

OUR GARDEN

We have a little garden... You and I... We'll be sure...

Menu Hints

Recipes for New and Novel Dishes, Seasoned Ideas and Suggestions

SOMETHING "DIFFERENT"

When appetites are sluggish, serve something "different". The ingredients of your "different" dish may be common...

STEAK AND LIMA CHILI

- (a one dish meal) 2 cups cooked, dried Limas 1 pound ground steak 1 tablespoon fat 1 onion, chopped 2 cups tomato sauce, or strained tomato 1/2 teaspoon salt 1/4 teaspoon chili powder

Heat fat, add onion, cook 5 minutes, add meat, cook until brown, then add remaining ingredients. Simmer 20 minutes.

NICOISE SALAD

For each service arrange 2 slices of tomato on a platter; cover tomato with cold cooked Limas and garnish with strips of anchovy and strips of pimiento, served with French dressing.

CHOP SUEY

- 1 1/2 lbs. round steak or pork shoulder, cut in cubes 2 cups celery cut in small pieces 1 cup onions cut in small pieces 3 rounded tablespoons shortening 3 tablespoons chop suey sauce 2 tablespoons dark molasses 2 teaspoons salt 1/2 teaspoon pepper 1 cup bean sprouts if desired 1/2 cup chopped mushrooms if desired

Heat shortening in deep skillet, put in meat and fry until almost tender, add celery, bean sprouts, pepper and salt, fry 5 minutes, add onions and chop suey sauce, fry 5 minutes longer or until tender. Add molasses and about 1 cup hot water. Thicken with flour, simmer a few minutes longer. Serve piping hot with boiled rice.

DRINKS BEFORE BED

Before-bed drinks are very popular among those who do not wish to eat heavy foods at this time, yet feel the need for nourishment. Such drinks should be rich in food value; so cream, eggs, and sugar are in order.

EGG MILK SHAKE

- 3 cups milk 3 EGGS 4 tablespoons sugar 1 teaspoon vanilla 1/2 teaspoon salt Few grains nutmeg Few grains cinnamon

Beat the eggs until very light, add the sugar, salt, vanilla and spices, then the milk. Stir till the sugar is dissolved, then beat well. Serve cold.

EGG NOG

- 4 eggs 1/2 cup sugar 1 cup cream 3 tablespoons sherry flavoring

Beat yolks of eggs until thick and lemon colored. Add sugar gradually, beating constantly. Chill well. Gradually beat in flavoring and cream. Last stir in stiffly beaten egg whites. Serve at once in small glasses.

FARM EXPORTS TO HONG KONG

Canadian wheat flour exports to Hong Kong for the year 1937 amounted to 154,793 piculs (133 1/2 lbs.), valued at \$636,009 an increase in quantity of 14 per cent. and of 16 per cent. in value, compared with 1936. Other agricultural exports to Hong Kong from Canada in 1937 were cattle (61,360 head), fodder, potatoes, evaporated milk, fresh and dried fruits, miscellaneous foodstuffs, canned vegetables, barley and other grains, oatmeal, biscuits, and leather. Together with other exports of Canadian manufacture, the total value of exports from Canada to Hong Kong in 1937 were valued at \$1,804,000, an increase of 68 per cent. on 1936.

Mrs. Smart - A woman is judged by her company. Mrs. Blunt - Yes, but not until after she has left.

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

Chronicles of Ginger Farm

Written Especially for The Acton Free Press GWENDOLINE F. CLARKE

Attention, all you who raise poultry with the idea of selling dressed chickens for market. Some of you, I know, enjoy looking after your birds, but I never heard of anyone yet who was particularly enthusiastic over making chickens. So I thought this little piece, taken from a United States farm magazine, might interest you.

Now, what do you know about that? If we had electricity I am sure I should be making inquiries about this wonder-ful invention but as we haven't the power to work it, such a machine would be about as useful to us as the fifth wheel to a wagon.

In the same magazine Henry Ford is stated to have said, "The milk cow is going to vanish from the face of the earth." Mr. Ford says more efficient sources of nourishment can be found than is possible from milk and meat.

