

Of Interest to Women



THE MIXING BOWL
by Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! There is a limit to the amount of fresh rhubarb you can use in pies and puddings. Yet if there is rhubarb growing in your garden you will not want to let it go to waste. And no matter how surfeited your meals have been with rhubarb dishes recently there will be time to make a pie when you will welcome a rhubarb jelly or rhubarb jam with a piece of toast.

It is easy to grow in our garden if you buy it, it is cheap. It is also easy to put some "down" in jars without sugar to be enjoyed next winter. Meanwhile use your sugar wisely in the recipes given below.

RHUBARB UPSIDE DOWN CAKE
2 cups rhubarb, diced, 2 tps. grated orange rind, 2 tps. melted butter, 1 cup white sugar, 1 cup shortening, 1/2 tsp. vanilla, 2 eggs, well beaten, 1 1/2 cups sifted pastry flour, 1/2 tsp. salt, 2 1/2 tps. baking powder, 1/2 cup milk.

Combine rhubarb, orange rind, butter and 1/2 cup white sugar; spread on bottom of greased 8 by 8 inch pan. Cream the shortening; add vanilla and remaining 1/2 cup sugar; mix well and add well-beaten eggs. Add sifted dry ingredients alternately with the milk. Pour on top of rhubarb mixture. Bake in a preheated electric oven at 350 degs. for 45 mins. Let stand in pan 5 mins., then invert. Serve warm with orange sauce. Serves 6 to 8.

RHUBARB PASTRIES
3 cups finely cut rhubarb, 2 1/2 cups white sugar, 3 tps. cinnamon, 1 tps. cornstarch, 2 cups flour, 2 tps. brown sugar, 1/2 tsp. salt, 1/2 cup shortening, 1 egg, 1/2 cup sour cream, 1/2 cup dry crumbs, 1 tps. rich milk.

Prepare rhubarb and mix with white sugar, cinnamon and cornstarch. Sift flour, brown sugar and salt; cut in shortening until mixture is like coarse oatmeal. Beat eggs and mix with sour cream, then pour into flour mixture. Mix lightly and chill. Divide batter in 2 parts; roll the first half into a rectangle about eighth inch thick; lay on greased cake pan. Sprinkle with the dry crumbs and spread the rhubarb on. Roll out second half of dough and place on top of fruit. Pinch edges together and prick top with a fork. Brush with the milk and bake in an electric oven at 425 degs. for 15 mins., then reduce heat to 350 degs. and bake 25 mins. Cut in squares and serve slightly warm.

CANNED RHUBARB
Select young tender stalks. Wash and trim, but do not remove skin. Cut into 1/2 to 3/4 inch lengths.

Method 1—Pack rhubarb in sterile jars. Force cold water into every corner; seal with hot ring and tops. Wrap jars in newspaper and store in cool place.

Method 2—Add enough water to rhubarb in large kettle to prevent burning; about 1 cup. Cook until soft using low heat as soon as it begins to steam. Add sugar to taste (about 1 cup sugar to 1 quart raw fruit). Fill sterilized jars. Seal tightly. An added precaution is to process jars 8 mins. in electric oven preheated to 275 degs.

RHUBARB-ONION RELISH
2 quarts rhubarb, 2 quarts cooking onions, 6 cups vinegar, 4 cups brown sugar, 4 cups dark corn syrup, 2 tps. cinnamon, 2 tps. allspice, 2 tps. salt, 2 tps. pepper, 2 tps. cloves.

Wash rhubarb and cut into small pieces and measure. Chop onions and measure. Put all ingredients into large preserving kettle, bring to boil stirring occasionally. Boil 1 1/2 hours. Pour into sterilized jars and seal. Makes 2 quarts and 1 pint.

THIS WEEK'S PLEASURES
Cooked dandelion greens were selected from a big basket of clean young leaves and served with a sprinkling of vinegar and melted butter.

Licking off the spoon after we made a creamy lemon pie filling.

The look of the storage closet after we had folded away all the clean woollens and tucked the moth balls among them.

The pleasure gained by remembering to soak all the preparation dishes before we sat down to each meal.

The balanced budget showing that meals for two averaged 36 cents each without estimating the milk and eggs from the farm.

THE QUESTION BOX
Mrs. J. R. asks: Recipe for rhubarb and pineapple conserve.

1 large pineapple, 4 cups diced rhubarb, 5 cups sugar, 2 cups light corn syrup, 2 oranges, juice, pulp and grated rind, 1 cup raisins, 1 cup walnuts, chopped.

Cut edible portion of pineapple into small pieces and chop fine. Add diced rhubarb, sugar, light corn syrup, orange rind, juice and pulp. Stir the ingredients thoroughly and let stand overnight. In the morning, add the raisins and cook slowly until thick. Add nuts and cook five minutes longer.

Miss M. T. asks: Recipe for rhubarb jam.

3 cups rhubarb, 1/2 cup sugar to 1 cup cooked fruit, 2 cups pineapple, 1 cup water.

