

# Of Interest to Women



Hello Homemakers! The true griddle cake lover enjoys eating them in the kitchen—when he can. He sits at a white kitchen table, flanked by a deep-lipped pitcher filled with rich looking syrup and the other essentials for a perfect griddle cake, meal. Some citrus fruit, spiced sausages and coffee are the only other foods needed apart from the griddle cake ingredients. There he sits, and as the laced-up pancakes or "patterned" waffles are baked and come off the iron, he eats, his fill. That is a profile of the true and ardent griddle cake fan.

Barring the privilege I told you of, let us hope the waffle iron is set upon the dining room table. Reunite

"hot off the griddle" is the best quality waffle.

**WAFFLES**  
2 cups sifted cake flour, 2 eggs separated, 1/2 tsp. salt, 3 tsps. baking powder, 1 1/2 cups milk, 6 tsps. melted shortening.  
Using mixer, beat whole eggs 1 min. using high speed. Add the milk and beat for 1 min. Add the sifted dry ingredients. Add melted shortening and beat for 15 sec. at high speed or until the mixture is thoroughly blended. Makes 8 or 10.

**GINGERBREAD WAFFLES**  
1-3 cup shortening, 1-3 cup boiling water, 1-3 cup molasses, 1-3 cup sugar, 1 egg—slightly beaten, 1 cup flour, 1/2 tsp. salt, 1/2 tsp. soda, 1/2 tsp. baking powder, 1 tsp. ginger, 1/2 tsp. cinnamon, 1/2 tsp. cloves.  
Place shortening in a mixing bowl and pour boiling water over it. Add molasses, sugar and egg. Stir in flour sifted with salt, soda, baking powder and spice. Cook mixture in hot waffle iron. Serve with syrup or with cottage cheese. Makes 3 or 4.

**SOUTHERN PANCAKES**  
1 cup buttermilk, 1/2 cup sweet milk, 1 egg, well beaten, 1 tsp. soda, 1/2 tsp. salt, 1 tsp. melted fat, 2 tsps. cornmeal, 2 cups flour.  
Mix ingredients in order given. Bake in waffle iron or sizzling hot greased griddle pan. When bubbling form, turn and brown on other side. Serve with sausages or with fruit for dessert. Makes 10 or 12.

**ORANGE PANCAKES**  
1 1/2 cups prepared pancake flour, 1/2 to 2 tsps. grated orange rind, few grillings nutmeg, 1 tsp. sugar (optional), 1 1/2 cups milk or water.  
To pancake flour, add orange rind and sugar. Add liquid, stir until batter is smooth. Turn into waffle iron. Fry as directed for pancakes. Serve hot with butter and honey. Makes 8.

**TAKE A TIP**  
1. Use a scant measurement of salt with flour for thin batter mixtures.  
2. Use salt-free fat to grease griddles and waffle irons since salt causes mixtures to stick to metal. Melt fat and skim off a small amount from top to use. Pork fat is better than butter as the latter burns easily.  
3. Pour batter from a pitcher about 1/2 cup at a time. Do not spread batter. Allow about 10 to 12 min. on each side to brown when bubbles begin to form in pancakes. It is time to turn and when steam stops coming forth from side of waffle iron it is time to lift out.  
4. Stack pancakes and waffles on end to prevent sogginess. Serve on hot plates.

Spread soft butter (either hot or melted) on waffles and top with maple syrup.

**THE QUESTION BOX**  
Mr. K. C. asks: How do you prevent gravy from becoming greasy?  
Answer: Let the juice in the pan stand for 3 or 4 minutes after you remove the meat, then skim off the fat and save for baking. Spoon about 1 tablespoon flour in a shallow pan and quickly stir in the meat juice. Add hot water or potato water to thin to desired consistency.

Mrs. B. K. says: What makes food last very hard?  
Answer: Food should be wiped with a dry cloth, never soak or wash it. Pork liver may be scalded. Sauté quickly in hot fat, removing both sides, then cover tightly and cook 5 minutes on low heat. This method prevents liver from becoming tough.

Mrs. M. R. says: That since the supply of starch is very limited it should be used sparingly. When making blanc mange, use 1 tsp. of cornstarch and 1 egg; and to make sweet sauce, use part chopped fruit or graham cracker crumbs to substitute for cornstarch.

