

Of Interest to Women



Hello Homemakers! Food freshness has an appeal all its own. The quality and the quantity of your garden produce can be used to advantage if you keep food fresh.

With summer weather creating sickle appetites, plan to serve the season's fruits and vegetables in winning ways.

What cool comfort there is in crisp salads, in clear, sparkling jellies, chilled fruit cups, luscious iced desserts and frosty beverages.

To pride yourself in a job well done, review the method of operating the electric refrigerator, which does such a big job of maintaining food freshness.

FRESH TORQUED SALAD

Prepare crisp salad greens, tomato wedges, paper-thin cucumber slices and onion rings. Toss thoroughly in tart French dressing and serve in individual salad dishes rubbed once with garlic.

NOODLE SALAD

Boil 4 ounces flat noodles in a large pot of salted water until tender. Drain, rinse with hot water, drain and cool. Add 1 cup (each) fine-cut celery and grated raw carrot with sliced radishes, chopped pickle and scraped onion to taste. Thick salad dressing salt pepper. Serve with headache.

FRUIT SALADS

Drained grapefruit and orange sections, folded with halve strawberries and whipped cream mayonnaise. Serve in lettuce or individual salad plates or in a big salad bowl with sprinkle of chopped nuts.

White cream cheese or cottage cheese mixed with diced rhubarb steeped in syrup and finely-chopped parsley, and mounded in lettuce; cover with strawberry halves and garnish with orange. Hot brown rolls or biscuits make the perfect supplement.

Lime jelly ring nested in cross, filled with sliced strawberries and garnished with nut-coated balls of cream cheese.

UNCOOKED STRAWBERRY ICE CREAM (Refrigerator Method)

1 1/2 cups crushed ripe strawberries, 1/4 cup fruit sugar, 2 tspa. lemon juice, 2 egg whites, pinch of salt, 1/4 cup corn syrup, 1 1/4 cups (1/2 pint) whipping cream.

Add fruit sugar to the berries and combine thoroughly. Add lemon juice.

Beat the egg whites with the salt until stiff but not dry. Gradually beat in the corn syrup, beating after each addition until the mixture stands in peaks. Whip the cream to the consistency of custard sauce and fold in the corn syrup mixture, then the berries. Turn into freezing tray and freeze to a mush, with the control set to give the coldest possible temperature; scrape the mixture from the sides and bottom of tray and beat until smooth but not melted.

Return to refrigerator until hard enough for serving then turn back the control to the point where it will just hold the dessert frozen. Recipe makes a quart of delicious, fresh flavored ice cream.

CARE OF AUTOMATIC REFRIGERATOR

1. Check the door gasket (rubber) by inserting a slip of paper in the closed door. Close the door—if you can pull out easily, the gasket needs repairing. Oil and grease—even finger perspiration damages it. Washing it frequently with mild soap and water will prolong its life.

2. Keep the door shut as much as possible—never let it stand open. Plan "take-outs" and "put-aways" so that you won't have to open the door any more than necessary.

3. Allow foods to cool before placing them in refrigerator. Never put in hot foods—your refrigerator has to work harder to absorb the heat.

4. Always cover all cooked foods before you put them in the refrigerator. This helps keep the refrigerator or from needing defrosting frequently and saves the mechanism from overworking (it saves vitamins, too).

5. Defrost when the ice on the freezing unit gets 1/2 inch thick. Heavy frost reduces the circulation of cold air.

6. Keep temperature control set at normal, except when quick freezing (e.g. making ice cream). As soon as possible after quick freezing, set back the control to normal.

7. Don't overload the refrigerator. Leave room around foods to let the cold air circulate. Overloading, especially in hot weather, is a frequent cause of breakdowns.

8. Air circulation around the refrigerator is important. Keep the refrigerator 2 inches from the wall and allow a clear space above it. Don't pile on top things that cut off the free circulation of air.

9. Never use an ice pick or knife point to remove ice trays or chip frost from the freezing coils. You may seriously damage the unit. To prevent ice trays from sticking don't fill them full; wipe off edges and bottoms of trays.

10. Twice a year disconnect your refrigerator and clean the condenser with a long-handled brush attachment or your vacuum cleaner brush attachment. See your manufacturer's directions to locate the condenser.

An open type electric refrigerator mechanism should be oiled according to manufacturer's directions. See that the belt is in good condition and not loose. If loose or worn have it replaced.

12. When you go away from home for only a few days set cold control at low and keep the refrigerator running. If you will be away some time, turn off refrigerator; take out perishable foods and empty the trays; prop the door open.

Chronicles of... Ginger Farm

Written Specially for
The Acton Free Press by
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When a person has lived in a neighborhood for over twenty years and has had the same neighbors, east, west, north and south for most of that time, it creates a feeling of permanency, for ourselves, and possibly for the neighborhood in general. The men are accustomed to "change work" with the same neighbors year after year; the women visit back and forth—when they have time—at quilting, meetings, teas or perhaps only on a telephone. On weekdays as we neighbors have their washing out too, and it all helps to give one a comfortable feeling a sense of unity with the rest of the community.

