

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

SUGGESTED FOR EASTER — LAMB MENUS—RECIPES

In the parade of meats at the Easter season, lamb for use as roasts, chops, or steaks, will prove to be delicious, tender, appetizing and healthful.

- LAMB CHOP LUNCHEON MENU**
 Celery Soup — Croutons
 Lamb Chops — Stuffed Baked Potatoes
 Buttered Beans — Broiled Tomatoes
 Shredded Vegetable Salad
 Grape Sherbet — Sponge Cake
 Tea or Coffee
- LAMB DINNER MENU**
 Fruit Cocktail
 Roast Leg or Rolled Front of Lamb
 Parsley Potatoes — Buttered Peas
 Rolls — Spiced Currants
 Lettuce and Tomato Salad
 Lemon-Tart — Coffee

- INFORMAL SUPPER MENU**
 Peach or Pear Salad
 Lamb Steak and Dumplings
 Celery — Beet Relish
 Riced Potatoes
 Fudge Cake — Coffee

RECIPES FOR LAMB STEW.
 Select 2 pounds neck or breast of lamb or sufficient for family. Vegetables required are 2 onions, 2 carrots, 1 turnip, and 2 or 3 medium sized potatoes. Cut meat into small pieces, place in a deep frying pan or kettle. Cover with water of stock, bring to a boil, add sliced onion and allow to simmer for about 2 hours, then add potatoes, carrots and sliced turnip. Cook more rapidly until vegetables are cooked. Thicken liquid with flour, season and serve stew with dumplings.

RECIPES FOR ROAST LEG LAMB OR ROAST ROLLED FRONT OF LAMB
 Select leg of lamb or rolled front of lamb of suitable size for family. To prepare for the oven wipe with a damp cloth and rub surface with salt and pepper. Place meat in a roasting pan and insert in a hot oven (500 degrees F.) for thirty minutes then reduce heat to 300 degrees F. and cook slowly until done. Time required is usually 30 to 35 minutes per pound.

RECIPES FOR LAMB CHOPS (Farm Style)
 Depending on size of family, pan broil 6 to 10 chops two minutes. Prepare 2 cups green peas, 2 cups string beans, 3 tomatoes (sliced), and 4 to 6 potatoes (sliced). Place chops in casserole, add vegetables, seasoning and sufficient boiling water or stock to prevent burning. Cover and cook in oven until vegetables are tender. Serve hot.

CANADIANS FOND OF OUTDOOR SPORTS

Canadians' love for outdoor sports is reflected in a recent report of the sporting goods industry, which reveals that the Canadian manufacture of sporting equipment and accessories in 1937 had a value of \$1,750,000. In addition, Canada imported sporting goods in that year valued at more than \$1,250,000, bringing the total bill for sports' equipment up to about \$3,000,000. Outdoor sports furnished the market for more than half of this material, with golf, fishing and tennis equipment each accounting for almost a half million dollars worth of equipment. Other popular outdoor sports, which each required equipment valued in excess of \$100,000, included hockey, baseball and ski-ing.

Canada occupied an enviable position in the realm of sporting activities with an abundance of forests, lakes and rivers, mountains, open spaces, and sea shore areas, which provide facilities for indulgence in health-promoting exercise, for young and old of both sexes, all the year round. Prominent among the fields for outdoor recreation in Canada are the national parks which form a chain of sport centres reaching from coast to coast. Golf, tennis, fishing, canoeing, swimming, hiking and climbing are among the many summer sports which can be enjoyed under ideal conditions in the national parks; while in the Rocky Mountain parks, where excellent facilities for ski-ing, snowshoeing, tobogganing, curling, and skating are available winter sports are assuming an increasingly popular role.

MALICE AFORETHOUGHT

The hero of a story that has been making the rounds is a prominent business man who had the bad luck to be bitten by a mad dog. He was rushed to the hospital for the Pasteur treatment. While the anti-rabies serum was being prepared the attending physician noticed that the patient was very busy making out a long list of names and he asked: "Are those the names of the people you wish to be notified if your condition should become worse?" "No," said the victim. "This is a list of the people I'm going to bite if I go mad."

Hints on Fashions

Light Brown Frock Complete with Jacket



Our heart belongs to the smart frock which comes complete with its own light jacket. Here is one of the best outfits of the season, certain of a gay future. It is of light brown, a tobacco shade, set off by white pique collar and cuffs. The dress has a high draped neck front terminating in a small V in back, where it buttons. The skirt is flared. The light fitting jacket has two sets of flap pockets, at breast and waist. The fabric is a very opaque rayon sheer.

