

Of Interest to Women



THE MIXING BOWL
Illustration by Annellea
HOME ECONOMY

Hello Homemakers! What constitutes true economy in buying food? Is it simply a matter of looking for bargain price tags on everything? Is it taking the tired head of lettuce, the wilted celery in order to save the difference in cost between them and prime produce? Of course, it isn't! You can afford best quality—if you're wise and eat more of what you pay for. Buy those plump golden oranges and that three-rib russet, but use every last bit of them. Orange peel makes a good sweet pickle and a beef bone is the soul of a soup!

It is all in knowing how. You have to know how to salvage out the vitamin value that lies in the outside lettuce leaves. You should know how to capitalize on the flavor hiding in the celery tops that the less skillful cook throws out. And you need good recipes like these:

SWEET PICKLED ORANGE PEEL.
 Cut in pieces 1/2, the orange peel; cover with water. Cook 15 mins. Drain. Boil together 3 cups sugar, 2 cups vinegar and 2 tbsps. whole pickling spices for 5 mins. Add peel; cook, stirring occasionally, 1 1/2 hours. Makes 3 pints.

BEef BONE SOUP
 Cover leftover roast beef bones and scraps with water. Cover, simmer 1 hour; remove bones. Add 1 cup diced carrot, 1/2 cup chopped onion, salt, pepper. Cover. Simmer 45 mins. Add 1/2 cups cooked or canned tomatoes, heat. Garnish with lemon. Serves 4.

GREEN LEAF SALAD
 Wash outside lettuce leaves, place in saucepan. Add boiling water to 1/2 depth of leaves. Cover, cook 10 mins. Drain. Chill. Chop, add French dressing. Pack into oiled individual moulds. Chill. Garnish with hard-cooked eggs and watercress.

CREAMED PEAS WITH CELERY TOPS
 Melt 3 tbsps. butter, add 1/2 cup flour. Gradually add 2 cups milk, cook over hot water, stirring, until thick. Add 2 cups cooked or canned peas, 1/2 cup chopped celery leaves. Season with salt and pepper. Garnish with toast points. Serves 4 to 6.

TAKE A TIP
 1. Tea is orange pekoe, probably to you. Did you know that you should say pekoe, not peckoe, and that the word is an index of size of the tea leaves, not of flavor.
 2. Oranges are usually navel (navel oranges at this time of year). They are easily segmented and easily served whole instead of juiced. They are best for marmalade, too. The Valencia we buy during the summer are more juicy.
 3. The lemons on our market dry out easily. If there is no room in the refrigerator or no refrigerator, keep lemons in ice cold water. It's an old-fashioned stunt that also refreshes those that are getting dry and hard.

THE SUGGESTION BOX
 Mrs. N. C. says: Dish towels hung straight after washing and then dried are more absorbent if they are not ironed.
 Mr. N. J. says: Old coaks will protect the points of scissors, ice picks, etc.
 Mrs. G. E. suggests: Bakest Spare-ribs.

3 to four lbs. of sparrows, 1/2 lb. of prunes, salt, pepper, 1/2 cup. Select two sections of sparrows. Soak prunes in cold water overnight or for several hours, and drain. Put the sections of sparrows together with the prunes between and tie to hold in place. Season the meat with salt and pepper and rub it with flour. Place it on a rack in an open roasting pan and sear in a hot oven, 450 F., until lightly browned. Reduce the heat to moderate 325 F. and continue cooking for about an hour longer or until the meat is tender. Baste occasionally with the drippings in the pan.

VULVE LOG FOR THE MUSEUM
 A log of wood, representing part of the trunk of an extinct form of insect, honey locust, has recently been placed on exhibit in the Royal Ontario Museum. The fossil was found in sandy layers of rock at the Don Valley Brickyard in Toronto. These sands were laid down in the bed of an ancient lake which covered the region about a quarter of a million years ago, between the retreat of one great ice sheet and the advance of another. From the general character of the fossil plants and associated shellfish remains, found in these layers of sand, it is believed that the climate was somewhat milder than at the present time—possibly similar to that of Ohio or Pennsylvania to-day.

