

WHEREVER I AM
 I will talk health instead of sickness,
 I will talk prosperity instead of failure,
 I will carry good news instead of bad news
 I will tell cheerful tales instead of the sad tale,
 I will mention my blessings instead of my burdens,
 I will speak of the sunshine of yesterday and to-morrow instead of the clouds of today,
 I will encourage instead of criticize, and I will be a friend to everyone.
 —Author Unknown.

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

By Betty Barclay

TOOTHACHE TRIUMPHS

A luscious sauce makes the difference between "plain Jane" dessert that chafes the budget, balancing blues and a toothsome triumph that winds up the meal with a round of applause. There's no need for fitters, even if the unexpected company is on the doorstep. You can glorify that left-over cake or pudding with a festive slip in a twinkling if you use these short cut sauce recipes made with sweetened condensed milk. This magic milk guarantees a failure-proof triumph every time.

MAGIC FRUIT CREAM SAUCE

2 cup sweetened condensed milk
 1 cup lemon juice
 1 teaspoon grated lemon rind
 1 cup drained crushed pineapple or 2 bananas cut in small cubes
 Thoroughly blend sweetened condensed milk, lemon juice and grated lemon rind. Stir until mixture thickens. Add fruit. Makes about 2 cups. May be thinned with water to any desired consistency.

CHOCOLATE MARSHMALLOW SAUCE

2 squares unsweetened chocolate
 1/2 cup 11 can sweetened condensed milk
 1/2 teaspoon salt
 2 marshmallows, quartered
 1/2 to 1 cup hot water
 Melt chocolate in top of double boiler. Add sweetened condensed milk and stir over boiling water 5 minutes until mixture thickens. Add marshmallows which have been quartered. Stir until they begin to melt but are not fully dissolved. Add salt and hot water, amount depending on the consistency desired. Makes 2 or 2 1/2 cups.

SAVORY BAKED FISH

Put a one-pound steak fish (halibut or cod) in a shallow baking dish. Season with salt, pepper and butter. Drain the juice off canned tomatoes and use one cup of the pulp. Add one even teaspoon of sugar to the tomatoes and pour over the fish, slice a small onion over that. Bake twenty minutes. Pour on one-half cup milk or cream, cover with bread crumbs dotted with bits of butter, and bake ten minutes longer. Serve in baking dish.

WINTER SALAD COMBINATIONS

Oranges are marketed the year round, providing fresh fruit winter salads when other fruits are out of season. Following are salad combinations good for year round serving, although I have named them "Winter Salads" because the ingredients used are available during winter months.

WINTER ORANGE FRUIT COMBINATION

7 or 8 orange segments
 1 banana, sliced
 4 or 5 walnut halves
 4 or 5 stoned dates

ORANGE APPLE

Alternate halves seedless orange slices with wedge-shaped pieces of unpeeled red-skinned apple.

ORANGE AND ONION

2 orange slices, cut 1/2 inch thick. Arrange sandwich fashion with a thin slice of onion in center. Garnish with stuffed olives.

ORANGE AND CRANBERRY

3 or 4 orange slices. Cut in halves and circle around individual mold of cranberry jelly.

ORANGE AND RAISIN

Arrange segments from 1 orange in flower-petal pattern. Place a large raisin on top of each segment. Center with 4 or 5 raisins.

HOW THE TIGER GOT ITS NAME

The word tiger really means an arrow and comes to us from the Old Persian. An arrow fired from a bow travels very swiftly through the air and as the tiger also travels swiftly it was called by the orientals an arrow of tiger.

TINNED FOODS KEEPING QUALITIES

Government experts propose storing 20,000,000 tons of food in secret dumps in case of war, says an English paper. Almost automatically, the question arises in the mind "Would the food keep over a long period?"

