

Of Interest to Women



THE MIXING BOWL
Home Economy

Hello Homemakers! Homemakers are on the alert these days. They are watching for ideas to save time, money and energy in their house-keeping. The letters we receive are indicative of this economy awareness in the minds of homemakers all over the province.

The requests for soup are timely. The directions for making soup are more important than the ingredients. Left-over vegetables go into a vegetable soup, but the flavor is improved by the addition of a grated raw vegetable if only one onion. The bones from the steamed chicken or cooked rib roast make a small amount of good broth, but a meat cube dissolved in the liquid makes it more tasty. The cheap shank bone makes a delicious strong stock to which you may add hot barley or noodles and vegetables. A steam soup should be well cooked but care must be taken not to scorch it.

PHILADELPHIA PEPPERONI

4 slices bacon, 1 onion, 2 green peppers (optional), 1 1/2 qts. soup stock, 1 lb. honey-comb tripe, 1/2 tsp. pepper, 1 bay leaf, 1 sprig thyme, 1 cup diced potatoes, 2 tbsps. butter, 2 tbsps. flour

Dice bacon and cook in a heavy kettle until it is golden brown. Add the onion and green pepper finely chopped and cook gently for five minutes. Add the soup stock and the tripe which has been thoroughly washed and shredded. White stock made with veal or chicken is best for pepperoni, but stock from beef or a combination of meats may be used. Add seasonings, bring to the boiling point, add potatoes, and simmer for an hour. Blend the butter and flour and thicken the soup with it. Just before serving add milk.

MINESTRONE SOUP

1 1/2 cups dried peas or beans, 8 medium or 3 1/2 cups diced carrots, 2 cups diced potatoes, 1/2 cup diced celery stalks and leaves, 2 tbsps. olive or salad oil, 1/2 small white cabbage (shredded), 1 minced onion, 1 clove garlic (minced), 2 tbsps. salt, 4 qts. boiling water, grated cheese and chopped parsley.

Soak the peas in water to cover for 3 hours. Drain and rinse in cold water. Parboil peas for 15 mins. Add 4 qts. water and diced potatoes, carrots, onion and garlic. Cook 15 mins. Add celery, cabbage and salad oil. Continue simmering another 15 mins. Sprinkle cheese and parsley in, and serve when cheese softens.

ONION SOUP

2 cups sliced onions, 1/2 cup water, 3 tbsps. fat, 1 tbsps. flour, 1 tsp. salt, dash of pepper and paprika, 4 cups soup stock or 2 meat cubes dissolved in 4 cups hot water, thin toast, grated cheese.

Slice the onions thinly and simmer in the water till tender. Drain and save what water there is for the stock. Heat the fat in a saucepan; add the onions and saute till they are tender and golden brown. Add the flour and seasonings; stir and cook gently for 3 mins. Add the soup stock or the dissolved meat cubes and let simmer for half an hour. Pour into an oven-proof bowl; add the toast and sprinkle it with the grated cheese. Place in a hot oven (450 degs.) till the cheese melts and turns brown.

SPLIT PEA SAVORY

2 cups green split peas, 1 medium onion, 2 1/2 tbsps. flour, 6 cups milk, salt and pepper.

Cook the peas and chopped onion in boiling salted water in a covered pan over low heat until tender, but not mushy. Use just enough water so that there will be very little liquid remaining when the peas are tender. (If the split peas are not quick cooking, soak over night). Mix the flour to a paste with a little of the milk and add the remaining milk gradually. Add to the peas and cook, stirring constantly until thickened. Season with salt and pepper. Six servings.

THE QUESTION BOX

Mrs. J. T. asks: How can we use honey which has crystallized and become strong?

Answer: Place the pail of honey in hot water and let it soften slowly. It may be used as usual unless it has become rancid. Honey should be stored in a dark, dry place.

Miss N. B. asks: Why do cakes occasionally all after taken from the oven?

Answer: If your recipe has been previously successful, check on the baking time. A chocolate cake requires 50 to 55 mins.

Mrs. W. K. asks: Your recipe for bread was most successful. It was the first time I had ever made bread. Would it be all right if I added whole wheat flour instead of using all white flour?

Answer: Yes, brown or whole wheat bread can be made by using



PROMOTED BY C.P.R.: N.R. Crump, who completed his high school education with night courses while working as a machinist apprentice and put himself through college, has been named general manager of the Canadian Pacific Railway's eastern lines, effective Jan. 1, 1946. Only 41 years of age, he has a fine background of practical railroad training and two science degrees from Purdue University. He has been assistant general manager of this territory from the head of the Great Lakes to the Atlantic seaboard for the past 15 months.

half white and half fine whole wheat flour and the same quantities of all other ingredients. Coarse whole grains require more fat and one-half cup less flour.

BEWARE OF STRANGERS WHO?

Offer you something for nothing.

Sell cemetery lots as an "investment."

Tell you they have sold all but one.

Offer you a "sure cure" for anything.

Say they can guarantee you a job for a fee.

Call at your door with hard luck stories.

Promise to recall what they sell to you.

Use flattery in order to sell you something.

Promise huge profits on a far-away real estate.

Offer to lend though not licensed to do so.

Ask you to tell nobody about their offers to you.

Offer you a chance to get in on the "ground floor."

Urge you to act quickly lest you miss your chance.

Are evasive or offended when asked for credentials.

Urge you to cancel one insurance policy and buy another.

Ask money for charity without satisfactory credentials.

Offer free coupons or free club memberships or a stock bonus.

Try to say the books of the corporation are being closed tomorrow.

Try to sell you a partnership in a "highly prosperous" concern.

Promise you big returns for easy, pleasant work in your home.

Warn you not to tell your bankers for they will grab all the stock.

Tell you they are just passing through town and is your only chance.

Offer you a "safe" investment with a sure return of 10 percent, or more.

Sell gadgets or pills for cutting down your costs of fuel, gasoline or tires.

Say they need only to sell one more magazine subscription in order to win a prize.

Sell goods "on time" without quoting accurate monthly rates on the unpaid balance.

Possibly your own experience will enable you to add to this list. But it always pays to remember that no honest person ever got anything for nothing unless it was given to him.

BEDBUGS ARE ALSO POULTRY PESTS

Usually considered only as a pest to man, the common bedbug and several other allied species are often troublesome to poultry. Only at night when a blood meal is required, the bugs search out their victims, and at other times secrete themselves in cracks and crevices. Small, elongated white eggs are deposited in these hiding places, up to 200 eggs being laid by each female. The young bugs produced from these eggs are similar in appearance to the adults but are paler in color, their only food, like that of the adults being blood. They can live, however, for several months without a meal. The life-cycle from egg to adult may be completed within six weeks but is often much more prolonged.

One of the simplest and most satisfactory control measures for infested chicken houses is to spray all cracks and crevices in woodwork and roosts with creosote oil or crude petroleum. If complete eradication is not effected by this treatment, it should be repeated after a ten day interval.

Chronicles of... Ginger Farm

Written Specially for
The Acton Free Press by
OWEN DOLINE P. CLARKE

What part of the day do you like best? Have you ever thought about it? Take tomorrow, for instance. What do you look forward to most? Now, don't try to tell me it is getting up in the morning because I won't believe you not in winter time, anyway.

Some mothers will probably say the happiest time of the day is when the kiddies come rushing in from school. I can believe that. But then there are other women who will admit they breathe a sigh of relief when the last of the youngsters has disappeared with his books and his lunch box. They think that is their happiest time when they are free to scrub and clean, bake and mend to their hearts content. But mothers, you know you only think it because you are reasonably sure that along around five o'clock these same youngsters will come whistling up the lane that leads to home and you. If you were not sure of that, those hours of quietness would be almost more than you could bear, wouldn't they?

I expect, too, some folk will say their happiest time comes with the evening hours. The dishes are done, nothing more to worry about at the barn—so Dad sits down with his paper, Mum with her mending and the children with their homework. The radio is on and you wonder how much homework will be done, but the kiddies insist they can work better with it on. Perhaps they can. I wouldn't know. In our day we thought quiet was necessary for concentration, but quietness has become almost an unknown quantity.

Then we come to the over-anxious mother her happiest time in the twenty-four hours may come at night when she hears the car turn in at the lane and she knows she can relax now and get some sleep. I wonder what mothers worried about in the horse and buggy days.

Then from what I hear there is another class to whom the happiest time of day is from two to five o'clock in the afternoon when they can sit down by the radio with their darning or ironing and listen to one serial story after another. Well, everyone to her taste. But I do wonder how radio addicts ever keep from getting one story mixed up with another.

Now I suppose you are wondering what part of the day I am going to say that I like best. Well, it is a matter of no matter what I am doing, if I see the mail man stop at the gate I drop everything and away I go. And on my way down to the road I work myself into a fine state of expectancy. That's what I like about it—the element of surprise, the uncertainty of what one will find. But oh, what a let-down feeling when one opens the box to discover nothing more than the daily paper. But when there are letters and magazines, well—that is something else again. Especially, do I like my "fan" mail. Maybe if I were famous and received hundreds of letters every day I might get tired of them. But that time isn't yet.

I like those letters because of their human interest. I like them because someone has thought enough of me to write. I like them because they form a link between us—because they tell me something about you. Sometimes I don't get them answered right away. It may so happen that they arrive at a time when I am extra busy. But I am never too busy to read them. No indeed, I read over and over trying to visualize the persons who have written them. So friends, keep on writing, because I love to get your letters.

And while we are on the subject of "fan" mail, may I take this opportunity to thank "Unknown" for the writer's magazine. Believe me, I have read it from beginning to end—I don't think there is a thing in it that I have missed. It is a most helpful magazine.

And to J. L. B.—thank you so much for your note and good wishes. I shall be writing to you soon. I have an idea we have a mutual acquaintance in Saskatchewan.

Well, the clock says eleven-thirty and since I am the only one burning the midnight word perhaps it might be just as well if I said "Good-night."

ON THIS RANCH NO MILKMAIDS

THERMOPOLIS, Wyo. (CP)—Ken Byerly, editor of the Thermopolis Independent Record, insists this one is true:

An easterner visiting wide Wyoming for the first time when told there were 5,000 head of cattle on a nearby ranch exclaimed:

"Holy Smoke! Who milks 'em all?"

Note for easterners: no one milks beef cattle.

World Assembly For Moral Re-armament

The third World Assembly for Moral Re-armament was held recently at Mackinac Island, Michigan, and delegates from 19 nations now prepare to put to work in their countries the conference program of "revolutionary teamwork." State and provincial governors as well as city leaders in both the United States and Canada have already asked for demonstration teams to visit their communities with tested cures for industrial and civic problems.

"A revolutionary conception of teamwork that will capture the people of the world is the greatest need today," said Dr. Frank N. D. Buchman, leader of the assembly. "We must create a change of heart in men. This spirit of teamwork, both nationally and internationally, is the only force mighty enough to control the new atomic force." As well as formulating plans to achieve this spirit, delegates were trained and equipped at the conference to create it in their homes, jobs and countries. Representatives from Britain and four nations on the European Continent attended the assembly by special authorization of their governments. Among other nations represented were Australia, India, China and South Africa. Men and women delegates included underground resistance leaders, newspapermen, industrialists, trade union officers and government officials. Whole families took part in the conference with teenage representatives playing a distinctive role in the deliberations.

The program developed at the assembly attacks a wide range of problems like unemployment, juvenile delinquency, labor-management deadlocks, the rising divorce rate and civic unrest from a new angle. In each case the emphasis is on developing constructive leadership to create teamwork through a change of attitude in individuals. Delegates agreed to two main points as a tested formula for applying this spirit to any situation, "honest apology and the standard of what's right rather than who's right."

George Light, chairman of the National Trade Union Club of London, voiced conclusions reached by labor delegates for industry. "Now that the shot-gun marriage unity of the war is over, industry needs to find a new and greater incentive for teamwork. The battle line is not between management and worker or worker and worker, but between the forces who want revolutionary moral change in their countries at any personal cost and those who are content with material change in their countries which is only superficial."

The part management can play was described by Farrar Vickers, British industry executive. "Management needs to give its heart to the workers, as well as service to the nation, and to accept labor's part in policy-making. A pattern of industrial teamwork in Britain and America," he said, "would be the greatest contribution to preserving true democracy in Europe."

"Teamwork, which is the expression of the democratic ideology, must start in the home if democracy is to survive," said Mrs. William Wood, direct descendant of Lewis Cass, 1st governor of Michigan Territory, including Mackinac Island. She referred to conference reports of industrial and other deadlocks which had grown out of conflict in the homes of those concerned. One Detroit union leader, declared that new unity in his home had resulted in a spirit of cooperation at the plant. As a consequence, the number of man hours lost by his union through work stoppage had dropped from 2,500,000 in 1944 to approximately 5,000 to date in 1945.

Father Frits Van der Meer, of Holland, who had been asked by the Archbishop of Utrecht to attend the assembly and report on the work of Moral Re-armament, said that he had found "a spirit of real charity which, especially in this crucial epoch, can alone be the basis for understanding and unity among Christians."

A solution to minorities problems was pointed by Dr. Erich Feyer of Switzerland. "Minorities have distinctive qualities to give to their nations," he said. "If they stress these instead of demanding their special rights, they need have no fear. A grateful country will safeguard their rights." Swiss, French, Dutch, Swedish, Norwegian and Danish delegates launched a joint program to make their countries interpreters of democracy to the rest of Europe and reconcilers among the nations.

An important proportion of China's nationalists claim the establishment of a Monroe doctrine for Asia, of which China would be the champion.

Use and Not For Profit

J. B. Priestly champion of a different age, or is it a new age, said a few days ago: "We should have production for use instead of for profit."

Nobody has yet described this peculiar animal. We read about the humming birds of Brazil, the kangaroos of Australia, the many varieties of fish beneath the tropic seas, but there must be an enormous number of people who haven't the slightest idea of production for use and not for profit, and strange to say the least informed, are those who talk the most about it.

"Things are produced because they have a use. If they have no use what need to they be the object of producing them? What is meant by these makers of phrases?"

Ah, I know, some people want fancy "hair-dos", costume jewelry and ornamentation of dress. What do people seek in this world—pleasure and enjoyment, and if people do not get it out of these things, why do they pay for them? They are therefore, so far as the wearers are concerned, purchased for use, Mr. Priestly to the contrary notwithstanding.

When people are well dressed they are more efficient. If you want to hire a good stenographer, pick one who wears her clothes as if she were proud of them. "Careless of dress, careless of words" is a general rule. Where now, in this age, would we find a woman who wears clothes merely for use, solely as a cover for nakedness, merely to shut out both cold and heat?

What is generally considered as profit, constitutes payment for the use of buildings, machines and equipment employed in the production of goods. Here is a vacant lot, a building is erected, machinery is installed, production begins. A part of the selling price represents payment for the use of machines. Under socialism the same thing will happen—the consumer will pay, in the price of the things he buys, for the use of the machines which produced them. The socialist does not want to do this but he will have to do it nevertheless.

You may be a very efficient employer. There may be no bottle-necks in your business, employer-employee relations harmonious, health conditions satisfactory. You pay your workmen more, they earn more. Profit, in this case, may come as payment for exceptional ability, capacity to direct the work of others, so that they produce more with less effort. What guarantee has Mr. Priestley that this quality will be enhanced when incentive ceases?

What reason is there to believe that we would, in that way, get greater value for our dollar? If not, then production for use may mean that the consumers of the nation will give more, get less. Profit is a measuring stick, an incident of good service. Profit provides evidence that the man who runs the business knows what he is doing. Will those who speak so frequently of production for use, and not for profit, tell us just how much extra they expect to get for their dollars under the new system? Are they sure that under these conditions they will have more dollars? There's the problem in a nutshell—R. J. Deachman.

TOYS STILL SCARCE FOR BRITISH TOTS

LONDON (CP)—Children, whose wartime toys have led them to believe they were in Santa Claus' bad books, hope for better things this Christmas but prospects for such improvement are not bright.

Toy quotas have been increased and there should be more dolls, toy soldiers and other "hard" toys in the stores this year, but material is still scarce and the end of Lend-Lease has affected the situation. Plastic toys are being manufactured too but only 10 per cent. are for the home market. The remainder are for the export trade.

COUNCILOR DEPLORES BURIAL DISTINCTIONS

WARWICK, England (Reuter)—Criticism of the provision of first and second class burial ground at Warwick Cemetery, Councilor A. Faulks told the town council that it would be no good for people to ask St. Peter or the devil if their first-class tickets had arrived, because they would be told all class distinctions had ceased.

Ald. H. N. Forbes replied that some parts of the cemetery were newer than others and it was felt that people choosing the nicer parts should pay for them.

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Relatively few rural homes in Ontario and Quebec are beyond the reach of telephone lines—even isolated farms may expect service.

A new kind of high-strength steel wire is one way of extending rural telephone service more economically. Strung on poles 350 instead of 175 feet apart, this new development cuts pole costs sharply.

Our plans for rural telephone progress have two major objectives—to develop areas not previously served; and to improve present facilities.

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THE PICK OF TOBACCO
It DOES taste good in a pipe