

A PRAYER

Father, in this little place Where I stay, Help me run my heavenly race Every day...

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

MEATLESS LENTEN TASTIES

Now is the time to fortify your recipe file with meatless dishes for the Lenten season. Try baked stuffed fish with a savory bread dressing...

BAKED STUFFED FISH

- 1 three-pound fish
2 cups soft bread crumbs
3/4 cup chopped Brazil nuts
1 teaspoon salt

Split and clean fish. Mix crumbs, Brazil nuts and seasonings, add 2 tablespoons of melted butter and lemon juice. Mix well and stuff fish with mixture...

SAVORY MACARONI

- 3/4 package macaroni
3/4 quart water
1 teaspoon salt
1/2 pound cheese

Cook macaroni in boiling salted water until tender. Drain, blanch in cold water and arrange in greased baking dish in alternate layers with cheese and Brazil nuts...

LET'S GO SPANISH

While you are waiting for the new crop of berries, fruits and vegetables to arrive, here are two delicious vegetable dishes that will prove you used good judgment when stocking your emergency shelf with olives, raisins and dried Lima beans.

TAMALE PIE

- 1 cup cooked, dried Lima beans
1 pound cooked ground beef
1/2 pound cooked ground pork
1 tablespoon chili powder
1 cup ripe olives, pitted
2 cups raisins
2 cups milk
1/2 cup cornmeal
1/2 teaspoon salt

Mix all ingredients in order given, turn into a buttered baking pan and bake about 1 hour in a moderate oven (350 degrees F.).

SPANISH LIMAS

- 2 cups cooked, dried Lima beans
1/2 cup cooked tomatoes
2 medium onions
1 bell pepper
1 tablespoon sugar
4 slices bacon
1/2 teaspoon salt

Slice onions and pepper thinly, and cook in frying pan in 2 or 3 tablespoons bacon fat until onion is clear. Add bacon and cook, but do not crisp. Add tomatoes and simmer 5 minutes. Then add Lima beans and remaining seasonings and cook slowly for 20 minutes until thickened.

FISH IN LEMON ASPIC

- 1 tablespoon gelatine
1 cup cold water
Sprinkle gelatine on water. Add
1 1/2 cups hot water
1/2 teaspoon salt
1 tablespoon sugar
6 tablespoons lemon juice

Cool. Add
1 1/2 cups any cooked, flaked fish, (salmon, tuna, etc.)
Turn into mold and chill until firm. Unmold and decorate with lettuce hearts and fancy lemon garnishes. Serve with Tartare Sauce.

CLUB FRUIT PLATE

In large section of a grill plate, place a banana, split lengthwise and dipped in orange juice to prevent discoloration. Top banana with 4 navel orange slices.

In smaller sections of plate, place 3 large cooked prunes, stuffed with cottage cheese moistened with orange juice, several walnut halves and 3 or 4 dates.

How is a poultry dealer compelled to earn his living? By fowl means.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Son has been wanting a dog of his own for a long time—ones that he might train and care for himself. We were quite willing that he should have one except for the fact that we already had two dogs and hated the thought of doing away with them.

However, Patch was really just a luxury—and rather a nuisance at that. Peter was a good cattle dog, but far too excitable for my liking—I always felt uneasy whenever there were children around.

And then we happened to hear of a place where we could get a good collie pup and so—feeling like traitors—we took Peter and Patch to the veterinarian to dispose of as quickly and humanely as he knew how. Patch was seven years old and Peter about eight.

The little puppy we have in their place is a funny little tike—mostly white, with a fawnish brown patch on his back and a pretty little brown and white face.

And is he lively! Until he gets used to the place I am keeping him in the house, and most of my time is now spent either training him in this way he should go, or taking things away from him that he has started to chew to pieces. Sometimes he gets ahead of me. Already he has ruined a pair of overalls, one woolen sock and one of Partner's sweaters, and has also taken a bite out of several linoleums.

His greatest adventure has been with Mitchell. For the first two days Mitchell's back was continually arched and her fur coat looked as bristly as a hedgehog. Mitchell would hardly stay in the house long enough to eat meals and if he did stop to take a bite it was always with one eye on the puppy, running in circles around him, longing to engage in a little rough and tumble play, but already he has learnt that Mitchell's claws are to be treated with respect.

The puppy's name is "Rusty" and he has just had his first bath. Since bathing him I have been reading the articles that appeared in "Meadow" last year, called "So You're Going to Get a Dog?" and I find that dogs, either young or old, are not supposed to be bathed, but should be brushed and combed and dusted with powder. Puppies should be fed four times a day, and their diet should include eggs, raw ground meat, whole wheat bread and milk. They should not be given white bread or potatoes. As they grow older the number of meals should be decreased, until, at maturity, dogs are fed only once a day. I pass the information along for anyone who is interested. Of course there is a lot more information in the articles but I rather fancy the right way to feed a puppy is something a good many people might be glad to know.

