

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

### COLORED TEMPS THE RALEATE

Canadian Finnan Haddie with Tomato Cheese

"We eat with our eyes first," has been said over and over again, and how true it is. Notice how children react to a colorful meal, and even your own appetite puts on seventh-league boots when you know the dinner is going to look as well as taste good. That's why make this dinner taste doubly delicious, because you have the flavor and color to go together to enter you to enjoy it to the full.

### CANADIAN FINNAN HADDIE WITH TOMATO CHEESE

Select a thick Canadian Finnan Haddie and cover with cold water, fresh side down, for half an hour. Drain and cover with water that has just boiled, and let stand for 15 minutes. Drain, dot the flesh side with butter, and broil 20 minutes. Lay on a hot platter and cover with the following sauce. Heat one can condensed tomato soup with one tablespoon grated cheese, 1/2 teaspoon dry mustard and 1 cup top milk or undiluted evaporated milk. Blend well and pour over the fish.

Potato chips are an ideal accompaniment to such a dinner and the vegetables should be green beans or peas, served piping hot and well drained.

Try this for a lunch dish when you're in a hurry and the children come rushing in from school before your morning work is quite done. Open a can of Canadian sardines packed in tomato sauce, and drain, reserving the sauce. Broil the sardines for 5 minutes, lay on fingers of toast, and pour the tomato sauce which has been heated over the top. Serve with a baked or reheated potato, and let the children have a big cup of hot cocoa, and some little cup-cakes for dessert.

## Hints on Fashions

Coat in Taupe Gray Has Handsome Appearance



Gray in Fashion Picture

Gray is coloring the fashion picture these days and is liked for day and for evening wear. For casual clothes and for dressy things. A lovely deep taupe gray is used for this handsome town coat. The fabric is woolen with a velvety finish. The yoke and collar are of shaded gray astrakhan, as are the cuffs, which are smartly gathered. There are tucks from the yoke and gathers from the suede belt. The back has a little more fullness than the front. The sleeves are gathered on to the shoulders.

## "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 12th  
A good man cannot write a bad book, but he may write a very foolish one.

Friday, January 13th  
The very best things are those which can never be bought.

Saturday, January 14th  
God forgives what man will not pardon.

Sunday, January 15th  
Whosoever shall compel thee to go a mile, go with him seven.—Matt. 5: 41.

Monday, January 16th  
The love that is the loudest is seldom the deepest.

Tuesday, January 17th  
The man who deserves good will surely get it, even though it may be long delayed.

Wednesday, January 18th  
True culture means simply reaching the highest which is possible to us.

NURSE ELKRAM

### HOME HINTS

A special thermometer can be bought that will reveal the inner temperature of your roast. They are a great help. They will indicate rare, medium, well done, etc. Almost any department store or hardware store is selling them now.

If your cake cracks open on the top, too much flour has been used or the cake has been put into too hot an oven. Never grease pans for angel or sponge cakes.

### DID YOU KNOW?

The chameleon is not so interesting because he can change his color when he gets angry or move over to something that is different from the color he happens to be wearing at the moment. The most astonishing thing about him is that he can use his two eyes independently of each other, this means he must be able to think of two things at a time, which ought to be a good trick for a chameleon.

### DEVELOPMENT WORK PROGRESSING AT PRINCE EDWARD ISLAND NATIONAL PARK

Recent reports indicate that development of Prince Edward Island National Park as one of the outstanding vacation centres in the Maritime Provinces is progressing rapidly. One of two national parks established in 1936, this seashore area possesses as a primary attraction some of the finest sand beaches in Eastern Canada, and the provision of additional facilities for recreation and accommodation will enable visitors to enjoy an ideal holiday in the great outdoors.

Next summer visitors to Prince Edward Island National Park will have the opportunity of playing golf in one of the most attractive and romantic settings to be found in North America. Construction of the new links at "Green Gables," in the Cavendish region, is being carried out under the supervision of Stanley Thompson, well known golf course architect, and nine holes will be available for play on or before July 1st, 1939. It is also expected that the remaining nine holes will be open before the end of the playing season. The new links skirt the sand dunes of the region along the Gulf of St. Lawrence, and, stretching back into the beautiful countryside of the island, present a delightful combination of seaside and inland course resembling some of the famous links in Scotland.

The course has also been planned to feature many points of interest portrayed in "Anne of Green Gables," and other novels by L. M. Montgomery.