Personally I believe Mr. Ford is looking to a very far distant future. Right now our Boscias are something we don't want but can't do without. Partner often feels if it were not for the cows he could get out to the field so much earlier.

Well, time marches on and here we are right into the strawberry season again. At nine cents a pint we are not likely to be buying many, but Rusty and I go out after wild ones and we have quite a lot of fun. The first time we went out Rusty could smell there was something around that was good to eat so he kept nosing the ground until he found the strawberries. After that it was a race to see which of us would get them first.

Our branch, I would have you know, is five years old and to celebrate the occasion I thought it would be a great idea to have a birthday tea. So we did and I was simply amazed at the way our members turned out to it. There were only a few absentees—some were sick and others had duties that made it impossible for them to leave home.

Our chief visitors were the two ladies who were District President and Secretary at the time our branch was organized. We had our regular business meeting and then a resume of the activities of our branch during its five years of life. The visiting ladies gave us splendid addresses, following which the meeting closed with "Auld Lang Syne."

I had chosen as a prize a lovely tuberosa begonia, in full bloom, and in which the ladies were asked to see how many words they could make from the Institute motto, "Home and Country."

Tea was served on the lawn—no elaborate spread, but one thing I did try to have especially nice was the birthday cake. It was a six pound fruit cake, and I made it three weeks ago. But what a time I had in finding anything suitable for decorating. I combed the local stores and later the department stores in the city and all I could raise were a few gold leaves. There were decorations galore for wedding cakes but nothing very special at all for birthdays.

However I managed all right by spacing the gold leaves around the edge of the cake and placing mauve jelly candies in between in the fond hope that they might be taken for thistles. In silver bullets I printed "S C W I" Scotch Block W I—and then right in the centre I stuck a Scotch thistle, which I had made by crocheting the green part and making the thistle itself with purple wool. There were two thistle heads and three green leaves. It really did look rather good. Of course Partner had to laugh at it and he tells me the reason no one else did was because they were too polite. Oh well, I had lots of fun doing it and all the ladies seemed to be having a good time. There were around fifty here and while I was playing business, some of them took to the daises. And Partner left for me to do. Next day the flowers which had been used for decoration in the house, I took to the cemetery and placed on the graves of members who had passed away.

So that was our Institute party—just a happy little get-together at which, I hope, everyone enjoyed herself. Daughter was home for the occasion—came home on her bicycle—then went to the Junior Farmers' Strawberry Social that same night, and was off on her wheel again by 6.30 next morning.

Why is a house like the sun? Because it has beams.

THE SUNDAY SCHOOL LESSON FOR SUNDAY, JUNE 23RD

SHARING SERVICE WITH THE LIVING CHRIST Golden Text—And they went forth, and preached everywhere, the Lord working with them.—Mark 16: 20. Lesson Text—Mark 16: 1-8, 14-16, 19, 20.

Time—Saturday and Sunday, April 8th and 9th, A.D. 30. Place—Jerusalem. Exposition—I, Saturday Night, v. 1.

The Jewish Sabbath ended Saturday at sunset. As soon as the day was over the shops opened and Mary Magdalene and her friends brought spices that they might come the next morning to the tomb with the spices they had prepared and anoint the dead body of Jesus. It seems from Matthew's account that they also made a brief visit to the tomb on Saturday night (Matt. 28: 1, R.V.). To get the full story of the resurrection one must read the four accounts given in Matthew, Mark, Luke and John, also Paul's account in 1 Corinthians 15: 3-8. These accounts not only differ from one another, but seem sometimes to flatly contradict one another.

There is a real and very wonderful agreement, but it only comes out after very careful and prolonged study. It is just such an agreement as would exist between four independent witnesses, each telling his own story from his own standpoint; it is just an agreement as would not exist between four men making up a story in collusion with one another. These four accounts must be either a record of events that actually occurred or else fiction. If fiction, the stories must have been fabricated either in collusion with another or else independently of one another. They cannot have been fabricated in collusion with one another, because the apparent discrepancies are too numerous and too noticeable. They cannot have been fabricated independently of one another because the agreements are too marked and too many; therefore, they are not fabricated at all.

