Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

NOW HERE'S A MENU!
By Betty Barclay

Fruit Cup
Vegetable Soup
Broiled Steak
Mashed Potatoes Peas
Asparagus Salad
Bread-Rennet-Custard
Rolls Beverages

Perhaps I am wrong, but it seems to me that too many menus are far too elaborate for humble people like most of us. We like nice meals, unusual and tasty dishes and pleasant surprises, but we do not want our dishes to be either elaborate or expensive.

So here's a menu that should appeal. Eliminate either the fruit cup or the soup if you wish. Substitute for the vegetables or the salad if you prefer. You may even change your meat dish. Take this menu as a guide and you'll have a meal worth while, well balanced, economical and delicious.

The rennet-custard dessert needs no eggs, no boiling and no baking, just the kind of dessert to top off a wonderful meal. I strongly advocate "no substituting" for this course.

BROILED STEAK

Wipe the steak carefully and remove any unsightly bits of meat or fat. Heat the broiler and place the meat in it. Sear one side, turn it and sear the other side. Reduce the heat and continue the cooking, turning the meat as often as the juice begins to appear on the upper surface. Steaks one and one-half inches thick require eight to ten minutes for a rare steak and twelve to fifteen minutes for one that is known as well-done. Remove the steak to a hot platter and baste it with melted butter. Season with pepper and salt.

ASPARAGUS SALAD

6 rings cut from green pepper or lemon
24 stalks cold boiled asparagus, fresh or canned
Lettuce leaves
French dressing
½ tablespoon tomato catsup

Cut rings about one-third inch wide. If lemon is used, remove the pulp, leaving only the peel. Slip four stalks of cold asparagus through each ring and arrange on crisp lettuce leaves. Serve with French dressing to which tomato catsup has been added.

BREAD RENNET-CUSTARD

1 package vanilla rennet powder
1 pint milk
4 slices bread
Butter
Raisins
Nutmeg

Remove crusts from bread, butter lightly and cut in small cubes. Divide the cubed bread among 6 dessert dishes and add a few seeded raisins. Warm the milk to LUKEWARM—not hot. Remove from stove. Add rennet powder. Stir immediately and briskly until dissolved. Pour over bread. Let set until firm—about 10 minutes. Chill in refrigerator. Sprinkle with nutmeg before serving.

QUICK FISH LOAF A LIFE-SAVER ON BUSY DAYS

Memorize this Recipe and Use It Often

Some days go along like clockwork. You have plenty of time for all the home-making tasks, and to spend on preparing dinner. But let your youngster take a spill on his sled, or come home with a cut finger, and the time you had allotted for dinner vanishes. It's hard to make it up, and the family hate to find dinner delayed. That's when you'll have a lot of fluster on your own part by having a magic recipe like this in the back of your mind. (P.S. It's good for wash day, too, when those little extra things took more time than you planned. Make it a regular Monday night supper.)

QUICK FISH LOAF

1 1-lb. can Canadian chicken haddie or Canadian salmon
1 teaspoon salt
2 eggs
1 cup thick white sauce

Flake the fish. Add the salt, the beaten egg yolks, the white sauce, and the beaten egg white. Pour into a greased baking dish and bake in a moderate oven (350 degrees to 400 degrees F.) for twenty to thirty minutes.

Boiled rice or macaroni will cook in the same length of time, and there's no peeling to stop and bother with. Open a can of vegetables that the family likes and you're all set. If you find yourself with a little extra time on your hands, whip up a one-egg cottage pudding and serve it with maple syrup for dessert. Or make a nutmeg sauce.

There you have it, dinner in half an hour, and we'll bet the family votes to have this dinner over and over again. Try it the next time you're delayed at the club, or when you have to sew on extra buttons after washday.

Hints on Fashions

Printed Taffeta Dress Features Square Neckline

Flattering Neckline

Taffeta is coming back strong, if it can be said to have been out of circulation. For every smart shop always has a good looking taffeta model on hand. Here is an early spring dress, a nice tonic for a jaded wardrobe. It is of printed taffeta in paper weight, so it is nice and light. The square neckline, curved up a bit, is very flattering. The raglan shoulder seam is cut in one with the neck. The sleeves are draped and puffy above the elbow, tight from there down. The back is straight and flat, the front has a centre seam all the way down. A sash ties round and has a crisp bow in front. Black with a pink dot.