That is how it has been here any way. Insofar as we have not visited back and forth very much but yet we always knew, that should the occasion arise, as indeed it has a few times, that we had only to ask for help and it would be given graciously and willingly.

Of course there have, unfortunately been gaps left in our neighborhood by the work of the Great Reaper but there has been very little voluntary moving away from the district.

And now, like a bolt from the blue, comes news that two of our neighbors have sold their farms. It gives one a queer sinking feeling. It is hard to get used to the idea that in a few short months these same farms will have different owners and we shall have different neighbors. What will they be like, these new neighbors? Will they be of the "dirt farmer school" or will they incline towards ultra-modern methods of highly mechanized farming? Will they be congenial neighbors, good mixers, or will they endeavor to live unto themselves, and to be a law unto themselves? These are questions to which only time can give the answer. At the same time we can't help wondering—because one's neighbors are so important, especially to folk who live in the country.

And the people who are moving away? In one case the place was acquired but in the other the lady of the house has lived there all her life. One can only imagine the heartache it will be to pull up stakes and go. I am sure that as the day of departure gets nearer anyone so placed would find every tree, every shrub, almost every nail on the wall, had some special significance. The well-worn path from the house to the barn along which so many well-loved feet have trod, the pump by the kitchen door which has provided water summer after summer; the view from the kitchen window... and oh, so many things—such little things, that may never have been of any great importance up to now. But to leave them—ah, that's a different story.

But isn't that the way of life? Sometimes we must lose a lot in one direction to gain a little in another. On the other hand if we take a chance we sometimes lose a little but gain a lot.

In the meantime there is still seasonal work to do on all farms, having to finish wheat to cut. And speaking of wheat I have mended that binder canvas I referred to so lovingly last week. But I didn't mend it with needle and thread. This time I pasted the patch on the canvas. Whether it will be a success has yet to be proved. I am hoping it will be because it was a lot less work any way.

This week-end we thought we were going to be alone. Yes, actually! But around six-thirty Saturday night the telephone rang and a meek little voice said "Hello, Aunt Gwen, can I throw my hat in for the week-end?" Of course there was only one answer to that question. But then we didn't see much of our visitor because on Sunday afternoon Bob took her to Toronto to see other relations. And then the house was so quiet I could not sit still—or was it because I was reading a very disquieting article on the Soviet Union—and article which proved beyond a doubt that Communist organizations are unhealthy active in Canada and the U.S.A. Is it any wonder we have strikes and yet more strikes?

NOT KISSPROOF

CHARLOTTETOWN (CP)—Police court officials were annoyed because some witnesses have been kissing the Bible too enthusiastically when sworn in. The court Bible was found to have the lipstick imprint of a woman's lips over the ninth verse of the 140th psalm which reads: "As for the mischief of their own lips cover head of those that compass me let them."

FARM IMPROVEMENTS BY GOVERNMENT LOAN

Through the Farm Improvement Loans Act of the Dominion Government, a farmer may borrow up to \$3,000 for any of the following purposes:—

- (1) purchase of agricultural implements; (2) purchase of live stock; (3) purchase or installation of agricultural equipment of a farm electric system; (4) alteration or improvement of a farm electric system; (5) fencing or drainage; (6) construction, repair, or alteration of, farm buildings; (7) general improvement or development of the farm.

Only a farmer may borrow under the Farm Improvement Loan Act which restricts these loans to a person who is in possession of a farm and whose principal occupation is farming. The term farming includes live-stock raising, dairying, fruit growing and all tillage of the soil.

The loans are paid through any of the chartered banks of Canada and the interest rate is 8 per cent, simple interest. Arrangements for repayment are made to suit each farmer's individual requirements. The repayment periods may be from one to ten years, depending on the amount borrowed and the purpose for which the loan is obtained, the object of the Act being to provide the farmer "short term" and "intermediate credit" simply mean that the credit is for one or two years up to ten years, this type of credit being midway between the short term seasonal loans usually made by the banks and long-term mortgage loans which usually run from 10 to 20 years.

For further particulars regarding these loans, a farmer may interview the manager of any branch of a chartered bank in Canada.

AUSTRALIA EXTENDS SOFTWOOD PLANTING

MELBOURNE, Australia (CP)—The Victorian government will spend more than \$20,000,000 in the next 10 years on softwood plantings.

Victoria before the war imported 139,000,000 super-feet of softwood timber, much of it from Canada. The government now aims to produce this quantity locally.

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The welfare of our community—Canada—depends not alone on those charged with the government of the country, but on each of its citizens—12,000,000 strong.

Today, that welfare is menaced by the danger of inflation. Already, millions in lands devastated by war suffer misery because of it.

Inflation, to the citizen, means simply less and less value for his dollar... his living costs soar as free and careless spending drives up the price of goods still in short supply.

War always brings the threat of inflation in its wake... only the prudence of the people can keep it in check.

How? Mainly, by conservation... by buying only those goods which are in fair supply, and by saving money for the day when goods now in short supply will be readily available.

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- buying Government Bonds and War Savings Certificates;
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