

# Of Interest to Women

## RECOLLECTIONS OF ACTON

### BACK IN 1897

Taken from the issue of the Free Press of January 14, 1897

The opening of a grain market at the G.T.R. here has been appreciated by the farmers. Mr. Noble enjoys the confidence of the farmers of this section. The prices this week are wheat white 80c to 81c; red 78c-80c; barley 22c-23c; peas 40c; oats, 17c-18c.

The Workmen's Lodge election of officers included the following names: Bros. A. A. Seeger, P. D. Graham, John Matthews, James Francis, W. H. Spelght, W. E. Smith, John Kenney, James Halstead, John McEachern, William Cursey.

Acton Hockey Club will play their first outside match next Saturday evening on the Milton rink with the club of the county town.

Messrs. L. C. Matthews and Anson Smith are Acton's official auditors for the year.

Misses Josie Nicklin, Mina Walker and Messrs. Harry Jeans and W. Stark provide the program for the entertainment under the auspices of the Hillburg band in that village tomorrow evening.

On Wednesday the 6th inst. at Crewson's Corners, Henrietta McKeown was united in marriage to Mr. Robert G. Brown.

Mr. Mungo Nixon and Miss M. Nixon of Ashgrove arrived home on Monday after a trip to Arthur and Guelph where they visited friends.

C. F. Goodie is advertising dress goods, blue serge \$2 in wide worth 75c for 50c yd.; black lustre worth 60c for 40c yd.; black serge worth 35c for 25c yd.; shingles A1 cedar 75c a bunch.

Henderson and Co., child's and misses overshoes 50c, reg. \$1.10; women's dong buttoned shoes, \$1.00, reg. \$1.50; women's kid buttoned gloves, \$1.25 pair, reg. \$1.60; men's buff gaiters, per pair \$1.25, reg. \$1.50; ladies fur muffs, coney, seal, astrakan, etc. at \$1.50, \$1.75 and \$2.25; spoons 3 for 10c.

John McQueen has purchased the coal and wood business carried on by James Brown.

### BORN

KENNEDY. In Erin on Friday, January 8th, to Mr. and Mrs. J. Kennedy, a daughter.

MOFFAT. In Esquimaux, 6th Con., on Thursday, 7th January, to Mr. and Mrs. Thos. Moffat, a son.

### BACK IN 1927

From the Issue of The Free Press of Thursday, January 20th, 1927

The snow's getting deeper and deeper.

Flye caused \$50,000 damage to the Taylor Forbes hardware plant at Guelph, shortly before closing time on Wednesday.

\$1,513.62 was spent during the year on Park improvements.

Four small children were burned to death in their home in Toronto on Saturday night. They were the children of Mrs. Geoffrey, a daughter of Mr. and Mrs. Emerson Anderson, Church Street, Acton.

A Toronto swimmer, George Young, won \$25,000 in a contest with 101 others in swimming to Catalina Island from the mainland, a distance of 22 miles.

Col. Steve Marshall, who was born in Limehouse and engaged in business in Acton at the time of enlisting in the Salvation Army, forty-one years ago, is now commander of the Salvation Army in New England with headquarters at Boston.

### MARRIED

WALLACE-WILSON. At Esq. Church Manse, on Monday, January 17th, 1927, by Rev. A. C. Stewart, M.A., William D. Wallace, of London, to Mrs. Elizabeth, widow daughter of Mr. and Mrs. H. S. Wilson, Mill Street, Acton.

### DIED

MacLEOD—At his home, Lot 17, Con. 6, Nassagaweya, Kenneth McLeod, in his 96th year.

## We Take Pride

IN TAKING CARE OF YOUR CLOTHES

PHONE 272

VanWyck Cleaners

ACTON



## Chronicles of Ginger Farm

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

Hello Homomakers! What kind of breakfast should you have? A substantial breakfast or none at all. This is not a question to be answered by "now everybody has been fed and is off for the day, guess I should go shopping right away." Nor is the answer to be found in "I must reduce."

It has been proven that good health is maintained by a "substantial" meal at the beginning of the day. And this is true every day in the year, summer or winter. Breakfast should account for at least one-fourth of the protein and one-fourth of the vitamins and minerals required daily.

