

# Of Interest to Women



**Hello Homemakers!**  
You probably have one member in your family who thinks there is no dessert in the world like apple crisp. He is not far wrong particularly if you use the following recipe and take enough cream from the top of the milk bottle to whip and place on the dessert just before serving. Be sure to add to the cream, besides a little brown sugar, a pinch of nutmeg. (You will likely have to explain to the family that the specks of nutmeg are not dirt, but they will forget about this when they taste it.)

### APPLE CRISP

1/2 cup oatmeal, 3/4 cup sugar, pinch of soda, pinch of baking powder, 1/2 cup whole wheat flour, pinch salt, 1/2 cup fat (preferably good quality vegetable fat).  
Place sliced apples in shallow baking dish and place in moderate oven until apples become soft. Then lightly spread the above mixture, which has been combined in the order given and is of a crumbly consistency, over the apples. Place in oven and leave until the crust is delicately browned. Serve hot with whipped cream or rich milk. This dessert may be successfully made substituting rhubarb, prunes or fresh peaches for the apples. If you do not happen to have oatmeal in the house, we have found the whole wheat alone is almost as nice.

And let us celebrate with a few dates, using them in a good old-fashioned steamed pudding. Nothing is more popular with the men and here is a recipe utilizing rolled oats:

### STEAMED DATE PUDDING

1 cup flour, 1 tsp. baking soda, 1/2 tsp. cinnamon, 1/2 tsp. salt, 1/2

tsp. allspice, 1/6 tsp. ginger, 3/4 cup rolled oats, 1/2 cup pitted chopped dates, 3/4 cup raisins, 1/2 cup milk, 1 egg, 4 tbsps. melted fat.

Combine dry ingredients. Add milk and beaten egg then melted fat. Place in well greased bowl and cover tightly with wax paper. Steam for two hours. Serve with brown sugar sauce.

Our muffins and desserts take on a new significance when whole wheat flour or oatmeal is used in place of white flour. And here again we add vitamins and minerals galore which cannot be stored in the body and hence need regular replenishing.

### WHOLE WHEAT MUFFINS

1 1/2 cups whole wheat flour, 4 tbsps. sugar, 3/4 tsp. baking powder, 1/2 tsp. salt, 1 egg, 1 cup milk, 3 tbsps. melted fat.  
Sift flour, baking powder and add sugar. Beat egg, add milk and melted fat and pour into a well greased muffin tin. Bake in oven at 400 degrees, 20 minutes.

### OATMEAL DROP COOKIES

3/4 cup fat, 1 cup brown sugar, 3 eggs, 2 cups flour, 2 cups oatmeal, 1/2 tsp. allspice, 1/2 tsp. salt, 1/2 cup raisins, 1/2 cup sour milk, 1/2 tsp. baking soda.  
Cream fat, add sugar and cream well. Add eggs and beat. Sift dry ingredients. Add raisins. Add alternately with milk to first mixture. Drop on greased cookie sheet and bake in oven at 375 degrees until golden brown.

### TAKE A TIP

**Rules for Good Tea Results.**  
1. Use accurate tested recipes.  
2. Read the entire recipe and visualize each step.

3. Use quality ingredients. They are the most economical in the long run.  
4. Prepare pans before starting to work. Dust lightly with flour.  
5. Preheat oven ten minutes before you need to bake. If you are not sure of oven control place a piece of unglazed white paper in the preheated oven and if it browns in half a minute it is the hot temperature needed otherwise use 425 degrees.  
6. Use level measurements for all ingredients, be systematic and accurate and results will not vary.

7. Sift flour before measuring. Then measure amount recipe requires. Sift again with dry ingredients to blend them evenly.  
8. Handle quickly and lightly and only enough to give the dough a smooth appearance. As little flour as possible should be dusted on bake board. Dough is then patted or rolled lightly to even thickness. Use a floured cutter to press out biscuits.  
9. Place baking pan in the centre of the middle shelf. Two pans should be placed so that there is a space around them.

### VALUE OF LIVER

Canada's Food Rules, issued from Ottawa, recommend servings of liver, at least once a week for health reasons. They declare that few foods are more nutritious than liver, which gives essential food elements in amounts at least equal to those in other meats.

Also, liver provides vitamin A for growth and protection against infection, riboflavin, essential for general good health and iron needed for formation of red blood cells.

