

Of Interest to Women



Hallo Homemakers! The increased price of milk has caused considerable consternation, but there are certain facts we must not lose sight of. The foremost being that milk is the most perfect food in our diet—we must not deprive ourselves of the necessary pint of milk daily and the quart for each child daily. The best ways to use milk are as a cold or hot beverage, creamed soups, creamed sauce and milk puddings.

The value lies in the body-building materials, sources of energy and fuel, and the vitamins of which milk contains. The butterfat or cream of milk

is high in fuel for the body, but we have substitutes in large amounts, in the meats and vegetable oils that we use. Thus skim milk, buttermilk, cottage cheese, are the foods to maintain health and reduce the grocery budget.

BUTTERMILK BUNDS
2 cups flour, 1/2 cup butter, 1/2 cup soda, 1/2 cup salt, 2 tbsps. brown sugar, 1/2 cup raisins if desired, 1 egg, buttermilk to moisten (about 1/2 cup)

Sift the dry ingredients. Cut in the butter evenly and mix in the raisins. Beat the egg and add one-half cup of buttermilk. Stir into the dry ingredients with enough more buttermilk to make a soft dough. Divide in half and roll each piece of dough in circular shape about one-half inch thick. Cut in quarters, but do not separate the pieces. Bake in a hot oven about 15 mins.

BUTTERMILK SALAD DRESSING
1/2 tbsps. sugar, 1 tsp. mustard, 1/2 tsp. salt, few grains cayenne pepper, 1/2 tbsps. flour, 1/2 tsp. onion salt if desired, 1/2 tsp. butter, 1 cup buttermilk, 1/2 cup vinegar or lemon juice, 2 eggs

Mix the dry ingredients. Add the slightly beaten eggs and buttermilk. Cook over boiling water until the mixture thickens, then add the butter and stir in the vinegar or lemon juice very slowly. If the dressing has a curdled appearance it may be remedied by heating vigorously with a Dover egg beater. This dressing is delicious with vegetable and fish salads.

BUTTERMILK CREAMED CAKE
1/2 cup brown sugar, 1 cup buttermilk or sour milk, 6 tbsps. cocoa, 4 tbsps. butter, 1 egg, 1/2 cup flour, 1/2 tsp. soda, 1 tsp. baking powder.

Cream butter add the sugar and well-beaten egg. Sift together the dry ingredients and add alternately with the buttermilk to the first mixture. Bake in an oven at 350 degs for 45 mins.

BUTTERMILK PANCAKES
1/2 cup milk, 1 cup buttermilk or sour milk, 1/2 cup flour, 2 1/2 tbsps. baking powder, 1/2 tsp. soda, salt, 1 egg yolk, 1 egg white, 2 tbsps. melted butter.

Sift together the flour, baking powder, salt and soda. Combine sweet and sour milk. Add the unbeaten egg yolk and the sifted dry ingredients; then add the melted butter and beat thoroughly. Fold in the stiffly beaten egg white and cook on a hot greased iron pan. Serve with lemon syrup or maple syrup.

TAKE A TIP
1. Mashed bananas added to the beaten egg whites make a good substitute for whipped cream.
2. When making applesauce cake, grate the apples instead of cooking them. In that way no water is added and the full flavor of the apple is retained.
3. The electric mixer whose beaters can be moved into the kettle of potato, pot of squash, fresh applesauce or curdling custard is a great time-saver. It whips the food to a velvety smooth consistency.

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press by WENIMJANE P. CLARK

Last Thursday was a day to remember even to a person used to English fogs. It was a real tea-supper, although not as bad as the black fog of London. And of all days Thursday was the one on which the company that Bob works for had arranged a banquet in Toronto for its employees. All day I was worrying about what the night might bring forth and my fears were certainly not loosened when news got around of a man being killed near here on a level crossing. The poor fellow saw the light of the train but, owing to the dense fog, mistook it for the light of the station.

I had still another shock during the evening when our telephone rang and it was "long distance." Of course in the space of a split second I had Bob in a smash-up, probably in a motorist or at best in hospital. Then the operator went on "Niagara Falls is calling." Niagara Falls that meant Second Niece. My heart stopped its sluggish hammer pounding and I was able to assure Second Niece quite emphatically that we would just love to have her for the week-end.

Came bedtime and as I put out Mitchie the cat, I tried not to see that the fog was getting worse. Any way we were not expecting Bob home that night because he had other plans. However, sometime during the night I heard footsteps. Bob had changed his mind and come home. He told me next morning that it was the worst fog he had ever experienced in Ontario, so apparently I had reason to be concerned.

What we parents have in worry about. This is what I was turning over in my mind this morning. And then I wondered if we would have less worries if there were fewer cars and trucks on the road. What do you think about it? Anyway I am pretty sure there are a good many women who hardly know a minute's peace once the family is out of the garage, yes, and when Father is driving fast because Father has been known to exceed the speed limit.

But then if it wasn't cars we had to worry about it would be something else. Maybe in a few years mothers will be worrying about their young hopefuls flying too fast in the family air liner. Apparently every decade has its own pet personal problem, although sometimes one is tempted to wonder if in this day and age, familiarity has bred, not contempt so much as indifference. I remember, that as a girl, if I was out after ten o'clock without my mother knowing where and with whom I was putting in my time, I would find her walking the floor when I did get home. But now, well, the young folk tell you things are just beginning to warm up around ten or eleven o'clock that in fact, is just a good time for starting out. They have told us that so often that we have learnt to accept it as fact with varying degrees of concern or indifference. It has now become old-fashioned for parents to worry unduly and a great source of annoyance to the young folk if they should arrive home to find Mother sitting up for them. I know one mother who will never go to bed until all her family is under one roof. And I might add she keeps some pretty late hours at times.