Cook fruit and water together until soft. Measure cooked fruit. Add sugar. Boil to the jelling point, then bottle and seal with paraffin.

Helpful Suggestions On Farm Garden

Having decided on the location of the home vegetable garden, such location being without shade, next comes the preparation of the soil, which should preferably be a rich loam and well drained. Better results may be expected if the ground was ploughed or dug up in the fall and given a good dressing of barnyard manure, says William Ferguson, Division of Horticulture, Central Experimental Farm, Ottawa.

When planning the layout of the garden it should be done to provide for a variety of vegetables. Before starting to plant the home garden it is well to bear in mind that the tall-growing plants should be at the north side of the garden where they will not shade the smaller plants. The soil should be well worked up before sowing or planting. Rows should be marked, preferably with a line pegged into the ground at each end of the row. If power machines or horse-drawn cultivators are to be used the rows must be sufficiently far apart to accommodate the equipment, but if the garden is to be worked by hand the rows may be considerably closer so as to save space and labor.

The cool growing varieties of vegetables should be sown as soon as the ground can be prepared in the spring. These include the salad crops such as radish, lettuce and spinach. Peas should also be sown early. Often much labor and good seed are wasted by not sowing properly. Seed should be sown with care and at the proper depth. The proper depth for radish and lettuce is quarter inch; for spinach half inch; peas 2 inches; onion seed three quarters inch or onion sets sown 1 inch; potato sets 4 inches; beets, carrots, swiss chard and parsnips are all sown half inch deep. Seed of late cabbage may also be sown early to a depth of half inch in a small row. Young plants of early cabbage which should have been started under glass in late March or which may be bought as young plants from commercial gardeners should be set out at the same time as the late cabbage is sown.

As soon as danger of frost has passed sow beans and corn 2 inches deep, cucumber half inch and squash three quarters inch. Cucumber, squash and similar vegetables are usually sown in hills with 4 or 5 seeds per hill. After the young plants are up the weakest should be removed leaving 2 or 3 strong plants per hill. The hills should be from 6 to 9 feet apart. Tomato plants are also set out when frost is over, usually 2 or 3 feet apart. Further sowings of beans, beets and carrots in late May or early June can be made so as to extend their picking season.

During the latter half of June, the late cabbage plants, which were sown earlier, should be transplanted to the plot where they are to be finally grown. At the same time rutabaga or swede turnip seed should be sown quarter inch deep. Seed of Chinese cabbage should be sown half inch deep about mid-July. Radish and spinach for fall use should be sown between mid-July and early August.

As Near as Your Phone

RENFREW
Cream Separators
WOODS
Electrical Farm Equipment
At Your Door

SEE
Roy W. Goodwin
or Phone ACTON 40c6

A. Floyd Smith
Jeweler

WATCHES — CLOCKS
JEWELRY

75 Quebec Street, West
GUELPH, ONT.

"When I Win The Sweep"

One night my son who lives in Montreal gave me a call. "Anything new," he remarked, "I haven't heard from you for a few days, how's everything?"

"Now I know that he had a tickle on the Irish Sweep and it had been run a few days, before," I remarked, by way of reply: "You didn't get a horse."

"No," he said, "I didn't but I if my money's worth (\$250), dreaming about it, dreaming what I would do with the money and Dad I did a mighty fine job spending it."

Years ago I had a ticket on the same show and I too did some dreaming. I lived in the Township of Howick in the County of Huron, three miles from the village of Gorrie. All that country in the old days was one great forest, mostly hardwood, maple and elm, mountainous trees they were. The pioneers who heaved homes out of that wilderness were robust men of mighty valor. There are few like them to-day. Where now could you find men who, with the tools these men used, would face the problem of clearing a farm in conditions such as then existed.

In the years as they passed I pondered these things in my mind. When I had this ticket I dreamed that I would win the "Sweep," that I would have \$100,000 with the \$100,000 I would buy back the old farm, plant it in trees, return it to forest, a replica, so far as I could make it, of what it once was. Here too the trees were mostly maple and elm along the higher levels, basswood, with here and there a butternut in the lower areas. "Haw" trees grew in the heavy meadow close to the creek. How gorgeous they were in May. In the fence corners when I knew it there were a few clumps of wild plum and choke-cherry trees. We rubbed them every year and broke the branches.

When I had it all planted and the trees growing I would donate it to the Township of Howick to be maintained as a permanent forest, as a memorial to the men who, in a lifetime accomplished the impossible, cleared the land, built homes and barns, lived to change a wilderness into a great farming area. They were proof of what could be done by honest toil, a thing which today there is a tendency to despise. There are easier ways of getting rich now, at least we think there are. I wonder if there are better ways of making a life?

How long would it take for these planted trees to grow into a forest as it was in the days of my father? I don't know. It seems to me that 100 years would do the trick. It's a short space time in the life of a people. Once the trees started to grow and their purpose became visible it would become a living monument which would help us to remember at least one of the great things well worth remembering.