Some people have developed the habit of omitting breakfast in an effort to lose weight, but that is the wrong way to reduce. Their energy would be maintained at a more even keel if they divided the food they eat among three meals a day rather than two. Planning a well-balanced diet with three meals a day is not a difficult task if a few simple principles are followed. But with only two meals there is a danger of omitting some of the most important foods which furnish the much-needed vitamins, minerals and proteins.

Breakfast can be planned from five items, namely fruit, an egg, cereal or toast, butter or jam and beverage, which means milk for children. During conservation of wheat products, serve either cereal or toast, but not both. Even this economical meal will be well-balanced and hearty.

In many ways your body is like the engine in your car. It takes fuel in the form of food and transforms it into energy, the energy with which you accomplish your day's work. It is just as reasonable to expect your car to start on an empty tank as to suppose your body can furnish energy for the morning's activities without proper food.

A good breakfast can work wonders in the way you feel. Try it and see how much it adds to your contentment and the ease with which you perform your forenoon tasks.

For a happy healthy start on the day's activities, serve breakfasts like these:

- (1) Half grapefruit or orange
- Bran flakes with milk
- French toast
- Milk or hot beverage
- (2) Dishes or orange juice
- Poached egg on toast
- Muffin and jam
- Cocoa or milk
- (3) Baked apple
- Oatmeal porridge and raisins
- Milk or coffee

### THE QUESTION BOX

Mrs. N. K. says: Why do the new soap substitutes and lose their suds action quickly and make the water look dirty?

Answer: The suds of the washing compounds disappear as the materials dissolve in the water. The compounds do not hide the dirt in the solution as the soap suds do.

Mrs. J. M. says: What is meant by the inclusion of a detergent in the washing compound?

Answer: It should mean that more borax or washing soda has been added to dissolve grease and oil. A small quantity of a detergent on materials goes a long way so you should not use it as lavishly as soap.

Mrs. B. J. asks: What is the difference between a woolen wash product and a laundry soap for washing fabrics?

Answer: The difference is the gentle action of softening water. As you know, wools and nylons do not absorb water easily; therefore it is advisable to use a wool-wash because they contain a wetting agent. The cleansing will be more thoroughly done.

Mrs. J. T. asks: How can you tell if a new washing compound contains an alkaline detergent? Is it true that you should not wash wool and nylon in such a compound?

Answer: You can recognize it by the slippery feel it gives to the water solution and by the failure to make standing suds. Alkaline products tend to destroy animal fibres so it is not wise to wash good wools and pastel coloured clothes in this solution.

Mrs. M. T. asks: Will crickets in our clothes closet die eventually without doing any harm?

Answer: A cricket's cheap indoors is a signal to start taking action because they eat holes in the clothes. Provide other food such as a teaspoon of oatmeal or a piece of apple on which you have sprinkled some DDT power.

### RED CLOVER SEED

World supply of red clover seed in 1946 was only sufficient to meet 60 per cent of world requirements. Canadian grown red clover seed, because of its notably high quality, is preferred by several countries. More than 3 million pounds of the seed produced in Canada in 1946 will be exported.

Well, friends, how goes it with you? Have you settled down to the fact that we are pretty well launched on another year, and have you greeted it with a song in your heart, or accepted it with foreboding—or, just accepted it? Maybe like us, you have been too busy to even attempt much in the way of speculation as to what 1947 may bring forth.

You know I really like January and February. The first of the year we can enjoy Christmas and all its excitement in retrospect; we can let our minds relax and we can take time to catch up on the things that the festive season crowded out. There are always plenty of odd jobs that I know my mending basket, if it could speak for itself, would surely shout to the house tops—"You said it!" All right—all right, M. B.—I know you are just about bursting with socks and stockings. Matter of fact, until yesterday I thought I would have to do something about it, and then in the mail, came a present for Bob—four pairs of socks. Yes, a present for him but a reprieve for me.