## Chronicles of... Ginger Farm

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

It seems like the weatherman has got his seasons mixed-up or something—and we don't mind how soon he straightens them out. From what we have been reading in the paper it appears that most districts were treated to something a little out of the ordinary for the Easter week-end.

We had our share of inconveniences starting Saturday supper-time when the lights kept going out for five or ten minutes at a time. It was really rather crazy. Without so much as a flicker out they would go, and then, just as soon as we had the lamps and tandles lit, on-would come the light again. At one time I said to Partner, "Won't it be awful if the power goes off and we can't listen to the hockey game." But it didn't, and we did—if you understand what I mean. And of course we went to bed quite happy with the result of the game. Incidentally, we were interested to learn that a "rookie" on the Detroit team was originally from this district.

Daughter and friend Bert were to arrive late Saturday night so we left the door unlocked for them. But oh dear, the wind was here ahead of them and it threw open the doors, knocked over a few things, blew papers around and generally created havoc—all inside of a few minutes. I was out of bed in a second and I found it pretty drafty business running around shutting the doors.

Sunday morning it was still blowing ripping shingles off the barn roof and limbs off winter-weary trees, and the air was damp and unpleasant. A good fire in the kitchen would have been very welcome—but every time we tried to light it, it just about smoked us out. So then we fell back on the electric stove. I was thankful it was going because it was necessary to make biscuits to eke out our meagre bread supply. For some unknown reason the baker failed to deliver our bread on Saturday and by the time I realised he wasn't coming it was too late to buy a loaf anywhere in town. I also had to bake a pie. You see the after-effects of the flu left me with so little ambition that we were decidedly short on eats. But alas the pie still had another fifteen minutes to go when the power went off again absolutely and completely.

So there we were, a smoky stove, no power and a half-baked pie. But we were not altogether stuck—there was still the coal-oil stove out in the back porch. It cooked our vegetables, boiled water for our tea and gave me approximately ten miles of walking exercise as I trotted back and forth from the stove to the kitchen preparing dinner. When the power came on at five o'clock we were more convinced than ever that hydro service is a wonderful thing. Talking about it this morning a neighbour remarked: "I am beginning to think that coal-oil lamps and the old fashioned cookstove were pretty reliable after all."

"Yes," I laughed, "but I don't see you going back to them!"

Yesterday, our family group set out as usual to solve the problems of the world! It is generally Daughter who starts the ball rolling by her views on labor problems, and of course her pot-pourri is the large amount in compulsory deductions taken off her pay-check. And how impatient she is with the lack of interest and downright ignorance of the affairs of the day which she finds so prevalent among the younger city folk. "Honestly," says Daughter, "it is only country people who really know what is going on in the world—the average city worker simply isn't interested. Just imagine—in our office there isn't one woman who has ever bothered herself to go out to vote at an election, nor are they the least interested in the result. And that is true of our office is also true of hundreds of offices throughout the city."

I have little doubt but what Daughter is right—more's the pity. Sure, people take an interest in whatever hurts their pocket, but only to the extent of grumbling. Take all these new price increases—how many will help the situation by staging a buyer's strike? There is never any attempt to probe beneath the surface. Take the agitation for oleo-margarine to be sold in Canada, despite the fact that right now milk is a glut on the market. It only needs a price adjustment in cream for that milk to be turned into butter. Generally speaking, farmers know that if all fluid milk was directed into the right channels there would be no need of a butter shortage or for oleo-margarine either.

If you have no answer for the serious conditions in the world you refuse to face how serious they are.

## Letters to the Editor

Clarkson, Ontario,  
March 18, 1947

The Free Press,  
Acton, Ont.  
Dear Sir:

I believe you will be interested to know that the 1946 Christmas Seal campaign of the Canadian Tuberculosis Association conducted throughout Halton County by the Lions Club of Oakville has been an outstanding success. Since this campaign received strong support from your community I feel you will be interested as to the status of the X-ray survey.

The government mobile X-ray clinic will examine, in so far as possible, residents of Halton County during the latter part of September and early October. Clinic centers will be established at several points in the county and we will advise you so that the people in your community will know our latest plans.