Favorable progress is also being made in other developments at the new park. In the Tracadie region a large building, known as Dalvay House, which was originally erected as a summer home, has been re-designed for use as an administration centre in lieu of the group of smaller structures usually provided. Installation of electric light and water supply systems is proceeding at headquarters together with the landscaping of adjacent grounds. Provision of a residence for the park superintendent is also being made. Public bath-houses have been built at Dalvay House and in the Cavendish area, and together with three additional bath-houses under construction at Brackley Beach will be available for use early next year. Four miles of all-weather road have been completed from the eastern park entrance near Dalvay House to the western extremity of this section of the park at Sunhope Beach Inn. This road now provides a fine drive along the Dalvay-Stranhope Beach between Tracadie Bay and Covehead Bay and also provides ready access to the beach between these points.

Attendance at the new sea-shore park showed a gratifying gain last summer, and further increases may be expected as improvements are made, and the beauty and attractions of the region become better known.

## Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Until yesterday I had not been out of the house—or rather, off the farm, for eight days. Have I been ill? Oh no, nothing like that, fortunately. But, as I told you before, the lane was pretty well filled with snow and we had not even tried to get the car out. And so I had a holiday in which I was free to work. That may not sound like sense to you, but it is, nevertheless. What I mean is I had a holiday from going out—from going to town, from going to meetings and from visiting. Not but what I like doing all these things in small doses—I'm not an unsocialable person—but being out every day in the week takes up all one's leisure—and indeed, backs up the work to a certain extent.

One day Partner said to me, "If I don't soon get you out you'll be having a fit of the blues."

I laughed. "Not I!" was my answer. And Partner knew I meant it.

You know, I really do believe most of us spend a tremendous lot of time getting nowhere—fussing and fuming about things that are really unimportant, and the next minute complaining because we haven't time for the things we really want to do—or say we want to. It is my belief that if we have any particular work or hobby that we are definitely keen on, we shall find time for it all right. That has been my experience, anyway.

What is the good of putting things off anyway, until we shall have more time? How do we know whether, a week, a month or a year later on, we shall have any more spare time than we have right now. We may have less—so then what?

Take a mother with a family of small children, for instance. They keep her busy from morning to night. You would not think she could possibly find time to crowd in one more job during her busy day. And then, another baby arrives and mother finds time to bath, feed and dress him—in fact, attend to his every want, twenty-four hours a day.

How is it done? Don't ask me—I don't know the answer. I only know—I don't doze just about the same thing myself. For the first year of Son's life he needed constant attention to keep him alive. There was also his mischievous three-year-old sister to look after. We also had a relative living with us, suffering from a nervous breakdown. Partner was far from well in those days and we had "in-laws" visiting us off and on most of the time. But we all made the grade—how, I don't know. Time, I really believe, has a quality of elasticity.

And now Canada is all agog and looking forward to the visit of the King and Queen. A big event like that is a grand thing for the country. It stimulates trade. I can hardly believe that the Royal Couple will leave Canada without seeing the Dionne Quintuplets, but I feel quite confident that if they do see them, it is they, the King and Queen, who will visit the Quints, and not vice versa. The Queen was a mother first and a queen afterwards, and I don't believe she would agree to any plan which compelled the Quints to face the ordeal and excitement of unaccustomed places and people.

We are in a nice central spot down here. If we want to get in on the big doings, we have a choice of three places, all equally accessible—Toronto, Hamilton or Quebec. One day we were talking about the Royal visit, and Partner remarked: "Well, I suppose you will be wanting to go to Toronto to see the King and Queen, when they come?"

"Why should I?" I answered, "until I came to Canada I lived within fifty miles of royalty all my life and never bothered my head about them—why should I start going places to see them now?"

And by that I do not mean any disrespect to the King and Queen. It is just that over in the Old Country we got so used to the idea of them being there all the time that we thought very little about it—look it all for granted, except for Coronations and other big public functions. As a matter of fact, the only member of the Royal family whom I have seen at close quarters is Princess Louise. Partner has been very fortunate. While he was in the Army he saw several members of the House of Windsor. And before the War, when Partner was living in London he often used to see the late King Edward VII. and his Queen, as well as King George V and Queen Mary, coming from Buckingham Palace or going backwards, and forwards to St. Paul's Cathedral.

Up to the present, we do not expect to have an opportunity of seeing the King and Queen—although, of course, you never can tell. As a matter of fact, I believe we could entertain the King, at least, quite suitably, at Ginger Farm, because, according to newspaper reports, his favorite dish is boiled chicken. And if he came here for a meal and wanted boiled chicken, we could serve it to him!

Do you know what we did at New Year's? We were so tired of anything that looked like a bird that we sold the chickens we had saved and bought ham instead. And then we could hardly believe we had something that didn't have to be killed, skinned and cleaned. In fact, I began looking for pin-feathers in the ham, just from force of habit.

