

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

POPULAR SUPPER TEAM

Canada Cod and Tomatoes in a Tasty Scallop

Add one good thing to another, and you have a dish far excellence for dinner. That's what these svelte tomatoes and delicious Canada Cod make in a casserole dish for supper or luncheon. Serve it to the family for a simple, quick meal on a cold day—there'll be plenty for second helpings!

CANADA COD AND TOMATO SCALLOP

- 1 cup Canada Cod
- 1 medium onion, sliced thin
- 2 teaspoons sugar
- 1 No. 2 1/2 can tomatoes (3 1/2 cups)
- 1 teaspoon salt
- 1 bay leaf
- Crackers (about 25)

Heat the tomatoes in a 1 1/2 quart glass oven proof baking dish, add onion and seasonings. Add enough crumbled crackers to thicken, and the cod (which should be freshened if salt cod is used). Cod fillets should be flaked, or canned chicken—huddle—may be used. Top with a layer of crackers, dot with butter, and bake in a moderate oven until nicely browned.

HINTS ON FISH

To Overcome Odors—Clean the hands, after handling raw fish, by rubbing them with salt and then rinsing.

Keep down or remove cooking odors by burning orange peel, coffee or sugar in a pan. Cut the burnt sugar from the pan by adding some vinegar and cooking them together.

Dishes which have held fish should be washed in water with a generous quantity of dry mustard or washing soda added. Rinse well in clear, hot water.

FIRST CENSUS OF WATERLOON LAKES NATIONAL PARK

Net summer anglers at Waterloo Lakes National Park will be asked to assist in the taking of a creel census of the park's fishing waters. Creel census cards will be distributed to visitors interested in fishing, and every fisherman can co-operate by entering his name and address on the card with the date, name of lake or stream fished, species of fish caught, their number and length, hours spent fishing, type of lure, and method used. Apart from assisting in an important phase of fish culture, the sportsman will also have the satisfaction of having his angling triumphs go on official record.

The object of the creel census is to record any change in fishing conditions in the various waters of the park from year to year. Waterloo Lakes National Park contains about twenty lakes, ranging from the main lake, Upper Waterloo, with an area of 5 1/2 square miles and depth of 460 feet to many shallow ponds and beaver dams. Re-stocking operations carried on from the Government fish hatchery in the park during the past ten years have greatly improved fishing both in variety and quality, and opened up many new waters to the anglers. With the information obtained from the creel census, park authorities hope to be able to formulate a more definite fish culture policy which will maintain an ample supply of fish for angling, and thus improve fishing in the lakes and streams of the park.

Many limit catches were reported last summer by anglers at Waterloo Lakes National Park, where several of the lakes and streams yielded excellent species of Rainbow, cutthroat, Dolly, Vargen, great lake trout, and grayling.

PROTECTING WORKERS

The opportunity for public participation in the protection of the industrial worker is pointed out in the current bulletin of the Industrial Accident Prevention Association. A section of the Workmen's Compensation Act makes it necessary for every person carrying on an industry covered by the Act, to employ a contractor doing work for him is properly covered for the protection of his workers. The contractor must supply, on demand, a certificate from the Workmen's Compensation Board certifying that all compensation requirements have been complied with. The ruling applies to work of all types, including building. A home-owner, for example, could reassure himself that his new home was being constructed under proper supervision by requesting the contractor to show his certificate. The Workmen's Compensation Board issues the certificates without charge.

RESENTMENT

The vicar and the squire were walking together after the morning service. Suddenly the vicar, very peevish, burst out: "Did you hear Robinson morning to church this morning?" "Yes, I did," was the squire's reply. "The sounder woke me up!"

Hints on Fashions

You'll See Hats Like These Come the Spring



Now don't say that you can't find the hat of your dreams this spring. Because the shops, from budget counters to the finest specialty places, are just brimming over with beautiful bonnets. Most of the hats are pretty and charming without being silly. To prove it, here are two pretty numbers. The first is a perfect suit or coat, hat which is soft and feminine. It is of navy felt, with a high crown and flared brim, turned up in back. Cyclamen ribbon encircles the crown and is caught up in a crisp bow in front. The new sailors mottly sport higher crowns. This one has a band of black velvet ribbon with a long stick-up tab. The veil, which starts at the base of the crown, is tied under the chin.