TORONTO THE GOOD NEIGHBOR!

There continues to be talk of reducing Toronto's unpopularity in other parts of Canada. That is, talk in Toronto. The talk is mainly by Mayor Robert Saunders, who is better looking and younger than F. H. LaGuardia, late mayor of New York. But there's a resemblance, including the hat and a Sunday radio talk.

The latest slogan is "Toronto the Good Neighbor," which is further evidence of helpful U.S. influence. Yet local politics being what it is, it would be too much to expect Toronto to cease giving cause for the epithet of supreme egotism so frequently applied by outside critics noted more for their violence of language than their civility. It probably was a Montrealeur who first said that Toronto was a town of 4,000 where human people happily live. But this is unjust to Orangeville, Kentville, Kelowna, High River, Lloydminster, Manitou, Haultain, Huntington and other places on the vast map.

The current criticism to be levelled at Toronto is not that it lacks night life or the continental Sunday (not to be confounded with the continental breakfast) but that its present good neighbor policy is not to extend to the point of refraining from a raid on the Dominion treasury. One would have thought that it would have so refrained because it certainly is the second richest, if not the richest city in Canada and because, if the Dominion has cash to distribute, it would be better to help the farmers of Canada acquire some of the amenities, rather than for Toronto to ask them to help pay for luxuries for the photographers who, collectively, are so rich that they pay 22 per cent of all the federal taxes and in Canada it isn't chicken-feed.

About a year ago, the Toronto Transportation Commission announced a plan for subways, and blantly asked the city to provide a free off-street right-of-way. This was a mere \$3,000,000 to come out of city taxpayers rather than subway riders. His Worship the Mayor was in the light at the drop of the hat. It would be over his dead body that the warlike TTC would unload that on the backs of city taxpayers. It was a first-class exhibition of statesmanlike protection for the downtown private citizen.

But alas and alack! It was discovered that the Dominion taxpayer might be persuaded to dig up approximately the same sum. The mayor and all the local politicians are all for that. Local Members of Parliament have been called into conference. Mr. Howe, who appears to be minister of construction as well as reconstruction, so far has been pleasant about the idea.

Meanwhile there are a few citizens who remember that each taxpayer has a triple role and that indignation over the plan for public aid should be just as violent whether the share of each is paid by means of a cheque to the city treasurer or to the receiver general of Canada.

These few protesters and some others also contend that the commission should build its own fancy subway. If it wants one. If the present street-railway had been privately owned during these lush and crowded years, it would have paid some very large corporation and excess-profits taxes. It has been estimated by competent authorities that in one year alone it escaped payment of over \$1,000,000 merely because it is owned by the city unless it owns it, city and not by any individual shareholder.

All of which makes it difficult for Toronto to be in a convincing way, good neighborly towards poorer parts of the country. Of course, it has been said, and seems to be true, that Torontonians are individually as hospitable as any other people. Probably they have learned to be so because of having come from or having visited more genial parts of the outer world.

HUNTER, CONSIDER THE BIRD OF PREY

Large numbers of red-tailed hawk, rough-legged hawk and snowy owl, moving into southern Ontario during the winter, deserve more protection. Usually these large birds are killed because of their alleged attacks on poultry, but analyses of the stomach contents of these birds made at the Royal Ontario Museum show that their major prey is shrews and wild mice. The latter do much damage to fruit trees and shrubbery throughout the winter. In addition, the snowy owl kills large numbers of the brown rat—a dangerous pest.

To many persons, however, hawks and owls are intrinsically worth saving, even where the economic consideration is not clear. They are a beautiful and graceful part of our countryside. If all animals which fell foul of some special part of our interests were eradicated, this would be a dull and empty land for the lover of the out-of-doors.

Chronicles of... Ginger Farm

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

Well friends, how did you weather the big windstorm last week? No doubt every person living in the country has some story to tell of trees blown down, shutters ripped from the wall, or barn doors blown off. It was quite a wind wasn't it?