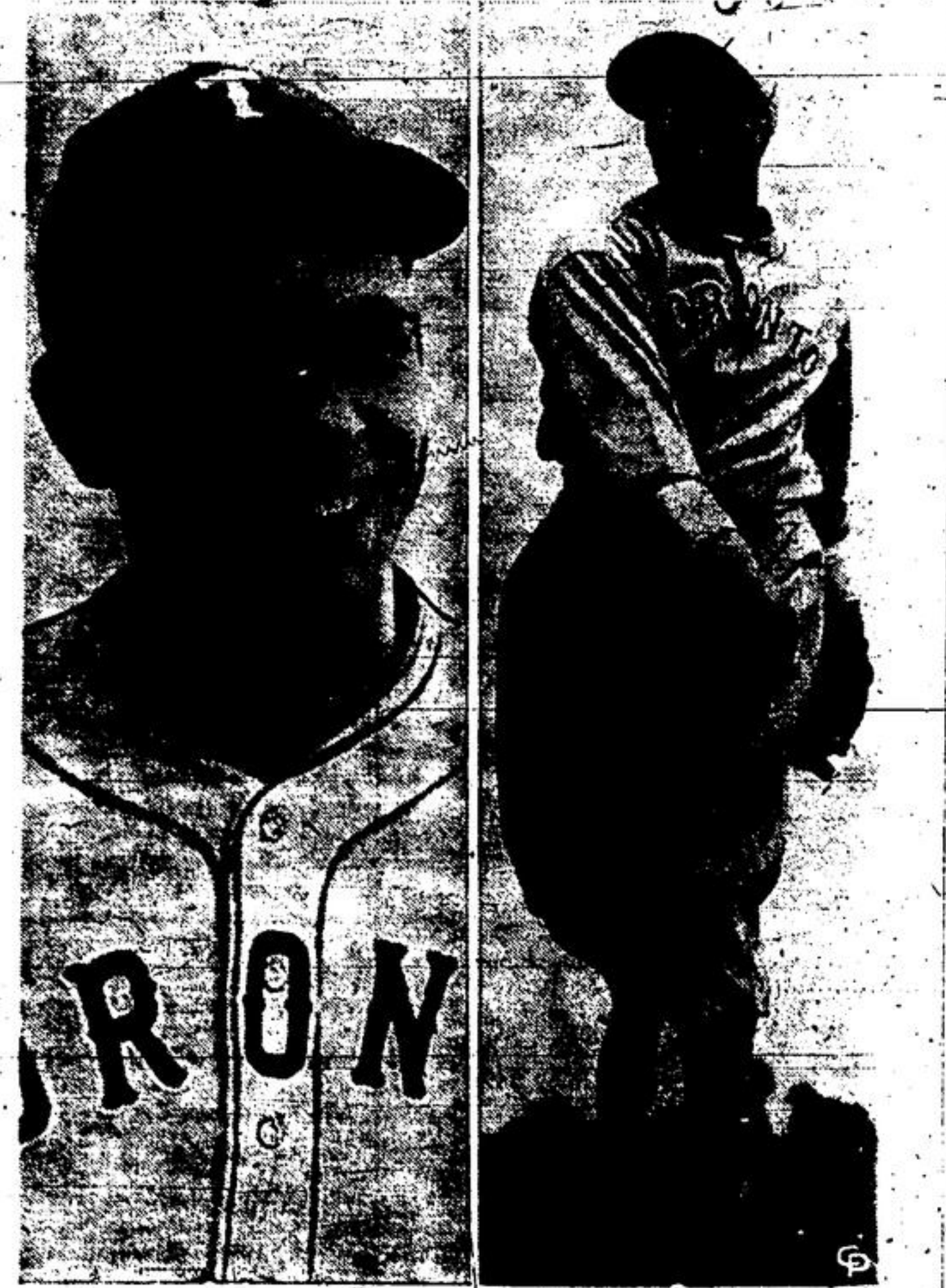
ON THE JOB

Old Gentleman: "You're an honest boy, but it was a \$10 bill I dropped, not ten ones."
 Youngster: "I know, mister, but the last time I found a \$10 bill the man didn't have any change."