Rusty is nominally Son's dog, but I'm thinking he is going to be great company for me, too.

He is quite at home now, but for a while it was like having a baby in the house. The first night he was scared and never made a sound. The second night he howled all night. The third night he settled down but fine and then, in the middle of the night, he awakened and scared the wits out of us with a series of the most awful blood-curdling yells I ever heard. Partner jumped out of bed and found Rusty doing acrobatic stunts under a chair—guess he must have pulled something down on top of himself.

Well, Rusty is the new member of our Ginger Farm family, but there have been exits too. Besides Peter and Patch, we have said good-bye to Jane, one of our Ayshire cows and also to Jiggs, the calf whose birth interrupted the writing of these Chronicles last week. Partner decided the milk that Jiggs would drink would be more profitable to us than the calf, so Jiggs was given away. Two porkers have also gone to make bacon for somebody's breakfast. A veal calf should have been sold too, but Partner forgot all about it—which didn't please Son, as he has it to feed for another week.

And now I want to tell you of such a nice thing that happened last Friday: I may give someone else an idea.

We have new neighbors in our district and one of our older neighbors had a friendly, informal tea so that the rest of us might meet the new housewife who has come to live among us. I thought it was such a friendly thing to do and such a nice way for a stranger to get acquainted with her new neighbors. Saturday night I went to see "Heidi," Son had been the night before. Believe it or not, it was the first time I had seen Shirley Temple. It was a nice enough show, but very far from being among the best I have seen. When I got home I found Partner and Son almost breathless and eyes fairly glittering with excitement as they listened to the second of the "play-off" series between Toronto Maple Leafs and Boston Bruins. Daughter is still holding her job and is very proud of her first month's pay. Apparently she is getting quite used to it.

GOOD SHOES FOR YOUNG AND OLD "Correctly Fitted" B. D. RACHLIN, Acton

REBUCITATION OF THE DROWNED

In a recent case of drowning in a swimming tank of one of our large cities a young boy, rescued from the tank in a very few minutes, was given artificial respiration for but half an hour, and then pronounced dead. In the presence of skilled instructors, surprise has been expressed that the boy was not taken from the water sooner and also that artificial respiration was abandoned in such short time.

In cases of drowning, respiration ceases early but in many cases the heart continues to beat, even if feebly, for a considerable time. While there is heart beat, there is hope.

In addition to keeping the patient warm in such cases, the removal of tight clothing from neck, chest and waist, artificial respiration should be continually pursued for at least 4 hours. This may be done by relays of operators. There is nothing difficult about the process. Anyone of intelligence can carry on the Schafer method, which is briefly described as follows:

1. Lay the patient on his stomach, one arm extended directly overhead, the other bent at the elbow and with face on one side, resting on the hand or forearm, so that the nose and mouth are free for breathing. The face-down position clears and opens the air passages and any vomit or fluid readily runs away. Then again pressure, bring about reduction in the size of the chest and so expelling air, can be applied more safely and effectively from behind than from the front.

2. Kneel, straddling the patient's thighs, with your knees placed at such a distance from the hip bones as will allow you to assume a comfortable position. Place the palms of the hands resting on the ribs, the little finger just touching the lowest rib, with the thumb and fingers in a natural position, and the tips of the fingers just out of sight.

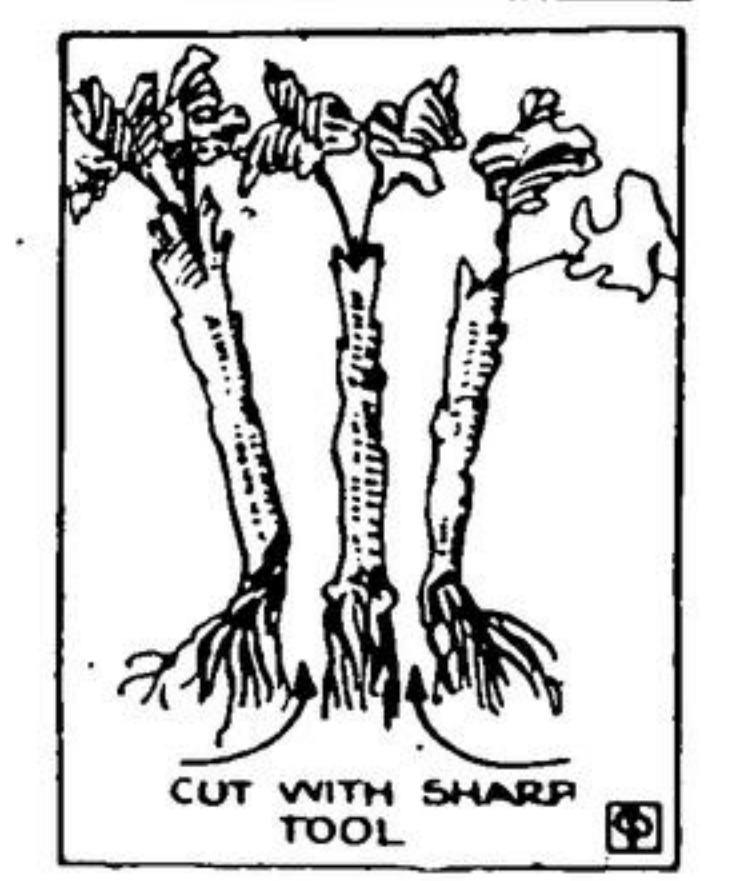
3. With arms held straight, swing forward slowly so that the weight of your body is gradually brought to bear upon the patient. The shoulder should be directly over the heel of your hand at the end of the forward swing. Do not bend your elbows. This operation should take about two seconds. This drives air out of the lungs. In natural breathing inspiration is active, expiration passive. In this method of artificial respiration, the process is reversed.

