

# Of Interest to Women



Hello, Homemakers! Call them fruit or vegetable, tomatoes are at home on any table. We hope you will serve them often at the height of the season and also preserve a supply as a source of vitamins A and C next winter.

First choice for most people in serving tomatoes is uncooked, whole, halved, quartered or juiced. Chopped fine and forced through a sieve, fresh tomatoes may be seasoned with a little onion lemon juice and hot mustard or tabasco sauce to make a tomato cocktail.

To peel or not to peel a tomato is often a question. If the tomato is scalded for a minute, then cooled quickly the skin comes off paper thin and food nutrients are not lost. On the other hand, place a whole ripe tomato in the lunch box and it is easier to handle with the skin on.

A stuffed tomato salad, one of the most popular of summer dishes, may be the main dish. The centre of tomatoes may be scraped out to form a shell for a variety of fillings: chicken egg or cheese. Include cottage cheese or grated cheese or chopped egg with diced vegetables in the variety of fillings for tomatoes.

Tomatoes are easy to can, but for best results use a reliable well-tested method.

### CANNED TOMATOES

Select firm ripe tomatoes of medium size. Wash. Blanch by dipping in boiling water for 1 min. Plunge into cold water and peel at once. Summer tomatoes 3 to 5 mins. Fall jars Add 1 tsp. of salt to each quart jar. Cover with boiling water or tomato juice made by pressing ripe tomatoes in cheese cloth bag. Partially seal and process the jars of tomatoes in hot water bath for at least 20 mins. counting from the time the water starts to boil. Or process in electric oven preheated to 275 degrees for 25 mins. Seal tightly and store.

### BAKED TOMATOES WITH CELERY STUFFING

4 large ripe tomatoes, 1/2 cup chopped celery, 1 small onion, finely chopped, 1/2 cup grated cheese, salt and pepper.

Wash tomatoes, remove stem ends, and scoop out centre pulp, leaving a shell about 1/2 inch thick. Chop pulp and combine with remaining ingredients seasoning to taste. Fill tomatoes with mixture and top with buttered crumbs. Place in greased baking dish and bake in moderately hot oven, 375 degrees for 20 mins. Serve at once.

### TOMATO COCKTAIL

18 ripe tomatoes, 1 cup chopped celery, 1/2 cup chopped onions, 3 sweet green peppers, 1 sweet red pepper, 2 tablespoons salt, 2 tablespoons vinegar, 1/2 cup of sugar. Wash and cut tomatoes, do not peel. Chop the peppers finely. Mix tomatoes, celery, onions, peppers and salt together. Boil for half hour in a covered pot. Strain through a coarse sieve. Add vinegar and sugar. Boil

### TOMATO SPREAD

12 ripe tomatoes, 3 onions 3 apples. Cut up tomatoes, apples and onions without peeling. Cook until soft. Put through sieve. Add 1 cup of brown sugar, 1 tbsp salt. Mix 1 tbsp of mustard with 1/2 cup of flour and 1 cup of vinegar. Cook until smooth. Add the hot tomato mixture with 4 sweet pepper and 1 hot red pepper, minced. Cook, stirring constantly for 10 mins. Seal in sterilized jars. This is delicious on toast and with cold meats.

### TOMATO SOUP FOR WINTER

1 basket tomatoes, 4 large onions, 2 bunches of celery. Wash and cut up tomatoes, but do not peel. Peel and slice onions. Wash and cut celery including the leaves. Boil all together until tender. Strain. Add 2 teaspoons salt, 1/2 teaspoon of red pepper, 1/2 cup of sugar, 1/2 cup flour, 1/2 cup of butter. Melt butter and add flour, sugar, pepper. Add to first mixture. Boil until thick. Bottle. Dilute with hot milk when serving.

### THE QUESTION BOX

Mrs. S. G. asks how to process apples for pies and desserts in quart jars.

Answer: Summer apples are better made into applesauce in preference to quartered sections for pies.

