

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

FOODS TO AVOID

These recipes are prepared and tested by the Home Economist of the Dominion Department of Agriculture, Ottawa, and therefore come from an authoritative source.

SUMMER SALADS

Serve on crisp lettuce and garnish with parsley or watercress. This is usually the final sentence to directions for making salads, which applies to the serving of the following appetizers, cheese salads as well as to all others. Parsley must have an air of crispness, which is usually obtained if freshly made and arranged on cold, crisp lettuce leaves. Parsley also has eye appeal, hence a garnish of parsley, watercress or poppy-seeds to add the needed touch of attractiveness.

Summer is the true salad season, and although the diet should not be made up entirely of cold foods, even in hottest weather, the salad has a very definite place in the summer menu. Any of the following salads may be served as the main course for lunch or supper, and with an appetizer and light dessert, will make a satisfying, enjoyable meal.

CHILLED TOMATO CHIEF'S SALAD

- 1 tablespoon granulated gelatine
- 1 cup cold water
- 1 cup tomato juice
- 1/2 cup cream or cottage cheese
- 1 cup salad dressing
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 tablespoon minced onion
- Salt and pepper to season

Soak gelatine in cold water. Heat tomato juice to boiling point. Dissolve gelatine in hot juice. Add cheese and heat until thoroughly blended. Cool. When mixture is partially thickened, add salad dressing, celery, green pepper, onion and seasonings. Pour into a mould. Chill until firm.

CHIEF'S VEGETABLE SALAD

- 1 tablespoon gelatin
- 1/2 cup cold water
- 1/2 cup cream or cottage cheese
- 1/2 cup mayonnaise
- Juice of 1/2 lemon
- 2 tablespoons sugar
- 1 cup grated carrot
- 1 green pepper, chopped
- 1 small onion, minced
- 1 medium cucumber, seeded and sliced

Salt to taste. Soak gelatine in cold water. Dissolve over hot water. Mix all ingredients. Stir in dissolved gelatin. Mould and chill.

LETTUCE BOLLAS

- 1 head lettuce
- 1/2 cup cottage cheese
- 1/2 cup seedless raisins
- 1/2 cup chopped nuts
- 1/2 cup mayonnaise

Salt, pepper and paprika. Wash and dry lettuce leaves well. Combine other ingredients. Spread mixture over leaves. Roll up like jelly rolls. Tie with piano string. Serve two or three rolls on each salad plate.

CHIEF'S PINEAPPLE SALAD

- 1/2 cup cottage or cream cheese
- 1/2 cup mayonnaise or cooked salad dressing
- 1/2 cup drained, drained pineapple
- 1/2 cup finely chopped pimento
- 1/2 cup finely chopped celery
- 1/2 cup chopped, brown almonds

Salt. Mayonnaise or cooked salad dressing. Two ingredients together lightly, using two forks. Add salt to taste. Serve with additional mayonnaise or salad dressing.

DISCOVERY OF PRAIRIES WILL BE COMMEMORATED

Western Canada will observe the second centenary of the discovery of the great plains by de la Verendrye by means of an extensive program of events, which will include the unveiling of a monument, to that gallant explorer. The celebrations will take place early in September and will include special pageants, processions, an exhibition of appropriate material and religious ceremonies. It is anticipated that the gathering here will be greatly augmented by groups from other parts of Canada. Plans have now been completed for the operation of a special excursion from Montreal over the Canadian National Railway, under the direction of O. A. Trudeau, District Passenger Agent, at that point. These travelers from the metropolis will establish their temporary headquarters at the Fort Garry Hotel, Winnipeg.

Pierre Gauthier de la Verendrye, discoverer of the West, as one of the glorious figures of Canadian history. A native of Trois-Rivieres, he first established for himself a reputation as a capable soldier. Later he became a fur trader and then was fired with the spirit of exploration. This led him to the great adventure which carried him beyond the Great Lakes to the plains. He died in 1749, at the age of 64, to terminate a crowded life, which left many entries on the pages of Canadian history.

HINTS ON FASHIONS

Smart White Crepe Pyjamas Insure Good Rest for Wearer in Hot Weather

White pyjamas are possibly not quite so popular with the girls as when they were first introduced and it was the sophisticated thing to wear then, they have a definite place in feminine lingerie.

For a restful night in August, when you might be kept awake by the heat, try a pair of white crepe pyjamas, such as those shown.

The trousers are wide and roomy, and the tiny little jacket has colorful decoration around the neck and down the front.