II. Early Sunday Morning, 2-8. They started for the tomb while it was yet dark (John 20: 1). Mary hurried on ahead of the other women, reached the tomb before the sun had risen (John 20: 1). The other women reached the tomb at early dawn (v. 2; Luke 24: 1). The love of these women for their Lord, whom they fancied dead, brought them thus early to His sepulchre to perform for Him the last service in their power. Part of their faith was gone, but all their love remained.

The reason why they did not know that He had left the sepulchre was that they had not listened, and pondered His own words: this is the reason why we do not know many things about our Lord which we ought to know. None of the men were at the tomb; not because of their superior knowledge but their inferior love. They were at home mourning and weeping, and when told that the Lord had risen they did not believe (Luke 24: 10, 11; Mark 16: 10, 11). The women appear in a better light than the men in the story. Mary Magdalene is the leader of the women (cf. Matt. 28: 1); as she had had so much done for her (Luke 8: 2) she became the leader in love and in its ministries. The depth and genuineness and unselfishness of their love is seen in their going to serve Jesus at the time when their faith was blighted and they had nothing more to expect from Him (1 Cor. 13: 8).

As they drew nigh the tomb they recall the great stone at its mouth (v. 3). If they had been more "practical," they might have thought of it before, but the practical, cool-headed common sense that foresees all difficulties and therefore sits down and does nothing does not accomplish as much in this world as the uncalculating, impetuous love that follows its own impulses and plunges ahead and risks the difficulties. God did not roll away the stone for Jesus to get out, but for the women to get in. There is reason to suppose that Jesus had been out for hours, arising and leaving the tomb just at the beginning of the first day of the week, i.e., at sunset Saturday evening, thus passing just three days and three nights in the tomb (Luke 24: 21).

When Mary returned to the tomb from the city the two angels were sitting, one at the head and one at the feet where the body of Jesus had lain (John 20: 12). The women were overwhelmed with perplexity. If they had not forgotten, Jesus' words, the true solution would have occurred to them at once. The angel gives it in one of the gladdest messages this old world ever heard: "He is risen, he is not here." He bids them see for themselves and then go tell. There is a wonderful touch of tenderness in the "and Peter." Why "and Peter"? Was not Peter one of the disciples? Yes, the leader of the company. BUT Peter had denied his Lord three times with oaths and curses; and, if the message had just come to the "disciples," poor, broken-hearted, backslidden Peter would have thought he was not included. It is deeply significant that this little touch is found only in the Gospel of Mark, which by common consent is Peter's Gospel, Mark acting as amanuensis.

III. The Appearance and Ascension of Jesus, 14-16, 19, 30. Each appearance of Jesus after His resurrection was for the purpose of giving infallible proof (Acts 1: 3). John and Paul, make much of the fact that Jesus did reveal Himself (John 21: 14; 1 Cor. 15: 3-8). The message of the apostles to the world was of a Saviour who had died and had arisen and was seated at the right hand of God (Heb. 9: 1). This preaching was confirmed by great triumphs and supernatural accomplishments. They were—death courageously; they served a living Christ. Whoever believed on Him were saved.

"Our" Column

Items of Particular Interest to Women in Which Women Readers of the Free Press May Discover Each Week

A MORNING GLORY FOR EACH DAY OF THE WEEK Thursday, June 23rd If you want to get tired of anything, try living on it.

Friday, June 24th Attendance at church may deceive the world; into thinking that a man has religion; or it may help him to go straight in the crookedest kind of world.

Saturday, June 25th Facts are not facts after they are distorted. Sunday, June 26th For we are laborers together with God. 1 Cor. 3: 9.

Monday, June 27th Where ambition wins the battle with love, good bye to happiness. Tuesday, June 28th In this work-a-day world man mostly pays for what he gets. Wednesday, June 29th Faith is to be tested as well as trusted.

NURSE ELKRAM. To save the inside of earthenware tea pots, pie dishes and pudding basins from becoming lined with tiny cracks, put them, when new, into a pan of cold water. Then bring water slowly to a boil and boil for five minutes.

HOME HINTS To clean cocoon matting, wash and scrub it well with warm, soapy water; rinse with strong salt water; dry and put out of doors if possible. To remove marks on wood work made by scratching matches, rub them with a cut lemon.

