

Of Interest to Women



THE MIXING BOWL

Hello Homemakers! We've only a soft spot on our butter plate after making hearty lunches for our industrious folk.

The encouraging part of food substitutes is that there is always something else available and at comparable prices.

Brown Steak of Beef with Dumplings

1 pound round steak, 4 onions, 3 tbs. flour, 2 cups boiling water.

Cut the round steak or stewing beef into 1 inch cubes. Fry out the fat from it and in this brown the onion, chopped fine.

Sift the flour, salt and baking powder into a bowl. Add the milk, using enough to make a soft dough.

Breaded Steaks

Three veal steaks, 1 inch thick, salt and pepper, flour, 1 egg, 3 tbs. water, fine bread crumbs, 3 tbs. oil.

Cornmeal Dutch Apple Cake

Cornmeal goes grandly with apples - as this delicious dessert will prove.

Old-Fashioned Pudding Sauce

Delicious enough for the most special guests, these easy-to-make doughnuts are suitable for the children.

2 cups commercial pancake mix, 4 cup sugar, 2 eggs, 4 cup milk, 1/2 cup vanilla, fat for deep-frying.

To pancake flour add 4 cup sugar, beat eggs until light, add milk and vanilla; add to dry mixture and com-

TO MONTREAL



H. S. (Bob) Bryden, who started his CBC career as junior news editor in Toronto two years ago last September, has been transferred to Montreal to take over the position of senior English news editor.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press by GWENETH J. P. CLARRK

We went TO TOWN last Friday that definitely should be written in capitals! Partner wanted help and there was other business to attend to, so I went along too.

There had been quite a bit of snow overnight but the sun looked much the same as usual.

We were in town a little over two hours. Two hours let me emphasize that.

But it wasn't that at all. The plow had never made the grade it had stuck very soon after it had started up the line.

Suddenly Partner said, "I believe it's moving!" We watched and sure enough the great machine was beginning to creep.

A little way past our gate the plow stalled again. Later it gave up completely, and a bulldozer was brought in to finish the job.

The boys of it struck me as being rather comic. The great machine that we saw was sent out to clear the road instead of that it blocked it!

The put of it, there is also a lot of money being spent for snow-plowing that shouldn't have been necessary.

Further experiments also will be carried on with "prospector" barley, developed at Swift Current, which is a heavy yielding feed grain in areas plagued with dry conditions from time to time.

Play more suitable for Western Canada areas both linseed and fibre varieties will receive extensive research attention in a long-range program.

Despite wartime demand acreage dropped about 50 per cent in the three prairie provinces in the 1941-44 crop year, yielding some 10,000,000 bushels.

New Wheat Type Likely To Stop Sawfly Menace

Victory in Battle Against Pest May Be Realized in Three or Four Years as Result of Experiments

REGINA (CP) - Victory in battle against the wheat stem sawfly may be realized in three or four years by introduction of a sawfly stem resistant wheat, now being developed on Dominion experimental farms.

Dr. E. S. Archibald, Ottawa, director of experimental farm work for the federal department of agriculture, reports 200 bushels of the new wheat, developed at the Swift Current, Sask., station, will be multiplied in California and Canada in 1945.

The campaign to produce a solid stem of wheat tends to stop sawflies from boring from within, allowing grain to fall to the ground before it is ripe, it to counteract severe damage to wheat fields in southern Alberta and southwestern Saskatchewan.

Damage from the sawfly this year is estimated at between \$71,000,000 and \$25,000,000 said Dr. Archibald.

"Milling and baking qualities of the sawfly resistant wheat are promising," he said. The popular strain of this wheat is No. 4188 and Dr. Archibald reports experts of the entomology branch in co-operation with field husbandry men and plant breeders are striving to produce wheat that will be more resistant and even better in quality.

The 1945 program also includes extensive work in the Dominion Rust Laboratory at Winnipeg with new strains of rust resistant barley, oats and flax.

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LUMBER CAMP CONTEST

BLIND RIVER, Ont. (CP) - A recent log-sawing contest on the Mississauga River, two Quebec lumbermen, Harvey Dardiff and Rene du Loup and Pierre Racine of St. Hyacinthe, won first place honors in a hand-is-quicker-than-eye performance.