Style Whimsies

The new wool knit bed jackets for the first cool fall days have a bulky softness that has strong feminine appeal.

Black elastic satin bathing suits are flattering to the larger-than-average figure.

Plaid washable suits are very summery in appearance, also very practical. And they can be worn without blouse, to look like dresses.

The college girl who wants something extra smart for fall will select a camel hair suit in natural color. A lighter weight camel hair is used for the jacket or skirt than for the jacket or trousers, in order to avoid a bulky appearance.

Sixty-five to seventy per cent of the summer shoes purchased are of the open toe variety.

New coats for autumn and winter have fur sleeves in beaver, skunk, mink, Persian and black fox. Coats with fur sleeves are narrower than last year.



Keep Cool in These

Chronicles of Ginger Farm

Written Specially for The Acton Free Press Gwendoline P. Clarke

Here I am, sitting in the garden, a mending basket by my side, in which repose some things recently repaired and others still waiting to be fixed but which I have forgotten, for I, in love of past and present. Would you believe it, this is only the second time I have sat out in the garden this summer. Maybe I might not be here now if it were not for the sun dragging away heavy beams from the wickered washstand. During the last business lull and a bigging chain would around each beam to turn, and as the beams start up there are all sorts of awful noises consisting of creaking and splintering. If I were in the house I should be running to the door every five minutes to make sure the sun was not being held in its own power.

My, such excitement as there was around here last Saturday! An auto came landed in a field just back of our farm. Boy was out of sight almost before we could get our breath. As soon as we were sure the plane really had landed, Partner and I wandered over to see. We found a comparatively small monoplane a "de Havilland Moth," to be exact, and it carried a pilot and two passengers. The pilot told me it was a privately owned machine and that he was the owner. They were coming from Hamilton, and going on to Camp Gordon. While flying he detected spark plug trouble and so was obliged to make a forced landing. He had been flying for two years and this was the first time he had been forced down, so he told me.

For about an hour the young mechanic worked with the motor amid an awe-struck group of farm folk, men, women and children. Yes, indeed, when the plane came down horses were hastily stabled, cars backed up and children came running across the fields from east, west, north and south, anxious to be as close as possible to the scene of action. We all wanted to make sure we didn't miss anything. It isn't every day we have an honest to goodness airplane land in our vicinity. Besides that, it might have been foreign and he would want someone there to tell him where he was.

However, this young pilot, whoever he was, finally gave the propeller a twist and then all three men got into the cabin of the plane.

"Hi! Hi!" yelled the pilot in the watching youngster. "If this propeller ever lets you it will be the last thing you'll know."

Then he released the wheel brakes, and with a mighty roar the machine began to roll across the field. Presently she lifted higher, higher, a little higher all the time until finally the man-made bird was flying through the air as surely and steadily as a baton on the wing. I say baton because the person is such a graceful bird in flight and can fly quite a distance with hardly any perceptible movement of its wings.

After the plane had gone we all went back to our various jobs, although I rather fancy as far as I am concerned, that only his body came back. Heart and mind had gone soaring aloft in the wake of the departing plane.

This has been the week-end of the Canadian Corps Re-union and, said to me, Partner has not been among those present. He has been kind of "loosely" because he has been torn two ways. He did not feel he could spare time to go to Toronto and yet it was quite evident he was longing to be there. Sunday he might have managed it, but there was no way of going. The Optimist isn't equal to a trip such as that, being somewhat of a veteran himself, and the train and bus service such as it is, was hardly on a time schedule to suit farmers. However, there was still the radio. But even that was not to be broadcast in peace. Not a bit of it, just as the bands were playing for the parade after the Drumhead Service, there was a terrible moaning in the barnyard. Investigation showed that Nancy had broken bounds and was in the out field. The rest of the herd were running up and down the lane, trying to find a way through to join her.

So then Partner and I had our own parade. Son was away, and if you have ever tried getting one cow out of a field while you keep the others from getting in, you will know we had a nice little job on our hands. Rusty was well-meaning but he wasn't much good, because he always barked at the wrong time. However we got all the cows together at last and then Partner spent the next half hour trying to find out where Nancy got through.

