Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Sugrestions

CANADA COD SPEAKS UP FOR

How the Family Call for it Again When You Prepare it with Imagination!

Canada Cod speaks up for a place on the budget, so perhaps you think there's nothing thrilling about having it for dinner. That's where you're wrong, because just try this and see if you don't change your mind.

CANADA COD IN POTATOES GRATINEE

Top milk

curs Canada Cod, cooked, or Chicken

Butter . Gra ed cheese

Scoop out the freshly baked potatoes and mix with the codfish. Season with salt and pepper, add some butter and a little top milk. Refill the potato shells and sprinkle with grated cheese. Place under the broiler until the cheese has

Now, with a vegetable, and a fruit dessert, you have a grand dinner. Get down a jar of your homemade pickles, and be sure of a happy dinner or luncheon.

Don't forget how good Canadian fishcakes are! Just boil up some extra potatoes for dinner, mash them, season with salt and pepper, add some hot milk and a beaten egg if you wish. Flake the codfish and mix well until the whole thing is a creamy, billowing mass. Shape into cakes and place in the refrigerator to have them ready for a quick breakfast. Saule in butter or bacon drippings. and see the family start out in the cold with extra vim and vigor. Tomato sauce or ketchup goes well with fishcakes, and a slice or two of bacon adds a sparkle to

Have you had clam chowder lately? It's a grand one-dish meal for luncheon or supper, and the whole family loves 11. particularly when made with milk. We've heard of stern he-men who like to heat up the canned clam chowder and serve it for a midnight snack. Lots easier than any other kind of refreshment and men like it because it's just case of 'heat and eat,' and no use bothering the women folk!

YELLOWKNIFE SHOWS

Yellowknife, Northwest Territories, was the most actively prospected gold in Canada during 1938, according to the Department of Mines and Resources, Ottawa. More than thirty mining and prospecting companies were active in the Yellowknife area, as well as scores of individuals, syndicates and groups. Some 3,500 claims were filed during the year. bringing the total number of claims in the Yellowknife region up to about 5,000.

The highlight of the year's activities at Yellowknife was the entry into production of the gold milling plant at. Consolidated Mining and Smelting Company's "Con" property, which marked the start of commercial gold production in the Northwest Territories Another significant feature was the milling at this province and another is interesting. For plant of one ton of ore brought in by airplane from an independent property from children's diseases than Ontario, 75 "at Pensive Lake, a distance of fifty miles from measles, as against 19; "61" from from Yellowknife. At the Negus Mine's scarlet fever as against 22: 176 from property. Yellowknife's second gold mill- whooping cough as against 47: 142 from ing plant was erected and is about ready giphtheria as against 8 in Ontario. Other to enter production. Active development diseases more fatal in Quebec than Onwork was carried on at several other tario included: Typhoid fever, 62 while the intensive field work of pros- tuberculosis, 1.407 as against 636, It preting and exploratory parties in areas, will be noticed that all of these causes to the north and east yielded a number come within the class of infectious dis-

A thriving settlement of more than one thousand people has sprung up at Yel- much more heavily than Quebec from development which has taken place dur; 3.855 deaths from diseases of the heart, ing the past three or four years. Last 1.685 more than Quebec; 2.506 from dissubdivided into 125 lots. The townsite Quebec; and 2,216 from cancer, 632 more now contains forty buildings, and a gove than Quebec. ernment radio sta don maintains constant lowknife is about 800 miles by air from edmonton, and 600 miles by navigation jario's violent deaths numbered 1.304

from Waterways, the end of steel: promising developments under way, and first place with 30,066; Ontailo second, numerous gold discoveries scattered over with 32.624, and Saskatchewan third, a wide area, Yellowknife has made rapid with 8.472 progress in its three years of active existence. Although the excellent surface indications of the area has neither been proved nor disproved, the favorable slart promises well for the future of this

northern mining camp.

Hints on Fashions

Fur-trimmed Cloth Coat Smart for Winter Wear.



In the Current Mode

one of the smartest of winter garments. Much, much "better such an outfit than a chean fur coat. Here we have this fashion beautifully done in the current mode. The fabric is a mauve wool in a very soft weave. The collar and tuxedo front panel are of astrakan fur dyed to match. The top part of the coat is slightly bloused, more so in the back. The belt is in one with the top of the skirt section, and it buttons across the fur with two buttons. The sleeves are puffed to make high shoulders. The collar terminates in a round yoke in the back. The muff has a centre

IMPROVED HEALTH RECORD

tality is concerned. The figures just her leaders are Christians. They say released by the Vital Statistics Branch they are trusting in the guidance of God, record a national increase in population and it is easy to believe them, for the of 58,090, made up of 113,025 live births, faith that everyone puts in them less 54,935 deaths. The births were 987 amazing, in a country where it has not in excess of the first half of 1937, the always been safe to trust too fully.