DID YOU KNOW? The round purple health inspection stamp which appears on Canadian beef shows that the beef is free from disease. Then the quality of the beef is designated by a red or blue ribbon, which runs along the whole length of the animal. The red signifies the best quality, and the blue second quality. So the government tries to assist its citizens to secure just what kind of beef they desire.

LESSONS One good man teaches many men to believe what they behold; One deed of kindness done is worth forty that are told; Who stands with men of honor, learns to hold his honor dear, For right living speaks a language that to every one is clear. Though an able speaker charms me with his eloquence, I say I'd rather see a sermon, than have one any day.

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

DO NOT DIG INDIVIDUAL MOLES Setting out shrubbery Shrubs seem to like companionship, therefore they grow best when planted in beds or group formation.

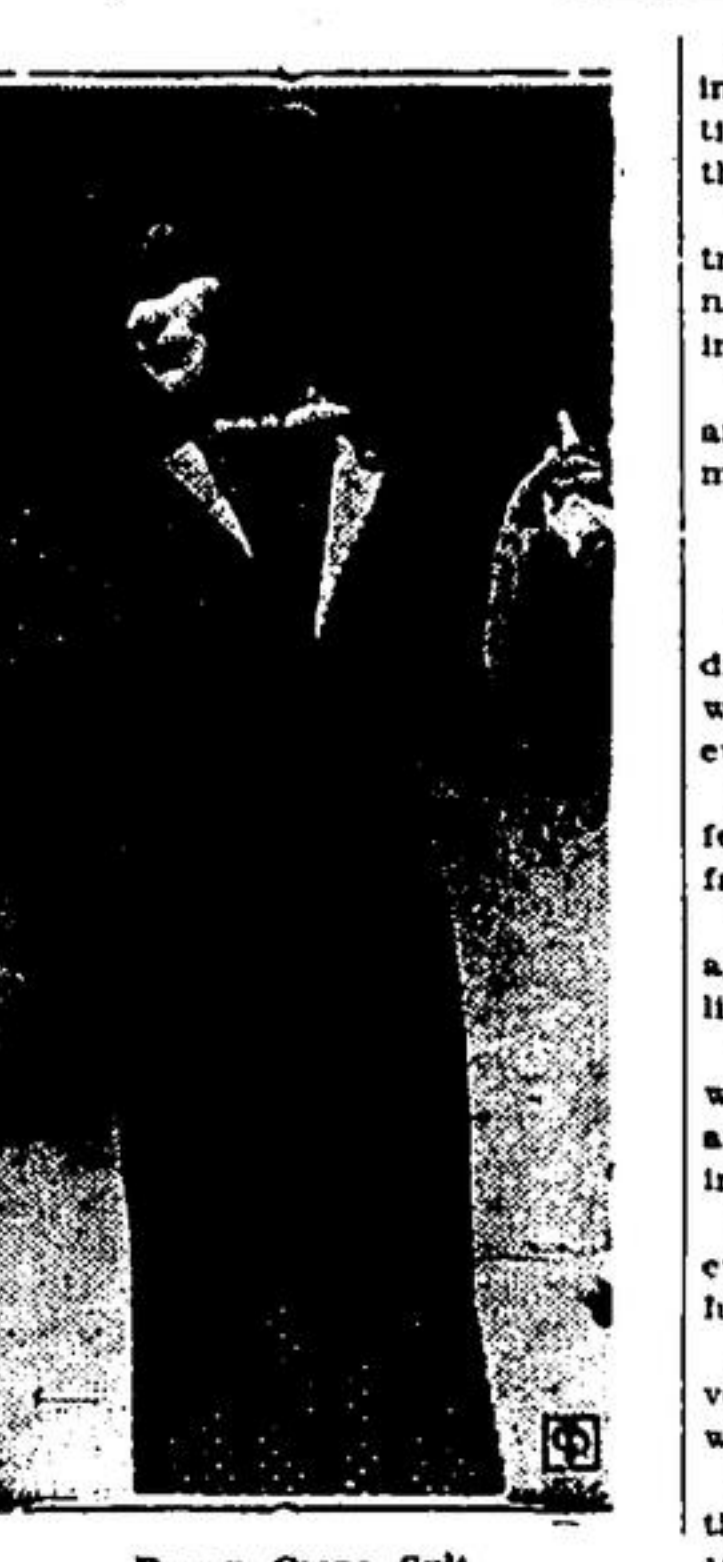
SALLY'S SALLIES NICE DAY, BILL. WHAT'S NICE ABOUT IT? A pessimist remembers the lily belongs to the onion family—an optimist that the onion belongs to the lily family.