"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 DAY OF THE WEEK

Thursday, January 26th

Kindness and courage go far to make the man.

Friday, January 27th

He is a wise man that will not permit his troubles to spoil his pleasures.

Saturday, January 28th

Not seldom that which a man is proudest of, is something for which he himself deserves no credit.

Sunday, January 29th

The word of God is quick and powerful and sharper than any two-edged sword. —Hebrews 4: 12.

Monday, January 30th

The world is always in debt to it's thinkers, yet they are seldom in its list of honors.

Tuesday, January 31st

When a saying hurts us, it probably has fruth in it.

Wednesday, February 1st

Housekeeping is rather a severe test of love, but it is a good one.

NURSE ELKRAM.

DID YOU KNOW?

Lake Superior is one of the richest avenues of commerce in the world. In the record year, 1929, there passed through the canal at Sault Ste. Marie 92,660,000 tons of freight. In the same year 36516,000 tons passed through the Suez canal, and 33,633,000 tons through the Panama canal, making a total of 68,179,000 tons combined. These last two canals are open twelve months of the year and the canal at Sault Ste. Marie is only open for eight months.

PASSING PLATE

The plate was "passed in reverse" one Sunday recently at the First Methodist Church, Walton, N.Y., and Rev. Grant Robinson, who inaugurated the plan, termed it a "great success."

The members of the congregation took one dollar each from the plate instead of putting something on it. About 100 were at the church.

Mr. Robinson who has been pastor for 11 years, explained it this way:

"Each person will invest the dollar in any way he believes may be profitable, and will, after six weeks, return the dollar and the profit to the church."

Women plan to embroider, or make candy and popcorn and sell the products at a profit. The men will use the money in their business or on their farms.

Chronicles of. . Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE P. CLARKE

The last few weeks I have been carefully looking through the several weekly papers that come to our house and what I have been watching particularly is the advertisements. You know, it is really rather funny—evidently some storekeepers advertise week in and week out, while others, apparently, wouldn't advertise even supposing they lost their manufactured teeth.

Now, it doesn't matter a hoot to me whether storekeepers advertise or not, but I want to tell you this: When we get our local paper, the first thing I look at is the advertisements. Not only for bargains, but because the advertisements give one timely suggestions. Round about this time of the year one is inclined to get a somewhat jaded appetite and so, if you happen to glance through the paper just before your good man is going to the mill for chop, what more natural than to say, "I see tomatoes are advertised in the paper this morning. I wish you would bring me a pound. And while you are at Blank's, you might get some cocoa—I see it's on 'special.' No, I don't usually deal at Blank's, but you had better go there, because I don't see tomatoes advertised as being on sale anywhere else."

As for the dry goods—well now, I ask you—what woman has any difficulty in persuading herself she really needs a new dress—that is, after seeing an advertisement that reads "Real crepe dresses, $3.95—regular $5.00"! Read it once and you are quite sure you haven't a thing fit to wear; read it twice and you start figuring out whether you can afford to buy it; read it three times—that's when you're dressing, because by that time you have reached the stage of feeling you must hurry and get down town before all the best dresses are picked out!

Now listen to this. Last December, Partner and I thought we would give Daughter an overnight case for a Christmas present. It so happened there was a Toronto department store advertisement in the paper that day offering overnight cases "special" at $5.00. It really looked as if something should be done about it. However, we were extra busy that day and I had to hurry off down town to send off an express parcel. Walking up the street afterwards, I passed a store where I noticed two or three cases at the back of the window and they looked just about what I wanted. I went in, the cases were taken out of the window and I found they were exactly the same as those I had seen advertised as a "special" in Toronto—only these were fifty cents cheaper! There was no doubt about it, because the size and the trade mark were identical. But the local storekeeper didn't advertise, and nearly lost that sale at any rate.