What have I been doing? Well, what does anyone do after having the house full of friends and relations? You know only too well don't you? Unfortunately the weatherman was definitely against me. Last Tuesday morning for instance, the water on the stove, hot and waiting for the huge washing I had promised myself would be done. But when we got up the power was off and we started the washing with candles. By nine o'clock it was on again and away we went; the washing machine and I, trying to make up for lost time. But at eleven o'clock off went the power again for nearly an hour—and two more tubfuls still to go. By the time I was through the weather was really roughing it up. So much so that it was two days before the sheets could be hung outside and the small stuff of course, had to be dried in the house. What with ironing and mending, it was the end of the week before that wash was out of the way. And how we women like a job that hangs around like that. But save the mark—I still see that pile of socks even from where I sit. Something tells me I should move the basket.

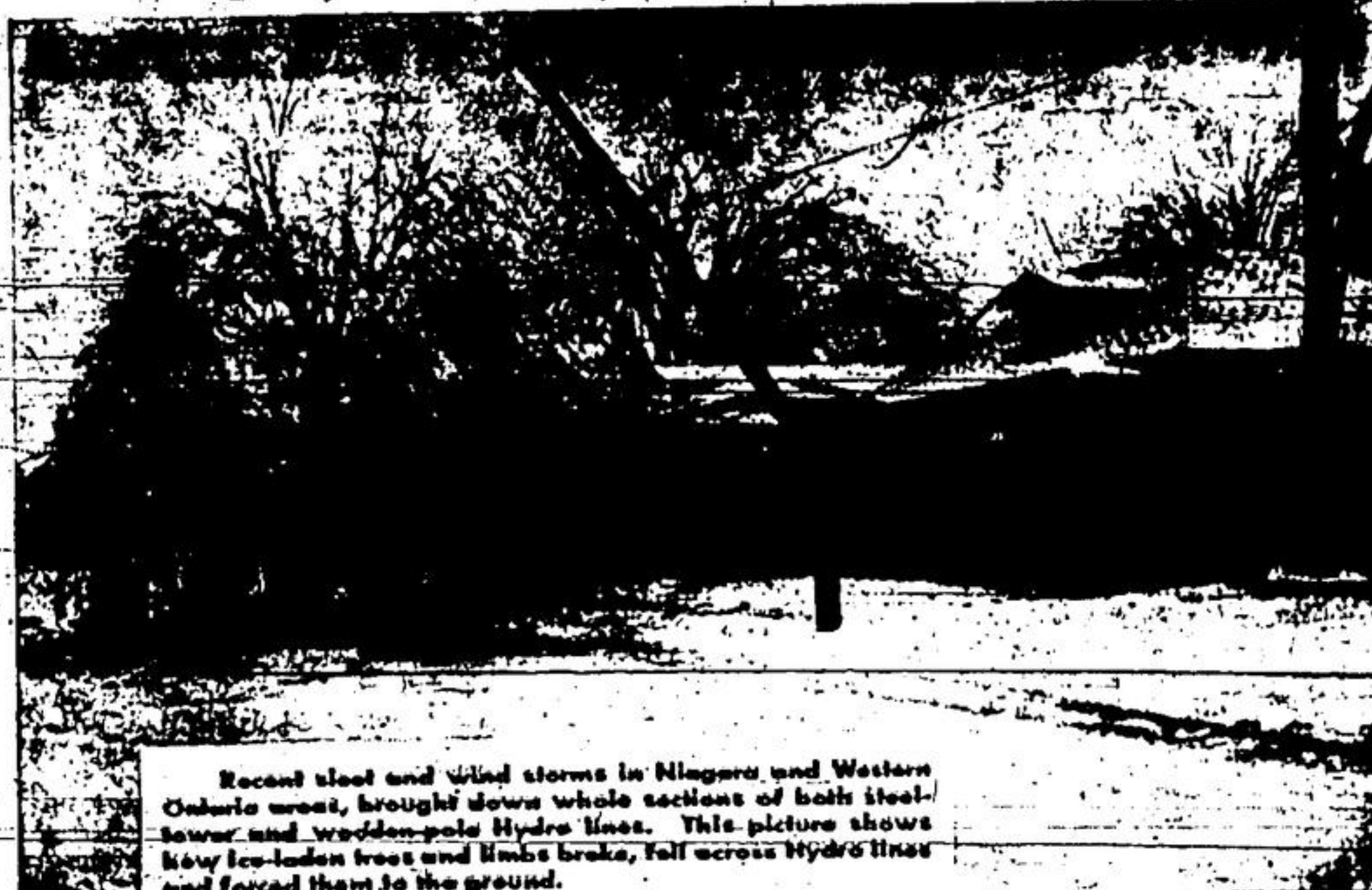
Partner had plenty of extra work at the barn too. Shovelling snow and pushing milk cans out to the road. I forgot to tell you, we are back in the milk business again. The dairy was short of milk so we were asked to come to the rescue.

