

# Of Interest to Women



**THE MIXING BOWL**  
Hello Homemakers! Because vegetables are difficult to grow in crowded housing conditions, the best use of portable vegetables should be considered.

Take cauliflower, for instance; how good it tastes when washed, sectioned and cooked in rapidly boiling water until tender and no longer sprinkled with fine, grated cheese, chopped parsley or a little paprika, it makes a superb dish. Cauliflower can often be served raw in a salad bowl or instead of pickles on a sandwich plate.

Some people dislike certain vegetables because of their familiarity. Done in the same way with monotonous regularity, is it any wonder they lose their appeal? Yet to get your full quota of good health, vegetables must be included in two meals of each day for they are second on the list of protective foods.

**BETTER Dishes**

Boil beets in the skin for 1 to 2 hours depending on size, or peel and slice and cook in 2 cups water. Variety of dishes include Family Favorite (diced beets with harvard sauce flavored with cloves).

Saladventure (diced beets with sliced oranges and onions with zippy French dressing).

Red Flannel Hash (mix two cups of diced beets with 3 cups meat hash and saute together).

Man-style Beets (sliced beets in vinegar to which bay leaf, onion, peppercorns, celery seed and cloves have been added in a cloth bag).

Raw zippy beets are good on salads. Grate peeled beets and mix with

grated turnip seasoned with French dressing.

**GREEN TOMATOES**

Dip thick slices in egg and crumbs and fry them. Or add to stews and vegetable soups for a new flavor.

Molito is a Mexican dish that is wonderfully flavorful. Cook together 1 cup meat stock (use bouillon cube), 1 chopped carrot, 3 onions, 12 green tomatoes (diced), 1/2 tsp. chili powder, 2 bay leaves and piece of garlic, some salt and pepper. Simmer an hour, sieve and add 1 tsp. butter. Bake meat balls in sauce.

**FRENCH STYLE ONIONS**

5 cups small silver-skinned onions (peeled), 1 can condensed consommé, pinch of pepper, 3 lbs. of grated nippy cheese.

Heat the consommé to boiling, add onions and cook until tender, about 40 minutes. Then add pepper and grated cheese just before serving.

**CELERY IN TOMATO SAUCE**

4 cups celery cut in pieces about 1 inch long and 1 can of tomato soup.

Cook celery 15 minutes in salted boiling water. Heat condensed tomato soup and pour over celery.

**CRISPED BEEF PEPPERS**

4 medium green peppers, 1/2 cup catsup, 2 cups cooked beef hash, 1/2 tsp. prepared horseradish.

Cut slices from stem ends of peppers, remove seeds. Parboil peppers 3 to 5 minutes. Drain. Combine hash, catsup and horseradish. Fill peppers with hash mixture. Place in greased baking dish. Bake in electric oven (400 degs.) for 20 mins. Serves 4.

**THE QUESTION BOX**

Mrs. H. H. asks if honey can be made into a jelly.

Answer: Yes, be sure to bring to a full rolling boil.

**ORANGE HONEY JELLY**

2 1/2 cups strained light colored honey, 1/2 cup strained orange juice, 1/2 bottle fruit pectin.

Blend honey with the orange juice, heat to boiling, stir in liquid pectin and bring again to a full rolling boil. Remove at once from heat, skim and pour into glasses and cover with melted paraffin.

Mr. J. T. asks for recipe for apple pudding topped with oatmeal.

**APPLE OATMEAL CRISP**

4 tbsps. butter, 1/2 cup light corn syrup, 1/2 tsp. salt, 1/2 cup quick cooking oatmeal, 5 large tart apples.

Cream butter with corn syrup, add salt and oatmeal. Peel, core and slice apples. Place in a baking dish and cover with oatmeal mixture. Bake in electric oven (350 degs.) 1 hour. Serve hot, plain, with whipped cream or with sauce. Yield: 6 servings.

Mrs. T. B. asks for candy recipe using corn syrup.

**MINT TAFFY**

1 1/2 cups dark corn syrup, 1 tsp. vinegar, 1 tbsps. butter, pinch of salt, 1/2 tsp. soda, 3 drops oil of peppermint, or spearmint.

Boil corn syrup and vinegar in saucepan until mixture is at 270 degs. or candy forms hard ball when a little is dropped in cold water. Cook slowly and stir to prevent burning. Remove from electric element, add butter and salt and soda. Stir until the candy ceases to foam. Pour into an oiled pan. When cool enough to pull pour the oil of peppermint into the centre of the candy, gather the corners toward the centre so that the flavoring will not be lost. Pull until candy is light in color and rather firm. Stretch into a long rope, twist and cut into small pieces. Wrap in waxed paper. Yield: about 25 pieces (1 inch long) or two thirds pound.

**RAISE SCHOOL TAX**

THREE RIVERS, Que. (CP) — The school tax for Three Rivers and suburbs has been raised five cents to 70 cents for \$100 valuation. Additional revenue realized through the increase will be used for the benefit of teaching personnel.

## Chronicles of... Ginger Farm

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

This is Remembrance Day, 1946. I wanted to write about it but I find I just can't do it. Anything I might say would mean so little to many and be totally inadequate to others. There is inequality of thought regarding Remembrance Day just as there was inequality of sacrifice during the war. That is inevitable, human nature and the forces of war being what they are.