The method for canning applesauce without sugar is: Prepare good quality apples and cook applesauce. Pour into sterilized jars, partially seal and process. Boiling water bath, 15 mins for quarts, electric oven 275 degs for 25 mins. pressure cooker at 5 lbs for 5 mins. Complete seal as soon as processing time is up.

### DECADES OF DEVOTION END IN TRAGIC DEATH

DEAL, England (CP). For nearly 25 years Dr. William S. Mayne cared for his wife who was crippled with arthritis. He gave up his medical practice to become her companion, nurse and housekeeper.

Deal knew him as a man who walked with bowed head who wheeled his wife in a bath chair when she was well enough to go out.

The end of their story became known when a friend could not get an answer at their home. Mrs. Mayne was found dead in her bed and her husband in the bath with an artery in one of his legs severed.

### VILLAGE SMITHY GOES TO SCHOOL

LONDON (CP). Under a new national apprenticeship scheme, blacksmiths will not only possess "large and sinewy hands" and "muscles on their rawhide arms that stand out like iron bands" but will be taught to understand calculations, drawing and sketching, elementary basic science, materials and processes, elementary electric, accounts and letter writing.

The scheme also provides for five years with a master blacksmith and attendance at technical classes one day a week or for eight weeks a year. The training is designed to meet the demands on blacksmiths to overhaul and repair the increasing amount of agricultural machinery.

## Chronicles of Ginger Farm

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

"The days of the north, The mornings at seven."

But the years not at the spring and although "birds in his heaven" one can hardly say "falls right with the world."

But it could be it could be so very right if we poor humans didn't try to improve on the way of the Almighty.

Appropos of that it looks as if the old problem of daylight saving time versus standard time is tearing its head again, some people wanting one time, some another with yet another group absolutely bewildered, unable to make up its mind what it wants or even which time is better for the common good.

Farmers, generally speaking, prefer standard time. Farmers cannot pick and choose the hours at which their work especially field work shall be done. Hay and grain cannot be taken off the field while there is a heavy dew, and with daylight saving time it is often well on into the forenoon before hay and grain can be drawn in. Thus the farmer is out of pocket because he is losing valuable time. Time which he cannot make up at the end of the day because he has to consider his tired horse. There may be a show, a dance or a ball game in the offing and there are very few farmers who ask or expect their help to work overtime.

A few weeks ago a certain business man had occasion to drive through the country at six a.m. He said afterwards, "I thought farmers were early risers when I was out this morning I didn't see a sign of life anywhere."

Well Mr. Business Man your farmers were either out at the barn milking or just rolling out of bed ready for the day's work. They certainly wouldn't be out in the field at six a.m. not in harvest time with daylight saving time in force.

Despite of its inconvenience to farmers there has been very little grumbling that is since last time was made compulsory across the entire Dominion. It has been looked upon as a wartime measure and thus accepted. But with Federal restrictions lifted it will be another story. The farmer feels the importance of his work should be taken into consideration. But will it be? How many small towns, which are the centre of farming communities, will vote in favor of standard time all the year round? Very few I imagine, although to vote otherwise is very short-sighted policy. I ask you how long would the small town business man stay on his feet if it were not for his country custom. Ask any one of them and he will tell you the farmer is his best customer. And isn't it one of the principles of good business to enter to the buying public? Would it not therefore be in order if the businessmen of small town communities got together, went to their council and said, "Look here, the war is over, federal restrictions have been removed and we want standard time. We are out to get all the trade we can and if fast time is bad for the farmers, then it is bad for us and bad for our business."

Local councils are in office to protect the interests of the ratepayers. Without direction they vote as they see fit but no council is likely to ignore an honest appeal by those who placed them in office. Thus it is really up to the people themselves. Then there is meat rationing! Frankly, that has everyone puzzled. Whether it is really necessary or not is anyone's guess. It is too big a subject for me to tackle. I have read and heard so much about it from one side and then another that I find it impossible to form an opinion. But it looks as if somebody had slipped up somewhere.

Well, well, I was almost forgetting my most important piece of news. I had just finished this column last week when the telephone ring. It was a call from military headquarters informing our son that all his papers and documents had come through and that everything was in order for his discharge from the Canadian Army. So to-day Bob has gone to Toronto. He went away as a soldier. In a few days we expect he will return as a civilian. And another chapter begins for him on the road of life.