Another of my problems was how to get to town. The line was impassable. Bob leaves the car at the road at night and is away with it all day. I don't want it when the roads are bad anyway. But—I just had to get down to the bank. So, one day when it wasn't too cold I started hooling it. Started, yes, and finished it too. Soon after leaving our gate I heard a car behind me. I looked back hopefully. I didn't exactly stick my thumb out because I thought my hooling look would be enough. But not a bit of it. That car went whizzing by as if I didn't exist. And in it were two MEN. Or were they? Maybe they were gentlemen and had an idea I wasn't a lady. And maybe they were right because the thoughts I had of them after they had passed were certainly not those of a lady. My faith in the milk of human-kindness having received such a jolt I hired a taxi to bring me home.

Here is a very different little incident which may give some of you an idea of what you should be visiting in a home where there is only one woman to do the work of a big house. Deaf as she left, the last of my visitors took the vacuum cleaner and gave, not only her own room, but all the rooms upstairs a thorough going-over. Believe me, such thoroughness was a tremendous help and was certainly very much appreciated.

And here is a thought on our new citizenship status. When we think of ourselves as Canadians we might also remember that we share that honor equally with all others, who qualify as Canadian citizens. The Jew who rides with us on the streetcar; the Frenchman on the train; the Italian at the corner fruit store; the Chinaman at the restaurant; the porter who carries our bag through the subway; they, too, are CANADIAN CITIZENS. Properly speaking I should refer to them only as Canadians, but to make my point clear I thought it necessary to mention their racial origin.

"No, no, no," protested the agreeable fellow. "I wouldn't call her a sororista at all. All I said was that when she rubs cold cream on her face, it curdles."



Recent blast and wind storms in Niagara and Western Ontario areas, brought down whole sections of both steel-tower and wood-frame Hydro lines. This picture shows how ice-laden trees and limbs broke, fell across Hydro lines and forced them to the ground.

# WINTER RAMPAGE!

When King Winter makes an all-out attack, man can do little but repair the damage as fast as possible. Recent power breaks in Niagara and Western Ontario areas were the direct result of unusual and severe storm conditions.

