

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Garden House, Esplanade

Hello Homemakers! March having come in "like a lion," its reasonable to hope that the first days of Spring may be fair with a real tinge of Spring warmth, which will give us all uplift in thought and inspiration to try new ways in our household duties.

From the heavier meals of Winter days, when more body warmth from food was necessary, change now to lighter dishes particularly in deserts. Have you thought for instance, of new puff pastry with creamy fillings? It's rather tricky to make, but with detailed instructions you may try them with confidence. Having once mastered the successful making of your puff pastry, there are numerous dainty and delicious deserts to try. For example; pastry cases for hot creamed mixtures or cold salad concoctions; Napoleons and French pastries when fruit is in season.

Detailed Directions

1. Sift a quantity of bread flour once. Measure $1\frac{1}{2}$ cups into a bowl—do this by spooning the flour lightly into a measuring cup to prevent packing. Add 1 tsp. salt.
2. We measured the fat by filling the measuring cup with $\frac{1}{2}$ cup of ice cold water and dropping chunks of very cold fat until, with all fat present under the surface, the water level reaches the "cupful" mark. We drain the fat well. To obtain $\frac{1}{2}$ cup butter we use the cup filled two-thirds with water.
3. The shortening and the butter ($\frac{3}{4}$ cup plus $\frac{1}{2}$ cup) are then chopped into the sifted flour and salt. A handy dough blender or two sharp knives may be used to cut the fat into the size of large peas. A quick, sharp, keen cutting action is required—never twist the blender as that has a tendency to cream the fat.
4. Next, we believe in drizzling in ice cold water. Use a fork to toss the flour over and over as the water is sprinkled here and there. This keeps complete control of the addition of water so that just enough will be used to make a dough which, when lightly mixed, holds together nicely and comes cleanly from the sides of the bowl.
5. The next step is to wrap the dough in wax paper and chill it for half an hour before rolling it.
6. We use a lightly floured board to roll it out, with a ribbed rolling pin covered with a ribbed cotton pull-over, which holds a minimum amount of flour evenly. Roll it out to a thickness of a third of an inch. Then, fold it in half back to the front and again from the left to right and roll it once more.
7. Repeat the folding; roll it out again and proceed to use it.
8. Cut for tarts and fit loosely into tart pans, excluding air; partially filled with dried beans. Bake in electric oven at 450 deg. until rims brown in few minutes, 3 to 5 depending on the number of tarts; remove the beans and complete baking.

At this time of the year we depend upon the plain vanilla flavoured mixtures. If you have any canned fruit left over, put in a little cream filling, then a spoonful of dried fruit, then more cream filling and top with a piece of fruit.

Chocolate filling is tremendously good used for pastries—so is butter-woolch or a caramel cream mixture.

Easy Puff Pastry

$1\frac{1}{2}$ cups once-sifted bread flour, 1 tsp. salt, $\frac{3}{4}$ cup chilled shortening, $\frac{1}{2}$ cup chilled butter. Ice cold water.

Rich Chocolate Filling

$2\frac{1}{2}$ cups milk, 2 oz. unsweetened chocolate, 4 tbsps. cornstarch, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ cup granulated sugar, 1 egg and one yolk, $\frac{1}{2}$ tsp. vanilla.

Measure 2 cups milk into deep saucepan, cut up and add chocolate. Heat until the chocolate melts, using electric element on Low, then beat smooth with a rotary beater and bring to scalding point. Mix cornstarch with $\frac{1}{2}$ cup milk and stir into hot mixture; also add sugar and salt. Cook with occasional stirring until mix into slightly beaten egg and egg yolk. Turn into a double boiler and cook until the mixture thickens. Remove from element and add vanilla. Cool partially before using for pie or pastries.

Butterscotch Filling

1 cup brown sugar, 3 table-spoons cornstarch, $\frac{1}{4}$ teaspoon of salt, 2 cups hot milk, 2 eggs, 1 teaspoon pure vanilla, 2 table-spoons of soft butter.

Combine the sugar very thoroughly with the corn starch and salt. Stir in the hot milk. Stir and cook the mixture in a double boiler until it has thickened smoothly; then cover and cook, with occasional stirring,

TALKER PRODUCER



First to fill the new CBC post of talks producer in the Maritime region is M. Dorthea Cox, M.A., who is now establishing her headquarters at Halifax. Miss Cox will visit various parts of the three provinces, contacting speakers for regional and Trans-Canada Network broadcasts. A Maritimer by birth, she has had wide academic experience as high school principal and university lecturer.

until no raw flavor remains. Beat the eggs slightly and slowly stir in the hot milk mixture. Return to the double boiler and stir and cook again until thickened. Remove from the heat and add vanilla. Add the butter about 1 tablespoon at a time, stirring it well after each addition—this will prevent any possibility of the butter not working in smoothly. Cool partially before turning into pie or tart shells.

