

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

"PEACH" DISHES FOR PEACH TIME

By Betty Barclay

Here are two delicious desserts for those who like to take advantage of "peach time" by serving this fresh fruit in different forms. If you cannot wait for the fresh fruit, use canned peaches. No eggs are needed except for the meringue on the rennet custard. No baking. No boiling. In a few minutes you have a dessert that is fit for a king and particularly desirable for those little princes and princesses in the home who will not drink their daily quota of milk.

PEACH SHORTCAKE

- 1 package lemon rennet powder
- 4 pieces sponge cake (leftover cake may be used)
- 1 pint milk
- A few thin slices fresh or canned peaches

Place the pieces of cake in the bottom of the dessert dishes. Put two or three slices of the canned or fresh peaches over the top of each piece of cake. Make rennet custard according to directions on package. Pour over pieces of cake and peaches and let set until firm—about 10 minutes. Then chill in refrigerator. Serves 4-5.

LEMON PEACH RENNET CUSTARD

- 1 package lemon rennet powder
- 1 pint milk
- 3 peaches, sliced thin

Drain peach slices and arrange on sides of 5 dessert glasses. Make rennet custard according to directions on package. Pour at once into dessert glasses. Let set until firm—about 10 minutes. Then chill in refrigerator. When ready to serve, place meringue on each dessert and garnish with currant jelly. Meringue: 2 egg whites, 4 tablespoons sugar. Beat egg whites until stiff, then gradually beat in sugar. Drop 5 separate heaping tablespoons on buttered baking sheet dusted with flour. Bake in moderate oven (325 degrees F.) until lightly browned, about 20 minutes. Cool thoroughly. Serves 4-5.

ORANGE TOAST

- 1/2 cup orange juice
 - 1 teaspoon grated orange rind
 - 1/4 cup sugar
 - 6 slices buttered toast
- Mix orange juice, rind and sugar. Spread on hot buttered toast and put in hot oven or under broiler to brown.

Follow Fashion and Add Trimmings—A Ball of Sherbet on Fruit Salad or Fruit Cup, Decks It Out in Latest Mode

Follow the lead of Paris and use trimmings to give a festive air to your meals, not to your clothes. A sprinkling of minced parsley or mint on soup and vegetables, a garnish of radish roses or celery curls for the meat, a ball of fruit juice sherbet on fruit-cup or salad—these perky touches stimulate interest and appetite.

You can really work magic on a budget menu by serving sherbet for dessert. If you make your sherbet of sweetened condensed milk, it takes a few minutes' kitchen duty and always will be smooth and free from ice crystals. It's inexpensive, too.

MAGIC-SRAWBERRY MILK SHERBET

- (Automatic Refrigerator Method)
- 2 1/2 cup sweetened condensed milk
- 2 tablespoons lemon juice
- 2 tablespoons melted butter
- 1 cup water
- 1 cup crushed strawberries
- 2 egg whites

Blend sweetened condensed milk, lemon juice and melted butter thoroughly. Add water and crushed strawberries. Chill. Beat egg whites until stiff and fold into chilled mixture. Pour into freezing pan. Place in freezing unit. After mixture is about half frozen remove from sides and bottom of pan. Beat until smooth but not until melted. Smooth out and replace in freezing unit until frozen for serving. Serves 6.

APRICOT AND ORANGE SHERBET

- (Automatic Refrigerator Method)
- 2 1/2 cup sweetened condensed milk
- 2 tablespoons lemon juice
- 1 cup orange juice
- 1/2 cup water
- 1 cup apricot pulp
- 3 egg whites

Blend sweetened condensed milk, fruit juices and water. Add apricot pulp, chill. Beat egg whites until stiff and fold into chilled mixture. Pour into freezing pan. Place in freezing unit. After mixture is about half frozen remove from sides and bottom of pan. Beat until smooth but not until melted. Smooth out and replace in freezing unit until frozen for serving. Serves 6.

A LAZY LUMP

George—I always do my hardest work before breakfast.
Fred—What's that?
George—Getting up.

Hints on Fashions

Matching Dress for Modern Version of "Duster"



Back we go to the "duster" which came in with the automobile long, long ago. Our modern version of the coat has its matching dress; champagne colored linen and rayon fabric with a design of white ball dots makes this model. Starched white linen revers and two unpressed pleats at this side front describe the coat. The dress has a gored skirt and square neckline, which, like the hem, is piped in white.