We started the day with the discovery that the power was off, so from five-thirty until daylight we groped our way around by candle and lantern light. Partner said, even with the lantern alight, it was like working in the dark at the barn, so he assumed he had become too good for the weather. He wonders now how he ever got along without the light.

The first damage from the gale that I noticed was to our storm door. It had blown open as I awoke. But when I went to shut it, the door just wasn't there—at least not on its hinges. But it was on the ground with broken glass and part of the frame work pulled out from the door jam. And then Partner got to the barn just in time to stop the barn door from blowing in. The brace on the inside of the door had snapped in two and the big hook which fastened it had completely disappeared.

It was ten o'clock before the power came on again long enough for us to realize how dependent we had already become on electricity. No lights, no radio, no toast, no easy way to boil a kettle. But it did not affect the milking. Our menfolk still milk the hard way.

We have had so much wind and this place is so situated that we get its full force when it strikes from the west or north-west or the wind seems to gather force on its way, and then wham! it lets loose on our house and buildings. And our little Topsy gets so scared she hides under the kitchen table and will not come out.

Right now, of course, we can blame all our troubles on the sun-spots. If it becomes terribly cold well, that's the sun-spots. Sudden thaw and wind well, that's the sun-spots too. And if you are feeling blue or restless, lazy, energetic or irritable, especially if you are feeling irritable well, that isn't your fault, of course. It is just the sun-spots taking it out on you.

If sun-spots were all we had to worry about!

It seems to me there must be a few earth spots around somewhere, too. On something like that. The latest is this spy ring scandal—and it doesn't give one a very comfortable feeling, does it?

Partner and I often have quite an argument over present day world conditions, especially as they affect industry, agriculture and our own everyday life. Partner is always looking ahead, planning this and planning that. I contend that it is useless to think too much about the future; that the best any of us can do is to live one day at a time.

By that I don't mean we should just sit back and give no thought to the future at all. But I do mean that, if, in living one day at a time, we make the best possible use of each day as it comes along, then we are to a certain extent, laying a good foundation for the future. If we are not fondled with our regular work then we should be able to take advantage of opportunities as they arise.

So many things that affect our daily living are beyond our control. A farmer wishing to increase his milk output thinks he will supplement his feed supply by the purchase of bran, shorts and oilcake. He is soon told that bran and shorts are needed for milking and that oilcake is practically unobtainable. His wife plans to raise more chickens only to find that the breeder coal she ordered last fall will not be available. That is what I mean when I say we cannot look ahead. But we can help the situation in some cases by thinking of the immediate future. For instance, we cannot help a power break, but if we are caught without candles or coal oil that is nothing but careless-ness.

It is a grand thing never to put off doing anything. I wonder how it feels. Like a lot of other people, I mean well. . . . I always mean well. But you know how it goes. Or do you?

QUICK FREEZING
 MISSION, B.C. (CP) — The co-operative union here is rushing plans for construction of a quick freezing and holding plant for the 1946 fruit season. The plant will freeze 75 barrels of fruit, the equivalent of 30,000 pounds daily, and will accommodate 1,500 barrels of fruit in the holding room.

Fire Deaths At New High In Dominion

Marked Increase in Losses Brings Sharp Warning from Dominion Fire Commissioner

Written for the Canadian Press BY W. L. CLAIRMONT Dominion Fire Commissioner

OTTAWA (CP) — These days people have become accustomed to taking chances on all sorts of things, a habit which has become so persistent they think they also can take a chance with fire. This is one chance they can't afford.

The record of lives lost through fire last fall and so far this winter has been the worst Canada has ever experienced in a similar period. At least 85 persons were burned to death from Oct. 27 last to Jan. 23.

An outstanding feature of the 31 catastrophes which occurred in that period has been the number of fires in which multiple deaths have resulted. For instance, in at least two fires seven persons were burned to death, in another six, in four others five, in still another four and so on in a seemingly endless procession.

Another point has been the fact that these fires haven't been confined to one section of the country. They have happened in Saskatchewan, in Manitoba, in Ontario, in Quebec, in Nova Scotia, in fact in practically every province in Canada.