Well, here's an answer. In 1824 Captain Parry went into the Arctic and made a cache of tinned foods. Eight years later, Sir John Ross found the tin and bringing them back presented them unopened to the Hull Literary Society. In 1811, some of the tins were opened. Members of the society, sampled the contents—soups, roast and boiled beef, vegetables—and found them fresh and palatable. And that after 66 years!

Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Oats and traps have failed, can anyone tell me how to get rid of mice. If any reader knows a good sure killer—other than strychnine—for goodness sake let me know and I shall be everlastingly grateful.

We have a very special breed of mice in this house—I never see them, and Mitchell apparently seldom hears them, but every morning there is evidence that mice have been running over the shelves and drawers of the kitchen cabinet. Two weeks ago I set three traps and caught one small mouse. Since then the traps have remained set but all the mice do is play ring-a-ring-a-runes around the traps and never a one gets caught at all.

The other night I got desperate and I said to Partner—"I've GOT to get rid of those mice and if nothing else will kill them, I'm going to use strychnine."

"You just mind what you're doing," answered Partner, "we don't want to get poisoned, while you're killing the mice."

I've had a very, very small quantity of poison hidden away for years—we had to use it once to get rid of rats that were killing our chickens, and I have used it once for mice as well, with very good results.

So, taking every precaution, I dissolved two or three grains of strychnine in milk in a tin lid and stirred some dry cereal into it and then placed the lid in the favorite runway of the mice. I covered dishes and crockery and removed the cutlery drawer and then went off to the living-room and tried to settle myself comfortably to play, with Mitchell beside me, purring and reading—the very nicest pussy-cat one could wish to own.

But I couldn't settle down—I thought of all the horrible things that could or might happen if in some unforeseen food I didn't see how it could, but still the thought persisted.

And even if we were safe, there was Mitchell—Mitchie could get into places where we couldn't. Even before we were up in the morning he might find a dead mouse—and then there would be a dead Mitchell, too. After about half an hour of worrying, I couldn't stand it any longer, but went out to the kitchen and came back with a small newspaper parcel, which I dropped into the stove.

"What was that?" inquired Partner. "That I answered grimly, "was strychnine."

"Well, I guess that was the safest thing to do," agreed Partner. "Personally I would rather put up with the mice than have that stuff around."

So that's that. We still have the mice, but we are all alive and we have Mitchell, too, which is better than no mice and no Mitchell—and after all he does catch an occasional mouse, although they are usually so crafty they run places where Mitchell cannot possibly get at them.

Daughter is still away and apparently having her job. Margaret, the girl friend who started out with her left her position and came home again at the end of ten days, which rather upset Daughter. I find a mother's anxiety over her fledglings doesn't diminish when they have left the nest. So often as I go about my own work, I am thinking of Daughter wondering if she is well, does she find the work too hard, is she giving satisfaction, has she made any new friends, were we right to let her leave home.

Occasionally I put in a long distance call and we have a little chat. The other morning after one of these telephone conversations I was making a cottage pudding and just when it was ready for the pan I realized I had forgotten the baking-powder. However I sprinkled it over the top and worked it in and the pudding 'ris' just the same as usual. Apparently baking and thinking about Daughter is not a good combination but won't she laugh when she hears about it?

Perhaps some folk may think I am making a lot of fuss about nothing but I feel certain every mother will understand what it means to me having Daughter away from home and fighting her own battles for the first time. And I want so much to see her win out, as I know she can if the urge for independence is strong enough and I think it is.

This last week has been cold enough to send Eskimoes I would think, but which would you rather have, cold and safety or summer warmth and floods such as they are having in Los Angeles? Anyway you and I who are safely settled in Ontario might take consolation in the thought that while we are missing a lot of pleasure and sunshine we are probably missing a lot of anxiety too, right now.

I wonder how many heard the commentator's report of flood conditions given from an air-liner flying low over the flooded area last Friday. It was really marvelous. One could hear the "keep over a long period?"

