

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

### SOME HALLOWEEN SUGGESTIONS BY Betty Barclay

#### PROZEN FRUIT PUNCH (Serves 6-8)

- 2 cups sugar
  - 3 cups water
  - 1 small bunch mint, chopped
  - 3 cups weak tea (or ginger ale)
  - 1/2 cup lemon juice
  - 2 cups orange juice
- Boil sugar, water and mint together for 5 minutes. Chill, add remaining ingredients, strain and freeze.

#### LEMA AND CUCUMBER SALAD

- 2 cups cooked, dried Lima
- 1 cup sliced celery
- 1 green pepper, sliced
- 1 cup French dressing

Mix ingredients an hour or more before serving. To serve, arrange on lettuce leaves. Place a spoonful of mayonnaise on top and sprinkle mayonnaise with minced green pepper.

#### WHOLE MEAT MACARONI DISH

Easy to prepare, wholesome and inexpensive

- 1 lb macaroni
- 1 cup milk
- 2 tablespoons butter
- 1 can tomato soup
- 1 cup grated cheese
- Salt and pepper

Boil macaroni in plenty of boiling salted water till tender. Drain. Melt butter in saucepan and add the cooked macaroni. Heat well and add the milk. Cook macaroni in butter and milk until about dry. Add tomato soup and cheese. Heat until cheese is well melted. Add salt till flavors blend. Serve hot. Note: Spaghetti, elbow, sea shells or other shapes of the macaroni family may be substituted for macaroni in this recipe.

#### ORANGE CONSERVE

- 4 cups (2 lbs) prepared fruit
- 1/2 cup lemon juice
- 7 cups (3 lbs) sugar
- 1/2 lb seeded raisins
- 1 cup finely chopped nut meats
- 1/2 bottle fruit pectin

To prepare fruit, stem and crush well about 3 pounds fully ripe grapes. Add 1/2 cup water, bring to a boil, and simmer, covered, 30 minutes. Remove seeds and skins by straining. If desired, chop or grind skins and add to pulp. Grate orange and lemon rind from 2 lemons. Measure sugar and prepared fruit into large kettle, filling up last cup with water if necessary. Add lemon rind and juice, raisins and nut meats, mix well, and bring to a full rolling boil over hot fire. Stir constantly before and while boiling. Boil hard 1 minute. Remove from fire and stir in bottled fruit pectin. Then stir and skim by turns for just 5 minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin hot conserve at once. Makes about 12 glasses (6 fluid ounces each).

#### CHOCOLATE MINT HENNET-CUSTARD

- 1 pkg chocolate hennet powder
- 1 pint milk
- 1/2 cup chocolate syrup
- 1/2 cup marshmallow topping
- 1/2 tsp peppermint flavoring

Make hennet custard according to the directions on package. Then chill in refrigerator. When ready to serve mix marshmallow topping, chocolate syrup and a few drops of peppermint flavoring together thoroughly. Put on top of each hennet-custard and serve at once.

#### A HALLOWEEN GAME

For this game the fortunes must be prepared beforehand, and may be either ordinary ones or witty written in verse - when these happen to be a writer of doggerel amongst your number. Here is an example:

Your lady fair  
Is here but where  
She knows you care  
But do not dare  
To speak

Ordinary fortunes might read:  
Count ten before you speak and you  
be haughty and never go out of doors  
when the wind is in the east. During  
the coming month you must not put  
anything in writing that may cause  
trouble for you.

Of course the fortunes can be as  
funny as you like to make them. Then  
they are folded and jumbled together in  
a hat. Each draw out his or her "fortune"  
but must not look at it until his  
or her turn comes to read it aloud.

Sometimes some of us are aware that  
the words written on our scraps of paper  
are or will be true, and that makes  
the game more amusing.

#### NO WONDER

"Is your father always as glum as  
that?"  
"By no means. He laughs twice a  
year—spring and autumn—when the  
women's new hats come in."

## Hints On Fashions

### Wool Becoming More Popular At All Times



Smoke-Blue Knit Dress

Wool becomes smarter and smarter as it weaves its way into the smart frock. Cook macaroni in butter and milk until about dry. Add tomato soup and cheese. Heat until cheese is well melted. Add salt till flavors blend. Serve hot. Note: Spaghetti, elbow, sea shells or other shapes of the macaroni family may be substituted for macaroni in this recipe.