## OVERDOING HOLIDAYS

Of course it would not do to register a "hat protest" against establishing the day following Christmas as a legal holiday. But it does appear that there is a widespread and persistent urge to crimp the human right to sleep in the morning and do a full day's work. What with Sabbath Days, Saints' Days, Royal Birthdays, civic holidays and the never-ending clamor of organized labor to shorten the working day, it is difficult to get time to earn enough to pay taxes. This year by grace of the calendar and the proclamation of the mayor's indulgence, we have three holidays in a row and it's a lucky family that will be able to lay in "three days' provisions" in addition to customary greeting tokens and a quota of joy-water. —The Mercury, Estevan, Sask.

## VALUE OF CHOICES

The farm chore was glorified by Dr. John Dearness, oldest living graduate of the University of Western Ontario, who addressed the assembly of students and faculty at the annual prize day exercises. Speaking of "Student Responsibility," Dr. Dearness emphasized the fact that a sense of responsibility brought boys and girls from the little red school-houses of Canada to prominent positions in public life. From definition, observation and experience, Dr. Dearness said, "Dressed be choices." —St. Mary's Journal-Argus.



"I wonder if Jim will call tonight?"

Do you day-dream in the evenings? When somebody like Jim is in a distant town and seems ten times as far away as he really is? And then the telephone bell rings—and there's Jim!



"Hello Jim, I was hoping you'd call!"

Is there ever a time when a cheery voice from far away is not welcome? When the telephone bell announces it you feel grateful that there are still people who think about you and prove it by Long Distance.



And Jim says: "Only 65¢?"

People who use Long Distance service are always surprised how little it really costs. Talking with smaller budget items like movies, cigarettes, laundry and shoe repairs, Long Distance telephone calls don't touch your pocketbook seriously—but do always touch your heart.

LONG DISTANCE costs so little!

Jim's call cost only 65¢ and it travelled more than 200 miles. By using Low Night Rates applying, as well, all day Sunday—and placing "Anyone" calls—you can talk Long, Long away for just a very little.



# The Quality Tea "SALADA" TEA

Re-united After Nineteen Years



Separated when babies, and not knowing that they had any brothers or sisters, a happy re-union was staged at Briddford, Ontario, when Mary, John and Irene Griffin met for the first time. Placed in a children aid home 19 years ago when their mother died, the three young people were adopted by different families and only recently learned of each other's existence. Another brother, Melvin, is now being sought to make the family complete. He was adopted by a family of the name of Cummings, who used to live at Hespelec, Ontario.

## Don Budge Wins First Pro Match



Here's a scene that takes place only every few years—the outstanding pro and erstwhile amateur tennis champion shake hands after the match that sees a new pro star launched on the sea of continent wide tours. It happened when Bill Tilden, when Ellsworth Vines, when Fred Perry and now when Don Budge made the jump from honor-and-glory-to-munited ranks. Vines, left, a pro for five years now, congratulates Budge after their opening match in Madison Square Garden, N. Y., a match won without a great deal of difficulty by Budge in straight sets.

## SALLY'S SALLIES

Required U. S. Patent Office

YOU KNOW HOW IT IS AFTER CHRISTMAS, JOE



It is fine to have a friend you can trust... but it is finer to have a friend who can trust you.

# Radiantly healthy FISH HELPS KEEP THEM SO

Canadian Fish and Shellfish is grand nourish- ing food for active youngsters always "on the go". It pep's them up, and restores their energy and 80% contains an abundance of proteins and minerals... the "protective" vitamin D that builds the precious sunshine sound teeth. There are over 60 different kinds of Canadian Fish and Shellfish available all year 'round, whether fresh, frozen, smoked, dried, canned or pickled. They offer you an amazing number of inexpensive dishes that the family will enjoy to the utmost. Arrange with your dealer for fish several times a week.



## BAKED FISH CAKES

2 cups fish flakes (th. cooked or canned), 2 cups bread crumbs, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/2 cup green pepper (chopped), 1 table- spoon lemon juice, 2 eggs, 1/2 cup milk. Combine flaked fish, bread crumbs, seasoning, green pepper and lemon juice. Beat eggs, combine with milk and mix with fish. Press into greased oiled cups and bake in oven (350° F.) for 1/2 hour. Serves 6 or 8. Serve in moulded with egg-omelette sauce. Garnish with parsley.

DEPARTMENT OF FISHERIES, OTTAWA. Write for free booklet. Please send me your free booklet, "100 Tempting Fish Recipes". Name: (Please print letters plainly) Address: (Please print letters plainly)