

Of Interest to Women

BRITISH CHILDREN'S PRAYER

Now I lay me down to sleep,
I pray the Lord my soul to keep!
If this night's sleep should end in rest
That is forever, keep me blest
Within Thy mercy! May I be
Child of Thy Kingdom, safe and free!

If I should wake within the night
To see the sky all red with light
And hear the roof-tops of the town
With our own walls come crashing down,
Though there be death within the sky,
May I not fear, O Lord, to die!

If I should die before I wake,
I pray the Lord my soul to take!
But should I live the long night through,
When I arise my work to do,
May I, with courage, seek to be,
Not safe, O Lord, not safe, but free.
Merrick F. McCarthy.

Twenty Years Ago

From the issue of The Free Press of Thursday, July 24th, 1923

There was more motoring on Dominion Day than any previous first of July in history.

Sixty candidates wrote at the entrance examinations here last week. Thirty-one were from outside schools.

On Tuesday afternoon the ladies of Knox Church Women's Missionary Society were entertained at the home of Mr. and Mrs. Morrison, Bannockburn.

The Vancouver Sun of Friday, June 15th, gives an interesting account of the wedding of Dr. Arthur Kenney, of Acton, to Edith Francis Simpson, daughter of Mr. and Mrs. Harvey C. Simpson of Kerrisdale.

Council transferred \$150 to a savings account to provide for perpetual care of two plots at the cemetery.

MARRIED

BROWN-WILDFONG—At the Methodist Parsonage, Acton, on Saturday, June 30, 1923, by Rev. Charles Hackett, Albert Brown, youngest son of Mr. and Mrs. G. H. Brown, Acton, to Lillian Wildfong, of Dunville.

GRIFFIN-REID—At the home of the bride's parents, on Wednesday, June 27th, 1923, by Rev. W. H. Howard, Harold Leslie Griffin, only son of Mr. and Mrs. W. H. Griffin, to Jessie Victoria, daughter of Mr. and Mrs. Robert Reid, of Erin.

DIED

MCCUTCHEON—At the family residence, lot 18, Erin township, on Monday, July 2nd, 1923, Matthew McCutcheon, in his 68th year.

How to Cook Pike For Meatless Day

Mention of pike causes many arguments. Some individuals profess to dislike pike in any form, either from the viewpoint of recreational fishing or as a contribution to the camp or domestic table. Into the latter of debate enters Ernie Poole, outdoors expert of the Canadian National Railways, to contribute a good word for pike as a food fish.

"Fishermen should learn more about pike," Mr. Poole begins as introductory to a catalogue of the pike family beginning with the common pike (Esox Lucius), and its allies the Great Northern Pike, Jackfish and plain Jack. This species is the most widely distributed freshwater fish in Canada, being found even at Arctic Circle. Specimens taken have weighed up to forty-five pounds. According to Mr. Poole, the other half of the family is the Green Pike (Esox Reticulatus), known under various local names such as Chain Pickeral, Eastern Pickeral, Grass Pike, Black Pike and Duck-billed Pike. Its range lies within the waters of New Brunswick and those of the St. Lawrence Valley and its tributaries in Ontario. Its larger specimens weigh up to ten pounds.

All pike possess in varying degree swamp taste and odor and this is more pronounced in fish taken in Southern or warmer waters. "But," insists Mr. Poole, "properly prepared and cooked pike makes good eating," and here is his method and recipe: "Use only the filets, skin the fish and cut filets from both sides of the back bone—it is the skin and backbone that have the swamp taste—soak overnight in salted cold water. This will harden the flesh and improve the flavor. Dry well with a cloth. If not for immediate cooking place in the ice-box.

"Pike-tastes best when fried," Mr. Poole adds and suggests this: "First dry the fish well and roll in flour or corn meal. Fasten a strip of bacon or fat pork to the filet to bring out the flavor. If butter is scarce, use bacon fat for frying. Bring fat to a boil, dipping in the fish so as to singe the sides. When this has been done reduce the fire and cook slowly."

In Quebec there is no closed season for pike, according to the manual prepared by the Fish and Game Department of the Canadian National Railways. Some Ontario waters have a closed season, but in the Northern Area, these fish may be taken at any time up to a daily limit of eight, regardless of length.