#### SUCCESSFUL INDIAN RANCHERS

Black-foot Indians living on the Peigan Reserve in the Pitcher Creek region of Alberta have made good as ranchers and farmers, and are among the most prosperous and self-reliant of Canada's Indian population. The Department of Mines and Resources, which is charged with the administration of Indian Affairs, reports that this tribe has a herd of about 2,000 Shorthorn and Hereford cattle, as well as about 2,000 horses, and 5,000 acres of their 9,000-acre reserve under cultivation.

Branching operations on the Peigan Reserve are carried out by the Indians themselves on a co-operative basis. The cattle herd belongs to fifty-five individual owners who stage a grand round-up each summer during which each custom against manage the animals are put through dipping pens, under the supervision of a Government Inspector.

The cattle are remarkably free of disease and are among the best range herds of beef cattle in southern Alberta on the market. The Indian cattle bring a premium price and from sales of about 400 head yearly the owners derive an annual revenue of from \$15,000 to \$20,000 at present prices. The reserve is in the shortgrass country and contains an ideal winter grazing range.

The successful transformation of these Indian people from hunters to farmers and ranchers has been accomplished within two generations. Before the coming of the white man these Indians subsisted mainly on the great buffalo herds, but with the advance of settlement and the depletion of game resources that followed in its wake, they were left practically destitute. Fortunately their lands were suitable for agriculture and stock-raising and it was only necessary for the Government of Canada to provide stock and equipment and establish them as farmers and ranchers under the supervision of its agents.

#### THE WITCH'S HAT

Giving the witch a hat is a jolly game to play at a Halloween party. It is played like the game of Putting a Tail on the Donkey and will have to be played, believe it or not.

First of all, get a large piece of white cardboard or heavy wrapping paper 2 1/2 by 3 1/2. Then with your pencil or crayon draw the outline of an old witch on a broomstick without a hat. Now draw on a different piece of cardboard or paper several tall hats, such as the witch should wear. Color these black. There should be as many hats as there will be children at the party. Take an old sheet and glue or pin the witch to it, then tack the sheet to the wall. Each child is given a hat with a pin in it and unfolded to pin the hat on the witch's head.

The child who comes nearest the witch's head wins the game.

## "Our" Column

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

### A MORNING GLEAM FOR EACH DAY OF THE WEEK

Thursday, October 27th  
It is probably better on the whole for a man to be too big for his job than to be too small.

Friday, October 28th  
Generosity is a virtue but not with other people's money.

Saturday, October 29th  
More people make fortunes than earn them.

Sunday, October 30th  
He who loves his fellow-man has fulfilled the law. Rom 13:8

Monday, October 31st  
It pays the traveller to keep his eyes on the road. Failure to see may mean failure to survive.

Tuesday, November 1st  
Kindness and courage go far to make a man.

Wednesday, November 2nd  
Nature has a wonderful school, but her pupils are all too few.

THURSDAY, NOVEMBER 3rd  
NORMAN BIRKHAM

HOME HINTS  
Onion juice added after a mixture is cooked gives a much better flavor than if cooked with mixture. Extract juice by grating onion.  
A few cloves added to vegetable soup will give it a delicious flavor.

DID YOU KNOW?  
The world's production and consumption of sugar for the crop year ending August 1st, 1938, was estimated at 15,464,883 in the preceding season and 15,842,341 in 1938-39. These totals comprise the value of pellets of fur-bearing animals taken by trappers and pelts sold from fur farms.

THE THREE PRINCIPAL kinds of fur are silver fox (\$5,986,410), muskrat (\$2,244,615) and mink (\$2,240,375). The value of these three combined was \$10,471,400 in the 1936-37 season representing 63 per cent of the total for all kinds. The number of silver fox pelts was 294,288, an increase over the preceding season of 19,129, but owing to a reduction in the average price per pelt, the total value was less by \$121,784. On the other hand, mink pelts numbering 137,613 show a decrease of 16,606, but the value increased by \$338,798. Muskrat pelt production totalled 11,606,795, valued at \$2,249,615 compared with 1,630,231 pelts worth \$2,148,605 in 1935-36.