It seems to me the nearer a small town is to the city, the greater the need to advertise, especially in rural communities. And you CAN shop at home—make up your mind about that. Plenty of times I have gone to the city and then come back and done my shopping at home next day.

What would the movies do if they didn't advertise? Just imagine, I have quite a few telephone calls each week, asking what is on in Acton and Guelph, and that's only because my friends know I take THE ACTON FREE PRESS and watch the announcements.

Here is another instance. We are getting our coal from a different place this year, because of an advertisement we saw in the local paper.

How in the name of wonder is a person to know what the storekeepers have in stock if they don't advertise? Of course it is all right if one is in town every day, but there are plenty of women who do a lot of their shopping by telephone and then the advertisements are their only guide.

Now, I don't want anyone to get the idea the Editor has anything to do with my writing this. He doesn't know anything about it and won't know until this script gets on to the printing press. And here's hoping he won't turn it down, because I don't want to have to write another column.

* * *

To change the subject. From now on, there will be annual meetings all over the place, and there will be the usual executive troubles. There will be workers and shirkers in every organization, as usual. Kickers and supporters, and perhaps a few clubs and institutes, will earn the reputation of having everything run by a certain clique. So I am copying these two verses for you, and I haven't a doubt some of you will cut them out to read at your next meeting.

THE CLIQUE IS RUNNING THINGS

How often do we hear the plaint,
"The Clique is running things—
They shape the club to suit themselves,
They lord it worse than kings."
But I'd like to ask the question,
Why the ones that make the kick,
Don't buckle in and go to work,
And join the busy clique?

No club or group could keep alive
If everyone would shirk;
There needs must be a faithful few
That get right down and work.
It's always those who do the least
That register the kick
We owe a rising vote of thanks
To the members of the clique.

ROSE TOILET WATER

A cheap but excellent toilet water can be made from roses. Pick three ounces of red rose petals, as strongly scented as possible, and place in a stone jar with a pint of white vinegar and the rind of two lemons. Cover and put in a warm oven for twenty-four hours. Allow it to get cold, then strain through muslin, bottle, and cork tightly. It is refreshing added to the water you wash in, and is both an astringent and a perfume.

"BETTY" MOST TRAVELLED DOG

"Betty," five-year-old Boston terrier, owned by W. J. Weeks, Canadian National Railways' baggageman, is believed to be the most widely travelled dog in Canada. "Betty," her master says, has travelled more than 40,000 miles in Canadian National baggage cars with him on his runs. And all of "Betty's" mileage has been put in between Vancouver and Jasper Park, Alberta, a distance of 535 miles.

FOOTPRINTS OF SERVICE

This is a reproduction of a picture taken in sub-zero temperature the morning after a severe snow storm. It shows footprints of a telephone operator leading to the telephone office. They are mute evidence of the "spirit of service" that is back of your telephone.

Blocked streets and highways seldom keep telephone employees from the job. If humanly possible, they are at work ready to do their part in providing your telephone service.

The management of this Company is proud of the fine "spirit of service" shown by employees and we feel sure that our customers appreciate it. Because of it, your telephone service is maintained at a constantly high standard.

THE ELECTRIC FENCES

The introduction of the electric fence into Canada has been received with much interest and it is gradually becoming more widely adopted for fencing pastures, states H. J. Kemp, Dominion Experimental Station, Swift Current, Sask. This type of fence has many advantages, but at the same time caution is necessary in establishing the equipment. Research and further investigation will, no doubt, improve the safety features, its efficiency and general range of usefulness.

The advantages of an electric fence are briefly enumerated as follows:

1. Reduces the cost of erecting temporary fences.
2. Reduces expenditures for wire, posts and gates.
3. Reduces injury to live stock.
4. Especially adapted to winding coulees or temporary pasture areas otherwise impractical to fence.
5. Enables the use of untillable land in fields that otherwise might be wasted.

Three types of electric fence controls are in use. Two employ direct current of either six volts or 32 volts. The third uses alternating current of 110 volts. Regulations do not always permit connecting the alternating current electric fence controls to commercial or rural light and power lines. The six volt direct current, battery type, is considered the safest devices to use.