THE MIXING BOWL

By ANNE ALLAN
Special Home Economist
HELPS TO PRECISION
LAUNDERING

Hello Homemakers! Laundering is an important job in the home-maker's schedule. The experienced housewife—especially to-day—chooses new fabrics with an eye to their wearing qualities, but proper laundering also plays an important part in making fabrics wear longer. Cleanliness is a great morale builder—which is worth thinking about, as we survey the piles of family laundry that accumulate so quickly. However, washing can be taken in your stride if you use the proper method—right preparation is half the battle, right washing the other half.

SORTING

Sorting comes first. To save back strain, have clothes hamper on a bench at your own level—no need to stoop. Sorting clothes onto newspaper instead of floor prevents further soiling. Sort them according to soil, color, material, stain.

STAINING

The time to get rid of stains is before washing. Different stains require different treatment. Make sure each stain gets proper treatment.

SOFTENING WATER

Half the homemakers in Ontario struggle with the hard water problem. If water is soft, soap makes suds; if water is hard, soap makes curds.

To soften water, use a fine, mild soap for silks and rayons. Less expensive softeners are used for the general wash. Too much softener yellows clothes and makes them holey. Softeners are alkaline and of varying strength. Water varies in degree of hardness, making a necessary to find amount of softener required. Fill a pail with warm water, add 2 tablespoons of softener and then dip out half a jarful; add soap and shake a little. If curd forms there is not enough softener; add another tablespoon and test.

WASHING SODA is rather strong for fine fabrics, but good for the general wash.

BORAX is very mild, but not so efficient. Use for fine laundry.

HOUSEHOLD AMMONIA is satisfactory in either powder or liquid form.

SOAPING THE WATER

Flakes, granules and chips come ready for work—bar soap should be shredded or shaved. To get your money's worth in cleansing powder, always dissolve soap thoroughly before you put the clothes in. Don't try to economize by buying inferior brands of soap. For best results, measure soap. Next Monday, try adding 2 cup soap to your tub of softened water and agitate for a minute or so—then stick a ruler in to see if there is a two-inch depth of suds. You may even need 1 1/2 cups soap for a big washing machine—but measure.

SOAKING

Soak clothes in cool water, with or without soap, for 15 minutes or longer—it saves time and wear. Collar bands and children's play suits will wash more easily if soap is rubbed into the worst spots with a small brush while soaking. A tip for busy war workers—soak overalls in salt and water.

WASHING

Follow directions as to amount of clothes to put in your washing machine—the amount varies from 6 to 8 lbs. As a guide, 4 to 6 sheets or table cloths weigh 6 or 7 lbs. Never put in more clothes than will circulate easily.

Hot water (temperature 140 degrees) is an excellent bleach. Wash slightly soiled clothes 5 minutes; moderately soiled 10 minutes, and to remove stubborn dirt, 18 minutes. Washing clothes too long defeats its purpose. It drives the dirt back in and makes clothes dingy—besides it wastes electricity.

RINSING

To speed up wringing: lap each succeeding article when part way through. Wring clothes right into a large tub filled with hot, softened water for first rinse.

We do stress a second rinse. Thoroughness at this point pays big dividends in soft, white clothes. Your second rinse water need not be softened. Some homemakers recommend bleaching water or a third rinse. Clothes well wrung and hung are half-ironed. And let's hope for a bright day so your clothes can be hung outdoors.

Anne Allan invites you to write to her, Care of The Acton Free Press. Send in your questions on homemaking problems and watch this column for replies.

Chronicles of... Ginger Farm

Written Specially for
The Acton Free Press by
GWENDOLINE P. CLARKE

What will you say if I tell you that I put two chickens in the oven alive just a little while ago? "Oh, but you couldn't—that would be awful!" Isn't that what you said? But then you don't know the whole story. You see a thunderstorm came up quite suddenly and when the sky began to darken I thought I had better make some attempt at getting my chickens into the brooder house. Rain was something they had never seen or felt—since they had been running loose so they saw no reason why they should be shut up in the middle of the day. Some went home all right, others took shelter in an old pen nearby, but there were two crazy little chicks that went everywhere but where I wanted them to. At last I got disgusted and left them to find shelter where they could thinking they might do better if I were not there to chase them.

The storm lasted about half-an-hour and the rain was quite heavy. When I went back to the pen I found two half-drowned chickens right out in the open although there were places quite handy where they could have taken cover. They were no trouble to catch that time for they were just about at their last gasp.

