
11:38 a.m.	5:06 p.m.	6:11 p.m.
1:23 p.m.	7:18 p.m.	8:12 p.m.

—Through to London  
a—except Sun. and Hol.; b—Sun. and Hol.; c—Sat.; d—except Sat., Sun. and Hol.; e—Sat., Sun. and Hol.