

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

It is peach time in Canada. Early varieties of peaches grown in the Niagara Peninsula, Ontario, and in the Okanagan Valley, British Columbia, are now on the market and will soon be followed by later varieties. This year the crop of peaches is a good one, and the quality is excellent. Of all the fruits grown, none is more luscious nor more beautiful than peaches. The following recipes may prove timely:

PEACH GINGER SHORTCAKE

- 1/2 cup butter
- 1 egg
- 1/2 cup sour milk
- 1/2 teaspoon ground ginger
- 1 1/2 cups flour
- 1/2 cup brown sugar
- 1/2 cup molasses
- 1/2 teaspoon soda
- 1/2 teaspoon ground cinnamon
- 1 teaspoon baking powder

Cream butter and sugar, add egg and beat well. Add molasses, then sour milk, to which soda, ginger, and cinnamon have been added. Mix well, then add flour and baking powder sifted together. Bake in greased pan 30 minutes in slow oven (325 degrees F.). Split while hot and pile fresh sliced sugared peaches generously between and on top. Whip-cream may be served if desired.

PEACH MUFFINS

- 2 cups flour
- 1/2 teaspoon salt
- 1 egg
- 1/2 cup butter
- 3/4 teaspoon baking powder
- 1/2 cup sugar
- 1 cup sliced peaches
- 1 cup milk

Mix and sift flour, baking powder, sugar, and salt. Beat egg and milk and add to sifted ingredients. Add peaches. Stir as little as possible to blend well. Bake in moderate oven (350 to 375 degrees F.) 25 minutes. Serve hot.

FRESH PEACH COBBLER

- 6 large peaches
- 1 egg
- 2 tablespoons butter
- 2 teaspoons baking powder
- 1 1/2 cups flour
- 1/2 cup milk
- 1/2 cup granulated sugar

Peel and slice fresh peaches. Sprinkle each layer with sugar. Make a batter of the ingredients and drop by spoonfuls over the peaches. Bake half hour in hot oven.

FRESH PEACH CRUMBLI CRUST

- 1 cup flour
- 1 cup sugar
- 6 peaches
- 1/2 cup butter

Peel and slice fresh peaches and sprinkle 1/2 cup sugar over them. Mix remaining 1/2 cup sugar with flour and rub in butter until well blended and of crumb consistency. Spread over peaches and bake in moderate oven half hour. Serve hot or cold.

SWIMMING AND BODY BUILDING

Increase in swimming ability during the past decade in the last ten years the swimming public in America is estimated to have increased 450%. It is not entirely prompted by life-saving desires. True, from a standpoint of human safety, a knowledge of swimming is most important but aside from this no other exercise approaches swimming for all-round development of the body.

This is brought out effectively in an article, "Learn How to Swim" in the summer issue of "Health". It is contributed by John D. Devlin, Swimming Director of the Central Y.M.C.A., Toronto, who says in part:

Swimming exercises the large fundamental muscles of the trunk and limbs. The leg kicks develop the lower back and abdomen muscles along with the leg musculature. The arm strokes develop the chest and upper back muscles. The muscles of respiration are developed to an unusual degree. The upward lifting and stretching of the arms acts to lift and broaden the chest. Suppleness is promoted generally in all the joints and much is done to equalize the unbalanced muscle pull associated with poor posture. Swimming is one of the very few exercises that promotes a symmetrical development of the arms and legs, of anterior-posterior posture, and of lateral symmetry. Swimming permits free and unobstructed movements in the full range of joint action without sudden or violent jars, due to contact with apparatus or to the ground.

A fact of considerable importance to girls and women is that swimming is one exercise that does not develop the body in a way harmful to physical beauty. The muscular development associated with swimming is of a smooth rounded type rather than characterized by extremely hard, bunched or knobby muscles. Flexibility in all the joints is promoted which improves physical grace in general. Even an excessive amount of swimming will not make one scrawny and thin nor will it add a great deal of extra weight. Swimming as a recreational exercise has been called a normalizer as far as its effect on body weight is concerned.