Vanilla Cream Filling

$1\frac{1}{2}$ cup granulated sugar, $3\frac{1}{2}$ table-spoons cornstarch, $\frac{1}{2}$ teaspoon salt, $2\frac{1}{2}$ cups of hot milk, 2 egg yolks (or 1 egg), 1 teaspoon pure vanilla, $\frac{1}{2}$ table-spoon butter.

Mix sugar thoroughly with corn starch and salt. Stir in hot milk. Stir and cook in a double boiler until mixture has thickened thoroughly. Cover and cook with occasional stirring, until no raw flavor remains. Beat the egg yolks or the egg slightly and slowly stir and cook until again thickened. Remove from electric element and add vanilla and butter. Cool partially before using in pie.

PERTINENT QUESTION

Just why so much secrecy about the medical categories of young men who are called to undergo military examinations? Ask the average young man when he returns from taking his medical what category he is in and he'll look at you rather blankly and say: "I don't know—the doctors did not tell me!"

Why aren't men of military age told their categories? It doesn't appear to be any state secret in the United States. And why aren't men who are rejected told exactly what is wrong with them?

We are told that many men who undergo check-ups for military medical examinations are undergoing check-ups by civilian doctors. They want to know what hasn't been told them.

We're quite sure it isn't the fault of the doctors who make the medical examinations. They must be working under definite orders. Why?—Frank's Corner in the St. Thomas Times-Journal.

CLEARING AUCTION SALE

OF PERCHERON HORSES, COWS, VEAL CALVES, IMPLEMENTS

The undersigned has received instructions from:

JOHN DEVLIN

to sell by public auction at his farm, Lot 4, Con. 4, Township of Trafalgar, 1 mile south of Omagh, on

FRIDAY, MARCH 24, 1944

at 1:30 o'clock the following:

HORSES—1 Gray Percheron Gelding, rising 5 years; 1 Black Percheron Gelding, rising 4 years; 1 Black Percheron Mare, rising 12 years; 1 Percheron Filly, 2 years; 1 Percheron Gelding, 2 years.

COWS AND VEAL CALVES—1 Holstein Cow, fresh, calf at side; 1 Brindle Cow, fresh, calf at side; 1 Guernsey Cow, fresh, calf at side; 1 Guernsey Cow, due April 28; 1 Blue Cow, due April 25; 1 Holstein Cow, due April 15; 1 Black Cow, due April 15; 1 Holstein Cow, due June 9; 1 Brindle Cow, due June 25; 1 Red Cow, due June 10; 1 Red Cow, due June 9; 1 Holstein Cow in full flow, bred Oct. 27; 1 Roan Cow in full flow, bred Jan. 10; 1 Roan Heifer, bred Oct. 25; 1 Holstein Bull, 8 months old; 6 Choice Veal Calves.

IMPLEMENTS—1 M. H. Disc, 14 plate; 1 M. H. Drill, 13 disc; 1 M. H. Steel Truck Wagon, new; 1 M. H. Horse Rake, new; 1 McCormick Deering Mower, nearly new; 1 Hay Rack; 1 set of Scales, 2,000 lbs. capacity; 1 Steel Milk Vat; 1 set of Sloop Sleighs; 1 set of Heavy Harness; 3 Horse Collars; Shovels, Hoes, Forks, Chains and other small articles.

TERMS—CASH

Positively No Reserve as the Proprietor is engaged in other work and the farm is for sale.

J. A. ELLIOTT, Auctioneer
R. Ford, Clerk. 42-23

Chronicles of... Ginger Farm

Written Regularly for The Acton Free Press by GWENDOLINE F. CLARKE

We are living in a different world. Partner and I. A different world, that is, from the one we were in last week. We are living where there is comfort and warmth and a feeling of intense satisfaction. All that as a result of having a furnace installed.

You people who have been used to warm furnace heated houses all your lives; you who have never had to spend half your time running from one stove to another—and then of having the house warm—you don't know what it means to feel that you are finally through with an annual fight to keep some semblance of heat and comfort in your house. Of course I don't mean to suggest that a house cannot be properly heated without a furnace. Many can be and are. It depends on the house on its construction, its position and its size.