Well, what should we do about it? Should we stay up or go to bed? Personally I think if we have instilled the right ideas in our off-spring in their childhood and adolescent years we can trust them not to go too far astray. Liberty they must have because this is an age of liberty. Some day the pendulum may swing back—who knows?

We know there are good and bad of every age and in every generation. You who have a grown-up family, can't you remember the times when you were told by your mother—"If I had done so-and-so when I was a girl."

And Sundays—do you remember the Sundays? Scissors were never allowed out in my home on Sundays. I remember so well one awful crime I committed. I wanted so badly to make a dress for my doll so I took the doll, some dress goods and the scissors and hid under the dining-room table.

Surely a pitying Father must sometimes grieve for the interpretation that was, and is, given to His Commandments. In the old days it was too literal—in these days too elastic.

INDEPENDENT YOUNGSTER

FORT FRANCES, Ont. (CP) — A 3-year-old Cree Indian girl, lost in the bush for three and a half days, ate berries and grass, drank creek water and slept a great deal of the time till a search party found her none the worse except for a few mosquito bites.

The Human Facts Behind the Figures Of Bank Statement

Maintaining the modern trend in bank statements which it initiated a year ago, the Bank of Montreal today published its annual report covering financial transactions with more than 1,500,000 customers in the form of a well illustrated and readily understandable story of 1946 operations.

The story, told simply and clearly, is one of record breaking deposit figures, all time high resources and an indication of the general prosperity of Canadians during the year. As the B of M puts it, the annual statement shows the "Human Facts Behind the Figures" in examples of individual transactions that make up the statistics of a record year of financial operation.

In many ways, this report of Canada's senior financial institution reflects conditions as they exist in Canada today. Deposits in the B of M, for instance, now stand at \$1,736,000,000, the highest in its history and more than \$100,000,000 above the figure of last year. While indicating that Canadians generally are better off financially than they have been for a number of years, the same increase provides reassuring proof that the citizens of the nation are themselves wisely safeguarding against runaway inflation through their personal financing.

Assets at Peak
Total assets of "What the B of M has in resources to meet its obligations" now stand at \$1,843,000,000—the largest assets figure in the 129-year history of the bank. Included with the figures contained under this heading are explanations, in simple language, of the various items of the B of M's balance sheet.

The statement shows that the greater proportion of all the bank's assets is in the form of "liquid resources"—cash and call loans, or securities which can be converted into cash quickly and easily. Total liquid resources of the B of M now stand at \$1,548,358,000 as compared with \$1,043,000,000 a year ago.

Wide Use of Facilities
Illustrations accompanying the annual statement show how business firms, private citizens, and governments use the many facilities of the bank not only to deposit their money for safekeeping but to borrow for the financing of new enterprises, the repair and construction of homes, and for municipal and farm improvements.

As might be expected, with the largely expanded operations of the bank during the past year, the profit figures are substantially above those of a year ago and it is understood that in addition to the increased volume of business, a factor affecting profits is certain abnormal revenues accruing during the period under review.

The statement shows profits after taxes at \$4,487,782 as compared with \$2,311,681 last year. After payment of dividends to those who have invested their money in B of M shares, an amount of \$1,067,782 was added to the balance in profit and loss account. This made a balance of \$4,256,285, from which transfer of \$3,000,000 was made to the Reserve Fund which now stands at \$12,000,000 a part of the shareholders' funds amounting to \$75,258,285. This figure is made up of monies subscribed by the shareholders who own the bank, and, to some extent, of profits which from time to time, as this year, have been ploughed back into the business to strengthen the bank's position and to provide added protection for the depositors.

EYES FOR STUDY
Four grades at school do not necessarily indicate inferior intellect. All sorts of handicaps may interfere with the normal training of a child, among the most common is eye affliction. In this modern age teachers are taught to recognize the child with defective vision and to make allowances accordingly.

In dealing with a child's eyes, medical men give due consideration to harmful effects of unsatisfactory diet. Vision of children during convalescence from illness also calls for special care. And, at all times, children should be taught the importance of conserving vision by avoiding eye-strain.

Co-operation between teacher, parent and family physician will ensure that a child receives the requisite medical advice and supervision to provide him or her with the health and facilities needed for attention to material presented in classroom and library.

SHEEP HAVE THEIR DAY IN SASKATCHEWAN TOWN
HAZLET, Sask. (CP) — It was a sheep mining day at this southwestern Saskatchewan hamlet and some 3,500 animals frolicked 50 at a time onto the scales which topped approximately \$25,000 to owners.

When a special Canadian Pacific Railway train hauled the sheep away in 14 cars from this spur-line town recently, all 150 inhabitants were on hand to see them off to Lethbridge, Alta. feeding pens.

More than 2,000 of the animals came from the farm some 30 miles away of George Eltkink, tended by his three sons and a pack of trained sheep dogs.

Sold at 10 cents a pound here, the 70-pound average sheep will be stuffed up to about 110 pounds before going under the axe.

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TELEPHONE CALLS HAVE AMBUSHED IN THE LAST TWO YEARS

...and they're still coming! That is one reason why when you pick up the telephone, you can't always get through to your party just as promptly as you (and we) would like.

Operators are working at top speed — present equipment is being stretched to its fullest possible use — and we are working against time to hurry the highly complicated installations which are essential to handle the ever-growing number of daily calls.

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