Hints On Fashions



Smart Between-Seasons Dress

It isn't easy to bridge the gap between late summer and early autumn things, but the dress shown here manages to do it. It is of duobonnet satin and is nicely tailored. The top has a nice little collar, terminating in a tie. Aquamarine stands out in the blue and cuffs of the short sleeves. The skirt is pleated in permanent accordion pleating.

Tiny Hats Popular

The tiny hats are going over big. Milliners are delighted, for it seems that most of the "gals" don't stop at one but try to build a wardrobe of the little charmers. They take off years from one's appearance, but they do demand a neat, up-to-date hair-do, otherwise the effect is silly.

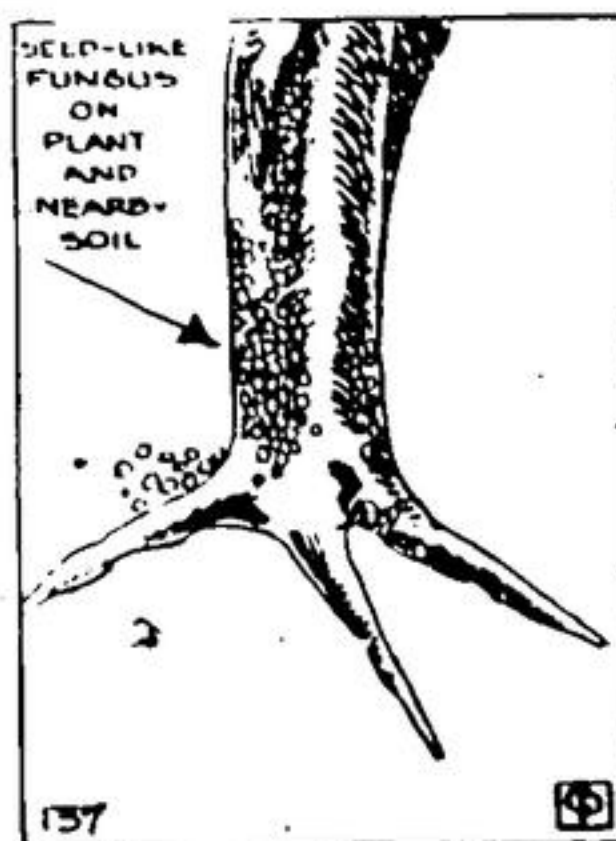
Easy front fullness is important in the new fall skirts, although they do present a narrow appearance. Girds, cinched waists and ruffled flares are important, too.

High necklines are in distinct favor in the new fall dresses.

In high style again for early fall wear is the white satin overblouse with closed neckline and short sleeves, having some sort of draped treatment through the bodice.

Weekly Garden-Graph

Written by DEAN HALLIDAY for Central Press Canadian



Crown Rot on Plants

Every gardener should learn to recognize and fight crown rot. It is a serious fungus disease, and one that persists in the garden from year to year, unless eradicated.

Crown rot usually is indicated when the lower leaves on a plant turn yellow. Next the plant begins to wilt. After the plant has died down, black rot is noticeable on the crown and roots.

Close examination of the diseased plant will reveal tiny seed-like fungus clusters about the plant or in the surrounding soil. This seed-like fungus is shown in the Garden-Graph. It is white, tan or reddish brown in color.

To check the spread of crown rot disease, both the plant and surrounding soil should be carefully removed. Then pour a corrosive sublimate solution (1 to 2,000 strength) on the remaining soil area. Naphthalene flakes can be worked into the soil about nearby plants as an added precaution against the disease. While the flakes will not destroy the disease, they do serve to prevent it.

Flowers for the house are best cut in the early morning, while they are still fresh from the night's coolness. Take a pall of water with you and immerse the ends of their stems immediately.