We have tried our best with stoves and after figuring things out from every angle, we decided that a furnace would take less fuel and give better results than three stoves. Why haven't we installed one before? Well, consider farm prices for ten years previous to the war and you have the answer.

Well, I had no idea putting in a furnace meant so much work, took so much time, and made so much confusion. The plumber tells me that this job in a new house is a cinch—installing one in an old, solidly built house is something else again. But he didn't need to tell me—I could see for myself. We have three cellars under the house, divided by stone walls twelve inches thick. Holes had to be made in these walls for the pipes to go through—and some of the pipes were twelve and fourteen inches in diameter. Partner was helping the plumber, and the two of them were pounding away with picks and crow-bars. There was a time when I wondered if the job would ever be finished. Both Partner and the plumber developed neuritis! And then one time when Partner was working at the stove with a sledge hammer and spike, a big chunk of stone came down on Partner's hand, crushing one of his fingers. From the size of the stone it's a wonder his finger wasn't broken.

I don't know what the plumber thought of me—every day I would say: "Shall we be able to light the furnace to-day?" Finally, last Friday, came the answer for which I had been longing—"I think we can light the furnace about four o'clock to-day!"

I had to go out that afternoon, but believe me, I was back by four o'clock. However, it was six o'clock before we set a match to our first furnace fire. Oh, the joy of it. The sheer comfort of standing near a register and feel the warm air rising. It is almost too good to be true. Partner and I have been cold in this house so long that we feel now as if we want to soak up all the heat we can get. As you probably know the weather is cold again, with a strong wind blowing from the east. We remind ourselves over and over during the day how cold and miserable we would have been had we been relying on stoves to keep us warm.

Of course I am finding plenty of extra work to do, because as each room is finished, I get it cleaned and the furniture rearranged. And how much easier it is to arrange things when there isn't a stove stuck in the middle of the room. The plumber will be here for another two days yet as there is still the upstairs to do. Saturday I was so tired I was almost ready to drop in my tracks—and yet there was nothing I wanted so much as to keep on working.

Perhaps you will say—"Yes, putting in a furnace may be all right, but don't you know there is a war on—couldn't you have waited?"

To which I might answer: "Yes, we know there is a war on—perhaps better than some. We also know that we have been farming twenty years; that we are both pretty much like the 'Old Grey Mare'; and that if we are to carry on we can't afford to have our vitality drained by cold and discomfort in the house. I need a warm house to work in; Partner needs it for the little time he has in which to relax. Yes, we really feel we can, enjoy our long-delayed comfort with a clear conscience."

TRAIN AN VETERINARIES

LIALUI, Northern Rhodesia, (CP)—Sixteen African boys are pupils of the Veterinary Assistants' Training School. When trained they will go to native reserves to help improve the standard of animal husbandry.

CO-OPERATION NEEDED

LONDON (CP)—Civil Defence authorities stress the need for people in bomb-struck areas to inform authorities they are safe. Otherwise there can be confusion and waste of effort. The King, on a tour of bombed areas, was told how one rescue party dug for hours to reach an unaccounted person. Finally, a girl standing watching the work, discovered it was she they were digging for.

DIES AT 102

BEMBURY, England (CP)—A woman who remembered the Crimean War and the Indian Mutiny died here recently. She was 102-year-old Mrs. Harriet May, a patient in the County Hospital.

CLEARING AUCTION SALE IN ESQUEWING TOWNSHIP

FARM STOCK, FURNITURE, IMPLEMENTS, GRAIN

The undersigned has received instructions from:

BERT ANDERSON

to sell by public auction at his farm, Lot 27, Con. 5, Esquewing, $2\frac{1}{2}$ miles east of Acton on No. 7 Highway, on

TUESDAY, MARCH 28, 1944

Commencing at One o'clock sharp the following:

HORSES—1 Grey Horse, 6 years; 1 Black Horse, 10 years.

COWS—1 Ayrshire Cow, bred Feb. 26; 1 Spotted Cow, bred Feb. 24; 1 Red Heifer, bred Feb. 22; 1 Calf, 11 months old; 3 Calves, 3 months old.

SHEEP—32 Suffolk Sheep, supposed to be in lamb; 5 Ewes, with lambs; 1 Suffolk Ram; 3 Ewe Lambs.

IMPLEMENTS—Deering Binder, 6 ft. cut; Deering Mower, 5 ft. cut; Noxon Seed Drill, 13 spout; set four-section Harrow; Horse Tack; Massey Harris Cultivator; Walking Plow; Cutting Box; Set Bobolanga; Wagon; Wagon Box; Buggy; Two-ton Sorrie with pole and shaft; Sling; Draw Hope; Crosscut Saw; Mill Box; Doubletree; Neckyokes; Forks, Hoes, Chains, Shovels; Melotte Cream Separator; and other articles.

