Of Interest to Women

TONIC FOR LAUGHTER

Laugh to be healthy, say those versed in medical science. There's a warming, stimulating, uplifting quality about cheerfulness, just as there is a sense of coldness and depression in gloom.

There's nothing as infectious as laughter, and it's one type of contagion which the doctors welcome. The happy soul in office, in classroom or in the home, is the fountain-head of a tonic better than anything which comes in bottles.

Cheques Top Cash For Folk on Road

Travellers Find Them Safer and More Convenient

"Customers who take frequent trips tell me B of M travellers cheques are the most secure and handy way of carrying funds in strange places," says William Clayton, local Bank of Montreal manager.

Only the owner can cash a traveller's cheque, Mr. Clayton points out. He signs each cheque on the top as he buys it and signs again on the bottom when cashing it, so the signature can be identified quickly. These cheques hold good anywhere and are obtainable at low cost in all B of M branches.

"If you're carrying larger amounts," Mr. Clayton says, "you'll be better off with a B of M letter of credit. Like our travellers cheques, it's handy, safe and inexpensive."

YOU, TOO, CAN WALK ON AIR

If you use cooling, refreshing ICE-MINT to rid your feet of aching, burning callouses and corns. Tired Muscles respond quickly to the first application of soothing, creamy-white medicinal ICE-MINT. The refreshing, tingling sensation as you apply the cream tells you that it's going right to work on the foot pains that put the wrinkles in your brow. Get a jar today — Small size 30¢; 4 oz. economy size $1.00

Hello Homemakers! This column is devoted to your requested pickle recipes. You should have heard the folks rave about the aroma from our test batches of relishes. The listed recipes are those we have tested and are happy to have on file. Pickles provide zest to winter meals and those which can accompany many foods are most useful. We believe these are easy-to-make and score on color, consistency and flavor.

SPICED GOOSEBERRIES

2½ qts. of berries, 1 cup of vinegar, 2 lbs. sugar, 1 tbsp. cinnamon, ¼ tsp. allspice, ¼ tsp. cloves.

Cut off the tails and stems of berries. Bring the vinegar and the sugar to boiling point and add the spices, then add the gooseberries and simmer slowly for about 20 minutes. Bottle in small, airtight jars.

PEAR CHOW CHOW

8 pears, 3 onions, 3 sweet red peppers, ½ cup sugar, 2 cups vinegar, ½ cup water, 2 tsps. salt, 2 tsps. whole spice.

Peel onions, remove seeds from peppers, put both through food chopper, using coarse knife. Peel and core pears. Cut in small cubes. Mix sugar, spices, salt and vinegar. Heat to boiling point. Add onions, peppers, pears and spices tied in a cheesecloth bag. Simmer 30 minutes on low heat, stirring occasionally. Remove spices. Pour into hot sterilized jars. Seal. Yield: 4 pints.

HOT DOG RELISH

3 pounds (12 to 15) sweet red peppers, 3 pounds (12 to 15) green peppers, 3 pounds (12 to 15) medium onions, 4 cups vinegar, 1 cup sugar, 1 tsp. mustard seed, 1 tbsp. dry mustard, 1 tbsp. celery seed, 2 tbsps. salt.

Peel onions, remove seeds from the peppers, put both through food chopper, using coarse knife. Place in a large preserving kettle, cover with boiling water and let stand 5 minutes. Drain thoroughly. Add vinegar, sugar spices and salt; cook until vegetables are tender—about 10 minutes, stirring occasionally. Pour into hot jars. Seal. Yield: 6 pints.

CHUTNEY SAUCE

12 large, ripe tomatoes, 4 large onions, 1 green pepper, 1 sweet red pepper, 4 large apples, 1 cup chopped celery, 1 cup brown sugar, 1 cup vinegar, 2 tsps. cinnamon, 1 tsp. cloves, 2 tsps. salt, 1 tsp. pepper, 2 tsps. mustard.

Blanch, peel and cut up tomatoes. Peel and chop onions, dice apples, peppers and celery. Combine all ingredients. Let come to a boil and then cook slowly until thick, taking care not to let it stick to the bottom of the pot and burn. Seal in sterlized jars.

TAKE A TIP

1. Powdered spices make a dark-colored chutney, whereas the whole spices leave a lighter relish. If you substitute whole spices for powdered mixtures use a little extra quantity.
2. Soaking cucumbers and onions in strong brine causes them to wrinkle.
3. Cider vinegar has a stronger aroma than the bleached vinegar, but may cause onions and celery to darken slightly.
4. Do not cook spicey sauces too long. Vinegar and spices help to retard chemical action.

THE QUESTION BOX

Mrs. C. B. asks: Recipe for Pickled Peaches.

Answer:

PICKLED PEACHES

8 lbs. ripe peaches, whole cloves, ½ cup water, 2 cups cider vinegar 2½ cups sugar, 3 tbsps. stick cinnamon, 1 tsp. root ginger, 2 tbsps. of mixed pickling spice, ½ lemon, thinly sliced.

Use large, firm peaches. Scald, skin and cut them in halves; stick two or three whole cloves in each half. Combine the vinegar, water, sugar, spices (tied in a cheesecloth bag) and the lemon slices; boil for 5 minutes. Simmer the peaches in the syrup, one layer at a time until tender; lift into sterile jars; Fill to overflowing with the boiling syrup and seal at once. Yield: approximately 4 pints.