What a grand sight that Re-union parade must have been. Two had the heat was too much for Prime Minister Mackenzie King. Hadn't anyone a parallel to lend him, I wonder? When I heard that Mr. King had been overcome I started thinking of parades I had seen in England during the war—of men lined up for inspection, standing in the rain or shine, waiting for the official "Red Cap" to come along. I remember one time in particular when the Canadian troops, stationed at Sandling Barracks, in Kent, were expecting a visit from General Sir Sam Hughes. The men were assembled at 10 a.m., and for some reason General Sam was delayed, so the

DEAD MEN DO TELL TALES

Their lips are motionless, their voices stilled, but dead men—and women and children—do tell tales. Especially when death has come suddenly and brutally in an automobile accident.

Lifeless, mangled bodies, crushed under the wheels of a motor car, strewn about in a tangled mass of crumpled metal, and shattered glass, tell grim, horrible tales.

They tell tales of careless death—death that was the result of carelessness, neglect, thoughtlessness or inconsideration, for those human weaknesses are responsible every time traffic on city streets or country highways claims another life.

Few people seem to listen to the tales the dead tell, however. Perhaps it is because of the horror which most automatically accompany their tales, but most often that and it is because the ear to most people places them above their fellow men.

"If conflict happens to me," they think, "whether they say it or not, I'll be all right. I'll be able to take care of myself. I'll be able to take care of myself."

But couldn't it show that up into the background of a white and do some serious thinking. Then you may realize that you can be killed as easily as any one else and that you also can kill. If you can't see a pleasant thought but it is true.

Death has no special preference, when it comes to taking life in automobile accidents. Just give it a chance to strike. Hope into consideration for a moment, overlook of duty some traffic regulation or suddenly ignore some duty. And it will strike before you realize what is happening suddenly and cruelly.

If you want to have a normal span of life, if you don't want to become a killer, drive and walk with care, courtesy and common sense.

Take heed of the tales that dead men do tell.

COUNTRY STORES

A famous grocery in Washington, which had supplied groceries to every President since Lincoln closed the other day. Bushnell's store, it was founded 82 years ago when the Capital was a village. The building will be used for other and more profitable purposes.

The fate of this landmark was the same as many another of the kind at various points and in large cities. From coast to coast wherever they have put up their stores, a local as well as trading center of simpler days has gone.

Vertical stores, as well as grocery stores, many of them were "Everything from a needle to a threshing machine," made up their stock groceries, groceries, produce, salt, pork, mutton, mackerel, milk, candy, honey, washing, clean clothes, crockery, house of late dried beef, canned salmon, sugar, soda, sardines, mackerel, sheep dip, petroleum, fly paper, fish hooks, rope, twine, rubber, cotton, rubber, straw hats, rubber boots, pins, pliers, pitchforks, Paris green, patterns, pliers, pie plates, sweaters, shoe polish, hairbrushes, clothes, pins, housewives' liniment, and who can remember what else.

Most of these stores were in small towns, without departments. No wonder the many miscellaneous wares blended into something delightful and delightful.

Such stores began to diminish in number when automobiles came in and it was as easy and much pleasanter to drive to the county seat and trade at Brown's Bazaar or the Busy Bee Emporium than to stop at the crossroads. Then came their chain stores. Before long even the hitching posts made way for a shopping plaza.

In their heyday these stores were the community center. From them radiated the news of Jennie Jones' new baby, the painting of John Johnson's barn, the news from the county court, the schedule of Hartman and Bailey circus, the auction at Robinson's farm and other things of importance. And as for news of the larger more distant world did not the drummers from city wholesale grocers supply it well accepted with anecdotes and color?

Winter evenings in the pre radio days, the country store was the community forum. Crows, politics and hog-raze were staples of conversation. Early arrivals got the chairs nearest the stove. Later comers had to sit on the cracker-barrel; the mail bag or the end of the counter. Yarns lasted till the mail came in or the kerosene lamps went out.

A few such stores still do business at the old stand. The others which have gone still linger in mellow memory. Christian Science Monitor.

CARRYING IT THROUGH

A pennyworth of chips," said the small boy, "and put salt and pepper and vinegar and sauce on them."

"And would you like jam on them too?" asked the vendor, and nearly collapsed when the boy said,

"What kind have you got?"

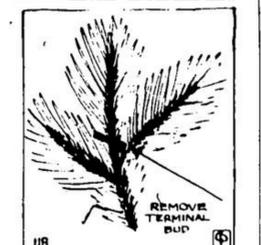
men were obliged to stand until early in the afternoon before the inspection took place. It was just such a day as last Sunday, hot and muggy—and many a man must have felt he would give anything to get out of the sun for a while. But no such man was there—on His Majesty's Service—and could not quit when the command was given.