CLEAN CUT

An American negro soldier and a German Corporal met face to face. It was one or the other. The negro drew his trusty razor and made a mighty swipe at the German's throat.

The Sunday School Lesson

SUNDAY, JANUARY 12, 1945

STANDARDS FOR CHRIST'S FOLLOWERS

Golden Text - Blessed are they that have been persecuted for righteousness sake: for theirs is the kingdom of heaven. Matt. 5: 10.

Lesson Text - Matt. 5: 3-10, 43-48. Time - Midsummer, A. D. 28. Place - Horns of Hattin. Exposition. I. How to Be Happy 3-10.

In this lesson Jesus answers the question that man is ever asking: How to be happy. By setting certain standards for His followers.

The first are "the poor in spirit," i. e., the lowly in heart, those who recognize their need and are contrite and humble in spirit.

The second attitude sounds equally strange. The world's estimate is "blessed are those who are not called to mourn; those who have no bereavements and no sorrows."

The third class who are happy are the "meek," i. e., the humble, gentle and mild as distinguished from the self-assertive and contentious.

The fourth class who are happy are the "merciful," i. e., those who are quick to forgive and slow to anger.

The fifth class who are happy are the "pure in heart," i. e., those who have no guile and whose hearts are single.

The sixth class who are happy are the "peacemakers," i. e., those who are lovers of peace and who are able to bring about peace between those who are at odds.

The seventh class who are happy are the "chaste," i. e., those who are pure in thought and deed.

The eighth class who are happy are the "poor," i. e., those who are content with their lot and who do not desire the things of this world.

The ninth class who are happy are the "meek and lowly in heart," i. e., those who are gentle and who do not quarrel.

The tenth class who are happy are the "peacemakers," i. e., those who are lovers of peace and who are able to bring about peace between those who are at odds.

The eleventh class who are happy are the "chaste," i. e., those who are pure in thought and deed.

The twelfth class who are happy are the "poor," i. e., those who are content with their lot and who do not desire the things of this world.

The thirteenth class who are happy are the "meek and lowly in heart," i. e., those who are gentle and who do not quarrel.

The fourteenth class who are happy are the "peacemakers," i. e., those who are lovers of peace and who are able to bring about peace between those who are at odds.

The fifteenth class who are happy are the "chaste," i. e., those who are pure in thought and deed.

The sixteenth class who are happy are the "poor," i. e., those who are content with their lot and who do not desire the things of this world.

that leads to helpful action in their behalf. The man who helps others in their distress will be helped of God in his own distress (Luke 1: 63, Ps. 41: 1).

The next happy ones, "the pure in heart," theirs is the supreme blessedness. They shall see God. God's infinite beauty and infinite glory in personal manifestation.

The pure in heart already see God (John 14: 9, 21, 23), but "in a glass darkly" in the coming day "face to face" (1 Cor. 13: 12).

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determine us, to blast our reputation, to curtail our influence, should be the object of our kindest consideration.

By loving our enemies, we shall ourselves be sons of God; for the son is like the father, and this is the way the heavenly Father acts. His return blessing for cursing, kindness for hate.

To love them that love us is no imitation of grace; even the pagans do the same. The last verse is very wonderful, holding up the perfection of God as our standard. It is really a promise more than a command.

The immediate reference is to perfection in love; loving enemies as well as friends, but as well as good (Luke 6: 35, 36).

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The Quality Tea "SALADA" TEA