CUCKOOS WAR ON CATERPILLARS

Canadian cuckoos wage incessant war on hairy caterpillars, and their fondness for tent caterpillars, so common at this time of year, make them valued allies of farmers and fruitgrowers. Cuckoos often tear apart the webs of tents of these destructive larvae to eat the inmates, and they also devour quantities of spiny caterpillars which are avoided by other birds.

Most people associate cuckoos with the call of the European cuckoo, not the notes of the two species found in Canada. The Yellow-billed Cuckoo occurs in southern Ontario, Quebec and New Brunswick, and in southern British Columbia west of the coast range. Slightly more northern in its range is the Black-billed Cuckoo, which occupies southern Canada from Alberta eastward. Both Canadian cuckoos are home lovers, building their own nests and shouldering all the responsibilities of hatching and rearing the young.

HINTS ON FASHIONS BY LISBETH Navy and White Trim Popular Suit Accent



Rayon Crepe Suit

White pique and navy braid are contrast accents for this jacket costume in navy rayon crepe with a tailored print in white and yellow. The white pique revers and tiny collar and bow are also chic little details that make the suit distinctive.

Style Whimsies The sebra has nothing on fashionably dressed women these days, for they also wear stripes—for playtime, day and evening. Hand-stitching is being used to trim felt hats, and rick-rack braid is seen on fabric hats. The new rayon jerseys are satiny in appearance—some are dull and smooth like pau deoue. The popularity of the collarless suit with snugly buttoned front and curved-away lines is destined to be carried over into the early fall fashions. Marabou and ostrich capelets for evening wear have strong feminine allure. A tiny hat with a huge flower is a very smart chapeau for the young woman. High-waisted empire nightgowns are the smartest for the trousseau of the 1938 bride.

LEARNING HIS NOUNS Bobby had just returned from school. "What did you learn to-day, Bobby?" asked his father. "Grammar." "What sort of grammar?" "Well, daddy, I learned that cats and dogs are common nouns, but you and I are proper nouns."

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SCOTT'S SCRAP BOOK By R. J. SCOTT Forty years ago one person in every five wore shoes in putty-soled shoes. NOW THE ISLAND BUYS MORE SHOES FROM THE UNITED STATES THAN ALL THE REST OF THE WORLD—(ABOUT 5,000,000 PAIRS A YEAR). DIAMONDS ARE NOT ALL FOUND IN MINES IN THE DESERT DISTRICT OF SOUTHWEST AFRICA, THEY ARE NUMEROUS ON TOP OF THE SAND—THESE SAND OR DESERT DIAMONDS ARE SMALL, BUT THE QUANTITY MAKES THE SEARCH PAY. GROW MORE WHEAT—POSTMARK ADVERTISING FROM IRELAND.

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TIME TABLES CANADIAN NATIONAL RAILWAYS AT ACTON Going East Dally, except Sunday 6:04 a.m. Dally, except Sunday 9:54 a.m. Dally, except Sunday 6:26 p.m. Sunday only 8:10 p.m. Flyer for east, flag stop in Georgetown at 9:49 p.m. Going West Dally, except Sunday 5:48 a.m. Dally, except Sunday 3:49 p.m. Dally, except Sunday 7:07 p.m. Sunday only (flag) 11:32 p.m. STANDARD TIME

GRAY COACH LINES COACHES LEAVE ACTON Standard Time EASTBOUND (To Toronto) 8:55 a.m. 3:52 p.m. 8:41 a.m. 3:57 p.m. 11:26 a.m. 8:52 p.m. 2:01 p.m. —except Sundays WESTBOUND (To London) 10:53 a.m. 2:08 p.m. 10:08 p.m. K-connections for Owen Sound Effective Saturday, June 25th

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