MOTOR ACCIDENTS AT NIGHT

The fatal motor accident rate at night, on the basis of traffic, is more than three times the accident rate of daylight. Motor vehicle fatalities in the United States during the hours of darkness have increased 43 per cent, since 1930. The entire increase in traffic deaths in 1937 over those in 1936 resulted in increase in night accidents. Seventy-eight per cent. of the accidents in which the driver had been drinking occurred between 6 p.m. and 6 a.m. Improved lighting of highways helps to reduce such accidents. In Michigan reflector buttons were placed 100 feet apart and 8 feet from the edge of the pavement on 80 miles of the road between Lansing and Detroit. In the first three months of 1938 there was a reduction of 79 per cent. in accidents on this stretch of highway, whereas on a control stretch of highway without such lighting the reduction was only 19 per cent.

The night-pedestrian too is susceptible to accidents. Night pedestrian fatalities in Philadelphia increased from 56 per cent. of the total number of night fatalities in 1935, to 73 per cent. in 1937. In New Jersey in 1936, 67 per cent. of the urban pedestrian fatalities and 83 per cent. of the rural pedestrian fatalities happened at night. If it is necessary to walk at night in rural areas, the pedestrian should carry a light. Even carrying a white handkerchief helps. Because a walker sees the motorist's headlights does not mean that the motorist sees him. Bicycle riders are in special danger. They should carry rear lights. Drivers at night should avoid alcohol; they should drive at lesser speed than in daylight. Safe driving at night is a challenge to the skill and good sense of the motorist, who must ever be on the alert for every indication of objects ahead or changes in the road.—By J. W. S. McCullough, M. D., D.P.H.

MAKING IT WORSE

Big—See here, what do you mean by going around telling people I am a first-class idiot?
Dix—I didn't say first-class.

SALLY'S SALLIES



Chronicles of . . . Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Isn't it too bad one kind of weather cannot suit everybody? Here we have been glorifying in the grand rains we have had just recently and yet every time we get a heavy shower I thought how disappointed people would be who had made picnic plans for the holiday. But that's the way it goes—one man's meat is another man's poison—and we have to take it whichever it is to us. However, there isn't a doubt the heavy rains were good for every kind of vegetation. I never saw things shoot up so fast in my life—the flowers, the corn, the cabbages—and the weeds!

Our men folk managed to get in quite a nice lot of hay before the rain came. After it rained Father finished ploughing a field where he plans to sow buckwheat. We have never grown buckwheat before, so it will be somewhat of an experiment. In the spring Father thought the field was too dry for a spring crop and as he didn't want a bed of weeds, he thought he would try the buckwheat—it will make good chicken feed, that much we do know.

My goodness, it's a wonder we farm people ever live at all, or that we are able to raise families, or enjoy a fair measure of good health, or anything like that. Now, I'll tell you why I'm wondering.

Looking through the last issue of "Health Magazine," I saw an article by Dr. Edward Mumford, warning vacationists of the danger they are liable to run into while away from their presumably safe, sanitary and healthy homes, especially if they rent a summer cottage in a locality hitherto unknown to them. Dr. Mumford says: "What will be the status of the milk supply when he (the vacationist), reaches this new haven of lakes and hills? Will the milk be scientifically pasteurized? If not THE DANGER IS TOO AWFUL TO CONTEMPLATE!" (The capitals and exclamation marks are mine). "Will the cows measure up to the standard of the cows in herds that supply our large cities? All the time they are milked will they be clean or will they have just waded through a muddy barnyard?" And then Dr. Mumford advises that if farm conditions are not what they should be, vacationists should lay in a supply of evaporated or powdered milk or equip themselves with a home pasteurizer. (N.B.—Dr. Mumford is Chief veterinary surgeon for the Borden Co., Limited, of Toronto. One is tempted to wonder whether the article in question, which so drastically condemns raw milk, is written as a piece of super-salesmanship to promote the sale of canned milk.)

