

Of Interest to Women



THE MIXING BOWL
Aunt Allan
HOME ECONOMIST

Hello Homemakers! Indications are that we shall have a fair supply of fruits and peels for our Christmas baking, but don't please don't return to your grocer time and again buying two lbs. instead of one of imported festive foods. We shall enjoy the holiday far more heartily, knowing no one goes without.

TAKE A TIP

- Making a Fruit Cake**
1. Don't tackle the job all in one day. Clean and chop the fruit, stored the peel and store in covered jars, and blanch the nuts the day before baking.
 2. Be sure to use fresh eggs, butter and milk.
 3. Cream fat until soft and work in the sugar well. Add eggs one at a time and beat well after each addition.
 4. Mix and sift dry ingredients and combine with dried fruits, peel and nuts. Add to first mixture and stir thoroughly.
 5. Turn into tins lined with 2 thicknesses of heavy greased paper, filling tins two-thirds full, and bake in a preheated oven of 275 degrees.
 6. If oven has no oven control, set a pan of hot water in the bottom to prevent cake from burning, in case the oven becomes hotter than it should be.
 7. Two cakes tins require about two and a half hours. Test with a splint.

LIGHT FRUIT CAKE

1-2 lb. (about 1 1/2 cups) seedless raisins, 1-2 lb. citron peel, 3/4 lb. blanched almonds, 2 cup glucose or well-drained maraschino cherries, 2 1/2 cups sifted all-purpose flour, 1 1/2 cup soft shortening, 1 1/2 tsp salt, 1 1/2 tsp baking powder, 1 1/2 cup soft butter, 1 tsp vanilla, 1 tsp almond extract, 2 tps rose water, 1 tsp grated lemon rind, 1 1/2 cups granulated sugar, 4 eggs, 1 1/2 tps lemon juice.

DARK FRUIT CAKE

3 cups sifted all purpose flour, 1 1/2 tps baking powder, 1 1/2 tps soda, 3/4 tsp salt, 3/4 cup brown sugar (firmly packed), 4 1/2 cup raisins, 1 1/2 cup currants, 3/4 cup sliced candied or maraschino cherries, 1 cup mixed peel, 3/4 cup shredded citron peel, 1 1/2 cup blanched almonds optional, 3 eggs, 1 1/2 cup plus 2 tps grape juice, 1 1/2 cup molasses, 1 1/2 tps vanilla, 1 1/2 tps lemon extract, 2 tps, almond extract.

Grease and line cake tins with greased paper. Use two medium standard Christmas cake tins. Allow shortening to stand at room temperature until soft. Combine flour sifted before measuring with baking powder, soda, salt and sift together. Prepare and mix fruits and peel, beat eggs and grape juice, molasses and vanilla. Cream softened shortening and add sugar, creaming together well. Add dry ingredients slowly until well blended with shortening and sugar mixture. Add fruit and almonds and mix in well. Add combined liquid and mix until blended. Fill cake tins two-thirds full and bake at 275 degs for 3 hours.

Note: If currants are not available use a combination of seeded and seedless raisins to make up the 3 cups required in recipe.

THE QUESTION BOX

In answer to numerous requests for Christmas cake recipes we have published our favorites in the foregoing section of this column. We trust they are in time for your baking day.

Mrs. S. C. asks: Would you advise drying maraschino cherries to use as a substitute for candied one?

Answer: We suggest boiling the juice of the maraschino for 10 or 15 mins and then pouring it over the cherries. Stir while boiling.

Mrs. T. C. asks: Recipe for inexpensive Plum-Pudding.

INEXPENSIVE PLUM PUDDING

1 cup soft bread crumbs, 1 cup brown sugar, 1 cup seedless raisins, 2 cup sliced candied peel, 1 1/4 cup nuts, 1/2 cup molasses, 1 1/2 cup sifted flour, 1 1/2 tsp baking soda, 1 1/2 tsp salt, 1 tsp cinnamon, 1 1/4 tsp (each) nutmeg and ginger, 1 1/8 tsp (each) ground cloves and allspice, 2 1/2 cup finely chopped fresh fruit, 2 1/2 cup (each) grated raw carrot, raw potato and raw apple, 2 eggs.

Mix crumbs, brown sugar, raisins and currants (have raisins washed and dried); mix in peel and nuts. Measure sifted flour and add soda, salt, cinnamon, nutmeg, ginger, cloves and allspice; sift together twice. Add flour mixture to fruit mixture and combine well; mix in suet, carrot, potato and apple. Beat the egg until thick and light; add to fruit mixture and combine. Turn mixture into a greased pudding mould, filling it only two thirds full. Cover closely or tie down with heavy

Bank of Montreal Issues Popular Financial Story

Strong Financial Position of Canadians Reflected in Record Deposits in 1,100,000 Accounts

Striking evidence of the modern trend in banking methods is contained in this year's annual report of the Bank of Montreal which issued in the form of a well-illustrated, easily understood financial story. It lifted out of the class of the conventional bank statement.

Departing from all precedent, the B of M tells its 1945 story with illustrations which interpret the financial developments of the past year in terms of people, and in simple statements which take the details of the report out of the terms of the banker and put them into the language of the man in the street.

The story is one of record deposits, all-time high resources and a break-through showing just how the bank contributes to the economic life of Canada through its services to well over a million customers.

In the old "assets" column, now appropriately labelled "Resources" are explanations, in simple language, of the various items of the balance sheet—cash, loans, investments, stocks, call money, quick assets, resources and liabilities.

Featured in the report is the fact that the B of M has more than one billion dollars invested in government bonds and other high-grade securities which have a ready market and, therefore, are described in bank parlance as "liquid resources."

Heavy War Financing

Investments of this kind account for \$1,117,601,000 of the bank's resources, almost two-thirds of the entire total assets of the bank. The total of these investments indicates how heavily the bank has shared in the financing of the government's war effort.

Other "liquid resources" include cash of \$1,061,907,000, money which other banks owe the B of M totalling \$1,200,000 and call loans payable on demand of \$80,117,000. Noteworthy is the fact that stocks of industrial and other companies total only \$113,991 of the bank's assets, which works out to 1.33 of one per cent.

Total resources are given as \$1,715,914,000 which is a new peak in the 128-year-old history of the bank.

The "liabilities" of the bank now described simply as "What the B of M owes to others" are highlighted by deposits of \$1,613,128,000, another new high in B of M operation which reflect the general prosperity of the country. These deposits represent the savings and current accounts of business firms, manufacturers, merchants, farmers, fishermen and private citizens and the statement shows that these deposits have risen by some \$200,000,000 during the last year.

An illustration, accompanying the statement shows how business firms and private citizens from coast to coast borrow hundreds of millions of dollars every year from the B of M and how these loans, now standing at \$220,000,000 of the whelms of commerce and industry, encourage their expansion, create employment, and help Canadians in their personal day-to-day financing.

Personal Loans Over 100,000

Another illustration reveals that more than 100,000 individual Canadians, persons of all walks of life, turned to the bank during the last year for a personal loan when extra money was needed, and the statement adds the enlightening information that 91 people out of every 100 who applied for loans got them.

Still another shows how the money deposited in the bank is loaned out to Canadians in every sound pursuit for instance farmers who by the use of bank credit improve their farms, increase production and besides enjoy comfort and prosperity to the well-being of the country as a whole.

"A great profit and loss account" shows that profits for the year totalled \$9,710,811 before provision for income and excess profits taxes. Estimates of such taxes, based on the profit almost in full, leaving \$2,434,681 out of which payments to shareholders in the form of dividends were made totalling \$2,430,000. It is noted that the shareholders received 60 cents for each \$10 share of the bank.

The net amount left after deduction for taxes and payments to shareholders totalled \$774,811 representing the balance of profits for the year.

waxed paper. Steam in a closely-covered steamer over rapidly-boiling water 3 1/2 to 4 hours. Cool thoroughly before storing in a cool dry place. Before serving, resteam for about 1 hour.

Chronicles of a Ginger Farm

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

We have had our first week of winter and I don't suppose you have enjoyed it any more than we have. It has been a little too rough and windy for that. But at least we can be thankful to have a roof over our heads, and, if you ask me, we who live on farms can also be thankful for that fact too. At least we have no reason to tell us when to work and when to strike, although I have heard some people say it would be a good thing if farmers did have a union and went on strike once in a while. Well, I don't know—it is too big to even think about, especially with industrial strikes getting more terrible with each passing day. Far be it for me to say who is at fault. There are no ways two sides to every question and it is difficult for us who live on farms to form an unbiased opinion. But it is by no means difficult, even from a distance, to realize the suffering and hardship that is the inevitable result of a prolonged strike. It might also be well to realize that a strike of such tremendous magnitude as that in Windsor has far-reaching results and will ultimately be felt even on the farms. Reduced income, as we all know, means reduced purchasing power and thus the vicious circle widens and widens until farm produce becomes a glut on the market.