**BRITAIN TO USE ATOMIC MATERIALS FOR CANCER**  
"Atomic piles" now being built up in Harwell, England, will produce materials for treatment of cancer. These materials will act as a supplement to radium. This announcement was made by Professor Cockcroft, United Kingdom Director of Atom Research on December 13th. A metal such as cobalt would be put into the pile and left there for a month, he said. By then it would have acquired properties very similar to radium. A small piece of cobalt would have an activity about equal to the biggest radium source used in medical treatment.

Our repentance is not so much regret for the ill we have done as fear of the ill that may happen to us in consequence.

## Chronicles of... Ginger-Farm

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

There is one thing that town and country folk alike in England, Europe and the North American continent all have in common these days and that is the weather. We read about it, think about it, talk about it—And do we worry about it! But of course how much we worry depends upon the extent to which it affects us. When you have friends over in the Old Country and you know that cold, stormy weather, coupled with a drastic reduction in the supply of coal gas, and electric power is bound to create a very serious hardship, then how can anyone help but be anxious. As if the people in the British Isles hadn't had enough to put up with during the war.

In Ontario and right on the farms, the greatest worry is naturally the blocked lanes and sideroads. A long lane in summer is an advantage, it keeps the house comparatively free of road dust but in the winter...

It keeps us free of the baker, the grocery boy, the mill truck, visitors, and even peddlers. Bob was determined he was going to keep our lane open during the stormy weather and, by dint of repeated shovellings, he managed pretty well for a few days, although the best he could do was drive in as far as the house and then back all the way out again each time he wanted to go to town. Getting the milk cans and the egg crates to the road is quite a job. First the men tried pushing them down the lane on an improvised sled—just a wider platform rigged up on a child's hand sleigh. But the snow got too deep for it to be of much use. Then we thought a toboggan would be a good idea, but of course there wasn't one in town. However, in a few days the hardware store had some come in, so we got one and found it exactly does the trick. Of course the car is now left at the road gate and as long as the highway is kept open Bob can get back and forth to town and in that way keep us supplied with the necessities of life.

I shall be glad when it will be possible to buy in supplies in larger quantities like we used to. It is a good thing, in the country, to stock up for the winter. Just think how nice it will be to buy sugar by the 100-pound bag again! However, there are some advantages to buying in small quantities. I realized that the other day when I opened a half-pound packet of tea for which I had paid 45 cents. I was sure glad we hadn't got ten pounds of that stuff. Really the taste and smell of that tea was awful and something floated on top of the water that looked like dust. I tried making a second lot and the result was just the same. We simply couldn't drink it, and it was the first time we have ever had that happen.

There didn't seem much sense in taking it back to the store—how could they know what the tea was like? So I looked up the address of the wholesale house and sent the tea back to them. The accompanying letter was not one of complaint, but of inquiry. For one reason I felt sure there had been a slip-up somewhere and that company would prefer to know it. After all it was their reputation at stake, all we stood to lose was half a pound of tea.

I wish it were possible, and as ever, to send back the coal we bought last fall! To call that sort of arranging the point. Black chunks of brick and stone would be nearer the mark about 50% comes out of the ash as solid is when it went into the furnace. That is, when it shakes down—and that is our main worry. Very often it doesn't, and the fire has to be let out in order to pry loose the chunks of stoney coals that have wedged themselves between the grates. By the time a person has done a few aerobic stunts by climbing halfway into the furnace and getting completely blackened in the process, tempers are inclined to be a little short and patience at the zero mark.

It will be a great day when tradespeople and manufacturers are back on a competitive basis.

Well, Bob is back to dinner again so I suppose we shall hear the latest local storm news. He is doing an overhaul job to his truck down-town so we don't see very much of him, except at meal-time, when he comes back like a homing pigeon.

**HONOR LATE PRESIDENT**  
WELCHPOOL, N.B. (C.P.S.) Special memorial services for President Roosevelt were held in St. Anne's Church here which the Roosevelt family used to attend frequently while on visits to their Campbell Island home. The late president was honorary vestryman at the church.

## Annual Report of Duke of Devonshire Chapter I. O. D. E.

Madame Regent and Members: I have the honor to present the 30th Annual Report of Duke of Devonshire Chapter, Imperial Order Daughters of the Empire.

Membership—During the year 10 monthly and 6 executive meetings have been held in the homes of our members. There is a membership of 68 active members, 6 of whom joined this year and 2 associate members. The average attendance is 38. Cards have been sent to 22 sick members, flowers to 2 bereaved members and 31 letters written. "Echoes", the Order's official magazine has 31 subscribers.

