

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

VEGETABLE AFFINITIES

If our common vegetables have any "affinity" it is the lemon. A touch of lemon juice works wonders with vegetables—as it does with oysters or shad. Natural flavors are enhanced and hidden flavors developed. Here are three recipes for your permanent file:

HARVARD BEETS

$\frac{1}{2}$ cup sugar, mixed with $\frac{1}{2}$ tablespoon cornstarch
3 to 4 tablespoons lemon juice
2 tablespoons salt oil or melted butter
 $\frac{1}{2}$ cup water
Mix well and boil 5 minutes. Add 12 small beets, cooked and cut in cubes (about 2½ cups)
Let stand over low heat 20 minutes. Serves 4-6.

LEMON CELERY VICTOR

1 bunch celery, tender portions, or 3 celery hearts
Cut into desired lengths (1 to 4 inches). Parboil in salted water 10 minutes. Drain. Cook 10 to 15 minutes longer in broth, or consomme
1 pint beef broth, or consomme
1 teaspoon celery seed
6 pepper corns
4 tiny, dry red peppers
1 teaspoon salt
1 tablespoon sugar
1 large or 2 small lemons, cut in thin slices
 $\frac{1}{2}$ cup minced pimientos
Marinate until cold. Drain off liquid, retaining spices and lemon slices. Serve as an appetizer or a meat accompaniment.

LEMON BUTTERED CABBAGE

1 cup melted butter
2 tablespoons lemon juice
Blend. Pour this over:
Small head of cabbage, which has been cut in eighths and boiled for 10 minutes. Serves 4.

THAT HUMBLE TURNIP

The turnip is a humble little vegetable with a flavor all its own—a flavor that some do not care for but many delight in. Plain mashed turnips appear regularly on thousands of tables and never seem to lose their charm.
But here are a couple of recipes that call for the humble turnip and allow it to step up a few rungs on the ladder of fame. Try them, ye turnip users, and you will have new ways to use your surplus turnips.

TURNIPS IN CREAM

8 turnips
2 cups milk
4 tablespoons flour
4 tablespoons butter
Salt and pepper
Pare the turnips, cut them in small pieces, cook until tender. Make a white sauce of the flour, fat, milk, and seasonings. Pour sauce over turnips and serve.

TURNIP SHELLS OR CUPS

6 large turnips
salt
Pare and remove the centres of the turnips, leaving a cup one-half inch in thickness. Cook shells in boiling water until tender. Just before cooking is completed, add the salt. Cook the centres in the same way and use for stuffing cups or serve as mashed turnips.
The turnip cups may be used as cases for creamed or buttered peas, beets, carrots, or any suitable vegetable or meat.

SPOON CORN BREAD

Serves 8-10
1 cup buttermilk or lemon soured milk
1 cup sweet milk
1 cup water
1 cup corn meal
1 egg
 $\frac{1}{2}$ teaspoon soda
 $\frac{1}{2}$ teaspoon salt
2 teaspoons baking powder
2 tablespoons sugar
1 cup browned butter
Mix and bake in a casserole 40 minutes at 350 degrees. Serve with a spoon in place of potatoes. The browned butter gives this bread a very delicious flavor.
Lemon Soured Milk: Sweet milk soured with lemon juice, may be used exactly like buttermilk in any baking soda recipe. Place 1½ tablespoons lemon juice in measuring cup. Fill with fresh, sweet milk.

LAST CAR GONE

"Waiting for a trolley car, buddy?"
"Yes, I am."
"Well, I'd be the last man to interfere with anybody's fun, but this trolley line stopped running in 1929."

A COMPLIMENT IN IT

"I dislike that man in the far corner more than any man I have met," said the young man to his pretty dance partner.
The girl looked surprised. "Why," she said, "that is my fiance."
Her partner took a deep breath.
"I know," he said. "That's why I dislike him."

Hints on Fashions



Desirable Garment

Always desirable is one of those soft woolen suits that can be worn under a fur coat as easily as a dress. Later on, come the spring, these suits emerge in all their glory. This model is of monochrome plain with beige, red and black hair-line stripes. There are four diamond-shaped pockets, with a flap and button worked into the plaid in another diamond shape. The jacket is rather long, as are most of the jackets of the suits being readied for next spring. It has dark red buttons.

RAILWAY CONDUCTOR FINDS VIKING RELICS IN ONTARIO

When James Edward Dodd, a Canadian National Railways freight conductor of Port Arthur, Ontario, staked a mining claim near Beardmore along the C.N.R. line between Long Lac and Port Arthur he found more than he bargained for. The first blast of dynamite tore open nine centuries of Canadian history and set up a new puzzle for historians. It brought to light a grave dug some 900 years ago and in it were found a rusted and broken sword, the hilt of a shield and a battle axe. Examined by experts, the fragments were pronounced to be Norse weapons of the 11th century and they are now in the Royal Ontario Museum in Toronto.
According to J. W. Curran, publisher of the Sault Ste. Marie Star, who has been interested in the Viking exploration of North America, the find substantiates records which go to show that the Norsemen did not stop at the Atlantic Coast but came inland. Their settlement of Vinland, ante-dating Columbus by about five centuries, was not, he contends, in Nova Scotia or New England, but on the west shores of Hudson and James Bays, with hunting and fishing grounds far south and west as the Lake Nipigon country.