Yesterday was the first Sunday for our new minister. He had been a padre for six and a half years and I thought how fitting it was that he should conduct his first civilian church service on Remembrance Day Sunday. I felt as I listened to him that there was more eloquence in what he left unsaid than in what he actually said. I think you know what I mean. For instance he mentioned Dieppe very briefly and then concluded — "I was there a few weeks ago I want to tell you about that sometime."

In the front pews of the church there were about fifteen little boys, who, during the singing of the pre-emption hymn, marched down the aisle in single file, the first little fellow holding aloft the banner "Feed My Lambs". They were such bright happy little fellows and as I watched them I wondered if there were any among them whom the war had orphaned. All of them were young enough to be war-babies. I also wondered what were the prospects for the future of these "lambs" as a result of the Peace conference now in progress.

Well, of course, Remembrance Day brings us well into November and that means Christmas will be upon us almost before we can turn around. Maybe it is my fancy, or maybe it is just me, but I do feel there is definitely a more Christmasy feeling in the air these days than there has been for many years. Not only that but I notice a decided tendency towards handmade gifts with diamond socks leading the way! I am even hoping to get in the running myself. However, before our Canadian friends are looked after there are Old Country relatives to think about, especially as the deadline for sending parcels is fast approaching. I have been picking up a thing here and there for months. Last week I managed to get some nice stockings. They were not nylons for everyday wear. I hardly think nylons would be warm enough or sufficiently practical for our English friends. A woman, recently returned from overseas, tells me that most of the stockings "over there" are cotton and are not full-fashioned so that in a little while there is no fit or shape to them at all. As for food well we know that practically anything nice in the way of eats is acceptable.

And then when we have all our stuff gathered together, for goodness sake let us see to it that the parcel itself is securely packed. If you are at all curious about the kind of parcels that go through the mail, keep your eyes open in the Post Office near Christmastime and you will see parcels that make you wonder what chance they have of reaching their destination intact.

For mailing overseas we naturally have to be extra careful. I always find that the easiest and safest way to pack a parcel is to sew a piece of flour sack, or any strong cotton goods right around the parcel, writing the name and address right on the cotton and using a wax crayon for the purpose. Then finish with wrapping paper double thickness and strong twine, write the name and address several times so that if one place is torn there are still other directions to help the precious package on its way.

Partner and I are, feeling very pleased with ourselves and the writer it gets the more we put ourselves on the back. You see, last Saturday we moved the pullets to their winter quarters. We debated whether we should or not because they were quite content with their liberty. But the pen was ready so we put them in it. But it wasn't done quite as quickly as that. Oh no. It meant that to finish the job I had to climb right inside the range shelter to catch them, while Partner and son Bob did the carrying. And it has been raining ever since, so, not only are the pullets better housed, but we are saved the joy of slithering around in the mud trying to feed them—which is what we would have been doing had we left them where they were.

FRANCOIS LAKE, B. C. (CP) — A sound turnip weighing fourteen and a half pounds and a cabbage of 28 pounds with circumference of 38 inches, grown in Francois Lake area, are on exhibition in Francois Lake store.

# SAVE \$5. to \$10.

ON  
**WINTER COATS**  
AT  
**EISEN'S CLOTHING STORE**

Applications are invited for a  
**NURSING ASSISTANTS' COURSE**  
commencing November 19th.

This course consists of three months' classroom instruction and six months' practical instruction in hospital. Central schools are located at Toronto, Hamilton and Kingston.

**ENTRANCE REQUIREMENTS**

- Age—18 to 40 years
- Grade 10 Education
- Good Health

Students receive \$60.00 per month less maintenance. Uniforms are provided. Transportation is paid for students from their place of residence to the central school.

On successful completion of the Course graduates receive a certificate from The Department of Health.

Applicants should apply immediately to the  
**DIVISION OF NURSE REGISTRATION**  
Parliament Buildings, Queen's Park, Toronto.

## DEPARTMENT OF HEALTH FOR THE PROVINCE OF ONTARIO

OH 11-2-46

## YOUR EYES

Take good care of the only eyes you will ever have.

**CONSULT**

**R. M. BELL**

Registered Optometrist  
Phone 2117



Permanents, Shampoo, Finger Waves, Rinses, Scalp Treatments, Facials and Eye Brow Arching

PHONE 243 ACTON

**Pals BEAUTY SALON**

We sell shampoo and other cosmetics

## UPHOLSTERING Don't Discard Your Old Furniture

Have It Re-upholstered  
Better than new Furniture To-Day

Phone 87 For Estimate

**DICK THE UPHOLSTERER**

Get your Orders in Now for Christmas Delivery



HOSPITALIZATION  
SURGICAL BENEFITS  
INCOME PROTECTION

Now at

## WM. R. BRACKEN

LIFE, FIRE and AUTOMOBILE INSURANCE

MILL ST., ACTON

PHONE 38

In Business, too,  
It takes a Team



Let's do it *Together!*

RAISING A REVENUE or building a business; timely teamwork is the secret of building faster and better.

Although you won't find our name on the letterheads or listed with the boards of directors, The Bank of Nova Scotia is regarded as an important silent partner in many a successful business—big, little, and in-between.

The Bank of Nova Scotia has taken an active as well as advisory part in the affairs of Canadians in every branch of business and industry. Its executives have watched and analyzed the causes and effects of just about everything that ever happened or ever can happen to anybody's business. The manager of our nearest Branch will be glad to combine that kind of "know-how" with your knowledge of your own business. Let's do it together!



**THE BANK OF NOVA SCOTIA**

W. K. Graham, Manager, Acton, Ont.