The saddest feature has been the large number at least 45 children who have died, sometimes in a matter of seconds, in the infernos.

Kerosene Danger
 It may be asked: "What has taken a chance to do with all these holocausts?" Reports show that two of the fires involving 10 deaths were caused when kerosene was used in lighting or quickening the fire in the kitchen stove.

There are other means of starting a fire and I appeal to those in the habit of using kerosene for lighting their fires. Give up this dangerous habit and spare your family from a possible horrible death and yourself years of grieving.

Many young lives have been claimed by fire when parents have gone out and left small children alone. In at least two of the fires since last October, four children who were left alone died. Complete figures for 1945 are not yet available, but in 1944 the number was 23 and in 1943, 35.

Many things can happen in a home when children are left without supervision.

Parents, for the sake of your children, take this advice: No matter what the circumstances may be, never leave your little children alone. It is far better to sacrifice some pleasure than to live the rest of your lives regretting your thoughtlessness.

Don't Smoke in Bed
 Smoking in bed is another way of taking a chance. Five deaths resulted from this cause in the period under review. For the whole of 1944, the number was five and for 1943, two.

Before many minutes have elapsed the smoker becomes drowsy, falls asleep and may never wake up. Suffocation by smoke is the usual result.

People who do not check over their heating equipment regularly, or if they do not know of the existence of some defect and do not correct it, are taking chances with fire every day. People who live in houses or cabins with only one exit and who place a stove near the exit are playing with fate.

People who take gasoline into the home intending to use it for cleaning clothes are risking their lives all the time it is in the house.

The remedy, therefore, for all these disasters, is to play safe. Fire prevention is essentially an application of common sense, added to a knowledge of the causes of fire. We cannot hope to avoid tragedies if we consistently keep on doing the things that cause fire.

Band Singer Works For Father-Leader

Frankie Carle's Daughter Husband in Band Too

NEW YORK (CP) — Although most anything theatrical is nurtured by advance publicity, semi-secrecy has shrouded the relationship of vocal-leader Frankie Carle and his vocalist, Marjorie Hughes, for the last six months. She is his daughter and theirs is probably the only father-daughter combination in band business.

With little previous musical experience the 19-year-old singer replaced Phyllis Lynne in her father's band because they both sang in the same key. "It's strictly business," Carle claims, "she doesn't mean any more to me than anyone else on the bandstand. I don't let her have it easy, she works as hard as everybody else."

Miss Hughes had other good offers but she says: "I'd have had to leave my husband and my father and mother." Her husband is Carle's pianist. As the old saying goes everything is relative—and the closer the relative the better off you are.

It's not what I possess but what possesses me.

FARM MECHANIZATION

Mechanical improvements and the use of rubber tires have greatly increased the utility of tractors making them suitable for a broad range of work in farm operations. The introduction of small sized tractors has made possible greater mechanization of the smaller farms and the development of equipment which can be mounted on the tractor has made the tractor suitable for row crop production.

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REAL ESTATE — We have a number of dwellings for sale. Some are owner occupied and immediate possession is given. Others for investment. Some choice farms for sale, large and small acreage.

Two Storey Brick House. Ten rooms, with good garden and large poultry house. Three rooms are at present occupied. Seven rooms vacant possession. To wind up estate.

Seven Room House, Church Street. Bath and furnace. House well built. Near post office and business. Owner occupied, possession given.

Cement Block, One Storey Bungalow. Six rooms. Vacant possession. Half acre. Taxes \$6.00. Garage.

Solid Brick House, Two Storeys, new furnace, newly decorated, well built. All conveniences. Hardwood floors. Good residential district. Well tenanted.

Stone House, Limehouse. Six rooms, electric lights. Ample hard and soft water. Two acres of land. Suitable for poultry or fur farming. Expect vacancy in spring.

Brick House For Sale. Ten acres with driving shed. Good garden soil. On County Road near highway between Guelph and Acton. Immediate possession.

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