MORE OLD SAMS NEEDED

Private business can make economies when necessary. Government retrenchment always endangers votes, votes of taxpayers whose money is thereby saved. Once a department is established in municipal, provincial or federal civic service, dynamite is needed to remove it. It is simpler to add another mill to the tax rate or to raise the income and sales tax rates. Taxpayers will grumble, but they will always pay.
One sometimes recalls Old Sam, who for most of his life was an alderman in a small Ontario city. Thrifty, even penny-pinching, in his own business, Sam carried the same principles into public life. On all proposals for spending public money he voted "No." He was laughed at and cursed at and frequently outvoted in the council, but he was always re-elected.
A governing body composed of Old Sams would be impossible, but taxpayers should draft some to represent them on every elective body. Old Sam's city today has a low tax rate and a small debt—debts. —The Printed Word.

THE EXACT TRUTH

The captain of a ship once wrote in his log:
"Mate was drunk to-day."
When the mate became normal, he pleaded with the captain to strike out the record; he declared that he had never been drunk before, that he would never drink again.
But the captain said, "In this log we write the exact truth."
The next week the mate kept the log, and in it he wrote, "Captain was sober to-day."

"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, January 26th
When the good man prospers, others share it, otherwise his is not good.
Friday, January 27th
God gives men ability, but the use or misuse of it lies wholly in our hands.
Saturday, January 28th
It is a wise wife that suffers her husband to have one or two faults.
Sunday, January 29th
Lord, teach us to pray.—Luke 11: 1.
Monday, January 30th
The man who thinks he knows should know enough to hold his tongue.
Tuesday, January 31st
We never know just what a man will do until he possesses the authority to do it.
Wednesday, January 11th
Faith is giving substance to the thing we hope for. It is making real that which is unseen.
NURSE ELKRAM.

HOME HINTS

The secret of making flaky, tender crusts lies chiefly in the handling of the dough. The more the dough is handled the tougher and more rubbery the product becomes.
Cut cold shortening in the dry ingredients with a light stroking motion. Do not beat down and pack the dough. Handle and roll as little as possible, always roll the dough from the centre in every direction, rather than rolling back and forth. Chill the dough before rolling out, for the tins, because cold dough expands more in the oven and is therefore flakier. To prevent single crusts from humping, prick full of holes, top and bottom. To seal top and bottom crusts moisten the bottom crust on the edge, water and press the two crusts together firmly.

DID YOU KNOW?

Next to the United States mint, the largest user of silver in the country is the Eastman Kodak Company. To make their photosensitive films and papers, the company uses five tons of silver paper a week.
Issued an order that every policeman must go to church at least once on each Sunday, and no candidate for either the Fire Department or the Police Department would be considered unless he has a recommendation from his own clergyman. Not a bad idea, it might be argued, but better if all employers were as particular.

RECORD CANAL TRAFFIC

Traffic through the Welland Ship Canal which connects Lake Erie with Lake Ontario and overcomes the drop at Niagara Falls established a new high record in November when the movement of freight totalled 1,651,244 tons compared with 1,229,350 tons in November a year ago. Shipment of corn, wheat and steel and soft coal all showed substantial increases over last year, especially wheat which was up by 275,184 tons, or 9,272,899 bushels. Heavy wheat shipments, also boosted traffic through the St. Lawrence canals, which amounted to 989,456 tons in the corresponding month of 1937. November freight traffic through the Sault Ste. Marie Canals (Canadian and United States Locks) amounted to 4,466,103 tons as against 3,938,979 tons in 1937.
Nature was good to Canada in supplying navigable rivers and lakes—the channels of the original fur trade—and great expenditures have been made in improving the water routes. The St. Lawrence River and inter-connecting channels form an unequalled system of inland water transportation extending two thousand miles into the interior of the continent. From Lake Superior to the Atlantic Ocean is a drop of about six hundred feet, and in overcoming this fall and other obstructions to navigation Canada has developed a system of canals and inland waterways which is among the most remarkable in the world.