Before I go any further, I want to say right here and now, that I think pasteurization of milk is a great thing. I also think compulsory testing of cattle for TB is a good step forward towards the control of tuberculosis, but with all due respect to Dr. Mumford, if a person should have raw milk for a week or two, I can't see that it need necessarily be a danger too awful to contemplate. How many country children drink pasteurized milk? Very few, is my guess. Yet recent statistics show that the lifespan of a farmer is longer than that of a man in any other walk of life. Yet the farmer has unpasteurized milk or cream in his tea; unpasteurized milk on his cereal and he probably swallowed gallons of unpasteurized milk as a growing boy. Isn't it possible the danger of taking raw milk while on vacation is somewhat exaggerated in Dr. Mumford's article?

With all the precautions that are being taken to insure pure milk in the way of white-washed stable, sanitary utensils, clean cows, it always strikes me as being somewhat odd that one thing is very seldom mentioned, and that is the actual milking. Unless a milking machine is used, the cows' udders must be milked by human hands. Does anyone think to inquire whether the milker is a dry-hand milker or wet? It used to be a common practice for milkers to dip their hands in the milk pail so that they could grip the cows' teats better. Could anything be more unsanitary? Fortunately the custom is dying out but still I know it is done on some farms, even to-day. Another question that might be raised: Are the milker's hands free from any skin infection? Perhaps this isn't a very pleasant topic on which to write, but it seems to me that pasteurization should not be regarded as the cure-all for everything in regard to milk. How about the consumer's end of it? After the milk is delivered is it always kept under sanitary conditions? Is it ever left in a warm place? Is it poured into a pitcher and left, uncovered, to provide a swimming pool for flies and other insects? Is it put away in a cupboard with pickles, cheese, onions or other strong smelling food stuffs? When the

milk, is delivered are the bottles left out on the step in the hot sun until someone happens to remember to bring them in? When the milk is left on the consumer's doorstep it is as germ-free as the law can make it. Is it still germ-free when given to the children to drink?

The farmer is compelled by law to adopt measures in order that the milk he sells shall be pure. Does the customer voluntarily do his part to keep it in that same condition?

Must the farmer always bear the brunt when disease is traceable to germ-ridden milk?

SEEMS LOGICAL

When Lord Leverhulme was settling the tenancies of his newly purchased island of Harris, his lawyer drew up a very elaborate contract to be signed by each tenant. It contained no fewer than twenty-six clauses or stipulations. "One old fellow," Lord Leverhulme related with great gusto, "returned the contract unsigned, and sent it with this note: 'I haven't been able to keep the Ten Commandments for the sake of a mansion in heaven, and I'll be hanged if I'll agree to keep twenty-six commandments for a wee house in the Island of Harris.'"

HEADS DOCTORS



Dr. Duncan Graham, new President of the Canadian Medical Association, which held its convention at Montreal.

MOTOR CARS TAKE TOLL OF WILD LIFE

Each year motor cars travelling on Canadian highways take a heavy toll of the wild denizens of the forests and fields, according to the Department of Mines and Resources, Ottawa, which administers the Migratory Birds Convention Act in Canada and is concerned with the conservation of wild life. Some authorities estimate that one vertebrate wild creature is killed by motor vehicles every day of spring and summer in every five miles of roadway in the United States, and the death toll of wild life on Canada's half-million miles of roads during the six months of spring, summer and fall driving must be enormous.