TREE 1,000 YEARS OLD

The story of 1,000 years of growth is told by a section sliced from one of the largest fir trees ever cut in Vancouver Island. It was taken to Ladysmith for display in the office of the Comox Logging Company. Experts checking the hairline annual rings in the specimen reckon the tree was a seedling in 928 A.D. When cut it towered 230 feet high and contained more than 40,000 feet of commercial lumber—enough to build five or six small homes. The section retained was cut 20 feet from the base of the tree and measures 7 1/2 inches in diameter. Its rings show no pronounced change in the weather for 10 centuries except that every 100 years since 1639 there has been a three-year drought.

LET THE EDITOR DO IT

Writing in the Chapel Hill Weekly, North Carolina, Louis Graves expresses a common hapening among weekly newspaper editors: "Every once in a while I meet somebody who suggests that I write an editorial expressing a certain opinion. I say, 'You write me a letter about that and sign it, and I'll be glad to print it.' At which he looks alarmed and says: 'Oh, no, I don't want to do that.' In other words he wants me to express his opinion over my name." Not always being so wise as Louis Graves, we frequently stick out our neck to express someone else's opinion over our own name, usually with the result that some one is offended at what we say. However, a newspaperman's job has often been defined as that of writing private letters for a whole town to read.—Midland Free Press.

HE'S FRANK, ANYWAY

An honest man is running for mayor of San Diego. When Magner White announced his candidature, he said: "I admit what others usually conceal, I'm after the salary of \$5,000 per year. 'No friends have urged me to run. I'm running to elect Magner White. I am not rich. I'm practically broke. I need the job.' " "Pensions? A Mayor can do nothing about them. Yet I'm for pensions. In fact, I'm asking for one—\$5,000 a year for four years. " "I failed in a little business, but Abraham Lincoln failed 17 times, then made it when voters gave him a break. " At least, Mr. White should win first prize for public honesty.—Windsor Star.

HARDLY FLATTERING

Mikhail—Sally, am I the first man you ever loved? Sally—Of course. All the others were fraternal boys.

"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 23rd
A man's own mistakes are pardonable till some one else repeats them.

Friday, March 24th
A man may know scores of languages and yet remain entirely ignorant of the language of love.

Saturday, March 25th
What kind of a world would this be if other men all copied us?

Sunday, March 26th
Thou shalt not covet—anything that is thy neighbor's.—Exodus 20: 17.

Monday, March 27th
A man's private life may pull down the finest business.

Tuesday, March 28th
The widow's two miles are worth more than the rich man's millions.

Wednesday, March 29th
The sober part of a drunken man is the only part open to reason.

—NURSE ELKRAM.

BE RESOURCEFUL

Most people form certain habits of doing their work, and they keep on with their old habits, even if those ways of doing things are wasteful of time and money. It never occurs to them to think up some new way of meeting their difficulties. If anything goes wrong in their occupations or their homes, they can't think of any way to remedy that difficulty. Frequently they have to call in somebody, and have the trouble cured at considerable expense. The old-time pioneer was not so helpless. Without modern improvements, he could not telephone to some specialist and have everything fixed for him. He learned to fix things himself. People can do a lot of things for themselves if they exercise a little brain power.—Aylmer Express.

BACK-TO-THE-LAND PROGRAM

A plan to put relief families who have had farm experience back on the land is announced by Hon. Eric Cross, Minister of Welfare. Stock and implement to the value of \$600 and seed for the first year will be supplied. Federal and provincial governments will each pay 40 per cent, and 20 per cent, will be assessed against the municipality from which the family is taken. It is proposed to settle these families on "vacant farms of 10 to 50 acres in Southern Ontario." While "back-to-the-land" schemes have in many cases not measured up to the success predicted for them, a limited experiment along the lines proposed seems worth trying. Before placing the families, however, there should be careful investigation to ensure that the possible productivity of the soil and other conditions are such as to give an industrious man and his family a reasonable chance of making a living.—Barrie Examiner.

UNIFORM EQUALIZATION

If Hon. Eric Cross, Minister of Municipal Affairs, succeeds in arriving at a uniform assessment system for Ontario municipalities to follow, that will eliminate the appeals and squabbles which take place in some counties. A report is adopted, he will be doing the Province a grand service. In an address delivered by him recently in Toronto, he forecast a change in the assessment system to give counties the power to assess in a uniform manner. He referred to the problem of equalized assessments in different municipalities, which was costing each county anything up to \$25,000 a year in litigation. Lack of a uniform method of assessing was at the root of the very annoying and expensive trouble over equalized assessments encountered by successive County Councils in Essex County at intervals during the past ten years.—Amherstburg Echo.