deaths 5.249 less. The only causes of death responsible for substantial increases in the mortality fever. 100 deaths, an increase of 16. diphtheria, 194, an increase of 69; dis-164; diarrhoea and enteritis, 951, an in-

crease of 74. Gains were recorded as follows: Measles, 164, a decrease of 402; scarlet fever 120-a decrease of 33; whooping cough, 287, a decrease of 84; influenza, 1,614, a decrease of 2.760; tuberculosis, 3,204, a decrease of 500; cancer, 5,802, a decrease of 1310; and nephritis, 3.447, a decrease

The disparity between the deaths in one example. Quebec had many more deaths reporting in Vellowknife and vicinity, against 13, influenza, 878 as against 413;

> On the other hand, Ontario suffered diseases of middle life and later. It had eases of the arteries, 1.552 more than

> Quebec had 554 deaths from diarrhoea and enteritis, Ontario 155; Quebec had 1 564 from nephritis, Ontario 997. On-

s against 713 in Quebec. With two gold milling plants, several . The records for live births give Quebec

LEADING UP TO IT

Two men walked ino a doctor's office,

- "Now tell me, just what started the Repeated warnings have been issued to trouble between you?" asked the doctor.

"Our" Column

Items of Particular Interest to Wemen In Which Women Beaders of The Free Press May Discuss Each Week

A MORNING GLORY'FOR EACH DA OF THE WEEK

Thursday, January 19th 'Saving may be an investment, waste

Friday, January 20th No man loyes his fellow men unless is willing to serve them at a sacrifice of himself.

Saturday, January 21st We are very apt to dislike the people Sunday, January 22nd

for man."-Mark 2: 27. Monday, January 23rd Even the most bewitching beauty can ever take the place of brains.

Tuesday, January 24th ... When we forget the hour of prayer, something of real value drops out of a purposo.

Wednesday, January 25th No bat was ever half so blind as the

Dear Readers: a wonderful message that I am now pass-

ing it on to you. Daily Scripture reading that I find won- you know what I mean. derful. We have them sent to us every

Here is the letter:

Dear Friends, of The Ladies' Bible Class:

God's word together and let yourselves wouldn't have been done otherwise. be taught by the Holy Spirit.

Yesterday the last copy of The Upper Room came to me for this year. We still like these readings for family worship and hope that we are all one in this wonderful discipline of daily worship in the home. It is wonderful to us that in spite of all the loss of cities and railroads, the Chinese government postal service still gets us our mail almost as

There is a general spirit of undefeated Canada's health record for the first responsibility. We feel that China bears half of 1938 shows an improvement over all that is happening to her and is holdthe same period of 1937, as far as mor- ing together in united strength, because

The work that Madame Chaing Kai Shek has been doing in organizing women of China and the refugee childfigures were Typhoid and paratyphoid ren has captured my sympathy and my

I have seen these precious children tases of the heart, 9,064, an increase of coming into the city here by the hundreds, the sight burns my eyes-tears are a relief. When the boats arrive here there they stand straight and brave. but they are still smiling.

save them alive, when they themselves right but it will be an ugly looking place

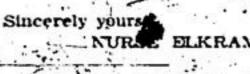
arranged for schools to take groups of arguing! twenty or thereabouts where they will be educated. Most of the refugee children are from very good families.

If it were not for Madame Chaing Kai Shek's oversight of this work (an exnple of God working through one woman i Chira could have thousands added to that pathetic band we see here on the streets-beggar children, one of the saddest sights on earth.

Let us each one try to unselfishly and ovingly help each; person we associat with each day, giving God the chance to prove His power to bring Peace on earth, Good will to all men-through our

May God Bless you all. Your's in The Master's Service

EDNA M. VEALS And so readers I leave with you this wonderful letter that tells of the courage that Christmany brings to Chie next week.



A POSER

THE CONTROL OF THE PARTY OF THE PARTY OF THE PARTY. Chronicles of. Ginger Farm

______ Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

As I write we are getting ready to star the third week of the new year. Nineteen hundred and thirty-nine an unpredictable year-as all years must be. As we look forward to the immediate future I suppose we all of us make plans as to what we hope to do, and only time can tell how much of what we plan will be accomplished. Sometimes our scheming is frustrated because we have not planned wisely, other times it is through force of circumstances beyond our control. Yet I like to think we can shape our own destiny to a certain extent. I far with it. A girl in the story criticises his ambition with these words-"I think music in your life is a wish rather than

I thought that was an extraordinary sentence showing a remarkable insight into human character. How many of us want to do things-or say we want tobut yet our very actions prove beyond a doubt that we are very half-hearted Not very long ago. I had handed to me about it all-that is "a wish rather than a letter to read to our Bible Class. It a purpose." And how far does anyone came from one of our former members, get by just wishing? 'So now we are who is now back in war-torn China, and nicely settled down to another year, we as I read it, I thought that it was such might, perhaps, do less wishing and more definite planning, and see how it works. I am really telling that to my-The little book that it mentioned is a self-just sort of thinking out loud-

three months, and they are in great! Yesterday was a family milestone at demand in our class. It is too bad that Ginger Farm. For the first time in our every Sunday School does not have them, car driving days, our motor buggy left the farm with a driver, other than myself at the wheel. Son has his real driver's permit now and so was able to Another winter of Bible study will have go to town instead of me. And was I begun for you, and I hope that it may glad! It just meant that I was able to be one rich in fellowship as you study get some baking done which probably