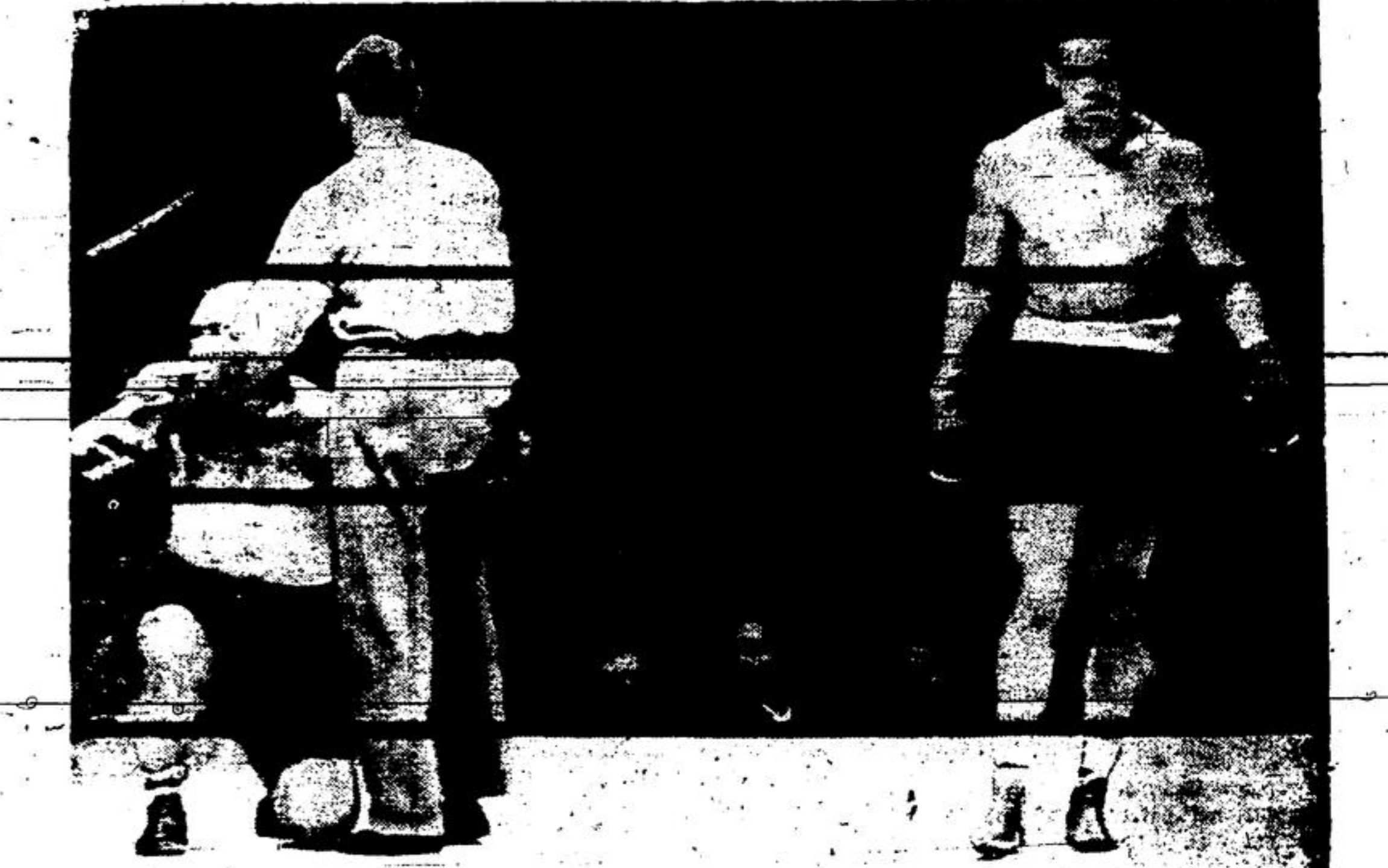
Few motorists realize that the coming of spring, when Nature is eloquent with life and rich in the joy of living, marks the commencement of the season when death stalks the highways for the creatures of the wild. There are few drivers

of cars who have not at some time or other heard or seen a bird collide with their cars and looking back observed a broken, crumpled bundle of feathers, squirming in the dust. Some species of birds love taking dust baths on the country roads and others, alight on the roadway to pick up insects killed by passing cars, only to be crushed to death by fast-moving traffic.

Then there is the driver who seeing a rabbit blinded by the glare of headlights will deliberately step on the gas and try to run down the confused animal.

A little more thoughtfulness on the part of drivers of motor vehicles would save many of these creatures from disaster, and sometimes a lingering death with great suffering. Apart from humane reasons, such consideration would go a long way in helping to conserve Canadian wild life, which is not only of great interest to the people, but of economic importance as well.

End of Louis-Galento Heavyweight Championship Fight



This picture tells the short, short story of the seventh defence of his world's heavyweight championship made by Joe Louis, as he turned back Tony Galento after two minutes and 29 seconds of the fourth round, when Referee Arthur Donovan stopped the bout, which finished, as expected, when the champion's trip-hammer blows opened up the ear tissue that makes up Tony's eyebrows and forehead. Galento is seen as he clutched Donovan around the legs just before the fight was stopped.

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