

# Of Interest to Women



Hello Homemakers! Electricity will be playing an increasingly important role in our homes in the near future. There will be improved lighting. Lighting will be chosen first, because it is adequate for good vision and, secondly, because it is decorative. This is in complete contrast to the days when the rose shaded lamp with the fringe cast only a small circle of light, but was considered very elegant.

Electricity helps you work or relax with ease if the light is adapted to your work. Here bulbs, even inside frosted ones, are glaring and should not be used if they come within your field of vision. A 200 watt light is placed four feet from your tedious work, where as a 200 watt central lighting fixture is ample for general kitchen routine.

One reason why homemakers prefer white or ivory paint for their kitchens is that these colors do not absorb light. It is especially important to stress keeping the kitchen lighting fixtures clean as they become greasy and dusty quickly. Darkened bulbs should be discarded—they give poor light and may burn out at an inopportune time. When you buy a supply of new ones, purchase long-life bulbs of the correct voltage. The local Hydro man should be consulted about the kind to buy.

Now that more people are studying and reading fine print every night, you really must consider adequate

light. A white lined shade with a straight slanted side in a table lamp near your reading chair with a 200 watt bulb provides the best source of light. The best types of floor or table lamps are those with white glass or white plastic bowls. A reflector bowl should be used below the bulb if the lamp is high. The tilt-light lamp for instance, has a reflector bowl and table-reading lamps should have them too.

### TAKE A TIP

Lighting and lightening tasks are two different things. Each should be planned and revised. Equipment is man designed but woman-used. The best way to decide whether your kitchen is usable is to make a time and motion study of the jobs you do. How can your kitchen be improved?

1. Work space: Although the sink, refrigerator and electric range may be relocated for greater convenience in the approved plan the sink is the center with the range near the dining room door. There should be work surface on one side of the range, on both sides of the sink and at the opening of the refrigerator.

If the counter is too wide then there will be difficulty reaching for overhead cupboards. Shallower cupboards are accessible places to store things, while additional storage is provided under the counters. A cabinet under the sink provides space for storing cleaning equipment and a hiding place for the garbage can. If there are not vents on this door, you should put a screen on it to prevent dish cloths and mop cloths from going sour. Vegetable bins should have open grill at the front and a small space at the back for ventilation.

Sliding doors may be expensive, but they are worth the money compared to the head bumps of open doors in a small kitchen. An overhead place next to the refrigerator should be reserved for food storage. One side for cereals, crackers, canned goods, syrups, etc.; the other for cooking ingredients and spices, seasonings, etc. And directly under this section available working surface which covers the baking utensils.

2. Improvements at the range: It is interesting to see the new features on the new electric ranges. They do a splendid job of baking, broiling, etc. and reduce time and strenuous work. To complete the cookery section a metal utility shelf is needed at one side or directly above the range to hold seasoning and utensils used while cooking.

### TIP SUGGESTION BOX

If you wish the names of some reliable manufacturers of kitchen equipment do not hesitate to drop us a line.

### NEWFOUNDLAND WANTS SHOES

A good demand now exists in Newfoundland for men's and women's lower priced leather footwear. J. C. Britton, Canadian Trade Commissioner, reports from St. John's. This demand, however, is largely confined to the urban areas.

Newfoundland's larger manufacturers believe that the quality of Canadian leather footwear has improved considerably during recent years, he said. Present prospects, consequently indicate that Canadian firms can obtain a good percentage of this export business.

## Chronicles of... Ginger Farm

Written Specially for The Acton Free Press by OWEN DOUGLAS F. CLARKE

Last week, you remember, I admitted how mad I got at the high price of so many things we have to buy. Now I suppose that feeling will be pretty general because of the big jump in the price of milk. It is a big jump and will undoubtedly hit many families like a hard blow. But then it was bound to come. As long as the government continued the milk subsidy the price paid to farmers was all right but removal of the subsidy brought the price of milk to below cost basis, so something just had to be done. But don't let anyone get the idea that farmers are getting sixteen cents a quart for their milk or anything like it. If we were we would be rolling in wealth. No, between the price paid to the farmer and the price paid by the consumer, there is a wide spread which is used up in cost of distribution and so on, including the profits paid to the shareholders of big dairies. However, it is all too complicated for this column. The only thing I can suggest is for those who have the facilities to try keeping a cow in their backyard. But then the \$100 or \$150 you have to pay for a cow would buy milk for a good many months even at sixteen cents a quart. And of course the cow might blow up and die. Cows have a way of doing that. They can get indigestion quicker than anything I ever knew. After all, one stomach is hard enough to keep in order at times, so just think of the poor cow with three!

Well, here we are back to standard time again. For over a week I have been thinking how nice it was going to be to have that extra hour in bed for just one Sunday morning. But habit was too strong. We all woke up and got up only a little later than usual. The cows of course recognised no other time than that governed by the rising sun and were waiting at the barn as usual; the chickens were clambering at the chicken pen doors to get out in the open; Mitchee was mewing plaintively at the kitchen window, and the day began. Now it is four o'clock and all the livestock are looking for their supper. In an hour or two it will be dark and after dark we won't know the difference between fast time and standard. And thus will end another day.

Surely the weatherman must have been in league with the powers that were responsible for Daylight Saving Time. At any rate the end of summer weather coincided with the termination of summer time. Yesterday the sun was terrific. 80 degrees in the shade. To-day it is cold, wet and windy. We knew all about the heat yesterday because that was the day of our local fair. I was so sorry for the livestock, particularly the race horses. The cattle didn't seem to mind it so much except for one poor Bosse who decided to give birth to a calf right on the fair grounds. One naturally wondered why her owner was showing her at such a time. Taking quite a chance, one would think.

