

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

MACARONI

Dairy and other food products, including cheese and macaroni in the menus are particularly suitable at this season of the year. Typical menus are given below:

- 1 lb. Canadian macaroni
- 2 tablespoons butter
- 2 tablespoons flour
- 1 half cup hot milk
- Salt and pepper to taste
- Bread-crumbs
- Grated Canadian cheese

Make a sauce of one tablespoonful each of butter and flour and one-half cup of hot milk, salt. Put a layer of strong grated Canadian cheese in the bottom of the baking dish; spread over it a layer of macaroni and one of sauce; then cheese, macaroni and sauce, covering the top with fine breadcrumbs and bits of butter dotted over, and a little grated cheese. Place in the oven and bake until golden brown. If individual dishes are used, place them in a pan of hot water.

SPAGHETTI CHOP SUEY

- 8 oz. Canadian spaghetti
- 2 tablespoons butter
- 2 green peppers, chopped
- 2 onions, chopped
- 1 1/2 cup chopped celery
- 3-cups tomatoes
- 1 tablespoon salt
- 1 tablespoon sugar
- 1/2 teaspoon pepper
- 1/2 lb. round steak, minced

Place the spaghetti into rapidly boiling water and leave for ten minutes. Add 1 tablespoon of salt. Drain. Melt the butter in a frying pan; add the green peppers, onions, and celery, and cook slowly for 10 minutes, stirring constantly. Add the tomatoes, salt, sugar and pepper and continue cooking until the mixture thickens. Then add the well-drained spaghetti and cook slowly for half hour. Fry the round steak in small cakes; just before serving, crumble over the top of the mixture. Serve piping hot. Mushrooms may be substituted for the steak, and macaroni may be used for the spaghetti.

SPAGHETTI SALAD

- 1 package spaghetti
- 2 diced tomatoes
- 1 cupful celery
- 1 pimento
- 2 sweet pickles
- 1 cup grated cheese
- 2 tablespoons mayonnaise
- Salt, pepper, paprika

Cook spaghetti in boiling water; blanch, drain, and chill. Mix well all the ingredients, and combine with the spaghetti. Serve on lettuce leaves decorated with paprika. As a change, a can of Canadian-cooked spaghetti with cheese in tomato sauce could be substituted, leaving out the mayonnaise.

"FLAME" IS THE WORD

Mrs. B.—There goes Mrs. Jones. I understand that she was an old flame of yours.
Mr. B.—Yes. I burnt a lot of money on her.

SECOND SONJA?



Blonde, plump and eight years old is little Miss Barthe Holmberg, Sweden's youngest skating star, snapped in her native Stockholm. Once upon a not so long ago, Sonja Henie, who now skates for a golden flow of dollars instead of just fun, was a "tot-poly" little Norwegian miss like this, and, according to those who know something about such things, Barthe is headed in the same direction taken by Sonja as far as ability, on the curved blades is concerned.

Hints on Fashions

Attend That "Don't Dress" Dinner, but Go in Style



A "Find" for Five O'clock

The five o'clock dress that can go on to a "don't dress" dinner and look decorative while is always a "find." Here is such a model, done in a lovely shade of periwinkle blue, the fabric a heavy sheer crepe which drapes beautifully. The low scalloped neckline continues its scalloping down the front of the bodice where linked jewelled buttons close it. Diagonal seaming through the mid-riff minimizes the hips. From the centre front a group of folds is gathered at the top and continue down the skirt to the hemline. The sleeves are rather full above the elbow with a tight scalloped band below.

IT IS CURIOUS

"Professor, there's one thing about astronomy that puzzles me."
"What's that?"
"How the astronomers learned the names of the blame stars."

FORCE OF HABIT

The Justice of the Peace in an American city was performing his first wedding ceremony and he found it difficult to dissociate from it several police cases he had heard earlier in the day.
"Do you take this man to be your lawfully wedded husband?" he asked. And the bride demurely said she did.
Turning to the groom, the Justice asked, "What do you have to say in your own defense?"

IN COURT

Witness, you presented in court when you were in England?
"Yes, and had to pay a ten dollar fine."

HERE AND THERE

Some fool men would rather lose a friend than an argument.
"Traitor to the principles he expounded ready to sacrifice a cause, party, or even a friend to achieve personal aggrandisement and power—such is the indictment leveled against Ramsay MacDonald," Britain's "forgotten" Prime minister, in a book written by his former Parliamentary private secretary.

NO TELLING

Daughter (tearfully)—When you refused to let him marry me did he go down on his knees?
Father—I dunno. I didn't notice where he lit.

QUITE RIGHT

Professor—Is it perfectly clear now?
Pupil—As clear as mud.
Professor—Well, then, that covers the ground.

POSSIBLY

A Midlands (England) house is haunted by a ghost carrying its head under its arm. It is thought to be the wrath of a medieval rugby player who in placing the ball for a comrade to convert a try, lost his head at the critical moment.

HEREDITARY ALSO

Doctor—I'm sorry, but I can do nothing for you, as your complaint is hereditary. My fee is ten dollars.
Patient—Good! Send the bill to my ancestors.