Yours very truly,  
P. L. Paul,  
Chairman, Christmas Seal Committee  
Oakville Lions Club

## UNRESERVED ANNUAL AUCTION SALE IN ERAMOSA TOWNSHIP

OF REGISTERED PIGS, SHEEP, GRADE CATTLE & SEED GRAIN

The undersigned has received instructions from

ALFRED WINTER

To sell by auction at Lincolndale Farm, Lot 27, Con. 5, Eramosa Twp., situated on the Rockwood Line, one-half mile north of Oustic, on

SATURDAY, APRIL 19th, 1947

Commencing at 2 o'clock, the following:

COWS—Red and White Shorthorn Cow, due May 8; Ross Shorthorn Cow, due May 15; Holstein Cow, fresh 2 weeks, calf at foot; Guernsey Cow, milking 2 months, bred again.  
YOUNG STOCK—Red Steer, rising 1 yr.; Black Heifer, rising 1 yr.; 4 Fall Calves; 2 Winter Calves; Reg. dual purpose Shorthorn Bull; 5 mos. old; purebred Shorthorn Bull, not registered, ready for service.

SHEEP—6 reg. Lincoln Ewes, lambs at side; 3 reg. Suffolk Ewes, with lambs at side.

GRAIN—100 bus. of O.A.C. Barley, cleaned for seed.

PIGS—Reg. York Sow, Arisne Cinderella, 124 Y, bred March 18, this is a sister of the top price sow at the Fall sale; 2 York Sows, bred March 15; York Sow, bred March 17; York Sow, open; York Sow, bred March 18; the young sows are daughters of the Reg. Sow and are intended; Sow, due May 7; Sow, due May 16; Sow, due May 25; Sow, due May 28; Mat. ure Sows, bred March 28; all York-shire Sows are bred to a Berkshire Boar.

BERKSHIRES—Reg. Sow, Lynwood Duetrop, 162, due at sale date; Reg. Sow, Lynwood Beth, 252, bred March 10; Reg. Sow, Lynwood Lady 20X, bred Feb. 20; Reg. Sow, Cowan, 16Y, due at sale time; these sows are bred to a Berkshire Boar; Sow, due May 30; Sow, due May 9; Sow, due May 10; Sow, due May 15; Sow, bred March 26; Sow, bred March 27; 2 Boars, 3 mos. old; 8 Sows, 3 mos. old; Boar, 7 mos. old; a litter of 9 Berkshires, just weaned, all eligible for registration; 7 Berk. Shoats; 17 Berk-York cross, just weaned. This herd has always been free from disease; if you are in the market for good hogs, you will find them here.

TERMS: CASH  
No reserve. This sale will be conducted as formerly, fair and above board. Call and look the offering over before the sale.

HINDLEY AND ELLIOTT,  
Phone Erin or Milton Auctioneers  
Lincolndale Farm is situated midway between Rockwood and Ferguson on the county road.  
Albert Gray, Clerk B-10-2

## Lawnmowers - Oil Heaters

If you are in need of a New Lawn Mower, place your order early while they last. We have a limited number to dispose of. Owing to Steel Shortage, Mowers are likely to be in short supply.

We have a Small and a Medium Oil Heater in stock. Get in touch with us for quick delivery. If interested, also 6 Brooder Oil Stoves just arrived. First here, first served. These are in very short supply, so are Electric Brooders. So please be advised accordingly.