Chronicles of... Ginger Farm

Written Specially for The Acton-Free Press GWENDOLINE F. CLARKE

Last night one of those awful, terrifying things happened in this district—I mean a barn fire. Perhaps I shouldn't say "this district," because it was about five miles south-west of here, but I looked nearer than that. We thought at first it was on a farm belonging to a friend of ours living in that direction, and then we heard it was not. It was an awful blam, but fortunately there was no wind.

We learned afterwards that the men on the farm had been working until dark to finish up harvest. The last load was in and they were shutting up the barn for the night when one of them saw smoke and in a few minutes the barn was ablaze.

As we watched the fire, not knowing then whose it might be, we naturally wondered so many things—how it happened, whether the people were at home, had the livestock been rescued—and was the place insured?

Fear of fire has been one of our greatest worries ever since we have been farming and Partner has always done his best to have hay and shavings come in dry enough to prevent heating. We put great faith in salt as a preventive of spontaneous combustion. Every load of hay that goes into the mow is well salted before the next load comes in. That used to be my job and was beside me if Partner thought I had skimmed the salt.

Some people think there is no such thing as spontaneous combustion. We don't pretend to be an authority, but if there is any doubt, we would rather cry on the side of safety. Salt improves the hay, anyway.

Fire insurance is another thing which according to some folk is an unnecessary expense. A good many farmers pay an insurance premium year after year, and never have occasion to put in a claim. Personally, we feel there is nothing connected with the farm that gives us quite such a sense of security as the thought of the fire insurance policy that lies in our deed box.

Another rather dreadful thing happened near here last week. Two young fellows, driving along one of our county roads came to a bad S curve. Striking loose gravel, the driver skidded across the road and struck a tree. The car caught fire and was completely demolished. Fortunately, neither of the young fellows was seriously hurt, although both required medical attention.

One cannot help but think how much worse it might have been, especially as it was the third accident in the same place this year. It is a very bad bend and there is no sign of any kind to warn strangers of the danger that lies ahead. Even we, who know every twist and turn of the road, approach that treacherous S curve with caution. It lies between two short hills, which makes it worse. Surely enough money could be spared from the road allowance to put up some kind of a warning to the public. We wonder sometimes for what purpose our general rate is levied.

And how has everyone been standing the heat? I don't think I have ever been quite so "all in" through the weather as I was last week. My one consolation lay in the fact that I hadn't got threatened to cook for. There were three threshings near here and how the women ever survived I don't know. Did I hear someone say what about the men?

Well, yes, I know it is pretty hard on the men, too, but I never saw a man at a threshing yet who didn't take time off to smoke and rest. And the men while they are working, don't have the heat of a cook-stove to endure in addition to the heat of the day. I heard of one threshing just recently where the men had picnic meals because it was so hot. Instead of the ordinary meals the men were served with stacks of sandwiches and a can with lemon drink at noon and tea at night. I heard the opinion was expressed by some of the men that it was just a fine idea and the wonder was that more of the women did not put up a meal like that.

And now for a high pressure salesman story. A man came along the other day and tried to sell us a car. He went to the barn first until Son told him it was no good thinking he was going to talk to Dad because Dad and cars were not very good friends. So then the H.P.S. (high pressure salesman) came and unloaded "his line of talk" to me. He had just sold someone a new car (so he said) and would give me a real good deal on the old one he had taken over, rather than take it back to the city. He claimed, when I questioned him, that he was agent for a well known firm of car manufacturers. "And why are you going around the country selling cars when we already have an agent for your firm in this district?" I inquired.

"Oh well, we go all over," he answered. Then he ran on again, telling me what

CANADIAN GOLD PRODUCTION CONTINUES TO GAIN

Gold production in Canada continues to gain, reaching a new high monthly record in May, when the output totalled 381,089 ounces compared with 369,429 ounces in April and 340,125 ounces in March. The output of the current year, Canada has produced 1,827,475 ounces of gold, an increase of approximately twelve per cent over the corresponding period of a year ago.