HARDLY A TRIBUTE

Wife (apologetically)—I took the recipe for this cake out of the cookery book.
 Husband (bawling)—You did quite right, darling. It never should have been put in.

Rookies from Ontario with the Leafs



As Toronto Maple Leafs, baseball variety, prepare in the Florida sunshine for the opening of another international League season, they have hopes that this season, or maybe in another season or two, they will have as featured performers some native sons of Ontario, and to that end they have four or five in camp, showing Manager Jack Burns what they have on the ball. Two of these home brews, both pitchers, are shown above, Bill Gordon, of Chatham, left, and Philip "Babe" Marchildon, of Penetang, Right. Gordon journeyed to the Leafs camp at his own expense, while Marchildon went as a guest of the club. And the club probably doesn't mind. The first time he faced a pro batter, was in game with Montreal Royals, and he hurled three scoreless innings. Since then he has performed sensationally against major league batters.

Chronicles of . . . Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

A Happy Easter to everyone. But I must confess, that as I write, it doesn't seem like Easter at all. However, a lot can happen in a week. But cold winds and snow, and not being able to wear our new Easter bonnets need not change the meaning of Easter in our hearts.

So, whatever the weather, whatever the day, may I repeat my wish—"A Happy Easter to everyone!"

Looking back over the last few days, it would seem we have passed a week of history-making events. The Spanish Civil War is officially ended and no doubt those who are still alive wonder what it was all about, and for what purpose women are left widows and little children fatherless. And surely the Spanish people have reason to wonder why wars should be more especially when the fighting was within their own country and among their own people. No doubt the common people know little—so very little about what is settled for them by those in authority. They may try to know and to understand to the best of their ability, but they can only know what they are allowed to know. And I don't suppose that is very much. Would it not be awful to live in a dictator country?

"YOUTH ON THE DOLE"

It is difficult to record debates on unemployment without irritation at their defects in spirit and outlook. If popular self-government cannot evolve a constructive power sufficient to put willing workers to waiting work, and to head the canker of an enforced parasitism, its reputation as a political system must be rapidly on the wane. We may have to overhaul our financial philosophy to uproot this scandal. The needs of national defense are driving us to accept a new setting for the common life. It will certainly require us to discard old shibboleths and to move upon fresh lines of thought if we are to expel the evils that economic pedantry has engendered in the body social. "Youth on the dole" is a paralytic debasement. The evil must cease and the work must be found. — Observer, London.

COOL AND CALM

The hotel was on fire. On a sixth story ledge stood a lovely film actress, while flames crackled about her. Below, the firemen were holding a net, while the crowd waited in agonized suspense. Finally a strained voice screamed: "Jump for heaven's sake!"

The film actress folded her arms in calm disdain.

"I'll do nothing of the sort," she answered. "Tell the director to send my double here at once."

ALL HE NEEDED

A man was fumbling at his keyhole in the small hours of the morning. A policeman saw the difficulty and came to the rescue.

"Can I help you find the keyhole, sir?" he asked.

"That's all right, old man," said the other cheerily, "you just hold the house still and I can manage."

But of course I was still wondering as I went on with my painting and perhaps the subconscious mind wasn't as active as it might have been as I notice there are quite a few brush marks that are very much in evidence. But I am hoping an extra coat of paint may hide a multitude of defects. By the time I get through painting I shall have had about enough of it, as I am bringing the color of the living room from a dark brown to cream. And it is some job. To make matters worse, the smell of the paint set up inflammation in my eyes and I had to quit. Now my temporary help has the flu, so the room may still be in an uproar for Easter.

Oh, well, there are worse troubles at sea.

And speaking of the sea, I know what it feels like to be in a boat on rough water, but I would rather take a chance on the briny than ride very much on the King's Highway No. 25 these days. It's a downright disgrace, that's what it is. And do you know what I would like to do? It would give me the greatest pleasure to collect a few old Model T's and pack them full of Provincial Cabinet Ministers, with the Honorable Mr. McQueen in the lead. And I would make them ride up and down this highway until their honorable bones rattled like the works of the cars they were driving. And then I would let them out and watch them race back to Queen's Park, with orders to the Department of Highways that never again must a provincial highway become a forgotten road to be a disgrace to the province and a menace to the travelling public.

Of course I must admit there are men working on the road and doing what they can but the trouble is the road, when it was taken over by the Department, should not have been left so long before construction work was begun.

What a game that was on Saturday, between the Maple Leafs and Red Wings!