Come to think of it, Prime Minister Mackenzie King is also on His Majesty's Service.

It's a good thing to have this Re-union every few years. It's a good thing—just we forget."

Weekly Garden-Graph

Written by DEAN HALLIDAY for Central Press Canadian



Keeping Pine Trees Compact

Pine trees develop a long tap root. This helps to anchor them as well as assist them in reaching deep into the ground for moisture. This is also the reason pine trees grow best in a location having good drainage. Only a few varieties of pines will grow well in wet soil.

When pines are grown in a hedge-row or when an especially compact growth is desired, they should be disbudded as shown in the Garden-Graph. Removing the central or terminal bud causes the side buds to spread apart and form a much more dense growth.

Cutting back the growth of the previous year to a strong bud or branchlet means a much thicker growth will follow on each part of the tree thus treated.

"Our" Column

Items of Particular Interest to Women in Which Women Leaders of The Free Press May Discuss Each Week

A MORNING GLORY FOR EACH DAY OF THE WEEK

Thursday, August 4th. He who would have the gifts of the gods, must be prepared to pay their price.

Friday, August 5th. The greatest reward of a good deed lies in the doing of it.

Saturday, August 6th. Meet men late to be reformed.

Sunday, August 7th. My God shall supply all your needs Phil 4:19.

Monday, August 8th. If the good die young, you may be sure that it is not their goodness which kills them.

Tuesday, August 9th. Man was made to rise, but not without effort.

Wednesday, August 10th. To forbid a wrong is not to lessen human freedom. NORMA ELKRAM

HOME HINTS

If parsley is washed with hot water instead of cold, it retains its flavor and is easier to chop.

Lemon juice or a little vinegar in the water cauliflower is cooked makes it keep its snowy white color.

The yolks of eggs, left over when baking, requires the whites only, if dropped into a pan of boiling salted water, will cook and be ready for salads.

DID YOU KNOW?

The English-speaking world, some times prides itself upon its great newspapers, but it is well to remember that Japan has newspapers also, and two of them, the Tokyo Nichi Nichi and the Osaka Mainichi, have a combined daily circulation of 3,000,000 with 15,000,000 readers.

THE GIANT'S STEPS

The Giant's Steps, or Giant's Stairway, situated in the centre of Paradise Valley in Banff National Park, is a succession of large rectangular blocks of stone, placed by nature in such regular formation as to suggest an immense stairway. Over these stones rushes the crystal clear water of Waatach brook, forming a beautiful cascade or series of waterfalls.

These steps formed, according to Indian legend, the ancient stairway of the Indian spirits of the upper air, the "Uki," and their antithetic brethren, the spirits of the lower regions. So impressed were the Indians with the beauty of the scene, that they named the brook, "Waatach," meaning beautiful.

The Giant's Steps are easily reached from Lake Louise, either by motor or saddle-horse.

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

This Year Give Your Nerves a Rest
Find quiet leisure among the
30,000 ISLANDS
OF GEORGIAN BAY
Travel by Motor Coach and Steamer

7 DAYS AT 2011 (DINER)	7 DAYS AT 2011 (DINER)
\$38.05	\$33.05
8 DAYS AT 2011 (DINER)	8 DAYS AT 2011 (DINER)
\$36.00	\$36.40
9 DAYS AT 2011 (DINER)	9 DAYS AT 2011 (DINER)
\$36.00	\$41.50

ASK FOR YOUR COPY OF "VACATION TOURS" BE MADE BY AIR MAIL. Bookings 30 days in advance. Stop-overs arranged if desired. Vacation Services Effective Saturday, June 25th. Tickets and Information from HAROLD WILSON — PHONE 68

GRAY COACH LINES

Flying Priest Opens Arctic Communications



Father de la Croix, the flying priest, whose plane is a 1930-1931 model of an Arrol-Hughes biplane, took off from Toronto, Ontario, in the Arctic region on a mission which will link the Arctic with civilization by means of radio telephony. The flying priest departed for the end of August in his plane, carrying a radio transmitter to be used in the Arctic. The stations will be for the use of missionaries of all religions and have been paid for by donations given in the United States by Father de la Croix.

Japan's Best



Jiro Yamaguchi, Japan's No. 1 tennis player, put on a great demonstration of strokes at Montreal, where he and his teammate on the Japanese Davis Cup team defeated the Canadian team. Yamaguchi has held the singles title in his native country for the last three years.