The leading producers with regard to value of raw fur production are Ontario (\$2,987,713), Quebec (\$2,516,012), and Alberta (\$2,161,507). The average price for mink pelts advanced from \$11.03 in the season 1936-37, and the average for muskrat pelts from \$1.22 to \$1.40, while the average for silver fox pelts dropped from \$32.97 to \$29.29. The highest priced fur is the falcon with an average per pelt of \$62.85 in the season 1936-37, and following is the lynx with an average of \$24.53. Both of these prices are advances over those of the preceding season.

Fur farming now plays an important part in the fur trade of Canada, supplying approximately forty per cent of the total raw fur production in 1936-37. Practically all of the silver fox pelts come from the fur farms, and probably a third of the mink pelts may be credited to the farms. This phase of the fur industry has developed rapidly during the past seven years or more, the number of fur farms advancing from less than a thousand in 1920 to more than 8,000 at the end of 1936.

The fur trade which at one time was predominant among Canadian industries has receded into a less important part of the lives of many Canadians. The continued demand for furs of both common and luxury varieties keeping fur trappers and fur farmers actively engaged.

IMPROBABILITIES  
Pedestrian—It was entirely my own fault, officer. I should have looked where I was going.  
Batsman—Yes, umpire. I was out. My foot was off the ball.  
Mr. McPherson—Pit see habbers awa in wee peech mon. I'm standing treat the night.  
Seaside Landlady—I'm not charging you any extra, sir. The weather has been so abominable during your stay that I really have not the heart.

Entrepreneur—Airmen just arrived after Atlantic flight—No, thanks. I don't want a cigar. I don't smoke.

## Chronicles of... Ginger Farm

Written Specially for The Acton Free Press BY GWYNDOLINE F. CLARKE

Real fall weather is apparently with us at last and, although so long delayed, it is no more welcome now than it would have been a month ago. However, except as far as our inclination is concerned we are just about ready for it. Potatoes and apples are in the cellar and fall ploughing well on the way.

Nature is a great equalizer. When Partner lifted the potatoes this year, to all appearances we were going to have far more than we needed. Now we are beginning to wonder if we shall have enough. Nearly every other potato I peel is touched with dry rot which is a nuisance to say the least.

The apples—Northern Spies are good. Great big, juicy fellows, better than we have had for years. We never get more apples than we can use because our trees are old and so naturally they are not very fruitful and we often have to buy.

Harvest is not over yet. There are still three loads of alfalfa seed lying out in the field for which rain and threshings are responsible. Not our own threshing oh, dear no that is still a treat in store. I have been glad that Partner did not want to thresh yet, because that gave me a little more time to exercise the cat.

And now will you listen to what I did last Thursday?

It was the night of our Institute meeting and it was being held in town, of course I offered to take some of our neighbors along with me. I don't believe in going places with an empty car. Well, we got there all right with everyone saving how nicely the car ran and how well I handled it and so on and so forth.

After the meeting we were among the last to leave as one of my neighbors was on the executive committee. However, eleven-thirty found us stepping across to the car. I opened the door for my friends with a great flourish and then got in myself thinking all the while how much nicer it was to take people home in a half decent car. All set, I stepped on the starter but alas, nothing happened. Now what have I done, or not done, I wondered. I looked everything over, no I hadn't forgotten anything spark, gas, ignition, choke, all had been attended to, so I stepped on the starter again. I might as well have stepped on a tin can. Well, I thought, it acts just as if the battery had gone dead, but I knew it had been all right when we left home. Then it came to me. I must have done something to run down the battery. Did I feel small and was I mad!

Just then a man came along told me to put her (the car) into second then he gave her a shove down the hill and away she went. After a bit I got things kind of figured out and this is what I think happened.

With the old car, may I explain, all I had to do was turn the key to shut off the ignition. With this car, there is a button affair that has to be pushed, on the same time as the key is turned. Pushing the button in was what I had apparently omitted to do. I am beginning to think re-learning to drive a car is rather an expensive business.