HARNESS—Set Harness with bridle; Set Plow Harness; Set Single Harness; 6 Horse Collars; Bags and Sacks; Pair Horse Blankets.

GRAIN—100 bus. 1942 Mixed Grain; 200 bus. 1943 Mixed Grain; 100 bus. 1943 Calf Oats.

FURNITURE—Cook Stove; Kitchen Cabinet; Dining Room Chairs; Couch; Kitchen Chairs; Sideboard; Extension Table; Pails.

TERMS—CASH

No article to be removed until settled for. No Reserve. Lease line expired and Mr. Anderson is retiring.

ROY HINDLEY, Auctioneer, R. H. 3 Acton, Phone 15R Erin C. B. Swackhamer, Clerk. 23

SUGAR SUPPLIES STILL 'TIGHT'

There is no hope for an increased sugar ration nor for increased canning sugar allotments this year, the Prices Board has announced through its sugar administrator, S. H. Noble. The administrator revealed that there are indications of an over-all world shortage. Canada imports four-fifths of her total supply, Mr. Noble pointed out. This is allocated to us from a world pool under an agreement between Canada, Great Britain and the United States.

PROTEIN FOR PIGS

To feed pigs properly, they must be given both the right quantity and the right quality of food. Farm grains are lacking both in quantity and quality of protein, in minerals and vitamins, and so do not satisfy the needs of the pregnant or nursing sow or growing pigs. To farm grain must be added feeds that are rich in protein, minerals and vitamins. Without these additional materials, growth is slow, and pigs may be weakened to such an extent that they cannot resist disease.



Before you blame your telephone...

CHECK THIS DISTANCE

Engineers designed the mouth-piece of your telephone to give best results at one-quarter of an inch from the lips. When your lips are farther away than this, your voice is transmitted less strongly... less clearly.

Failure to remember these simple facts accounts for the great majority of "trouble" reports.

Help avoid needless service "hook-ups," and at the same time let those you talk to hear you without strain. Just remember! Talk clearly, normally, directly into the telephone, with your lips just one-quarter of an inch from the mouth-piece.

Our Active Services



Giving Things to Merit



Smoking while you talk may cause distorted reception. It also prevents your building the mouth-piece close to the lips.

If you need to reach across your desk as you talk, continue to hold the telephone in correct position, close to the lips.

A wall set can't come to your head or did so that your lips are directly in front of and close to the mouth-piece. Don't "talk across" it.

For clear, understandable transmission, always keep your desk telephone upright—set it on near the horizontal position.

This is one in a series of advertisements explaining problems of electric supply to farm and hamlet consumers served direct by The Hydro-Electric Power Commission of Ontario



New Hydro Rural Rates Reduce Your Bills

Note the saving you will obtain under the new rate of 4c, 1 6/10c, and 3/4c in the following examples showing comparative quarterly bills for several commonly used quantities of energy:

Where Old Rate was 4c, 2c, 3/4c

STANDARD FARM SERVICE			HAMLET 2-WIRE SERVICE		
3 Months' Kilowatt Hours	YOUR BILL AT Old Rate	AT New Rate	3 Months' Kilowatt Hours	YOUR BILL AT Old Rate	AT New Rate
150	\$ 8.60	\$ 6.56	100	\$ 6.93	\$ 5.52
300	11.52	8.86	200	8.87	7.54
600	17.35	13.53	300	10.82	9.10

These examples illustrate the savings you will secure in your Hydro bill in Rural districts where the old rate was as shown above. The amounts shown are for quarterly net bills, including Dominion Government War Tax. The reduction in your bill in a district having a higher old rate (such as 6c, 2c, 3/4c or 5c, 2c, 3/4c) will be proportionately greater than the examples shown above.

Please note that the service charge for farms is discontinued, but the minimum bill for such consumer is \$6.56 per quarter, for which amount up to 108 kw.-hrs. can be used. In a district having a former rate of 4c and 2c, this same amount would have cost the consumer \$8.21.

Hamlet consumers have the service charge cut in half, but the minimum bill is \$4.87 per quarter, for which they can use an amount of 83 kw.-hrs. In a district having a former rate of 4c and 2c, this amount would have cost the consumer \$6.46.

These explanations are given to help you understand the new rate. In our next advertisement, we will discuss for your benefit, the UNIFORM RATE. In the meantime, if you need further information, please ask your Rural District Superintendent.

HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO