

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

THREE WINTER TASTIES

LEMON BAVARIAN CRUMB CRUST PIE

(Makes 1 pie)

Soak for 30 minutes:
12 marshmallows, cut fine, in
1 cup whipping cream
Soak also for 5 minutes:
1 tablespoon gelatin, in
1 cup cold water

Bring to a boil:
1 cup water, and
1 cup sugar

Add to gelatin. Then add:
1 cup lemon juice

When beginning to stiffen, fold in whipping cream and marshmallows which have been beaten stiff. Pour into crumb crust pie shell. Chill. Decorate with additional whipped cream.

ORANGE BREAD

(Makes 1 loaf)

1 yeast cake
1 tablespoon sugar
Let stand a few minutes. Add:
1 cup orange juice, heated to lukewarm
1 tablespoon butter
1/2 cup sugar
1 teaspoon grated orange rind
3 cups flour

Beat well. Let rise until doubled in bulk. On board put:
1/2 cup flour

Knead this in with:
1/2 cup finely cut candied orange peel
Shape into a loaf. Let rise until light. Bake in a moderate oven (375 degrees F.) for 30 to 40 minutes.

CARROT, WINTER SQUASH OR PUMPKIN BUTTER

1 lb. carrots, pumpkin or winter squash
5 lbs. light brown sugar
2 tablespoons ground ginger
2 tablespoons ground cinnamon
1 teaspoon allspice
1 pint water

Peel vegetables; chop them fine or put them through food chopper. Add spices and sugar together with lemon juice, and grind put through chopper; let stand overnight. In morning add 1 pint water; boil gently until vegetables are clear and soft and mixture thick. Pour into sterilized glass jars and seal.

PLAIN DESSERTS CAREFULLY

A dinner is no better than the dessert, and it's a wise hostess who turns this fact to account in planning her daily menus. Top off dinner with a really first class pie or pudding and everybody will vote the meal a success.

The cook and housewife needn't make a chore of preparing really outstanding desserts if she uses failure proof recipes. Pie fillings made of sweetened condensed milk are magically smooth and creamy, yet they can be prepared in five minutes and need no cooking.

And you can make really elaborate puddings with quick-cooking tapioca that can be prepared for the oven in ten minutes, but are really fit for a banquet dessert when they are done. Try one the next time you are having an oven dinner.

MAGIC BANANA LEMON PIE

1 1/2 cups (1 can) sweetened condensed milk
1/2 cup lemon juice
2 medium-sized bananas, cut in small pieces
Baked pie shell (9-inch)
1 cup whipping cream
2 tablespoons confectioners' (4X) sugar

Blend together sweetened condensed milk and lemon juice. Stir until mixture thickens. Fold in prepared bananas. Pour into baked pie shell. Cover with whipped cream, sweetened with confectioners' sugar. Chill before serving.

DATE BUTTERSMOOTH PUDDING

4 tablespoons quick-cooking tapioca
1/2 teaspoon salt
2 cups hot water
3 tablespoons butter
6 tablespoons brown sugar
1 teaspoon vanilla
1 cup finely cut dates

Combine tapioca with remaining ingredients in greased baking dish. Bake in moderate oven (375 degrees F.) 30 minutes, or until done, stirring well every 10 minutes, and again when removing from oven. Serve warm with cream. Serves 6.

SNOW REPAYS EXPENDITURE

The snow which cost towns and cities so much to remove and which created traffic difficulties on the highways and byways will repay the taxpayers in more abundant crops this summer. When the snow is lying on the fields it is making next summer's crops. Even now it is preserving the heat of the earth and protecting vegetation. Which spring leaves it in lingering patches the ground is saturated. Soon the land is green and every heart rejoices in the bounty to come. But then people remember the life-giving snow only as a good reminder. So perhaps now is the best time to say a kind word for it.—Amherstburg Echo.

Hints on Fashions

Blouses in Striped Taffeta, White Satin



Smart New Blouses

A drawer full of lovely blouses is the goal of every girl who goes in for suits—and don't we all? Here are two exceedingly smart new models. The first is of pink and black striped taffeta with interesting detail. The stripe is used vertically with three diagonally-set-in bands across the front. Self-colored buttons down the front. The second blouse is a dressier model. It is of white satin with stitched sections in leaf effect from the neck band and two matching flap pockets. Two verticle folds meet at the centre from yoke to hem.