Ontario produced 241,394 ounces of gold in May, of which 101,767 ounces came from the Porcupine camp and 139,627 from the Kirkland Lake area. In April the Porcupine camp produced 100,438 ounces and the Kirkland Lake 83,631. Other sources in Ontario produced 509,516 ounces in May compared with 43,902 ounces in April. Production by Quebec operators amounted to 608,009 ounces, compared with 71,909 ounces in April and 58,028 ounces in May last year. An advance of 26.2 per cent, was shown in the Quebec output during the five months ended May compared with the similar period of 1937.

British Columbia's output during May amounted to 48,783 ounces compared with 46,781 ounces in April and 45,056 in May, 1937. Manitoba and Saskatchewan operators accounted for 18,845 ounces of gold in May against 19,957 ounces in April. Shipments from Nova Scotia properties to the Royal Canadian Mint totalled 2,119 ounces against 2,115 in April. The Yukon production was recorded at 1,969 ounces, compared with 526 ounces in April and 2,278 ounces in May a year ago.

A bargain he was offering me. I let him continue for awhile and then I asked: "What kind of a deal do you expect to make when you come out here telling me it is a wonderful offer and yet you haven't got the car here to show me. Surely you don't expect me to bargain on something I haven't seen, do you?" "Well, perhaps I could run the car over. Will you be at home to-night?" "Yes," I answered, "I shall be at home." And I was—not only that night but for three consecutive days afterwards and the H.P.S. never came back at all. Which was no more than I expected.

Experience has taught me the best way to deal with travelling salesman is to turn the tables and question them. If they are genuine, well and good. If they are not, questions from a woman scare them worse than a shot gun.

"Our" Column

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

A MORNING GLORY FOR EACH DAY OF THE WEEK

Thursday, August 25th
Long tongues seldom go with busy hands. The great talker is seldom a great worker.

Friday, August 26th
Kindness and courage go far to make a man.

Saturday, August 27th
Our own mistakes never seem nearly so foolish as do those of our friends.

Sunday, August 28th
Let brotherly love continue Hebrews 13:1

Monday, August 29th
A lazy man takes greater pains to avoid a job than would have sufficed to perform it.

Tuesday, August 30th
No amount of setting can ever bring ducks out of hens' eggs.

Wednesday, August 31st
A kind word is often more effective than a hard blow.

NURSE ELEKHAM

HOME HINTS

Put a teaspoon of salt in each quart can of tomatoes as you seal them. This insures their keeping.

If your cream is too thin to whip, add the unbeaten white of a fresh egg. You will have some excellent whipped cream.

Before frying bacon, cut off the rind, and dip each rasher in flour, then fry or grill quickly. This prevents the fat from running and gives the bacon a better flavor.

DID YOU KNOW?

The world's population is estimated at around 1,900,000,000 persons, and one curious individual has figured out that if they could all be gathered in one great crowd, with two square feet of standing space for each person, they could all be accommodated within an area less than that of the Isle of Wight, which is about 147 square miles.

A TRANSPORTATION PROBLEM

John: Why do your people object to me as your fiancé?
Joan: Well, you see there are five of us in our family and your car is only a two-seater.

WELL DIAGNOSED

Mother: But what sort of a pain is it, dear?
Small Daughter: It's a pain as big as my tummy and it's got jagged edges.

THE GREATER FEEL

Terrified Passenger: (in runaway car) Oh! I hope we don't hit anything.
Driver: I hope we do. This road goes over a cliff half a mile further on.

FAST WORKER

A high school girl, seated next to a famous astronomer at a dinner party, struck up a conversation with him by asking, "What do you do in life."
He replied, "I study astronomy."
"Dear me," said the girl, "I finished astronomy last year."

