

# Of Interest to Women



Hello, Grandmother! We often think of you, so this week we are addressing the column to you. It is our sincere wish that you are well and that you keep well this winter. Make yourself a cup of hot cocoa or hot soup in the mid-morning and again before you retire. If you will persist in getting up early, the long winter days can be shortened by snacks, which provide not only extra energy but a rest period.

As to your regular meals, you have many more years of cooking experience than we have so you really know how to cook, but do not take too much trouble. Take your work less seriously.

Plain foods cooked in many ways that make them easily digested are best. This means that fried foods, hot barbecue sauces, planked steaks are no longer on your menu. All meats should be ground twice to make them tender except, of course, fish and poultry. Fatty meats and greasy food should be used with discretion.

You are a champion soup maker. One of your old fashioned soups can be the main supper dish. If you plan a fish dinner—steam it and serve with cream sauce to which has been added hard-boiled chopped eggs. Your vegetables should be baked two or three times a week. Gelatine and cottage cheese help to make finely chopped vegetables more appetizing. Desserts take a lot of fussing sometimes and the packaged ones will save you many steps, so use them and forget your pride.

We always welcome your suggestions and appreciate your interest in our column.

### HOT STEAMED SALMON

Place rack in bottom of pan; fill pan with 1 1/2 to 2 inches water; cover, bring water to a boil. Use 3 lbs. fresh salmon; tie in piece of cheesecloth; place on rack; cover tightly and steam 30 to 35 mins. Serve 2 lbs. of the salmon hot with a sauce and save the remainder for a salad.

**COLD CHICKEN BANANA ASPIC**  
2 envelopes (2tbsp) gelatine, 1/2 cup cold water, 2 cups chicken stock, 2 tbsps. lemon juice, 2 cups diced cooked or canned chicken, 1 cup cubed bananas, 2 tbsps. chopped tomato, 2 tbsps. salt, 1/2 cup diced celery.

Soften gelatine in cold water, dissolve in hot chicken stock. Add lemon juice and salt, chill until syrupy. Add remaining ingredients, pour into lined mould; chill in refrigerator until firm. Unmould. Serves 4 to 6. Serve with hot muffins.

### CULLED BUTTERSCOTCH PUDDING

Prepare package of Butter Scotch Pudding, using 1 1/2 cups milk. Cool, fold in 1/2 cup cream, whipped. Line mould with waxed paper and arrange triangles of cake around edge. Pour in butterscotch mixture. Chill overnight. Serves 4 to 6.

### THE SUGGESTION BOX

My grandmother's cook book is seventy-eight years old. I wish you could see it and the clippings pasted on the back pages. An advertisement taken from her home town paper reads: Cut out this ad; won't appear again. 21 choice assorted gladioli, 25 cents. Currant bushes, 2 for 5 cents.

The weights and measures will be interesting to brides from overseas. "One pound, 2 ounces flour is equal to 1 quart. Four large tablespoons are equal to 1/2 gill. Sixteen large tablespoons are equal to one half a pint. Ten pullet eggs are equal to 1 pound."

"To wash carpets: Use 1 peck of potatoes for a large carpet; scrape them in a large pail and let them stand overnight in a pailful of water. Use a brush and scrub carpet with liquid. If brown in colour use juice of raw beef, too. When dry brush with clean broom."

"To restore frost-bitten plants: Pour cold water over plant, wetting every leaf thoroughly. In this state place it in the dark, carefully covered with newspaper."

"To preserve autumn leaves: Place sprigs between two newspapers and leave with a light weight upon them until moisture has been absorbed. Then dip into water which you have melted over wax. Take off stove. Add a few drops of turpentine carefully. Draw leaves into pan, to coat with wax immediately on both sides. If too hot, leaf will shrivel; if too cool, it will harden too thick."

"Winter sauce: One peck chopped green tomatoes, 2 dozen large onions peeled and chopped, 1 dozen green or red peppers, chopped fine; salt, pepper, and spice to suit taste; 1 cup brown sugar, vinegar to cover; pour the vinegar over all boiling hot and bottle for winter use."

"Egg Balls for Soup: Rub yolks of 4 boiled eggs to a smooth paste, with salt, pepper and tsp. of oil, to these add two raw ones, beat light, add enough flour to hold together, make into balls with floured hands. Set in cool place until soup is ready to serve. Put egg balls in soup for 1 minute. Then ladle out with soup."