However, we eventually got home safely and now the battery is away being charged with me feeling like a good having to take it in so soon.

By the way an insurance agent who read last week's Chronicle called just now to see if he could persuade me to take out an automobile accident insurance policy. I guess he thought I needed it! For the benefit of other agents who may also read this column let me tell you I have already taken out insurance. Partner insisted on that before I took the car on the road.

And that reminds me of something else in connection with cars. The Learning Post and News has an editorial on the trials of the learner, and suggests that to avoid accidents, a beginner should carry on his car, above his regular license plate, another marker with the words in bold lettering "Beginner Learning to Drive" or something of the kind that will acquaint the public that an inexperienced driver is at the wheel. Apparently this scheme has already been tried out in some places and has proved successful. I am sorry I cannot quote you the editorial verbatim as I have lost the paper. The idea sounds pretty good to me except that few of us like to announce to the world at large just how dumb we are. And yet we should not mind, because it is no disgrace not being able to drive. The disgrace lies in knowing how to drive and allowing our knowledge to make us a menace on the road.

There is a good story in the last issue of Mackenzie's Magazine which any man with a car-driving wife will appreciate—especially if she is just beginning at the art.

TO WHAT RASE USE?  
Motorist—I will give you \$5 for that picture.  
Artist—Won't you wait until I have finished it?  
Motorist—No, I want the canvas to mend a puncture.

## ESTABLISH BEAVER IN CAPE BRITTON HIGHLANDS NATIONAL PARK

The release of two colonies of beaver by park wardens along a secluded stream in Cape Britton Highlands National Park, Nova Scotia, has been reported to the Department of Mines and Resources. The colonies, comprising one family of four and one of five beaver, were obtained from the provincial government, having been shipped from the western part of Nova Scotia, where under the protection afforded them the beaver thrive in considerable numbers. On arrival at their new location the beaver appeared in good condition, and the colonies were placed at selected points a mile apart on Hoper's brook. Upon being given their freedom, the animals took to the water immediately, where they were soon noticed nibbling at leaves close to the surface.

The establishment of beaver in Cape Britton Highlands National Park marks the return of these industrious animals to a region from which they had disappeared more than one hundred years ago. The beaver are among the most-valued wild life citizens in other national parks throughout Canada, where they have made notable contributions as conservation agents. A master forester the beaver constructs dams, which store water, preventing droughts, floods and soil erosion.

Through his work of creating ponds and meadows, the beaver provides food, moisture and shelter for countless forms of plant and animal life. Water stored aids the growth of vegetation, and the ponds serve as breeding places not only for fish but for fish food. Waterfowl find excellent nesting conditions around beaver ponds, while many other birds taking advantage of the dead-tree nesting places provided by beaver flooding.

The plant growth on the bottom of beaver ponds makes ideal food for raccoon, muskrat and other animals, and deer are attracted by the luxuriant crops in the beaver meadows.

WHY A RAILWAY ENGINE PUFFS  
The puff pulls of a locomotive is familiar to all but few people seem to know just what causes the noise, according to operating officials of the Canadian National Railways. It is explained that a puff is the noise made by exhaust steam that is let out of the smoke stack after the steam has pushed the piston along the length of the cylinder. One puff comes at the end of the forward stroke and another at the end of the backward stroke. Four puffs is every revolution of the driving wheels.

Pushing the piston back forces out the steam that pushed the piston forward and as this used steam is still under some pressure the operation of getting it through the smoke stack is accompanied by noise hence the puff. Engines puff louder when starting because a great deal of steam is admitted to the piston to gain maximum power. As the engine gathers speed "blow" power is not needed and less steam is admitted and less steam is admitted per piston stroke. The puff puff then becomes a steady purr.

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## Canadian Commerce Takes To The Air



plane from Malton airport, Toronto. Eighty-five years ago Sir William saw the first train pull out of Toronto station Centre-Major Adhemar Raynault, of Montreal, (right) delivers an Oka cheese to G. E. Bellerose, General Manager of Canadian National Express, to be air-expressed to Mayor George Miller, of Vancouver. Lower Left—Mayor Miller receiving the Montreal Mayor's gift at Vancouver.