As we struggled through the crowds in the main hall Partner and I wondered whether exhibits would ever make a come back. Nowadays there is so little baking, not very much fruit or dressed poultry and a limited display of fancywork. As far as the latter is concerned, that is no more than can be expected since war work for several years has taken the place of fancywork and women have not yet got back to their stride.

There was a display of antiques which was very interesting with two ladies dressed as grandma used to dress in the heyday of her youth. There was also a beautiful hand-embroidered christening robe. We wondered how such fine embroidery was ever done in the days of candles and coal oil lamps. I also wondered what brand of soap chips were used to keep the gown so snowy white!

As usual there were wonderful exhibits by the various branches of the Women's Institutes. Where would the Fairs be without the Women's Institute to back them up? I wonder.

There was a grand display of aluminum kitchenware. And that reminds me: a couple who were married quite recently received some lovely wedding presents and among them, were SIX pressure cookers!

### FUJI AND EDUCATION

SUVA, FIJI (CP)—A new centre for the Fiji Governmental Training College, will be established at the site of the former Queen Victoria School at Nasimtu. The site was used as a military hospital during the war and some of the hospital and school buildings will be incorporated in the new centre. Accommodation will, at first, be planned for 180 but on expansion will hold 240.

## OSPRINGE

(Intended for Last Week)  
Messrs. Dan McLean and John Sim returned home on Friday from a delightful motor trip through the western provinces. They also visited the former's brother Duncan at Liberty, Sask.

Mr. Byron Bruce left on Monday for Guelph where he has enrolled as a student at the O.V.C.

Mr. and Mrs. Thos. Fines and Doris spent Sunday at Mono Centre with Mr. and Mrs. John Fines.

Sunday visitors with Mr. and Mrs. F. Brydon were Mr. and Mrs. James Brydon, Mrs. Akitt and Mrs. Allan, all of Acton.

Mr. and Mrs. John Thomson and Ray of Rockwood visited on Sunday with Mr. and Mrs. H. McKinnon.

Mr. and Mrs. Gordon Struthers and Bobby of Lucknow visited on Sunday with Mr. and Mrs. James Struthers.

Mr. and Mrs. Carman Griffin of Haskwaka, Indiana visited last week with Mr. and Mrs. Thos. Fines. They are enjoying a holiday with Mr. Griffin's parents in Erie.

Miss Evelyn Winter of Oustie spent the weekend with Mr. and Mrs. W. J. Jackson.

Mrs. Mary Davidson of Winnipeg, Man., sister of Mr. Josiah Stewart, visited on Sunday with Mr. and Mrs. D. Stewart. On Monday Mrs. Davidson and Mr. Stewart went to Richmond Hill for a visit with Mr. Stewart's daughter and son-in-law, Mr. and Mrs. Bob King.

Mr. and Mrs. Harry Armstrong and Myrna spent Sunday with friends in Toronto.

Mr. and Mrs. R. D. Burrows and Keith of Guelph visited with friends in the village on Saturday evening.

The Ladies Aid sponsored a sacred concert in the Church on Sunday evening which was enjoyed by all present. A particularly interesting address by Mrs. Westridge, missionary from China Inland Mission, who also spent two and a half years in a Japanese Internment Camp was a highlight. Mr. Arthur Harris very capably acted as chairman for the following program: readings, Mrs. Ward Bruce, Mrs. Dan Winter; solo, Mrs. Jack Johnstone; violin and piano selections, Mr. and Mrs. Tilt and Mrs. Ward; duets, Messrs. Hansen and Mummelle; quartette from Acton Presbyterian Church, Misses M. Somerville, B. McKinnon and Messrs. Ted Hansen and Geo. Muselle.

The Sunday School are holding their annual Rally Day service on Sunday afternoon at 2:30 o'clock when they will hold a joint service with the Church.

## NASSAGAWEYA

(Intended for Last Week)

Owing to anniversary services being held in the Arkell United Church last Sunday there was no service held in the Ebenezer United Church last Sunday.

Silo filling is the order of the day in this district. The corn is a fairly good crop this year in this vicinity.

The recent rains will make the fall ploughing go easier and will also refresh the fall pastures.

Quite a number from Nassagaweya are planning on attending the Milton Fair on Friday.

Congratulations are extended to Mr. and Mrs. Arthur Diamond on the arrival of a young son.

The Nassagaweya Women's Institute held their monthly meeting at the home of Mrs. Price last Wednesday and entertained the Dublin Women's Institute.

A sufficient commentary on human nature is that a mob never rushes madly across town to do a needed kindness.

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**NOTICE!**  
**PUBLIC UTILITIES CONSUMERS**  
Notice to all patrons of the Utilities Commission is given that during the month of October, the Commission's Office will be closed  
**From 12.30 p. m. to 1.30 p. m.**  
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ON  
**Sunday, Oct. 6th**  
**THE EMPIRE VETERANS OF SOUTH AFRICA**  
1899 — 1902  
Will visit Acton from Toronto and parade to the Baptist Church for divine worship  
The Speaker will be  
**CAPT. REV. L. B. McPHERSON** (a veteran of the Boer War)  
The parade will move off from the Town Hall at 6.40 p.m. led by  
**ACTON BOYS' BAND**  
A pause at the Cenotaph for the placing of a wreath and two minutes' silence, then on to Church for a service at 7 o'clock.  
Every ex-service man and woman is invited to parade with these Old Soldiers and will be sincerely welcomed.  
Ex-service men will be prominent in the musical part of the service.  
The general public is asked to watch the parade and attend the service

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