Of Interest to Women

THE MIXING BOWL

by Anne Allan
HYDRO HOME ECONOMIST

Hel'o Homemakers Be an artist with salad plates Lay melon slices in whorls radiate wedges of lettuce from a bowl of dressing alternate bunches of purple grapes and pear halves covered with cheese mayonnaise Serve favourites in a mould and frame your picture plate with curly romaine and perky cress

The following recipes have been published by a manufacturer of real mayonnaise.

MEAT AND VEGETABLE SALAD

[illegible] cups diced meat 2 cups cubed carrot 1 sliced green pepper [illegible] cup diced celery [illegible] cups sliced [illegible] salt [illegible] pepper [illegible] mayonnaise

Toss the ingredients together with mayonnaise Serve on chilled lettuce Six servings

FAMILY FRUIT SALAD

[illegible] cup [illegible] 6 large [illegible] 6 sweet plums [illegible] mayonnaise

Slice cantaloupe and dice Peel bananas and slice Wash grapes and plums Arrange on romaine or lettuce add mayonnaise

CHIFFONADE MAYONNAISE

2 tbsp chopped parsley, 1 tbsp onion [illegible] 1 cup mayonnaise [illegible] chopped pepper, 2 hard cooked eggs chopped

Combine the above ingredients and mix well Serve with green salads or cold meats

HOT CHIFFONADE

Add [illegible] milk gradually to Chiffonade Mayonnaise Heat in double pan over hot heat stirring frequently Add [illegible] tsp yellow colouring and serve with fresh hot cubed potatoes

HOT POTATO SALAD SOUP

[illegible] cups mashed potato 1 cups milk [illegible] tsp celery salt 1 small onion sliced 2 tbsps flour, 6 tbsp mayonnaise

Simmer potato 2 cups of milk salt and onion [illegible] Blend mayonnaise and flour with remaining 2 cups milk Add to potato mixture and top with minced parsley Yield six servings

STEAMED PLUM PUDDING

2 cups stoned plums ½ tsp salt [illegible] tsp soda 1 tbsp melted shortening ½ cup honey 1½ cups flour ½ tsp each of allspice and nutmeg [illegible] cup hot water grated rind of 1 orange

Halve the plums and add the flour which has been sifted measured and sifted again with the other dry ingredients Combine the melted shortening hot water honey and orange rind and add to the first mixture mixing until well blended Pour the batter into a well greased mould, then cover and steam for 2½ hrs Unmould and serve with sauce Six servings

GRAPE AND APPLE JAM

½ cup apples (cut up), [illegible] cup water, [illegible] cup grape pulp, 3/4 cup sugar to 1 cup fruit mixture

Cook the apples with the water until soft Add the grape pulp Measure the mixture Add sugar Boil to the jellying point

PEACH JAM

1 cup peaches (cubed), ½ cup sugar, 1½ tsps. lemon juice

Cook peaches and lemon juice until soft Measure the cooked mixture Add sugar and boil to the jellying point

PLUM JAM

1 cup plums (pitted and cut up), 1 tbsp lemon juice, ½ cup water, 1 cup sugar to 1 cup cooked fruit

Cook the plums with the water and lemon juice until soft Measure the cooked fruit Add the sugar Boil to to the jellying point For the sweeter varieties of plums use 2 tbsps lemon juice

THE QUESTION BOX

Recipes requested by Mrs T C, Mrs J R and Mrs A D:

APPLE BARLEY PUDDING

½ cup pearl barley (uncooked) 4 cups boiling water, ½ tsp salt 2 eggs, 2 tbsps brown sugar, ½ cup sugar, 1½ cups warm milk, ½ tsp vanilla, 2 cups sliced apples

Cook barley in rapidly boiling salted water till tender and practically all the water has been absorbed 45 mins or longer. Mix beaten egg yolks sugar and warm milk and add to drained barley, add vanilla and fold in the stiffly beaten egg whites Spread apples in the bottom of a lightly greased baking dish, sprinkle with brown sugar Cover with barley mixture set in a pan of hot water and oven poach in an oven 350 degs F for 30 mins or until apples are tender Six servings

PEACH-MARSHMALLOW DESSERT

2 tsps shortening ¼ cup sugar ½ cup light corn syrup, 1 beaten egg, 2 cups cake flour, 2 tps baking powder, ½ tsp salt ½ cup milk, 8 cooked peach halves, 1 tsp butter, ¼ cup brown sugar, 1 tsp cinnamon, 8 marshmallows

Cream the shortening, sugar and syrup, add egg; beat well. Sift flour baking powder and salt Add alternately with milk Pour into a greased 8x12-inch pan. Arrange peach halves cut side up, on top of batter and space for individual portions Blend butter brown sugar and cinnamon Sprinkle over the peaches Bake in moderate oven (350 degs) 40 mins Remove from oven, place marshmallows on each peach half. Return to oven: brown lightly Serves eight.