ONE IN A FAMILY

"In every family," said the relief worker, "there is likely to be at least one person—quite often a child—who makes our efforts worth while."

The worker cited a "slabtown" family with eight children. The father was lazy and alcoholic; the mother was bed-ridden, had lost her pride, could do no more than get through the housework and that not well. The oldest boy, fourteen, was none too bright and could not fix his mind on any one thing. The second child, a girl, thirteen, was colorless, but did what she was able to do to help her mother in the house.

Then there was a nine-year-old boy who seemed from his manner and activity, to have been dropped into the family without rhyme or reason. He took it upon himself to provide fuel, and organized his younger brothers and sisters to help. They found four rickety wheelchairs somewhere and built a wagon. Twice a day they made the rounds of "the neighborhood," visiting in particular a plant that had packing cases to discard. They never returned home without at least part of a load and usually a full one. They kept the basement piled with wood. The relief worker said the sight of this lad with his laden wagon, and the smaller brothers and sisters pulling or pushing as they could, to be recompensed for everything in his rounds that appeared utterly hopeless.

Lincoln also came like that—inexhaustibly in a family that to-day would be on relief.—Portland Oregonian.

RECKLESS DRIVING A POOR GAMBLE

It's difficult to guess at the motives which are impelling the driver who refuses to dim his headlight bulbs in answer to a signal from an approaching car. In effect the operator of the approaching machine is saying: "Please, mister, your headlights are too bright for me to see the road. I've turned mine down, and now if you dim yours, we'll both be able to see. How about it?"

A driver has to be churlish indeed to refuse the appeal. And yet some citizens who are perfectly courteous in every other thing seem to forget their manners when they climb behind the wheel of a car.

The man who will patiently stand in line waiting his turn at a theatre entrance or a hockey game will become impatient if he is held up for a few seconds on the highway, and he will take chances that not only endanger his own life, but the safety of other drivers in the vicinity.

Actuaries have computed that an average adult of 35 has 17,000,000 minutes yet to live. So the gambling motorist who risks his life to save a minute is betting one again 17,000,000, and that is even a worse percentage than on slot machines.—Port Erie Times-Review.

"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, March 2nd
No college can make a philosopher, no church can make a saint.

Friday, March 3rd
If you want to make friends with a cross dog, better not stir him up with a stick.

Saturday, March 4th
We cannot help the devil knocking at the door, but we certainly can refuse to open it.

Sunday, March 5th
Rest ye in the Lord and He shall renew your strength.

Monday, March 6th
There are chains visible and invisible, and the latter are often far the stronger.

Tuesday, March 7th
Gold is a touchstone by which men are tested, both in the getting and the spending.

Wednesday, March 8th
No man can be a student who does not study.

NURSE ELKRAM.

DID YOU KNOW?

During the year 1937 the British Sunday Schools registered a series of losses: the Baptist lost 16,000 scholars; the Congregationalists lost 23,000; the Methodists, 66,000; and the Anglicans 82,000. This reveals rather a serious state of affairs, no matter how it may be explained.

In one High School, it was estimated that on the average each boy and girl spent two hours and five minutes daily listening to the radio, while they gave one hour and twenty minutes to reading.

THE CONTAGIOUSNESS OF INFANTILE PARALYSIS

A correspondent asks what is the period of contagion in infantile paralysis or how soon it would be safe for a youngster of six to be permitted to come in contact with other children after an attack of polio. He also asks if schools should be closed in the face of an epidemic.

Although winter is not the season for infantile paralysis, the question is timely for it is always well to be forearmed.

The period of contagion of epidemic infantile paralysis, otherwise known as anterior poliomyelitis or "polio," is not definitely known. The Journal of the American Association says that there is considerable evidence that this disease is not contagious after paralysis has appeared. This view seems to be confirmed by the fact that it is rare among the personnel of hospital staffs (nurses and attendants) and by its rarity as secondary cases in families. But there was a severe epidemic in a Los Angeles Hospital in 1934, and secondary cases do occur in families, so one cannot always be sure that similar outbreaks will not recur.

The contagion is generally believed to be spread by means of the nose and throat secretions, but the virus of the disease has been found in the intestinal tract of convalescents from polio.

Health Departments usually insist on an isolation period for patients of three weeks, following the onset of the disease. This is a safe rule to follow. The effectiveness of closing schools and preventing the congregation of children in order to control an epidemic of polio is doubtful.

THE ART OF RELAXATION

These are tense times. People seem to be strung up too tightly. The future looks bleached and nerves are tense through fear.