CANADIAN COAL AND GOLD

If all the coal produced in Canada in one year were loaded into freight cars and these strung together, the train would reach all the way from Montreal in the East, to Vancouver, on the Western coast, a distance of nearly 3,000 miles.

If Canada's 1937 copper production were cast in a block the width and height of a railway freight car, the block would be nearly three miles long. A similar block of lead would be nearly two miles long and one of the zinc production would be nearly two and a half miles long. The year's silver production would form a slab a foot thick, 10 feet wide and nearly 240 feet long. The year's gold would make a block a foot thick, 10 feet wide and almost 24 feet long.

SURE ENOUGH

Night-gowns have absolutely no chance against pyamas as nightwear nowadays, declares a fashion expert. "They haven't a leg to stand on, in fact."

Chronicles of . . . Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

My son is extremely annoyed with his mother. In fact, in ordinary everyday language, he is downright mad at me! He says that he can take the car out a dozen times and keep it clean but after I have taken it out once, it isn't fit to be seen. I must admit, that for once, he is right. The car is dirty. But the bone of contention is not the dirt on the car, but whether such a state of affairs might have been avoided. I say it could not—Son says it could. You see, one day when I was out, the roads were terrible—slushy snow and mud puddles everywhere. I had been commissioned to take a message to a neighbor, who has no phone. Their line did not look any too promising to me, so I left the car in the side of the road and walked to the house. When I came back, all the cars in Hallow County had apparently gone speeding by, each one splashing and drenching the side of our car that was nearest to the road. That night, it turned cold again, so the car is still plentifully bespattered with brown streaks and spots and every time Son sees it he indulges in another explosion of righteous wrath, which I suppose will continue until a day comes when the car can be cleaned and restored to a semblance of respectability.

Last Friday I went to Guelph. There were no mud puddles that day, I'll tell you. A cold wind was blowing from the north-west and I thought Guelph was the coldest spot I had struck in a decade. But maybe it wasn't. It was just that it felt that way after coming out of the theatre. You see we—that is, a friend and I, went to see "Pygmalion"—and, by the way, we should not have known anything about it being in Guelph had I not seen it advertised in THE ACTON FREE PRESS. Long years ago my friend and I saw a stage production of "Pygmalion" in England, and we were both anxious to see how it compared with the screen production.

Well, "Pygmalion" on the screen was a grand success and no one should miss it, but I must confess I still prefer the stage. Daughter and I have argued this thing out a dozen times—she thinks the movies are better every time, no matter what the show may be. But I say the stage is the better of the two because the stage is real. One watches real people, real acting and there are no artificial sound effects and no lights, other than the footlights. Undoubtedly movies are here to stay and provide entertainment for a greater number of people than would be possible for stage performances, but I still hope the theatre some day be given a real revival.

Woman-like, I have left our most important personal event of the week to the last. Partner, you remember, was my big worry last week—and has been again this week. The sinus condition showed no sign of improvement, the early part of the week, so I finally got Partner persuaded to go to the doctor, who told him it might containe the way it was for two or three months if it was left untreated, but that relief was possible if he would go to hospital and get the sinus properly drained. It was also suggested that his teeth would be better out as they were a possible source of infection.

Well, we were properly worried. It is not easy for a man on a one-man farm to arrange for indefinite time off. However, Partner decided to get after the teeth first and while we still making arrangements about them, the sinus trouble started to get better of its own accord. Two days later, Partner got all his teeth out and got along fine. Now he is recuperating and also getting ready to say good-bye to the lower teeth next Saturday. And may I say we are a very relieved family.

Now, I am not telling you all this to enlist sympathy—it is rather that I thought Partner's experience might be a little encouragement to someone else. However, it must be remembered that sinus takes different forms—for instance, it would be impossible for anyone to risk going out the way Partner did if he or she were running a temperature—that is, without taking a big chance on getting pneumonia. In Partner's case, I believe it was the fresh air that helped him, because as long as the pain would let him work a little, he was definitely better outside.

Of course we have also been taking an interest in other things, besides physical ailments. We have watched anxiously the trend of foreign affairs and we keep saying to ourselves, "What next?" And we have listened to Leadership League addresses with optimistic interest, hoping that it may be just the beginning of better government and a greater interest among the electorate.

Last, but not least, we are following the hockey games with real enthusiasm—local and otherwise.

And we are still hoping for better roads and weather.

THE POOR THINGS

"Hens always strike me as anxious-looking creatures," says a writer. "No wonder when they can hardly ever find things where they lay them."