Educational—Our guest speakers have been Miss Chan, Public School Nurse, Acton; Mrs. McElbhan, Provincial Film Board, Toronto; and the winners of the school awards in grades VI, VII, VIII. Other programs have been given by members on Empire Study.

Further educational work has been presentation of awards to each grade in the Acton Public School for essays and posters; five dollars award to pupil of highest standing in Grade VIII, placing of I.O.D.E. calendars in each grade of Acton—Public School and 13 rural schools; shower of juvenile books to local library; Christmas box to adopted school at Trout Creek; decision to give a \$25 scholarship for general proficiency to pupil in Grade XIII.

Local activities. Our local activities have been: assistance on the canvas for clothing for clothing for Overseas Relief, Local-Ration-Board and placing of wreath on cenotaph on Remembrance Day. Tag days: we have held 2 tag days this year to raise funds, Canadian Institute of the Blind, on this the girls of the High and Public Schools kindly assisted; Welfare Service on Fair Days.

Finance—Our finances for Welfare, Educational and Post-War Work have been raised by fees, donations, tag days and a bazaar. Total Receipts \$725.36.

Donations. Lucy Morrison Memorial and Coronation Bursary; Naik Hospital (India); Endowment Fund; United Canadian Tract Society; Canadian Mothercraft Society; Canadian Institute of the Blind; Sea Cadets; Polish Relief; Sailors' and Amputees' Fund; British and European Relief Fund; Second War Memorial; I.O.D.E. Calendars; Acton Public School awards; adopted school—Christmas gift; Acton Branch Canadian Legion; Children's Aid Society (Halton); Acton Branch Browne Park; Christie Street Hospital, gift; National Shipping Fund of post war work for Britain; Remembrance Day wreath.

Hospitality—The highlight of our year's hospitality was the observance of our 30th anniversary in the form of a dinner in the United Church Sunday School rooms, the guest speaker being Mrs. McElbhan, convener, Provincial Film Board, Toronto; at the annual Officers' Tea, the officers of Lakeside Chapter were guests.

Our Motto—"Service and Loyalty" has furnished the inspiration under which our members have worked in the past, so let us keep it ever before us in the future. The I.O.D.E. forms one of Canada's largest voluntary women's organizations and wherever demands of any kind of co-operation

are made, we are ready to respond. No Chapter is any better than its membership. So if we wish to live up to the ideals of our motto let us remember the past, look forward to the future and hold aloft the Order's concepts and traditions.

The enthusiastic leadership of our present, Mrs. J. C. Matthews and the assistance of our officers, councillors and members has made this past year a gratifying success both financially and socially.

On behalf of the Order, appreciation for co-operation is extended to the Acton Council, the High and Public School Staff and pupils, Acton Free Board of Directors, Acton Free Press, Mr. Graham, auditor, all citizens who have supported our efforts and our hostesses and members.

May I conclude with this poem by Mabel Black Myers entitled "Canadian Symbol":  
Northward in the spring, to vast solitudes of the Buffalo Land,  
Where his young he rears,  
In the fall, southward to whirling sunny dunes,  
The Blue Grouse wings his way  
Across uncounted years  
Singing arrow-swift,  
He is the living bounty of our Canadian heritage  
In this world of strife,  
Noble, unswerving, steadfast,  
Symbol of a nation's life,  
All of which is especially submitted.

Secretary, Edith J. Barr

**DESTROY WASTES**  
Vast quantities of waste products—human as well as industrial—result from the processes of living. National Health authorities have issued a warning that accumulation of filth can be disastrous. Prompt, planned disposal of sewage and refuse is of prime importance to health maintenance. Care must be taken to ensure thorough removal of all such media of infection so that they cannot pollute the main sources of life food, water and air.

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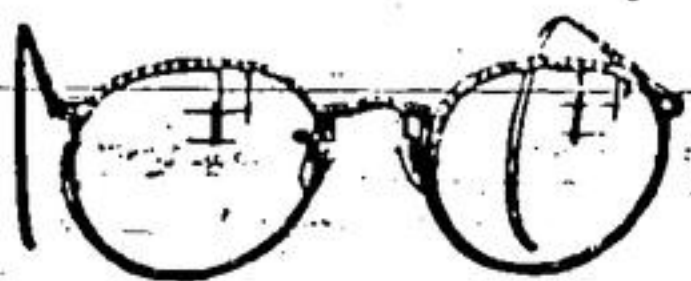
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