Direct electric current of six volts may be supplied to the battery operated types by either four dry cells, a hot shot battery, or a wet storage battery. The fence control equipment increases the pressure of the current from six volts to a range of from 350 to 30,000 volts. This high voltage is delivered to the fence wire at a very low volume of from 10 to 15 milliamperes at regular intervals of 50 to 60 times per minute. The intermittent application of electric current conserves the battery current. This intermittent current, together with the very low amperage, are excellent provisions for safety. High voltages applied at amperages higher than 15 to 20 milliampetes are regarded as dangerous to both animals and humans and competent advice is recommended where any doubt exists.

Some makes of electric fence controls include means to increase or decrease the voltages to suit wet or dry soil conditions, a meter for testing the battery, and means to indicate short circuit in the fence line, a lightning arrester and a condenser to reduce radio interference.

As a rule, one or two wires are used for the electric fence to carry the electric current. One wire is sufficient for horses and cattle. Two wires are considered preferable for pigs and sheep. Barbed wire is more suitable than smooth wire, although the latter can be used where barbed wire is especially objectionable. The wire can be supported by porcelain insulators or 2" x 2" stakes, set in the ground 30 to 40 feet apart.

Animals as a rule need a little training to keep them away from the charged fence. Observations at the Dominion Experimental Station at Swift Current show that they learn surprisingly quickly and keep away from the fence for long periods, even when such a fence is not charged. A 13-plate wet battery was used and the electric fence was operated throughout the summer months for pasturing cattle. The cattle were well controlled, no harm was done to either cattle or the attendant, and the battery was still charged at the end of the season.

PRACTISE NEEDED

The bright young thing came into the room and smiled at her mother.

"Mother," she said, "I must have some money for a new dress. Will you ask Daddy for it?"

"Ask him yourself, dear," was mother's reply. "You are getting married in a month's time and you must have some practice."

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186

The Acton Free Press

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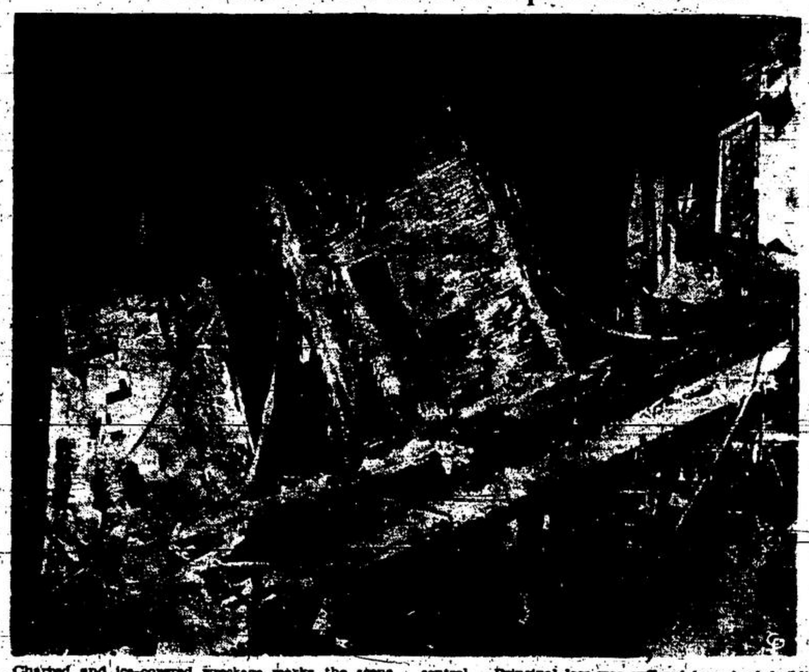
Debris of $20,000 Fire Which Swept Bancroft, Ont.



Charred and ice-covered wreckage marks the scene of a fire in Bancroft, Ontario, which threatened the business section of the village for seven hours and caused damage estimated at $20,000 before it was brought under control. Principal loss was suffered by a bank building and a drug store adjoining in which the fire is believed to have started. Volunteer fire brigades fought the fire in zero temperatures.