The best advice is to take things easy. Emotions, attitudes and feelings are explosive. The explosion may result in a "fit of rage," or it may be violent only within the body.

The commonest evil result of strong emotions develops something in the digestive tract. Sometimes the stomach tightens up so badly it cannot perform its duties.

Such disasters are never brought on by a single emotional shock that passes after a few minutes. They come only after many prolonged tensions of fear, worry or anger have set up a habit in the muscles.

The problem of the period is to discover which emotions and attitudes lead to restful living. A well-balanced emotional life is vastly more important than a well-balanced intellectual career.

People should stop to realize that worrying does not dissolve difficulties and they should stop trying to solve a multitude of problems at once. This is the essence of the old British optimism which men sometimes call "muddling through." It is one of the soundest rules of mental health ever laid down.

The art of relaxation comes with the philosophy of putting pleasure before business. Perhaps that philosophy will not butter bread but it will certainly help us digest it.—Bowmanville Statesman.

BETTY BARCLAY'S FOOD FACTS

THE LIMA BEAN
Before preparing these paragraphs I opened "Telling Fortunes With Foods," and found the dried Lima bean listed as having 41.65 decies of alkalinity per 100 100 rams—almost twice as high as its nearest competitor.

Picking up the United States Department of Agriculture's famous Bulletin No. 28, I found this same food listed as having an average fuel value per pound of 1,025 calories—an extremely high rating.

These statements may be technical, but should prove interesting to those seeking inexpensive nourishing foods with a decided alkaline reaction as balancers for the necessary acid-reaction foods that form such a large portion of the diet. Cooked dried Limas are available anywhere in cans and with cold weather such foods should be stocked heavily.

Don't be content with a plain dish of Lima beans occasionally. This food lends itself to soups, salads and main-course dishes of various kinds. Here are two exceptionally good recipes as samples:

LIMAS WITH SAUSAGE

1 cup cooked, dried Limas
1 pound sausage
1 medium sized onion
1 cup tomatoes
1 teaspoon chili
1 teaspoon salt

Fry onion and sausage until well done. Add other ingredients and simmer for 30 minutes.

LIMA TIMBALES

2 cups cooked, dried-Limas
2 tablespoons butter
2 tablespoons chopped onion
1/4 cup milk
1 egg, slightly beaten
1 cup chopped walnuts
1/2 teaspoon pepper
1/2 teaspoon salt

Rub Limas through a coarse sieve. Melt butter, add chopped onion and cook until yellow. Add flour, stir until smooth, then add milk. Stir constantly until creamy. Add pureed Limas, egg, salt, and pepper. Pack in buttered timbale molds or custard cups and place in a pan of hot water. Bake in a moderate oven (375 degrees F.) for about 30 minutes. Turn out and serve with tomato sauce.

SUNDAY OBSERVANCE

Hon. Gordon D. Grant and Premier Heppner are supposed to be standing up for the poor man's rights when they advocate the loosening up of the Sunday laws. We agree with the Barrie Examiner which points out: "It is not the poor man who is clamoring for Sunday amusements, but the greedy interests who are endeavoring to commercialize the day for their own gain. Not only those who desire the preservation of Sunday from a religious standpoint, but every man who values his weekly day of rest, should fight this movement for the commercialization of Sunday." There is nothing in our laws that forbids personal recreation on Sunday.—Listowel Banner.

DIGGING OUR OWN GRAVES

Dr. Ralph P. Barker, a Pennsylvania physician, figures that the average person of 50 has eaten more than 50 tons of surplus food. He feels that one of the greatest faults of our people is that they eat too much. Which reminds one of the old saying, that people dig their graves with their teeth.

Our country has produced so many good cooks, and so much good food is offered in home and restaurants, that it is no wonder that people are tempted to keep digging away. Some day they will learn greater self control. There is little satisfaction in pleasing the sense of taste, which lasts but a few minutes if it has added weakness to your body that will shorten your life.

WARNED IN TIME

"References? Why, when I left my last place the landlady fairly wept."
"Oh, did she? Well, you put in advance here, young man."

A BOY'S NEEDS

"A man wants but little here below," says a philosopher. "It's different with a boy. He wants a mandolin, a pistol, a razor, a false moustache, a bull pup, a magic lantern, a detective's tin badge, a motor cycle, a mud turtle, a fiddle, a printing press, a stamp album, a tool chest, a goat, a camera, a squirt gun, a tame rat, a baseball suit and a pair of skates."