So the dream remains. I still have to win the "Sweep." I have in imagination planted a great many farms like that. I have visioned them in the West on areas where now there is nothing but sand. I have wondered if there were trees growing in other countries which would be more suitable than the ones we now have in the West. There they would serve a different purpose. Here in Ontario we should have them in every county, perhaps in every township, a forest memorial of fifty acres or even a hundred, a living tribute to the men who made the nation.

SPRING FEVER

When people feel tired and languid about this time of year, with a desire to loaf and wander, they are sometimes said to be afflicted with spring fever. The warm days of the spring come to human nature with a refreshing balm. They invite people to take it easy, to wander aimlessly in the bright sunshine to enjoy the calming influence of mild weather. It seems good to be alive, and out doors in this beautiful world.

Perhaps the love of nature is an element in this feeling. The world or out doors seems so lovely in this bright weather, that people long to get out under the sun any enjoy the scenes about them. They like to look at the green shoots springing up in the garden. When the birds begin to sing and the buds on trees and bushes begin to swell, there is a magnetism in this reviving picture that makes them a bit discontented with ordinary indoor life. A walk in the sunshine on a nice spring day has a way of curing this spring fever.

SUN GLASS USE

The best medical advice is against use of sunglasses for night driving. Doctors say they will just provide an additional hazard. In the first place sunglasses should not change the hues of natural colors, and their use tends to lower tolerance of the eyes for light.

Unless an eye specialist has specially advised them, sunglasses should be worn, if at all, only during periods of exposure to sunlight.

The Rate of Change

By H. J. Douchman

How fast do we move? Perhaps I should put it the other way: How fast do we move over a long period of time?

Looking at it that way progress is slow, but cumulative. It gathers momentum as we move along and with the years we set for ourselves a higher standard of living more leisure to do the things we want to do.

I mentioned in a previous story that in 1870 the average factory worker received only \$220 per year. If his earnings increased 5% per year, compounded annually, they would be doubled every 14 years and in 100 years they would be doubled seven times bringing the total up to \$29,160 per worker per year. We could hardly hope to achieve that level but it shows how far along the road steady progress takes a man or a nation. If we apply the same progress to Canadian trade that would happen. Roughly in 1871 our exports were valued at \$80,000,000. If we could double that every fourteen years, our exports by 1970 would be \$10,000,000,000. Steady growth, compounded annually takes a nation a long way in a single century.

But we have our ups and downs in Canada as in other countries. Even at a 3 1/2% per annum increase, compounded yearly, the wage rate would double in 20 years. In a 100 years starting from a wage of \$220 in 1870 we would reach an income per worker of over \$7000.

Unfortunately there are things which hold us back, one is a period of depression, which has the habit of coming every once in a while. Another is war. True, war stimulates production and for a time all may seem to go well with the worker but we usually leave behind it a long period of instability. We have just ended the greatest war in history. The future depends on the wisdom of those who direct our affairs, but at times our course of action may be determined not by our own will but by world conditions. Progress is sometimes conditioned and restricted by the action of individuals. Hitler was a perfect illustration of this probability.

From this one fact, however, there can be no escape. The wages we earn, the volume of our trade, the standard of living will be determined by our production. That is a lesson taught by facts. If we produce more we shall get more. Nothing could be clearer than this, all cannot get more if all produce less.

To enjoy putting others in the wrong is even worse than to enjoy wrongdoing.

Better Care Makes Beautiful Hair

Kendrick's Hairdressing

FOR APPOINTMENTS
PHONE 274 — ACTON

MACHINE MACHINELESS COLD WAVE

PERMANENTS

Priced to Suit Your Pocketbook
Solutions Blended to Suit Your Hair
COURTEOUS AND EXPERIENCED SERVICE
We Invite Your Patronage.

Grand Opening!

Huttonville Park

Satur. Ev'g. May 3

Music By
Norm Russ and His Moonlight Moods

DANCING 9-12 ADMISSION 50c

Continuous Dancing Throughout the Season

Every Wednes. and Saturday

Come to Peel's Popular Playground

Piece Goods . . .

AN ASSORTMENT OF
Dress Lengths
SHANTUNGS
PRINTED CREPES
3 1/2 Yard Ends
\$4.98 — \$6.95 each

Corduroy 1
Fine Cord
Wine — Navy — Green
Turquoise — Brown — Scarlet
36" wide
Yard
\$1.89

Simplicity Patterns
Buttons — Thread — Fasteners
and other Sewing Accessories

Full Fashion Hosiery

NYLONS
New Lower Prices

42 GAUGE	\$1.40
45 GAUGE	\$1.65
51 GAUGE	\$1.85
PURE SILK—Medium Weight	\$1.69
RAYONS	98c

Children's Dresses
Plastic Raincoats for Ladies and Children
and many other Spring Goods on Display

Elliott BROS.

ACTON, ONTARIO