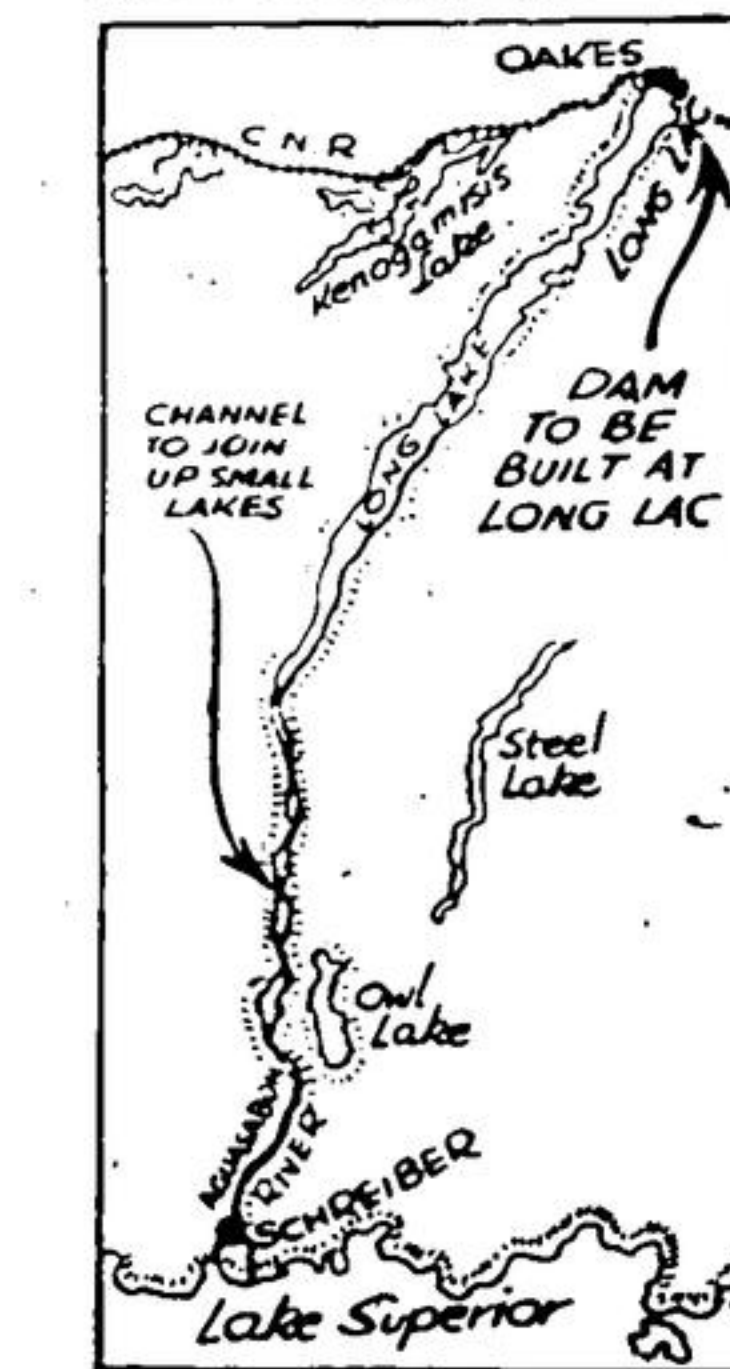
THAT'S DIFFERENT

Brown: Why did you break off your engagement with her?
Jones: Because she has a parrot which says, "leave off kissing me, George, or I'll yell mamma."

BROWN: WELL I CAN'T SEE ANYTHING IN THAT

James: Ah! But you forget that my name's Charles.

ARCTIC WATER TO FLOW INTO GREAT LAKES



according to reports from Fort William, Ont. The map, LEFT shows location of the development. A \$600,000 dam has already been constructed at Kenogamis lake, 50 miles north of Long Lac station, and a second dam will be built at the head of Long Lac. The entire project, which will add a flow of 1,250 cubic feet of water per second to the Niagara river either to flow over the falls or for power development, and also making possible an increase of \$1,000,000 per year in the revenue from Ontario's forests, is under the control of the Ontario Hydro, headed by Dr. T. H. Hogg.