"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, February 16th
Be sure that you thread your needles while there is light.

Friday, February 17th
Good will is worth more than silver, and it may often be had for little or nothing.

Saturday, February 18th
Blessed is the man whose heaven is neither in the past or the future, but is here-and-now.

Sunday, February 19th
Let your light so shine before men, that they may see your good work, and glorify your Father which is in heaven.—Matt. 5: 16.

Monday, February 20th
To be free from the necessity of toil does not mean to be free from the duty of toil.

Tuesday, February 21st
The devil never comes to man as his enemy but as his very best friend.

Wednesday, February 22nd
A good man is all the better if he has good manners.

NURSE ELKRAM

DID YOU KNOW?

In 936 Canadian women purchased 90,602 fur coats, which is a record for all time. The average price was \$93. In 1923 the average price was \$89.00.
Canada had a fine mining exhibit at the recent Fair in Glasgow. In the Empire she is the sole producer of radium, the second largest producer of gold, and holds the first place as a source of nickel, zinc, copper and asbestos.

ASPIRIN USED TO REVIVE DROOPING LILIES

It is not only to soothe the fevered brow that aspirin is being used but also to revive drooping lilies. Lilies from Dominica grace the dining-saloon tables of the "Lady" liners of the Canadian National Steamships on the northbound voyage from British Guiana to Boston, Mass., and Saint John, N. B., and no difficulty is experienced in keeping the lilies fresh. At the slightest indication of wilting, an aspirin tablet is added to the water which brings this fragrant tropical flower back to full vigor.

CITY OF TOTEMS

Prince Rupert is rapidly becoming a city of totems. To the many splendid specimens already erected, 14 more have been added to the city's collection, three of which have been placed in the Canadian National Railways' park adjacent to the rail terminus and steamship dock. This park and its totems have been photographed by tourists from the four quarters of the globe.

100-YEAR-OLD STURGEON CAUGHT

Age in a horse is shown by its teeth but in the case of the sturgeon its cartilage tells the story. Concentric rings on the stolith, or ear-bone, determine the age of the fish. Recently a 167-pound sturgeon was caught in the Fraser River in British Columbia and its age was placed at 100 years. Age, evidently, had not made the sturgeon decrepit for it put up a vigorous fight when trapped in a fisherman's net.

A SIMPLE MATTER

Client—Why, it's outrageous! You're taking 75 per cent. of the money!
Lawyer—Well, my skill, legal training and experience got you the money.
Client—But I was the victim!
Lawyer—Booh! Anybody could get hit by a car!

THAT FICTION!

Customer—Have you a book called "Man, the Master of Women?"
Salesgirl—The fiction department is on the other side, sir.



The English occupies chairs, says a writer "and the Age" are bad glasses.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Last Thursday was the day of our Institute meeting, to which I was taking a car-load of neighbors. The house where the meeting was to be held was about four miles from here and out on a back concession. But what a house—decorated with the most artistic taste with every convenience—a house which many a person in the city might well envy.—And it had a history all its own, for William Lyon Mackenzie was known to have been a visitor there in the days when he was roaming around Halton County. But the road between here and there was not so good. It was narrow and a continuation of narrow, steep hills. There were deep ditches on either side most of the way and the going was icy. Said quickly it doesn't sound so bad but, believe me, you could slide off that road ever quicker than you could say it.

I was expecting slippery roads, but I did not think they would be as bad as they were. However, caution helps a lot, and I don't think I was going faster than I might at any time. My passengers kept assuring me they were not nervous. I wasn't either, for that matter, but it was only because I was too busy keeping my attention on the driving to give my attention to anything else. About half a mile from our destination I picked up my last passenger—fortunately one who is a more experienced driver than myself—and who took over the wheel for the remainder of the trip. It was a cold day but as soon as I stopped driving I realized I was perspiring as if it were the middle of summer.

As I let my passenger-driver out on the way home she laughingly remarked, "I guess you will have to keep going—there's three cars behind you."
"Well, they won't be behind me very long!" I answered. And I immediately pulled off to the opposite driveway and let the cars go by. Driving on icy roads is bad enough but if there were cars behind it would just about give me the jitters. Supposing I did turn around in the road, the car behind would put on the brakes—and then what... Other people can do as they like; but when I drive on a road, I want it, all to myself!

Just around here there were several accidents as a result of the ice. One woman fell and broke her right arm; her son fell off a toboggan a day later and broke a bone in his foot. Another boy put his knee out of joint and a young fellow scraped his face pretty badly. A farmer's wife—but not this farmer's wife—was going from the barn to the house with a pail of milk in either hand, sat down in an icy puddle of water and what part of her wasn't wet with water was soon soaked in milk.

Son could not be persuaded to leave his bicycle at home that Friday, but he did try to avoid trouble by winding a long thin chain round and round the back tire. I watched him from the window and he was riding right along. He said he only fell off once. I saw two snow ploughs go by and Son told me when they got to the corner one of them went into the ditch. The second one tried to pull the first one out but wheel tracks had to be dug out of the ice before it could make any headway.