A SPORTING OFFER

Sam—My little sister has the measles.
Jim—Oh! so has mine.
Sam—Well, I'll bet you my little sister has more measles than yours has.



Chronicles of... Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE P. CLARKE

Writing these chronicles week after week is rather a haphazard business. It is a little like shooting blindfolded, at a target I may get a bull's-eye or I may miss altogether. That is to say, what I write may interest a few, but on the other hand I may miss the target entirely and not interest anyone at all. It is hard to tell. Of course there are times, by letters or by verbal comment, when I get the opinion of those who are kind enough to say they like this column, but generally speaking, when I am able along in my usual everyday way of telling things, the result is never startling. But let me make a slip. Ah, now that's a different story and the outcome far more interesting.

I am referring to "Reader's" communication in the last issue of the Free Press in which he (or she) points out that my remarks, re Beverly Baxter (through Spay and the CBC) were in error. From "Reader's" letter, it is obvious he writes as one who knows, so I am quite willing to apologise for any wrong impressions I may have created and wish to thank "Reader" for his correction. I might also add that my impression of the CBC having shut Beverly Baxter off the air had been culled from the press. However I cannot substantiate this as, although Partner and I both read it, neither of us can remember where.

But I am not really sorry I made the mistake since it brought forth such worthwhile information. Not only that but "Reader" has himself proved the point I was trying to bring out—and done it much better. That is, that Mr. Spay is broadcasting at the expense of the CBC, however little that may be, whereas the CBC was being paid for Mr. Baxter's time by General Motors. As to who is the better man, that, of course, is entirely a matter of opinion. As regards Mr. Spay, we did not know he was a Rhodes scholar, but we were quite well aware of his journalistic and political career.

If, as "Reader" informs us, the CBC is eliminating commentators sponsored by commercial enterprises, we are likely to miss some decidedly worthwhile speakers—and the CBC considerable financial assistance. Mr. Kaltenborn, for instance, is always interesting.

Well, having read the Free Press and bitten the dust as a result, I turned to another weekly paper and found that I am not the only person to make mistakes. There in black and white was an announcement of a convention to be held by the "Liberal-Conservative" Association. The convention, as advertised, had taken place a week previously. Not only was the announcement out of date, but it seems, to me, this association was re-named some time back and was in future to be called "The National Conservative Association." If that is correct, wouldn't a little explanation to the constituency by the executive committee be somewhat in order? Or am I wrong again?

And now to turn to safer topics. Last week when I wrote, Son was busy hatching something. It turned out to be rather a severe case of grippe. In the interim he has recovered. Partner and I are recuperating after bad colds and the weather has done everything it could to make life unpleasant. During the week I wondered which would give out first—the coal or the weather. Fortunately the weather let up on Saturday, and we were able to replenish the coal bin and get in a few of the necessities to keep body and soul alive. Taking everything together, I believe this last week has been one of the hardest we ever put in. Added to sickness and unpleasant weather conditions, we also had a milk "shut-out" and had to separate once a day. Getting back to separating after a two-week hiatus is quite a chore—and to say nothing of having the separator and extra pails to wash. But there was one compensation—it was grand to have a little cream for a change. I had almost forgotten what it looked like.

Then there were the barn chores. Partner usually waters the horses at the trough and the cows at the creek. This meant snow, which often completely covered the horse trough, had to be shoveled away every day. Down at the creek, the water, after over-flowing the banks, seeped before, gradually subsided and left layers of shell ice three inches thick so that a fresh water-hole had to be made each day and the ice dug out and thrown to one side. Now where the cows drink there is a wall of ice as high as the cows themselves. And some people think winter is the farmer's slack time!

Every day Partner got a little later with meals and chores and then at night he was so tired when he came in that he would fall asleep reading the paper, before he had been sitting down, ten minutes. One day he announced he had things figured out pretty well.

"Oh, and what bright idea have you got now?" I inquired.

"Well," said Partner, "if I keep on getting later and later I shall be able to cut out one day entirely before long, and then I can stay in the house and rest."

Quality Counts Most
"SALADA" TEA



Seen as he arrived at the State Department in Washington, is Alan Frederick Lascelles, Right, Assistant Private Secretary to the King. He is accompanied by Sir Ronald Lindsay, British Ambassador, as he visits the U.S. Protocol Division regarding plans for the visit of the King and Queen to the United States in June.

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