## Milton District Co-operative

PHONE 127 - MILTON

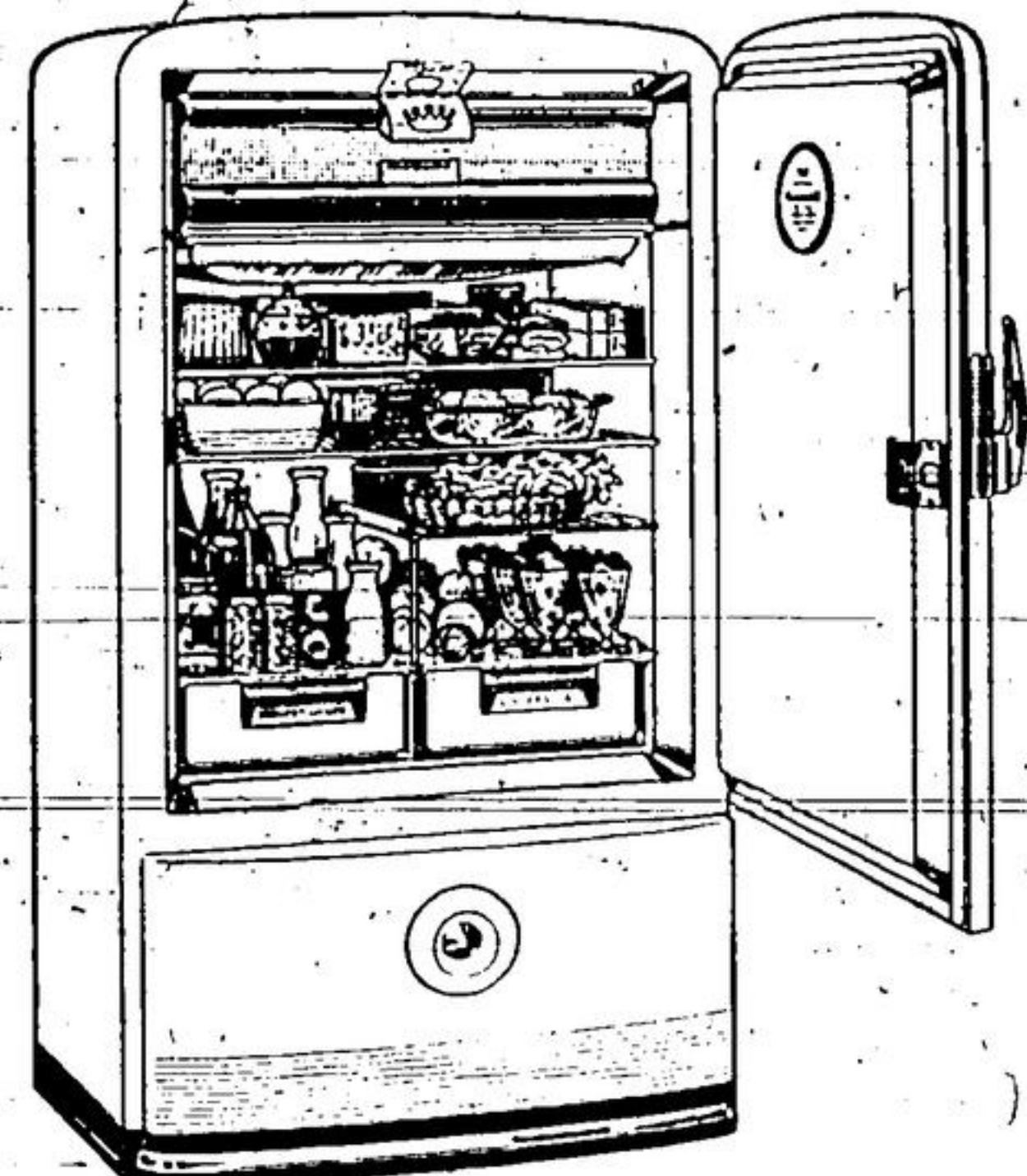
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Phone 206J, Mill St., Acton

# NOTICE

## TO ALL CREAM PRODUCERS IN ONTARIO

A proposed Cream Marketing Scheme for Ontario, under the Farm Products Marketing Act, has been submitted to the Farm Products Marketing Board for consideration, by the Ontario Cream Producers Association.

Before the Board can consider recommending the scheme, it must be satisfied that a fair representation of the Cream Producers are in favour of its adoption. In order to obtain the recorded views of the Producers, a vote by ballot is being taken on the question:—

"ARE YOU IN FAVOUR OF THE PROPOSED ONTARIO CREAM PRODUCERS' MARKETING SCHEME BEING BROUGHT INTO FORCE IN ONTARIO?"

### ALL PRODUCERS MUST REGISTER

All producers must register to vote. Two alternative methods of voting are provided to Cream Producers, as follows:—

- (1) By personal registration and voting in each Agricultural Representative's office between March 31 and April 30, 1947; or
- (2) By personal registration and voting with the Deputy Returning Officer in charge at each local meeting.

A PUBLIC MEETING WILL BE HELD AT  
**MILTON COURT HOUSE**  
ON  
**FRIDAY, APRIL 11 AT 8 P.M.**

All ballots must be returned to the Agricultural Representative before April 30, 1947. Any ballots received after that date will not be recorded.

ALL CREAM PRODUCERS ARE URGENTLY REQUESTED TO REGISTER, TO ATTEND THE MEETING IN THEIR AREA—AND TO VOTE. HUSBAND, WIFE, SON OR DAUGHTER MAY VOTE, BUT ONLY ONE FROM EACH OPERATING FARM UNIT

## ONTARIO FARM PRODUCTS MARKETING BOARD

Parliament Buildings, Queen's Park, Toronto, Ontario

4728

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