WHAT DID YOU SEE THIS MORNING?

It's amazing how many things we could see if only we kept our eyes open Then too there are the eyes of the mind Let us use both to make life fuller, richer happier

It was a quarter to eight as I came out of the apartment block where I live The night had been hot the pulsey of a tired city throbbed slowly back to life Birds chirped their morning matin A black squirrel loped across the corner of the street Rarely had I seen one out so early The heat may have given him a restless night A child cried softly from an upstairs window Hot weather is hard on the very old the very young

I looked down the street towards the House on the Hill, the place where Mr Bixby delivered his budget The quiet city at that early hour was tired not in the least about taxes or governments At that moment it was undisturbed A milk wagon trundled along on rubber wheels Three light trucks moved by on rubber tired, a boy passed on a bicycle

There was a girl four blocks ahead She wore a yellow dress I wondered who she was and why she wore yellow though vaguely too that I liked better the one who wore a white sweet hat with a red and white striped hat the stripes running diagonally forward I could see no bows of her head that may have influenced my judgment Men are poor judges of the clothes women wear

The pace quickened, more traffic was moving I passed an elderly gentleman who walked slowly Very Very Slowly I see him almost every morning Summer or winter I admire the man who goes on working despite advancing years He feel happier fellowmen grow quickly dull I feel sorry for the retired civil servant he is apt to lose interest in life

I met two elderly women one plainly dressed obviously carrying a part of shows They came I think from the early morning staff of the Parliament Buildings The tempo of life altered as I moved More people were coming out of houses and apartments Street cars sounded closer as I came nearer the heart of the city I looked up at the tower of the Parliament building a mist was rising from the river at its back not high enough to cook the clock in the tower sufficient to provide a background of haze for the buildings

The mist started a strange nostalgic memory I remembered the old farm back home a heavy dew on the grass the sun shining across the hills a fog rising from the river a groundhog watching the new day In imagination I could hear his throaty chuckle as he took a fresh stance preparing to disappear into his den if I showed the slightest belligerent sign

A street car clanged a warning note an auto was coming close behind it as I crossed the street I made a quick instinctive move I must not think, on city streets of open fields of basswood trees or groundhogs, they carry with them a reverence for the country and the people who live in it So, in memory, now and then, I slip back home, feel once more soft grass under bare feet, smell the blossoms on the "haw" trees, touch the water in the old swimming hole and awake to find myself still in the City of Ottawa

COWBOY PASTOR BACK IN SADDLE

DELRAY BEACH (CP) Rev John R Martin, pastor of the First Baptist Church here still rides the range as he used to although he's given up breaking outlaw horses

The 33 year old minister, also a former lifeguard and army polo player, occasionally takes part in rodeos too just for fun

He is a native of Fort Pierce Fla, schooled in Daytona Beach He was a range rider for the United States government working on a tick eradication program from 1927-29 He rode 10 to 13 hours a day, seven days a week hunting cattle that hadn't been dipped He started taking in rodeos and breaking horses but then joined the army for a three year hitch and went to Fort Sill

There he became Sgt Martin and played on the enlisted men's polo team He left the army in 1936 entered a seminary at Fort Worth Texas and returned to Florida the next year after being married

He still has cattle and horses in Volusia County and every year he goes back on the range for the summer roundup always carrying a pistol because of snakes and panthers

"The cowboys have a lot of fun with me," he says "They like nothing better than to put cockleburs under my saddle just to see if I can still stay on my horse when he bucks"

Chronicles of . . Ginger Farm

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

If I had the energy and the ability I could sit down right here and now, and compose an ode "To the Old Model A How many times our old faithful has come to the rescue I wouldn't know, but she's at it again

Daughter and friend Bert were coming for the holiday week-end "if the car didn't act up again" Apparently it did, so they didn't if you get what I mean Now it is Sunday and Bert and nice boy are away after them chargin' along the road with the old Model A

Almost I dread the day when we must part with her not that we expect to get because chances of getting anything better are still pretty dim but eventually we may get a chance on a car that will no doubt be more respectable in appearance but be less fun in action In the meantime although she continues to run, old faithful develops a fresh squeak every day or so New squeaks can be rather disconcerting until you find out where they come from You get used to the old ones You know just which ones belong to the fender, the window, the starter or the clutch And when the other half of the front seat wobbles around you don't get alarmed because you know it is just one part and it hasn't slipped out again and you know not about where it will have rolled to so consequently there is never any trouble in finding it