Well, to change the subject, we have listened to George McCullagh's talks and we are still wondering what the CBC found in them to make all the fuss about. Every word Mr. McCullagh spoke was just plain common sense and no more than any thinking person has realized long ago. Unless I miss my guess, the controversy regarding the banning of the broadcast has only just begun. It may yet have far reaching repercussions.

We are disappointed in the CBC. We really did have high hopes for its future because it does carry some very fine musical programs and we were getting almost resigned to paying our annual license fee. But now we are absolutely and entirely disgusted. Week after week we used to look forward with keen interest to Beverly Baxter's address from London, England. We liked his direct way-of-speaking. He was fearless of criticism and very accurate in his statements and by his contact with the important men of the hour he was able to give us illuminating word pictures of European affairs. Financially he was an asset to the CBC as his time was paid for by General Motors.

Now the CBC has seen fit to shut Beverly Baxter off the air and in his place they have Graham Spry, over in England, as official commentator for the CBC. At what expense? No wonder they need a radio license fee!
We have listened to Mr. Spry, and so far we have heard nothing different from what we can read in the paper any day, and we doubt very much if he is in a position to get much first hand information of any account. Certainly he cannot have the same opportunities as Beverly Baxter had in his position as a British member of Parliament.

Another favorite we miss from the CBC is Professor Macdonald, who gave us such interesting book reviews on Saturday nights.

Why is a dog dressed more warmly in summer than in winter?
Because in winter he has a fur coat and in summer the same fur coat, and finds out spending the money.

EQUALS SCORING MARK



One of the brighter sides of a somewhat drab National Hockey League picture in Montreal this year has been the play of left wing Toe Blake. Above, who has turned in one good performance after another and capped his efforts by running in four goals in a game against American's to equal this year's mark for scoring in a single game; set previously by Syd Apple of Toronto Maple Leafs.

WILD RICE INDUSTRY FOR INDIANS

Consideration is being given to the development of a wild rice industry for the Indians of the Prairie Provinces, according to information disclosed by the Indian Affairs Branch, Department of Mines and Resources. Officers of the Indian Affairs Branch in Manitoba, Saskatchewan and Alberta have been directed to survey the possibilities of the cultivation of wild rice by Indians in their respective provinces, and to report on the most suitable areas for the purpose. Wild rice is the oldest cereal crop harvested in Canada, having been grown by the Indians hundreds of years ago and is an important item in the food supplies of the native population.

Present information indicates that there is a shortage of wild rice in the United States, and very high prices are being paid for the threshed and hulled rice. A band of Indians of the Fort Alexander reserve, situated on the southern part of Lake Winnipeg, had successful results in the harvesting of wild rice. They sold 20,000 pounds for which they got 18 to 25 cents a pound; one Indian alone took 100 pounds of rice to Winnipeg and sold it for \$25. Fields near Lac du Bois, Manitoba, have been under lease to a commercial enterprise which has been successfully developed in the district.

Rice is difficult to seed, and in deciding upon locations several contributing factors will have to be kept in mind. The best growth is obtained in bodies of water which do not rise to too high a level in the spring. It thrives best along mud flats, and rivers and nature have their own way of ploughing the mud, which should be of a certain texture for best results. The stalks of the plant freeze in the ice and in the spring stalks and roots together with some of the soil, are lifted up and the ice in this way "cultivates" the mud.
In spite of the fact that wild rice has been distributed to various people for the purpose of sowing it in different localities, very little of it has been grown successfully. In the Province of Manitoba certain areas have been suggested where a start might be made.

A GIDDY THING

Elsie—Was your chaperone much of a nuisance at the dance last night?
Florrie—Yes; we couldn't find her anywhere when it was time to go home.

GETTING IT WRONG

"It's a pity the good old rustic bridge is disappearing."
"Oh, I don't know. Contract isn't so bad."

GOOD WORK APPRECIATED

"You seem to be very fond of your little dog," said Jack's uncle.
"Rather," replied the boy. "He's just clobbered up the slippers Pa spansks me with."

OR HAVE THEY?

"Boss, Ah sees de ladies finally has given in."
"What do you mean, given in?"
"Did you see dat sign, boss? Hit say, 'Ladies' Ready-To-Wear Clothes'."

SHE KNEW!

"Mother, I feel so 'dited!'"
"Excited, child? I doubt if you know what excited means."
"Why, it's being in a hurry all over."

ABSENT-MINDED!

Plumber—"Sorry, sir, I've forgotten my tools."
Professor—"That's all right, my good man. I've forgotten what I wanted you for."

THE WILD FELLOW!

"So your husband has been deceiving you, has he?"
"Yes; I've been giving him a dime every day to ride to work on the bus, and now I find out that he's been walking and spending the money."

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In Wake of Terrorists' Bombs



Debris, choked a section of London's Leicester Square tube station after a mysterious blast. This was one of a series of similar explosions in all sections of England. Police believe them all to be the work of Irish Republican sympathizers. Six persons were injured in this explosion.