Speaking of buying and selling brings up another problem. We need to be on our toes these days on guard against the wiles of high pressure salesmen who know that there is a little more money on farms these days and that returned servicemen have gratuity cheques they might be persuaded to part with. We had two such gents around here just recently and how they could just enjoy matching wits with these fellows. One night a would-be salesman paid us a visit he wanted to talk to all three of us. His form of attack was a rush order. He had so much business he couldn't spend much time at any one house. Either we wanted to buy or we didn't. Partner suggested that it might be a good idea to give us time to think the matter over. The salesman said he was sorry, but he had no time for a repeat visit. He came over to the table where I was sitting and began filling in his order sheet. "Just a minute," I exclaimed, "we haven't said we would take it yet." He was profuse in his apologies. He finally went away without a sale, expressing regret at his inability to make a return call. But he was back on our doorstep by ten o'clock next morning, a special favor, of course.

I was alone when he called. He was very affable and persuasive and persistent. But I had a few things to ask him regarding the validity of what he was offering. When he realized I knew a little more than he expected, his affability disappeared. In fact, I could see he was so mad he was on the point of biting me when he made me good-bye. May I be forgiven if I confess to being amused.

As I said before, we need to be on our toes. These travelling salesmen are trained to sell their goods. Their product, so they say, is practically airtight security. They tout the country, many of them folk are particularly public, in case, mark for their high pressure salesmen. But a lot of farm folk are very fat in it being slow. Many of them have reason to remember a few deals they made following the first fire of war, whereas servicemen have pretty definite ideas as to what they intend doing with their gratuity when they get it.

At the same time when an agent comes along offering you a deal on something of which you know little, be very suspicious and make it well to read the chapters of his life you signed on the dotted line before you have had a chance to handle things out for yourself. And you'll find there is a salesman who spends most of his talking time in his persuading you to get on to buying.

But please don't think I am knocking all travelling salesmen, there are agents and agents, but it is up to us to be wary, to use a little common sense so that we recognize a genuine business deal from a shady racket.

Is Soviet Russia A Democracy?

By Lewis Milligan

A great change appears to have come over Mr. Ernest Bevin and other leaders of the British Labor Party since they have assumed the responsibilities of government. During the recent three-power conference in London, Mr. Bevin remarked that there was need for a new definition of the word democracy. Mr. Molotov had used the word as applying to the socialist system in Russia, and to the method by which he proposed to set up the new governments in the Balkan states. Mr. Bevin bluntly declared that Soviet Russia was not a democracy, and he likened the Soviet policy to that of Hitler, upon which Mr. Molotov put up and threatened to leave the conference if the statement was not withdrawn.

Mr. Bevin spoke as if he had only just discovered that Russia was not a democracy. That may have been the case for during the general elections the Labor Party had capitalized on the popularity of Bevin, and the Chairman of that Party had held up Bevin's socialism as a model on which a Labor government would build up a socialist State in Britain. But when Mr. Bevin, as Foreign Secretary, came at close quarters with Mr. Molotov he discovered that Russia was not a democracy at all. Mr. Churchill and Mr. Eden in their dealing with Soviet leaders, took that for granted and dealt with the situation accordingly.

Mr. Bevin's special correspondent for the New York Times, said that in the common use of the word democracy the people of the United States and the people of Russia do not mean the same thing. "With us in America," said Mr. Atkinson, "democracy is a habit of mind as well as a political system. With us it is an expression of faith in the principle that over a long period of time the people as a whole are able to make wiser decisions than their leaders. Our Western democracy is flexible. We can spontaneously overthrow a government with startling speed, as in the Democratic revolution of 1932, or the Labor victory in Britain this year."

We can define democracy as "that form of government in which the sovereignty of the state is vested in the people, and exercised by them through representative institutions." The Russian socialists may claim that their system conforms to that definition. We would need to define what we mean by the "people" and by "representative institutions." We believe in the rule of the people as a whole through representative, elected periodically after free and open discussion, by secret ballot. Freedom of speech, freedom of the press and freedom of elections among several parties are the essentials of democracy as we understand it.

But those freedoms are not compatible with Socialism, whether it is that of Soviet Russia or the British Labor Party in the U. S. If parties have idealized in their programs, Socialism cannot be put into operation or maintained without some form of dictatorship. If the Russian people were to be given freedom of speech, freedom of the press and freedom of elections, the Soviet Socialist Republics would very soon go to pieces. Socialism may be the very best system for the Russian people, they have never known freedom and they do not miss it. But to the people of the Western democracies freedom is as necessary as the air they breathe.

We may admit what a planned economy has done to uplift the Russian people from the oppression of Feudalism, but we still Feudalism behind us hundreds of years ago at the signing of the Magna Carta and we have made wonderful progress under our free democratic system. The Russian people have profited by that progress and are starting on their own. We may learn something from their daring experiment, but they have more to learn from the Western world.

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