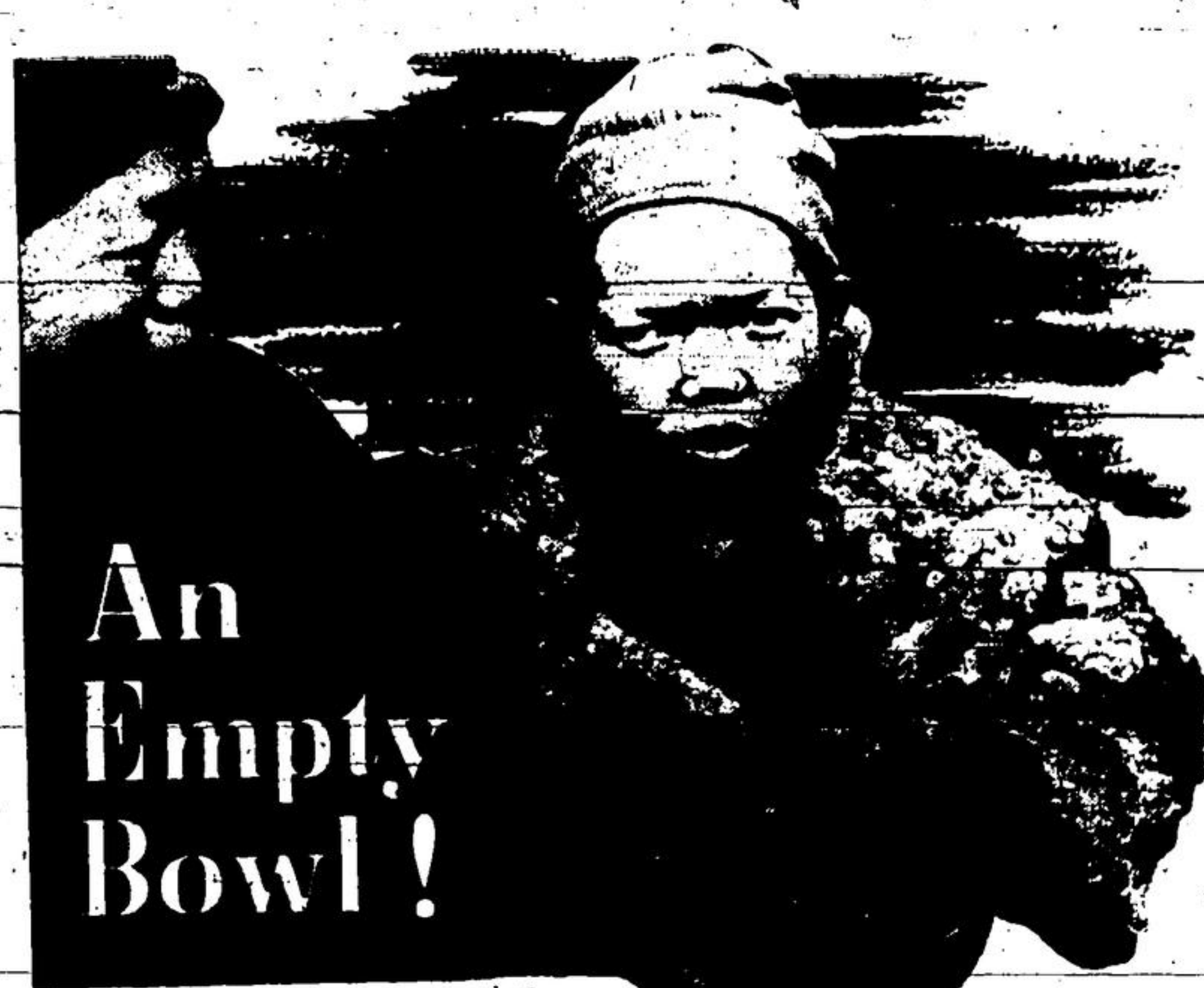
Because of the flexibility provided by its unified, province-wide organization, Hydro was able to rush emergency repair crews from other parts of Ontario to restore power. Every effort was directed to this end.

To all consumers who suffered in these storm areas, Hydro expresses its thanks and appreciation for their patience and understanding in a difficult and trying situation.

At all times Hydro safeguards service by endeavouring to locate lines free from trees and by tree trimming. Present storm damages illustrate the advisability of these methods.

During this winter period, storms and power shortage present great operating problems for Hydro. Your co-operation in the conserving of power will be of material assistance and much appreciated.

THE HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO



# An Empty Bowl!

is the lot of millions of homeless orphans in war-torn China

**Do it NOW!**  
He who gives quickly gives twice. Send your cheque or money order TODAY to Canadian Aid to China for IMMEDIATE relief of suffering among the Chinese victims of war and famine.

Brought to the orphanage at Hangyang, this suffering boy had only an empty bowl.  
Millions of orphans, widows, peasant farmers, uprooted and despoiled by war, hungry, sick, homeless, are perishing for want of food, clothes, shelter, medical supplies.

UNRRA relief is ending; voluntary agencies must redouble their efforts. China, a good neighbor and customer, calls piteously to YOU, a fortunate Canadian, for help. In better days, she will not forget!

This is the only national appeal to be made in Canada within the next twelve months for Chinese relief.

## Be Generous! China, a Good Neighbor, calls to YOU! CANADIAN AID TO CHINA

Make cheques payable to CANADIAN AID TO CHINA and mail to Provincial Headquarters or Local Headquarters or to any Chartered Bank  
Ontario Committee Headquarters, Room 101, 371 Bay Street, Toronto 1  
Chairman, H. B. Burgoyne, St. Catharines, Ont.  
Vice-Chairman, C. R. Rowntree, London, Ont.  
Treasurer, E. J. Case, Imperial Bank of Canada, Bay and Temperance Streets, Toronto 1