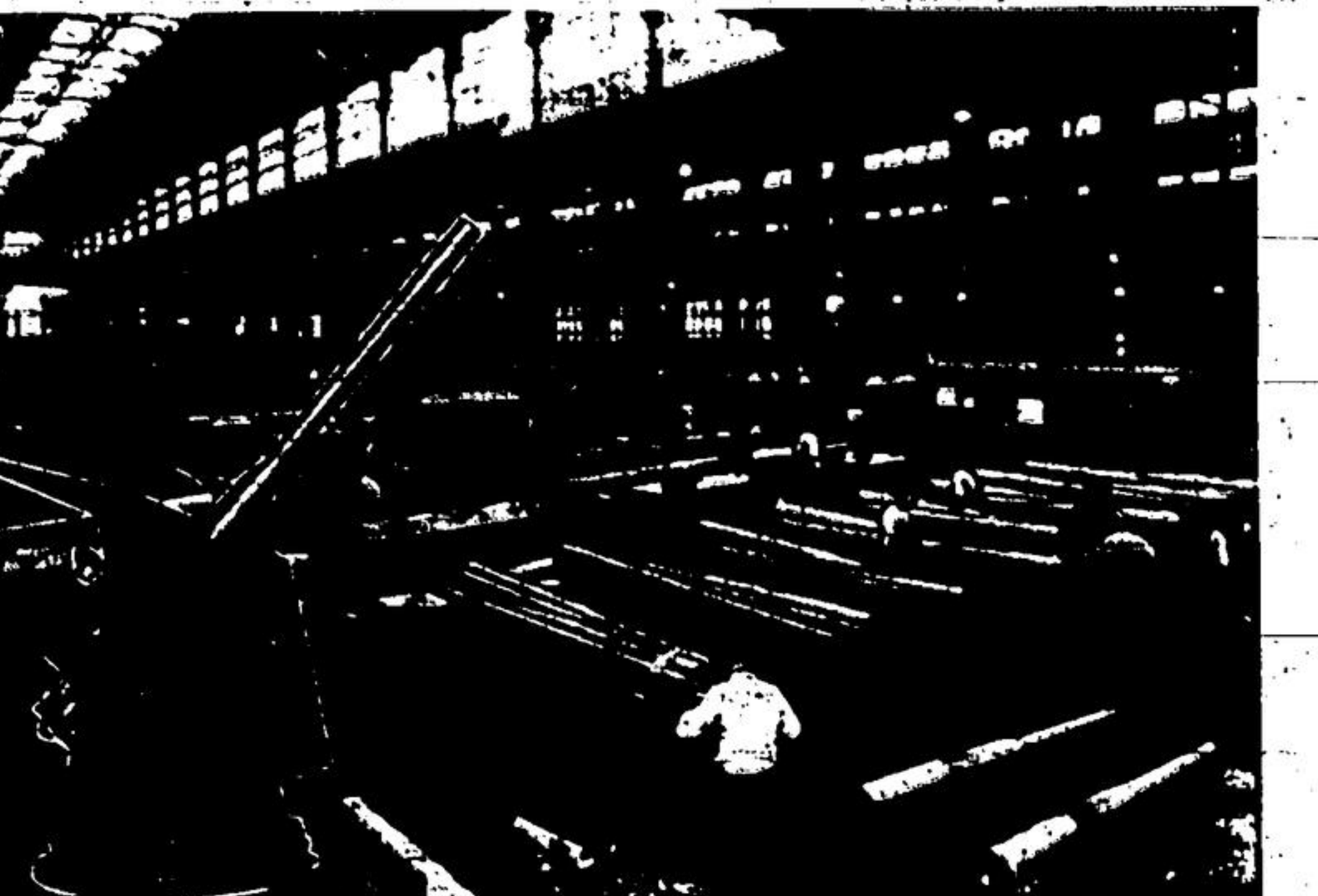
Unloading Equipment On Normandy Beaches



The seas were calm off the Normandy beaches on June 24th and unloading from various craft was in full swing. With the front established the process of unloading magnificent equipment goes on apace.

Photo shows activity on the beaches as the vehicles are driven from the landing craft (tank) on to the beach.

C.P.R. Gun Plant in Foothills Aids Atlantic Convoys



Three thousand, four hundred and thirty-eight feet above sea level and 2,500 rail miles from the Atlantic seaboard, the Canadian Pacific Railway's Ogden Shops in Calgary provides an outstanding example of the switch-over of the entire C.P.R. system from peace to war.

The 12-pounder gun, inset on the left, in this picture of men at work finishing gun barrels in Calgary shop was an ideal piece to turn out the naval guns and is a great foothills work centre, to request was made for its use late in the Fall of 1940.