On road dump days if you want to start out in a hurry and the motor splutters and stalls, you know all you have to do is turn the choke a little more and there's never a doubt in the world you'll get wherever it is you want to go and maybe you will pass and not exactly envy a streamlined job or two on the road being towed in for repairs

Yes an old car is like an old friend, you get to know her faults as well as her virtues and allow for them Get another car and it takes time to learn both Anyway while steel strikes are in progress and good cars are just something to dream about I guess we shall continue to be very thankful for our own Waltzing Matilda Model A specialty

As to that we had a visitor the other day who arrived in a horse drawn buggy so we are still one jump ahead Another day we had a visitor who evidently didn't believe in the modern trend towards mechanization He said he hadn't got hydro, and didn't want it there wasn't anyone that he knew of that was any better off for having it! I don't know whether it made any difference but Partner certainly tried to convince him that electrification on farms was worth every cent that it costs, and "them's my sentiments too" If only every farmer's wife could enjoy its advantages before hard work had taken its toll of her health and strength. I am quite sure there are very few women who would say "they wouldn't have hydro if they had the chance." No sir women have more sense than to be that stubborn.

Of course hydro has its disadvantages too I'll admit that but then you have to allow for them Last Thursday for instance, I was just nicely started canning a bushel of tomatoes when the power went off and stayed off all the morning It was a nuisance but still I wasn't stuck and didn't have to light the fire because I had the oil stove to fall back on If I had electric stoves and hot plates in every room I would still hang on to my oil stove The big problem now is to always remember to save a few gallons of coal oil in the house Unless it is in constant use that is the easiest thing in the world to forget

Well, the holiday is over the Torontonians are back at their respective jobs Bert is away to the tractor, Partner and I are carrying on as usual and Joy has not yet come to life again

I imagine our idea of a holiday yesterday would have struck some people as rather queer A man came along to do some work in the stable so Partner and Bob were helping him The girls and I did a big washing and ironing Bert painted the kitchen ceiling And yet we all had a good time with lots of fun going on while we were working I might also add that at supper time we wound up with a really heated discussion over strikes and the labor situation in general And no one changed his or her views as a result!

STRIKE DELAYS BUILDING

AMHERST, N S. (CP) Contractors said plans for one commercial building in Amherst would have to be changed and private building would be delayed because of the shortage of steel and nails. They blamed the shortage on the Canadian steel strike.

EVENING TRAFFIC

If you stand out in the evening on some important highway in a district that is fairly thickly settled, you will probably be impressed by the great number of automobiles which pass. This traffic is heavy while people are coming home from work late in the afternoon It is likely to continue steadily through the evening, and to some extent until a late hour at night.

Some may ask what takes so many of them away from home Some are returning from work, and some have business errands Probably the large majority have been enjoying an evening of recreation at the movies or some entertainment, some have been attending a dance, some have been visiting friends, and some youths have been taking the girl friend out for a sentimental excursion As the autumn nights come on many will have been attending meetings, rehearsals for some entertainment or meeting with some committee

In the days before automobiles the majority of people usually spent their evenings sitting around home They did many worth while things but many probably found their life dull and commonplace The opportunity to engage in favourite pastimes and activities gives a wonderful amount of variety in modern life

It is claimed that many spend too many evenings away from home, at least the modern evening activity sends people back to work the next day in a happier frame of mind They have had a respite from the affairs of the day and it has pleasantly affected their thought

To the automobile may be ascribed a very wide range of entertainment and it makes possible a great deal of community organization and planning The hurrying cars of the evening suggests how many people have been doing interesting things

INDIAN HARVEST TIME

Autumn was a time at which the Indian warriors returned from raiding enemy camps and the traders from traffic with their allies The women of the tribe by now were busily engaged in harvesting the maize and storing it away One interesting Mohawk family group in the Ontario gallery of the Royal Ontario Museum shows the members hard at work, the men making bows and sap troughs the women pounding maize into flour and weaving baskets All looked forward to the time when the fall tasks were completed and the rest of the year could be devoted to hunting, fishing and festivities

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Everybody has a certain amount of civic pride --- that sort of pride which helps make a village a town, and a town a metropolitan city.

The growth of any community is dependent upon the support given its citizens. If you fail in your co-operation, your town either stands still or goes back.

If you uphold your town by sustaining it wholeheartedly, you help yourself and the community. Buy at home! Be neighborly with your dollar. Divide your dollars among your merchants and others who have the interests of Acton at heart. Help them and they will help you to greater values --- for increased volume means decreased costs.

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