What to do with them was quite a problem as there was no fire anywhere. Suddenly I remembered an old oil stove oven which I use as a sort of little cupboard. So I wrapped the chickens in an old sweater, put them in the oven with the door slightly open, lit the stove and kept the flame low as I possibly could. Pretty soon the chicks began to show some sign of life. Now they are getting quite chirpy although they are not yet really warmed through. Isn't it surprising what a little heat will do for all kinds of young life?

And speaking of heat—we have certainly had our share of it just lately, haven't we. Each night I would think—"if tomorrow is another hot day I don't believe I can stand it." But each tomorrow always was a hot day—and I'm still alive to tell the tale. In fact it has been a very busy week around here although Partner hasn't been able to start haying as he wanted to. Ten weeks ago he sent the mower away to be overhauled and repaired but... well, you know what it's like trying to get anything done these days. I doubt if the mower has ever looked at until a few days ago and then the parts that were needed couldn't be got. However we finally received word that it was ready and then Partner and I went to town and brought the mower home behind the car. Partner looked after the mower while I drove the car—5 m.p.h. all the way—and the racket that power made on the road was enough to wake the dead!

There is still plenty of discussion—and a good deal of dissatisfaction among country women in particular—about the allotment of sugar we are to receive for canning. I wonder how much good grumbling will do? You can't get sugar out of the air any more than you can get water out of a dry well. Mind you—I think this sugar business might have been handled a whole lot better—more sugar beets could surely have been grown in Canada to increase our raw sugar supply. But it is too late to think about that now—all we can do is make the best of a bad job for the present and hope that the government will show a little more foresight next year. It doesn't seem reasonable that Canada should depend on imported sugar for four-fifths of her supply while in Britain the home-grown sugar beets yield the whole of the domestic sugar ration. By comparison it looks as if we have a nigger in our woodpile somewhere.

But we mustn't let our fruits go to waste just because we have so little sugar. If we have fruit of any kind on the farm or in the garden we might just as well take a chance on it and can it without sugar. It will keep if the jars are properly sterilized. And I mean sterilized—not just scalded. Since I started the sterilization method I never have anything spoil. In case there are some who don't know this little trick, here's how you do it. Put rubber rings on canner, turn screw up side down in shape, or kettle in which has been placed about two inches of cold water. Bring to boil and continue boiling about 15 minutes and your jars are ready. Sealer tops and rings can also be placed in kettle in between the jars. Use sterilized kitchen tongs to lift tops—in fact don't touch any part of the jar with your hands after sterilization has been completed—that is other than the outside.

The Sunday School Lesson

FOR SUNDAY, JULY 4th

GOD IN THE MAKING OF A NATION: ERA OF MOSES

A PEOPLE IN DISTRESS
Golden Text.—They cried, and their cry came up unto God by reason of the bondage. Ex. 2:23.
Lesson Text.—Ex. 1:6-11; 2:23-25.
Time.—1756-1612 B.C.
Place.—Egypt.

Exposition.—I. Israel in the School of Prosperity, 6-8.
The history of a long period of time is compressed into verse 7. What had been intended as a temporary sojourn in Egypt during the famine (Gen. 45:9-11; 46:8), had prolonged itself into a stay of over three centuries. But this long sojourn was necessary. If the Israelites were to conquer Canaan, time and opportunity were needed for the development of a strong and mighty host of fighting men. In the fertile plain of Goshen, enjoying the favor of Joseph's royal patron, they prospered exceedingly and multiplied rapidly. The seventy that came down with Jacob, went up out of Egypt, 600,000 men strong, plus women and children (Ex. 12:37). This marvelous increase was sure beforehand: God had promised it to Jacob (Gen. 46:3). There is to be a similar remarkable increase of Israel in the future (Ezek. 36:10, 11, 37, 38; 37:26; Jer. 32:22). Egypt, as the mistress of the then civilized world, was an excellent training school for these wandering desert nomads in the arts and crafts of settled life. But this prosperity was not an unmix'd blessing. It seldom is. Along with the culture of Egypt, they absorbed much that was undesirable and which threatened the integrity of their life. They became infected as well as educated, infected with the prevailing polytheism of the land (cf. Josh. 24:14; Ezek. 20:8). They forgot the God of their fathers.