CANADIAN LUMBER FOR HOUSING PLAN

Imports of Canadian lumber and timber into Trinidad have increased owing to the construction of new dwellings and the renovation of old properties. The number of building permits issued for Fort of Spain and suburbs for the first six months of 1938 was almost equal to the total for 1937. In a report to the Department of Trade and Commerce, G. A. Newman, Assistant Trade Commissioner at Port of Spain states that in addition to these increases in construction, the estimates laid before the Legislature this year included the sum of \$4,800,000 to be devoted to the acquiring of land and the building of from 6,000 to 6,500 cottages during the next five years (1939-44).

"There will likely be an increased demand for white pine and Western red cedar," says Mr. Newman. "The resistance of the latter to fungus and termite attack is becoming more appreciated, and it is being used in increasingly large quantities for interior and exterior finish. Canadian Douglas fir, although cheaper than pitch pine, is not regarded as being as fully resistant to termite attacks, with the result that pitch pine remains well established in the local market. Canadian factory-made doors and window frames are being imported at prices which compare very favorably with those of similar products of local manufacture, and there is reason to believe that the trade will steadily increase."

TOURIST TRAVEL TO MOUNTAIN PARKS

Tourist travel to Canada's national parks in the Rocky and Selkirk Mountains was maintained during the past year. Visitors to these mountain playgrounds totalled around 400,000 which is about the same number as in the preceding year, according to figures compiled by the Department of Mines and Resources, Ottawa. The mountain parks include Banff, Jasper and Waterton Lakes National Parks in Alberta and Kootenay, Yoho, Glacier and Mount Revelstoke in British Columbia. A notable increase was registered at Waterton Lakes National Park, which adjoins Glacier National Park in Montana, when the attendance established an all-time record. Larger attendances also were reported in Jasper and Yoho National Parks.

On the whole, Canada's national parks again maintained their popularity as vacation resorts, attracting close to a million visitors despite a general decline in foreign tourist travel during the year. Eastward from the mountain parks, Elk Island National Park in Alberta continued to gain in popular favor. Although known chiefly as a wild life sanctuary, this attractive summer resort and recreational area draws increasing numbers of visitors each year. In the prairie regions, Prince Albert National Park in Saskatchewan and Riding Mountain National Park in Manitoba also reported increased attendances.

The latest additions to Canada's system of national parks, Prince Edward Island National Park and Cape Breton Highlands National Park in Nova Scotia, where orderly development is proceeding, also attracted visitors in greater volume than in the previous year.

HIS PARAPHRASE

Teacher turned away from the blackboard, where she had been writing. "Read out that sentence, Willie," she said. "He was bent on seeing his old school," read Willie. "Now, children," continued teacher, "I want you all to paraphrase that sentence." Chewing his pen, Willie regarded the blackboard. Then his face lit up. Busily he wrote: "The sight of the old school doubled him up."

Major Halm Greet Public Accounts Committee



The entire Public Accounts Committee of the Federal Parliament, under the Chairmanship of W. A. Fraser, left, paid a visit to the John Inglis plant in Toronto, where Bren machine-guns are to be manufactured for Canada and Great Britain. Upon their arrival at the Inglis plant, the 50 members were met by Major J. K. Halm, Right, President of the Inglis Co., and conducted on a tour of inspection through the plant. "Gerry" McGee, of Vancouver, is shown, Centre.



"They're not home Mummy!"

Joan has just returned from one of her frequent trips across the street to tell a neighbour she is wanted on the telephone. "Very well, Joan, I'll take the message," says Mother, "and you can run over again with it later." Ever since Joan's mother agreed to take a message or two for them, most telephone calls seem to be for the neighbours. Not because they can't afford telephone service; almost everybody can now. It's just one of those awkward situations. Some day, however, Joan will rush in with the news: "Mummy, they're getting a telephone!" and Mother will reply with a smile: "Isn't that nice, Joan, and mean it!"

Telephone service is widely used because it is courteous, efficient, yet surprisingly inexpensive. Nothing else yields so much for what it costs!



Letters from Home for Smoke Eaters



This happy band of warriors is part of the Trail Smoke Eaters, last year's Allan Cup winners, now touring Europe with more than a fair share of success. Among other things, the team captured the "world's hockey championship" without too much trouble. These few members of the sight-seeing ice battlers are seen going over their mail as they arrive at Victoria Station in London, for one of their stops. Note the well-labelled bags.