KING GEORGE VI KEEN ADVOCATE OF SAFE DRIVING

Enthusiastic approval from every section of Ontario being registered, to the highway safety proposal made last week by Minister of Highways Hon. T. B. McQueen.

The plan called for a marked reduction in highway traffic accidents during the next three months as a tribute to the King and Queen during their forthcoming visit to Canada.

Mr. McQueen to-day released a recent appeal made by the King to British motorists. His Majesty, he said, had been active in safety work in Great Britain during the past 15 years; and had issued the following statement in his capacity of royal patron of the National Safety First Association of Great Britain.

"Every day 600 citizens are killed or injured on our roads (referring to Great Britain), mostly because of somebody's thoughtlessness.

"This message to you is the commencement of the national road safety campaign to reduce these dreadful casualties.

"To avoid accidents, be courteous and alert. Give special consideration to the aged, the infirm, and the very young.

"The highway code is a code of good road-manners. Let us all loyally observe it, and make the spirit of goodwill the keynote of our behavior on the roads."

Mr. McQueen declared that King George's appeal should be acted on by his loyal subjects in Ontario just as much as in the British Isles. The King's statement, he added, contained all the essentials necessary to the safety of motorist and pedestrian.

In response to many inquiries asking "what can we do to promote this work," the Minister of Highways suggested that, in addition to the splendid co-operation being given by the press and radio throughout Ontario, many people in public or semi-public positions could make a definite contribution in furthering highway safety by virtue of the offices they held.

He suggested that the safety of the "King's highways" could be increased if preachers, magistrates, Boy Scout and Girl Guide leaders, school teachers, police officials, service and women's club members, employers, Sunday School Superintendents, motor club officers, and heads of municipal, township and county governments would exert every effort in their power in bringing the King's appeal for highway safety to the attention of every motorist and pedestrian, every child and adult with whom they came in contact.

WINTER TOURIST TRAFFIC

Canada's fame as a winter playground is growing, according to a report on the number of United States automobiles entering Canada for touring purposes during January, 1939, which reveals that a total of 23,268 cars were entered under sixty-day touring permits. Every state in the Union was represented in this movement of winter holiday seekers. Border states contributed most of the winter tourists, with 7,697 cars from New York, 5,410 from Michigan, 3,455 from Vermont, and 2,930 from Washington. Maine was represented by 932 cars, Ohio by 356, Massachusetts by 254, Illinois by 225, California by 224, and Pennsylvania by 208.

Canada's winter season offers innumerable attractions to winter holiday seekers. From coast to coast, snow-clad mountains, hills and valleys, lakes and rivers, provide ideal opportunities for a variety of winter pastimes, which include ski-ing, skating, snowshoeing, tobogganing, curling, various kinds of racing and hockey. Canada's national sport, ski-ing is one of the ranking individual sports in Canada, and devotes to this popular winter pastime number in the thousands. In recent years Canadian skiers and their visitors from other lands have invaded the national parks in the Canadian Rockies to take advantage of the unexcelled opportunities available for ski-ing in the mountain parks of Banff, Jasper and Mount Revelstoke with the result that the fame of these national playgrounds as ski centres has become widespread.

A REAL PHILOSOPHER

"I lost an \$8 umbrella yesterday."
 "Worried about it, eh?"
 "Oh, no! I've been expecting to lose it ever since I bought it; now I feel relieved."

No wonder people get heart attacks at hockey matches.

Here is something to remember, if you feel like grumbling about the increase in the gas tax. In Germany gasoline is 59½ cents per gallon; in Italy, 81 cents; in England, 31 cents. It doesn't look as if we have very much to complain about after all, does it?



Orange Pekoe Blend "SALADA" TEA



Completing the Picture of a GOLDEN WEDDING

Mrs. Allen Quickfall, of Bridgeport, Ont., had just arranged a huge bouquet of Chrysanthemums, their Golden Wedding Remembrance from assembled children and grandchildren, when the telephone rang. It was a call from Kindersley, Sask., and the voice of Roy, her son, greeted her. What a surprise on such a day! Mrs. Quickfall writes: "We like to pass on to other sons and mothers the value and satisfaction to be obtained through the medium of telephone contacts, particularly so when the dear ones are scattered over the country."

Why wait for a Golden Wedding? Next time there is a family celebration call up by Long Distance. Make it a real surprise. And remember this, it costs so little, you too, will be surprised!

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