Another old clipping reads: "Whether well-to-do, or in narrow circumstances, you'll hold that waste is sin, against yourself and the world. Stint nowhere in cleanliness, light and warmth and let what you have be the best and prettiest for the cost."

In an old, old letter from Grandmother's friend: "More disease comes into the world in the shape of tainted milk than anyone dreams of but doctors. We bring our milk to a roll-boll quickly three times and then cool it in running water."

## Chronicles of... Ginger Farm

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

Maybe I am a little early, but this is my Christmas letter and so — Happy Christmas, Everybody. Did I hear you say "And a happy Christmas to all at Ginger Farm"? Perhaps you didn't — perhaps I just thought that one up but I like to think you did. It is a fancy I like to indulge because Christmas, to my way of thinking, as with so many other good things, only brings happiness when it is shared.

Most of us go our busy way, working, shopping, preparing in general for the Yuletide season, yet always taking time on our way to greet our friends, acquaintances and the clerk in the store with that cheery salutation "Happy Christmas." We say it, and most of us mean it, and because we mean it a part of it comes back to ourselves. We cannot because it just isn't possible, say "Happy Christmas" time after time, without sharing in that happiness that we in our greeting, wish for others.

If we feel glum and dull, either we don't bother to pass the compliments of the season at all, or we do it merely as a courtesy, in which case that "Seroogy" feeling, because of the repetition of our Christmas greeting, will gradually pass away and we shall find that, after all, there is no real reason why we shouldn't have a happy Christmas too. No matter what our troubles, our hardships or our heartaches, Christmas is still what we make it. It can also be a season of wild carousing or one of quiet, peaceful happiness — a sense of contentment enfolding us as we realize that in this bewitching, post-war world, the Christmas season, symbolic of the Birth of Christ, has endured and will continue to endure, until the end of time.

I heard this question raised the other day "Do you like Christmas and if so, why do you like it?" It reminded me of a little girl, a very quiet, thoughtful little girl, who was also asked on one occasion if she liked Christmas. Of course there were any number of reasons that she could give, but what was more interesting was the fact that she in turn began making inquiries.

For a few days everyone she met was asked the same question: "Why do you like Christmas?"

Grandpa was taken unawares — "Why do I like Christmas?" Why — why — well, bless my soul I hardly know. I guess it must be because that is when Santa Claus comes. Yes, of course, that's why it is."

"But Grandpa, Santa Claus doesn't bring you things. It's just us you get from."

"Oh, sure, that's right. Well, now, I know why it is it's because everybody is happy and when everyone else is happy then your old Grandpa is happy too."

The mailman said he liked Christmas because it meant there would be less parcels for him to carry afterwards.

The storekeeper said Christmas was okay with him because it was one day he didn't have to keep saying until he was sick of it — "Sorry, ma'am but we haven't any left at all."

Brother Bill said he liked Christmas because then folks quit whispering and shoving things away when he hove in sight.

Big Sister thought Christmas was the happiest day ever, but little Sister knew that that new sparkley ring on her finger had something to do with it.

Daddy wouldn't be serious at all. "Why wouldn't I like Christmas?" he asked. "Think of the dinner we had. Look at that tie I got. (Yes, just look at it," he muttered.) And see how happy Bill is when I help him run that electric contraption. Oh yes, and I also like Christmas because maybe it will end a certain little girl's endless stream of questions!"

It was Mummy who took the longest of all to answer the question. Taking the little girl on her lap, she said softly "I like Christmas, darling, first of all because it is the Birthday of the Prince of Peace. I like it too, because it brings so many that I love under one roof. And I like it because in the huge world about us there is a comparatively great spirit of friendliness. And I like this Christmas particularly because there is no war and less of the heartache and misery that follow in the wake of war. And then, too, I like Christmas because I have you, little daughter. Children and Christmas — belong together, so you are part of my Christmas."

Although only partly understanding, the little girl was satisfied and, snuggling up to her mother, she sighed happily as she said — "Do you know, Mummy, I don't like Christmas at all — I LOVE IT!"

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He is rich whose income is more than his expenses; and he is poor whose expenses exceed his income.

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