II. Israel in the School of Bondage, 9-14.

"Communion with God in the solitude of Canaan made a prince of Israel (Gen. 32:29); conformity to the world amid the splendors of Egypt made Israel a slave." Some thirty years after the death of Joseph (v. 6), a revolution brought into power a new dynasty of kings. Joseph's invaluable services to people and country (Gen. 41:46-49, 54-57; 47:13-26) were forgotten. Short-lived and ephemeral as the world's gratitude to his benefactors and saviors, "The king is dead; long live the king!" is always the cry. The new Pharaoh looked with a hostile eye on the unassimilated bloc of Hebrew aliens so strongly entrenched throughout his kingdom (v. 7), and in possession of the best district of the realm (Gen. 47:11).

Moreover, Goshen was in the direct path of a possible invader from the north, and he feared that in case of a war they might be recruited as mercenaries. He resolved on a strong nationalistic policy ("to deal wisely with them"). They were stripped of their lucrative positions and drafted into the forced labor of his brick-kilns and field drudgery. Their labor was so profitable to this builder-king (v. 11b) that he made up his mind to crush out their spirit and reduce them to a permanent state of peonage. His first plan to wear them out by hard labor having failed (v. 12), he secretly ordered their male children to be killed at birth (vs. 16-22), and when this scheme failed, too, he conceived such a disgust and loathing for them (was "grieved") that he openly ordered them destroyed (v. 22). The next Pharaoh was still more cruel and hated them still more. There was no abatement from their persecution, no cessation from grinding toil. They sank into a condition of degraded animality from which there seemed no escape.

III. God Remembers His Covenant with Abraham, 2:23-25.

Pharaoh made the mistake so many men do: he left God out of his calculations (Matt. 22:29; Ps. 127:1), and so they were bound to fail. His "wise" schemes were foolishness in the sight of God (I Cor. 3:19; Jas. 3:15). "He had plan and a purpose, but a greater king than he had, also a plan and a purpose." Everything must fall that is against that purpose. God had not forgotten His people: in the hour of their darkest degradation a child was born who was destined, under God, to be their deliverer, and Pharaoh's brutal edict of extermination but served to open the way for this deliverance (vs. 23-25). God makes use of the devil's cunningly devised schemes to further His purposes (Gen. 15:13, 14; 46:4). His delays are usually because His people are not ready, and it was so with Israel in Egypt. Before God could carry out His great plans for them there were lessons they needed to learn, and trial was a better schoolmaster for this purpose than prosperity. On the anvil of suffering, under the hammer of affliction, their souls became moulded and disciplined to the point where He could work with them. They learned patience, hope, faith in God, dependence on Him, and their common suffering welded them together into some sense of national consciousness. Had life in Egypt continued to be easy and pleasant, they probably would have settled down amid the

"Nephota," of which they were all too fond (Ex. 16:3). But the very extremity of their suffering served to recall God's promises to their fathers and kept alive their determination to escape. In prosperity Israel forgot God: in adversity they remembered Him. And God heard their groanings and, remembering His covenant with Abraham, looked down and gave relief. There is not a cry or sorrow on earth that is not heard in Heaven.

NOT ALL DO

He was one of those fathers who believed in trying to answer any questions put by his son. So he did his best when the younger asked: "What are ancestors, daddy?" "Well, my boy," he replied, "I'm one of your ancestors, and your grandfather is another." "Then, daddy, why do people brag about them?"

Weekly's News Burns Up Axis

Quote from Montgomery in Canadian Home Town Paper Gets Wide Circulation

ARTHUR, Ont., (CP)—Watch for world news in those letters to the hometown from the boys overseas. The Arthur Enterprise in a letter from L.A.C. Philip Fasmore, in North Africa, told how Gen. Sir Bernard Montgomery said to a group of air-men the Allies would bomb Italy "until we blot them out and they scream for mercy." That was news. The Canadian Press picked it up for its coast-to-coast wires and relayed it all over the United States. And there's no doubt it has burned the ears of Hitler and Mussolini long before now.

British Want Utility Hose

LONDON, (CP)—Britain's women folk don't care much for seamless stockings. Wholesalers and retailers report a glut of them, that they have supplies of this type of stocking which they simply cannot sell. The Board of Trade said it believed women were keeping their clothing coupons for sales of utility stockings which are semi-fashioned.

WOMEN BRASS HATS

LONDON, (CP)—The Auxiliary Territorial Service has invaded the army, the General Staff. More than 20 A.T.S. "Brass Hats" have replaced army officers in third-grade staff jobs.

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