### OVER-ANXIOUS

HAMILTON, Ont. (CP)—Returning from a luckless fishing trip, Murray Hendry stopped rowing long enough to light a cigarette. As he leaned forward to pick up the oars again, a 17-inch black bass jumped, out of the water, knocked the cigarette from his lips and landed in his lap.

### TEST NEW PROCESS IN CURING TOBACCO

DANVILLE, Va. (CP) Government experiment at the Pittsylvania County Experimental Station using coal in curing tobacco may change a laborious process generations old.

The most onerous job of tobacco raising is the three-day-and-night vigil in the curing barn where the grower and his family work in shifts to keep the humidity of oak wood

burning in the fire box. Temperatures must be carefully varied.

E. M. Matthews, a director of the experimental station, says the tests were conducted with a coal furnace, stoker and thermostatic control synchronized to permit the farmer to go about other business while the tobacco cures.

Matthews says a barrelful of tobacco could be cured with 25 worth of coal and that the tobacco used in the experiments tasted as sweet as that cured with hickory and oak wood.

### WEATHER AND MEAT

Following the rapid melting of snow resulting from warm weather in the latter part of last March and early in April, many farmers turned cattle on pasture sooner than usual. Subsequently, however, the weather turned cooler and both grass and cattle failed to thrive in April and May. Meatings, says the Current Review of Agricultural Conditions in Canada, feedlots were being depleted steadily of finished cattle.

# Acton Fair

## This Friday and Saturday

### SEPT. 14 and 15

## FIRST NIGHT CONCERT

Featuring the Jessie McGregor Concert Co.

VIOLET MURRAY, Scottish Soprano, Comedienne PAT McINTOSH—Comedian in Songs MAURICE GRINSTEAD—Magic, and Mytery KIRK TWINS—Dance and Novelty Numbers DOREEN GRUFFIN—With her Accordion JESSIE McGREGOR—Concert Pianist

RESERVED SEATS 50c GENERAL ADMISSION 35c

Plan or Sale Next Week at Hassard's Store

Street Parade by Acton Boys' Band before Concert

## DANCE

IMMEDIATELY FOLLOWING THE CONCERT DORIS HULL'S ORCHESTRA ADMISSION TO DANCE—50c

# Second Day Features

Saturday -- Sept. 15th at 1.30

GRAND STREET PARADE at 1.30 — SCHOOL CHILDREN, DECORATED BICYCLES AND CARRIAGES

ACTON BOYS' BAND in Attendance

Features Before the Grandstand

GENTLEMAN'S ROAD RACE HIGH JUMPING HORSES FIDDLERS' CONTEST—POTATO RACE, Etc.

THE RIPLEYS—Hand Balancing Team WILL DAVIS—Ventriloquist and Marionettes VIOLET MURRAY—Scottish Soprano and Old-time Songs and Impersonations JEAN HARRIS—National and Tap Dances JESSIE McGREGOR—Accompanist

## BIG MIDWAY

BEST BABY COMPETITION AT 3.30 PARADE OF LIVE STOCK AT 4.00 p.m.

## Big Exhibit of Livestock

Prize List Enlarged and Increased Loud Speaker Amplifying System on the Grounds

## Big Fair Night Dance

IN TOWN HALL—SATURDAY NIGHT—Stewart Elliott's Orchestra

Write Secretary for Complete Information and Prize List.

DR F. G. OAKES, President

C. B. SWACKHAMER, Secretary



CANADA AT LAST: Touching Canadian soil for the first time at the Wolfe's Cove dock at Quebec as the Canadian Pacific's Duchess of Richmond came alongside on August 18 with 4,000 returning troops aboard are Pte. James Huntley, Calgary, five years overseas; and Capt. B. Morgan, Leamington, Ont., three years over there. By mid-morning the next day the last C.P.R. troop special had left taking the boys home and on August 20 a civilian boat train arrived with passengers for the Richmond's return passage to the Old Country.