4. "Now swing backward so as to completely remove the pressure." When the pressure is removed, the elasticity of the chest causes it to spring back to its normal position with an inrush of air.

5. "After two seconds swing forward again. Thus repeat deliberately 12 to 15 times a minute, the double movement of compression and release, giving a complete respiration in 4 or 5 seconds."

6. "Continue artificial respiration without interruption until natural breathing is restored. If necessary for 4 hours or longer, until a doctor declares the patient dead. Keep the patient warm. Do not give any liquids by mouth until the patient is fully conscious." By John W. S. McCullough, M.D., D.P.H.

Weekly Garden-Graph Written by DEAN HALLEDAY for Central Press Canadian



How to Divide Delphiniums Old clumps of delphiniums that look stunted in the centre should be dug up and divided into three or more plants. Old clumps, if not divided, have such large masses of roots that it becomes difficult for them to function as they should, with the result that the plants suffers.

Do not place the divided plants back into the same hole from which the original clump was taken unless you work the soil well and add a generous dose of plant food.

"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 OF THE WEEK

Thursday, March 31st Children need more care than calves; some times they get less.

Friday, April 1st Generosity does not begin until sacrifice appears.

Saturday, April 2nd Those who bring sunshine to the lives of others cannot keep it from themselves.

Sunday, April 3rd Therefore being justified by faith, we have peace with God through our Lord Jesus Christ—Rom. 5: 1.

Monday, April 4th Forget the hours of distress, but never forget what they taught you.

Tuesday, April 5th Great talkers invariably talk too much.

Wednesday, April 6th God never made a man who could deceive his Maker.

APRIL

Birth stone—Diamond. Flower—Sweet Pea. People born in April have great will power—yielding sometimes to persuasion but never to force; once their ideas are made up they will carry their ideas out regardless of consequences.

Slow to anger, but furious when once aroused. Women born under this sign are very affectionate and attractive to the opposite sex.

April people are good designers and dreamers.

HOME HINTS

Melted alum is better than glue for mending glassware. It holds well and does not show.

A splendid wallpaper paste can be made by mixing two parts of water with three parts flour, by measure. Stir until lumps are gone, then boil ten minutes, stirring well. When cool, mix in two tablespoons powdered alum in each gallon of paste.

When you take a cake out of oven, place tin on a wet, cold cloth, then your cake won't stick.

THE SYMPTOMS

Father—Your young man is going to propose to you. Daughter—How do you know that? Father—I hear he's been looking up my financial rating.

HEALTHY CHILDREN are Happy CHILDREN

CHILDREN of all ages thrive on "CROWN BRAND" CORN SYRUP. They never tire of its delicious flavor and it really is so good for them—so give the children "CROWN BRAND" every day.

Leading physicians pronounce "CROWN BRAND" CORN SYRUP a most satisfactory carbohydrate to use as a milk modifier in the feeding of tiny infants and as an energy producing food for growing children.