Well, here's an answer. In 1824 Captain Parry went into the Arctic and made a cache of tinned foods. Eight years later, Sir John Ross found the tin and bringing them back presented them unopened to the Hull Literary Society. In 1811, some of the tins were opened. Members of the society, sampled the contents—soups, roast and boiled beef, vegetables—and found them fresh and palatable. And that after 66 years!

MAIN SUPPLY LEATHER COMES FROM FARMS

Tanning, which is dependent mainly on agriculture for supplies is now one of the major industries of Canada, producing leather both for the home market and for export to other countries. In the matter of leather gloves alone, according to the latest statistics, no fewer than 1,223,676 pairs were produced in the Dominion in 1938, cowhide being used for 766,612 pairs, sheepskin for 1,971,977 pairs, and mulekin for 932,208 pairs, with a total value of \$4,024,890 for leather gloves. Altogether the total production of the leather industry in 1938 was valued at \$23,394,210, and the principal kinds of leather manufactured were: oak tanned sole leather; calfskin upper leather; cattle and horsehide upper leather; patent and enameled shoe leather; and glove and coat leather.

Among the several kinds of hides and skins used, the item "cattle hides" is of chief importance, with a total weight of 78,616,632 lbs., and a value of \$7,478,329. The item "calf and kip skins" comes next, with a total weight of 10,211,111 lbs. and a value of \$3,345,400. The value of these two items represents 90 per cent of the total value of skins and hides used. Canadian farms supply most of the cattle hides, and, were it not for the spoilage of some Canadian hides through rough branding and the ravages of warble flies, Canadian farmers could probably supply all the cattle hides necessary. In calf and kip skins, imported hides represent 38 per cent, and with regard to sheepskins Canadian animals supply about half the skins required by the industry, the other half having to be imported.

The centre of the tanning industry in Canada is the Province of Ontario, where the value of output in 1938 amounted to 89 per cent of the total for the Dominion. The number of plants in operation in that year was 87. Ontario had 32 and Quebec 33 tanneries in operation but many of the latter province were of small capacity, although in the matter of leather gloves, Quebec turned out 56 per cent of the total value for the Dominion. Alberta's plants numbered 7 in operation; Saskatchewan, 6; Manitoba, 4; British Columbia, 3; and Nova Scotia and New Brunswick, 1 each.

The first record of the tanning industry in Canada relates to two plants which were established at the instigation of the Intendant Talon (1665-1672), one at Quebec and the other at Montreal—Prior to his departure for France, Talon wrote Louis XIV as follows—"I have this year caused to be manufactured out of the wool shorn from the sheep sent by Your Majesty several kinds of cloth; our tanneries supply one-third of the leather required here, and at present I have Canadian fabrics to dress myself from head to foot."

Under the direction of R. D. Cleese of Georgetown, British Guiana, the Amazon Fly is becoming Public Enemy Number One. It is well on its way to vanquish the borer that has been devastating the sugar cane. Entomologists at Trinidad thought of the Amazon Fly and J. G. Myers voyaged in a motor boat 470 miles up the Amazon River from Santarem. The party was wrecked more than once and passed through forests and swamps and a malaria-ridden land before reaching the haunt of the fly. They obtained as many flies as they wanted, but the difficulty was to get them home to British Guiana. The flies could be carried only while in the chrysalis stage and last but not least, the flies, however, were successfully carried out in ten thousand lots by the use of aeroplanes.

Accidents of this nature are always emergencies. Everyone should know what to do in an emergency. Knowledge in such matters may save a life. Burns and scalds may come from fire, from scalding water or steam, from chemicals, gas or electricity.

The handiest first-aid resides in the tea-pot. An infusion of tea, not too hot, should at once be applied to the burn or scald. Soak a few thicknesses of clean linen or cotton in the tea and apply this to the burned or scalded surface. Cover with a bandage. Wrap the patient in blankets to keep him warm and lessen shock. Give him plenty of hot drink and wait for the doctor.