PROBLEM

The hill-billy put down his gallon jug of liquor.
"Maw," he drawled, "don't yer finger it's about time we sent our son to school?" He'll be twenty-six, come hay-in' time."
The old lady puffed slowly on her corn-cob pipe.
"Yer right, paw," she agreed.
So the next morning, bright and early, their twenty-six-year-old son marched off to school. Two hours later he was home again. He found his father plowing the corn.
"Paw," he announced, "as tears of disappointment welled in his eyes, 'The teacher sent me back home. She said I can't come to school 'less I wear a collar.'"
The old man cracked a whip over the bony nag.
"Like ter help yer out with a collar, son," he cried, "but if I do, why'll I use fer the horse?"

Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

BLUE STAIN IN LUMBER CAN BE AVOIDED

Investigations by the Forest Products Laboratories of the Department of Mines and Resources, Ottawa, in co-operation with lumber and chemical companies, reveal that blue stain in lumber, which has caused losses of thousands of dollars, can be curtailed.
In many cases, the costly blue stain can be eliminated by the simple practice of keeping the seasoning yard in a clean condition, free from old decayed wood and other debris which are a source of infection. In particular, the building-up of the surface of the yard with mill refuse should be avoided, and the growth of weeds and other vegetation should not be permitted, as it interferes with the circulation of air and thus impedes drying. The seasoning yard should be an open, well-drained site, the piles should be well separated and have a clear space underneath and a tight roof. The alleysways should be wide and, as nearly as possible, should run in the direction of the prevailing winds.
If these precautions are not sufficient, the freshly sawn lumber should be run through a toxic chemical solution to protect it in the pile until it has dried sufficiently to prevent the growth of the staining fungus. Certain fungicides, costing about fifteen cents per thousand feet board measure of lumber treated, have been found very effective as stain preventatives, and are now in general use.
Blue stain is a dark discoloration which sometimes occurs in the sapwood of sawn lumber, especially pine. These discolorations are caused by certain microscopic dark threaded forms of plant life known as "fungi." The threads originate from the minute wind-borne spores, which germinate during the summer months on the moist surface of freshly-sawn lumber in the seasoning yards, and eventually cause the unsightly discoloration.

INDIANS PLANT TREES

Efforts of Indian agents in Ontario, to promote reforestation on reserves where suitable land is available are bearing fruit, according to reports received by the Department of Mines and Resources, Ottawa.
As an initial step in reforestation on the Six Nations Reserve, Brantford, Ontario, about 20,000 trees were distributed and planted throughout the reserve last spring. These trees for the most part were planted around the homes of the people where, in a few years, they will provide shade and beautify the surroundings.
Marked success has attended the reforestation project carried out last year at the Tyendinaga Reserve, Deseronto, Ontario, where some 6,000 trees were planted, including spruce, pine, silver maple, elm and willow, practically all of which have taken root and are showing rapid growth. Apart from this project, which was carried out on selected areas where the land was not suitable for any other purpose, many individual Indians living on the reserve took advantage of the opportunity to plant a number of trees around their homes.

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WILL HAVE PLENTY

"I'm sorry I haven't a dime," the lady said as she handed the conductor a ten dollar bill.
"Don't worry, madam," he replied, "You're going to have 99 of them in a couple of minutes."

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GRAY COACH LINES

Where 35 Died in Brazil Train Wreck

A general view of the wreckage of the passenger and freight trains that met in a head-on collision near Barbacena, Brazil, on the Central Brazil Railroad, killing 35 persons and seriously injuring more than 100. The passengers included Boy Scouts travelling to a jamboree and scores of laborers en route to promised jobs. Observers said that the accident might have been caused by faulty brakes on the freight train.

ANCIENT CAPITAL GOES SKI MAD

Quebec City, Lac Beauport and the immediate surrounding areas are rapidly becoming the outstanding ski centres of Eastern Canada. Visitors from Canadian and United States cities are making their headquarters at the world famous Chateau Frontenac in ever increasing numbers and are thoroughly enjoying winter sports under the most favourable circumstances.
The Lac Beauport area, with Mount Saint-Casimir and Tourbillon, is rapidly achieving a well-earned reputation, so much so in fact that for the past two years the area has been selected as the locale of the International Inter-collegiate Ski Meet. New and thrilling runs have been cleared and this year Pauli Gastrein, outstanding ski-instructor from the Austrian Tyrol and holder of an instructor's certificate from the Hanneb Schneider school will be on hand to teach the fine points of the game.
Visitors cannot only enjoy skiing at Lac Beauport equal to that found anywhere in Eastern Canada, but there is good skiing right in the city itself, notably on the Plains of Abraham—a fact which provides an added historic interest for visitors. The Chateau Frontenac, one of the most comfortable large hotels in Canada is the social centre of this typical French Canadian city and provides an ideal headquarters for visitors whether they wish to ski, to explore the interesting city and surrounding country or just spend a different sort of holiday during the gay winter season.
The picture lay-out shows the famous tower of the Chateau Frontenac against a typical ski scene. The skiers shown in the lower part of the picture are about to take off on a jump along one of the many beautiful and thrilling trails.