For a woman to be able to drive a car, and to come and go as she pleases. without waiting a man's pleasure. decidedly convenient. But sometimes isn't-that is, from the woman's poin of view. However, I have Son to fall back on now and he is only too glad to be given the opportunity to take the car on the road. Of course he always gets warnings to be careful, to drive on the right side of the road, to stop at intersections and not to drive fast at any time. And here's hoping he remembers all such admonitions on each and every occasion when he is out. Another thing I like to broadcast from the hill--tops is the fact that he carries with him his driver's permit. There are far too-

many youngsters driving without and it's a risk whichever way you look at it: "I don't want to be smug, but the fact remains I wouldn't have a minute's peace any time Son was out if I knew he was taking a chance on being apprehended by our gentlemen in blue. There is another thing. Parents who allow young boy or girl to drive without a license are teaching them to defy the law-if they can get away without it. And that is a bad, bad business.

wearing new straw hats and waving Daughter was home last week from little flags that some group of women Thursday to Friday. Of course I had have given them along the way after to go down for her and take her back. days of crowded travel in hot weather. I wish there was some kind of bus or train service without going miles out of I believe that some of the rarents have the way, as it does at present. Daughter's had to send their children up here to bruised shin bone is coming along all have to live in refugee camps until they for quite a while yet. However, she can find work or move on, what could was determined to go skating and probsadder than orphaning parents as ably would have done so only that a hockey match was being placed off all In this province women's groups have the arena. And that saved me a lot of

> Thursday was quite a day for me. planned to go for Daughter at -11.50. Before going I had two chickens to clean, pack and get off by train, Also there were sandwiches to make for an Institute meeting. Also I wanted to take a bath. The bath was a real probbreakfast first. Partner has plenty of cows to milk these days so I thought I could work the bath in before he came along to breakfast. Suddenly I remempered it was the day for the baker to call, and to bring ham along for the sandwiches. T started writing down what bread I wanted on a slate but the baker came before I got it done. But without the ham-he had started out a little earlier than usual and had not got the parcel. So I had to order the ham all over again to come out with the mail, some- Then I got down to the busines of bathing -and heard Partner come in before Twas halfway through More hurry

back at last to the kitchen and then the telephone rang. After all the jobs, were done it was a quarter to twelve before I got away and I didn't stop to change my dress or get; anything to eat. Partner, fortunately, promised to get his own meal.

GOLD MINING HAS ANOTHER RECORD YEAR

Gold mining in Canada again broke all records in 1938, when production totalled 4,679.685 fine ounces, valued at \$164,561,123 compared with 4,096.213 fines ounces valued at \$143,326,493 in- 1937. The output which includes the gold bullion from gold mines, gold in blister copper produced in Canadian smelters and gold in ores exported accounted for 51 per cent. of the total value of Canadian primary metals production and 37 per cent. of the total value of the entire Canadian mineral industry. In 1938 the estimated average price of a troy ounce of fine gold, in Canadian funds, was £35,165, compared with \$34.99 in the pre-

All across the Canadian mineral front, from Nova Scotia on the east, to British Columbia on the west, and in the Northwest Terri ories, many new gold-mining developments were reported during the than in 1937, enlargement and improveus have our own way. was reading a short story a, few days eral new mines were developed in remote ago-and now for the life of me I can't regions, where airplane transportation And He said unto them, "The Sabbath remember which story it was we have continued to play an important part so many magazines around here. It was Stimulated by the higher price of gold which makes possible their profitable a musical career but was not getting very operation, many fields that had been exploited in earlier years were re-opened.

> Among the more notable developments. was, the entry into production early in September of the Consolidated Mining and Smelting Company's. Con property in the Yellowknife area, which marked the first commercial gold production in first commercial production of gold in the Zeballos River area of British Columbia was also recorded in 1938, with the entry into production of three properties in that area. Another notable event was the opening of the Canadian National Railway's new 100-mile branch line from Senneterre to Rouyn, thus providing a large number of producing mines and others under development in northwestern Quebec direct rail connection with Montreal, Quebec, City and Toronto.

> At the beginning of, 1938 Canada's monthly gold production was about 361,000 fine ounces, and during the latter months of the year it had grown to more than 410,000 fine ounces. An alltime high record monthly production of 421,000 fine ounces was established during July. Gold mining plants in operation in Canada now total approximately 170, of which about 38 entered producconstruction at the end of the year.

Orange Pekoe Blend TEA

Moving Back into Fistic Picture



Seen as he arrived in New York for a hearing in a court action i Max Baer, former world's heavyweight champion, whose last fight was a victory over Tommy Farr, almost a year ago, and who returns to the wars against Lou Nova, new fistic star, in May. The cowboy attire he's wearing is a tieup with a new movie contract he has signed to make western picture for the next five years.



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