What is there in tea that is good for burns? The substance is tannin. Tea has been used for burns and scalds by the Chinese for 5000 years. If anything is given the patient for pain this should be noted and the doctor, when he comes, told about it. The latter will clean up the parts and apply more permanent remedies. It is important not to apply grease of any kind, flour or other household remedy. These only add to the doctor's troubles, induce sepsis and fail of relief to the victim of a burn or scald.

If the burn is from acids a solution of bicarbonate of soda will neutralize the harmful. If from alkali, such as caustic soda, clean with water containing citric acid. Gas or lime burns of the eye may temporarily be treated by flushing the eye with water containing citric acid and a drop of neutral castor oil put in the eye. Mustard gas burns are treated by a solution of bleaching powder. Sunburn is at once relieved by the application of a strong solution of Epsom salts or tea. In case of burns or scalds never forget the tea-pot.—By John W. McCullough, M.D. DPH.

NEARER THE POINT
 In what city? says a question-maker was the Nine-Power Treaty signed? We know a harder one, says a cynic. "By what country with a temptation to do otherwise, has it been kept?"

"Our" Column

Items of Particular Interest to Women in Which Women Readers of The Free Press May Discover Cash Worth

A MORNING GLORY FOR EACH DAY DAY OF THE WEEK
 Thursday, March 16th
 Pleasure has its weariness as well as toll.

Friday, March 17th
 A wise friend is better than an enthusiastic one.

Saturday, March 18th
 The thief may escape the police, but he never gets away from his conscience.

Sunday, March 19th
 The Lord hath done great things for us, whereof we are glad.—Ps. 126. 3.

Monday, March 20th
 The wisest teacher cannot teach a fool.

Tuesday, March 21st
 The magnificence of a man and is no guarantee of happiness of his inmates.

Wednesday, March 22nd
 There are many creeds; there is but one God.

NURSE ELIKHAM

HOME HINTS
 A pinch of baking soda added to any boiled syrup will keep it from crystallizing.

Wet ink stains may be removed by washing in milk, or better still, in buttermilk.

DID YOU KNOW?
 Normal temperature is between 98 and 99 degrees. Temperature should not be taken within twenty minutes after eating or drinking, and should be taken at the same time night and morning. Any rise in temperature over 100, call your doctor.

Normal pulse in adults is between 60 to 80 beats per minute. Always use first and second fingers to take pulse never the thumb.

Normal respiration in adults between 16 to 20 per minute. Respiration should be taken while patient is unaware, so to natural—always count a full minute.

AN IDOL'S CROWN OF GEMS
 Thousands of precious stones will be used in the new crown which authorities of the famous temple at Trupat, Madras Presidency, India, have announced their intention of making for their idol.

The crown will be made of solid gold half an inch thick and will be 2 feet 4 1/2 inches high and 3 feet 7 inches in circumference at the base. The gems to be used will include 2400 flat cut diamonds, 375 sapphires, 200 cut diamonds and hundreds of other gems.

The Thynpatti god is famous over India for its wealth. It is believed to respond to vows made in times of domestic distress.

AMAZON FLY MAKES GOOD
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HINTS ON FASHIONS
 BY LISBETH

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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.
Sundays only	7:04 p.m.

Going West

Daily except Sunday	8:40 a.m.
Daily except Sunday	2:38 p.m.
Daily except Sunday	7:07 p.m.
Daily except Sunday	12:35 a.m.
Sunday only	11:32 p.m.

STANDARD TIME

GRAY COACH LINES

COACHES LEAVE ACTON EASTBOUND

8:51 a.m.	9:57 p.m.
9:11 a.m.	6:42 p.m.
12:11 p.m.	8:37 p.m.

WESTBOUND (To Kitchener)

9:53 a.m.	9:26 p.m.
11:38 a.m.	6:57 p.m.
2:13 p.m.	4:18 p.m.

—Through to London
 8—except Sat. and Sun. 9—Sun. and Sat. 10—Sat., Sun. and Mon. 11—Sun. and Mon.