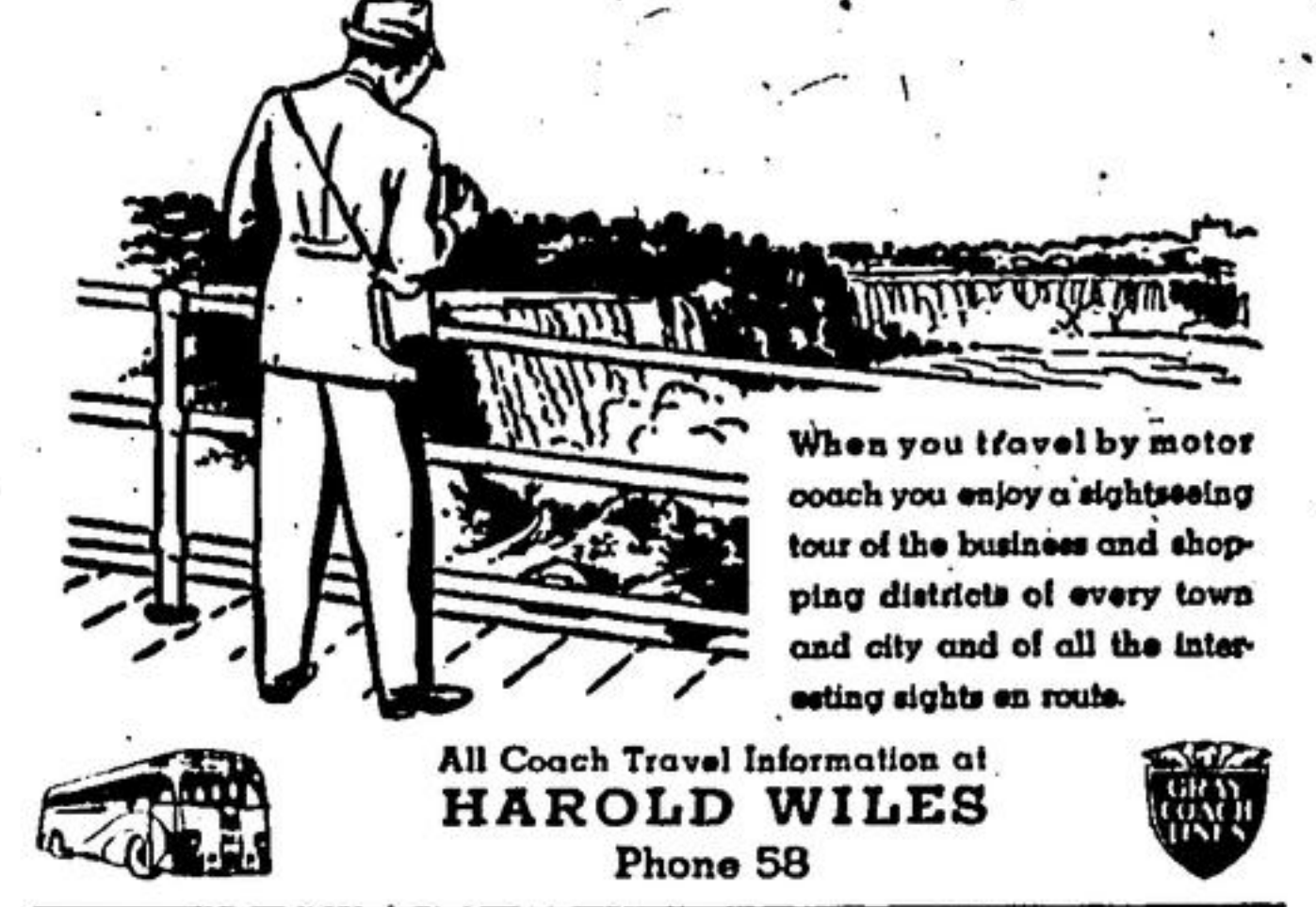
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Monk Completing 35-Year Task



Pictured at work with a pneumatic drill is Brother Peter, first monk to start work on construction of the beautiful building that is the Benedictine Abbey of Buckfast, at South Devon, England. The monks did all the work on the abbey which is now completed, except for the installation of a heating system, the job on which Brother Peter now is engaged. He is digging a trench in the aisle of the abbey to hold the hot water pipes. Brother Paschal stands by with his pick—just in case the modern tool gives up the ghost.

Want to Sell?—Then Advertise!

HINTS ON FASHIONS BY LISBETH

Blouses Will Be In Demand — and Charming Blouses There Are!



Every suit calls for a blouse—or several blouses. The more the merrier for the average woman, for she feels she can vary her costume better by changing her blouse than in almost any other way. Very sheer blouses were in demand last summer and will be this year as soon as the weather grows warm. In fact, they are already being worn in the warmer parts of the North American continent, and were much in evidence in the south. The blouse shown here is a particularly charming one for Easter, as its petal jabot and floral pattern remind one of that flowery season. The material is a washable transparent wisworgande with a subtle floral shadow print. The petal jabot flares widely on each side of the front closing of this crisp spring blouse. Fine Valenciennes lace edges the jabot, collar and short, puffed sleeves. Something New Oh, oh, something new and original in blouses—in colors to match your eyes! It originated with Mme. Agnes, and the colors are in green, violet, brown, gray and blue. These blouses are also in crisp sheers, with fluffy bow-tied necklines, much as the one shown here.

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TIME TABLES

Table with columns for Train Name, Day, and Time. Includes Canadian National Railways and Gray Coach Lines.

GRAY COACH LINES

Table with columns for Coach Name, Direction, and Time. Includes COACHES LEAVE ACTON EASTBOUND and WESTBOUND.