Miss M. T. asks: Recipe for Mint Pears.

Answer:

MINT PEARS

Pare, core and put in slightly salted water, to prevent discoloration. Pack into prepared jars and fill with medium syrup to within 1½ inches of top of jar. For each quart add ½ tsp. mint extract and enough pure green fruit coloring to give desired shade. Add flavoring and fruit coloring to syrup before filling jars. Partially seal and process in oven for 1 hour at 275 degrees F.

Mrs. J. C. asks: What has made my crabapple jelly very dark?

Answer: It is the result of too slow cooking.

Mrs. T. C. asks: Our currant jelly has sugar crystals in the bottom of jars. Should it be boiled again?

Answer: No, it will keep as it is. Crystals are caused either because sugar was not stirred until dissolved, or jelly was boiled too long.

GEORGETOWN

The Department of Highways is making some much needed improvements on No. 7 highway through town and warning signs have been placed at the worst spots until the job is completed.

With a full program of races, swimming and ball games, the community picnic at Stanley Park, Erin, last Thursday was a great success. Over 50 children accepted the invitation of Georgetown Recreational Council to make the trip by bus.

The marriage of Edith Jean Lyons, daughter of Mr. and Mrs Harold Lyons, Norval to Charles Douglas Reid, son of Mr. and Mrs. Hugh Reid, Orangeville, took place in Norval United Church on Wednesday, July 23rd, with Rev. F. J. Dunlop, officiating.

On Saturday, July 26th, at the beautiful home of Mr. and Mrs. Wilfred Leslie, R.R. 4, Georgetown, the eleventh reunion of the Leslie clan was held. One hundred and fifty-one enjoyed dinner from tables set on the lawn under the beautiful shade trees. They were descendants of John Leslie who was born in County Tyrone, Ireland, and settled in Esquesing, in 1821.

On July 28th Council renamed the Arena, the Georgetown Memorial Arena. A by-law, subject to the approval of the Municipal Board, was passed to improve and enlarge the Arena and to instal artificial ice in it at an estimated cost of $30,000. The Road committee was instructed by Council to have a sidewalk along the highway to Wartime Housing before school commences.—Herald.

Chronicles of Ginger Farm

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

Every once in a while somebody manages to take the joy out of life for many of us by saying or doing something mean and contemptible. And that is just what happened just recently in connection with the berry patch where we have been wont to pick.

It was the grandest patch — the walking not too rough; the mosquitoes comparatively well behaved, and the berries so plentiful that there was enough and to spare for all who came. Many of us who lived in this district have picked in this particular patch for several years. We knew the patch pretty well; we also knew that cattle were pastured there and for that reason we were particularly careful of the fences. Many, like myself looked for places along the wire fence where there was room enough to roll underneath; others looked for a strong place reinforced with an anchor post and climbed over. Either way would not be likely to damage the fence if proper care were taken.

But alas, there were also others . . . some who gave no thought to the cattle in the bush, or to the fact that wire fences cost money to build and maintain. They broke down fences, bending them over and making them slacker still. These people had no regard for the fences or for the bush as being private property. All they wanted was the berries and an easy way to get at them.

According to grapevine information the present owner had acquired the property quite recently. This then was his first experience at what can happen to private property when berry picking is in season. Apparently he was amazed and apalled at the damage that was done. But the real climax came when someone took down the gap—and left it down—with the result that the cattle got out and went in search of pastures new.

It so happened I saw these same cattle on the road myself and wondered where they came from and to whom they belonged.

Was the owner mad? Well, what would you think? People around here were left in no doubt as to his reaction because the very next day notices were nailed up about every hundred yards along the bush which said—"Trespassers will be prosecuted" and "Private Property—Keep Out." There was also a woman on horseback patrolling the roads and the bush as if the owner really meant business.

And who can blame him? But oh, those beautiful, luscious berries going to waste! I could quite cheerfully crown the person or persons whose thoughtlessness was responsible for the owner having to take such drastic action — except for the fact that I don't know who they were. The best I can do is hope they choke on their ill-gotten berries.

Looking back, am I glad I didn't lose any opportunity for picking berries when the going was good. And I had such splendid help—my sister-in-law, my niece, and, on two occasions John came with us and helped pick. I'm telling you those berries look wonderfully good to me in their sealers on my cellar shelf. But still, I am afraid every time I open a jar I shall remember how easy it is for one or two irresponsible people to spoil things for the rest of us.

And speaking of spoiling things—in our trip to London which I described to you just recently—we passed through many towns and villages. One town in particular I shall always remember because it was so dirty and untidy. The streets were literally littered with paper, broken boxes and refuse of all kinds. Fortunately in all the places that we passed through that one town was the exception to the rule—all the other towns were reasonably clean and well-kept.

Well, the junior members of our family seem to have developed a wanderlust. Daughter recently spent a week of her holidays near Val D'Or with her uncle and cousins. And son Bob is at present away some place the other side of North Bay. From letters and cards received from Daughter we gather she really had a wonderful time but we have yet to hear a personal account. I would like to have gone with Daughter, but I certainly wouldn't want to have been with Bob all those miles in a truck isn't exactly my idea of a joy ride.

I suppose we all have different ideas of what constitutes a holiday. Talking about it just recently I told my family my idea of a holiday for myself would be for the rest of them to go away and leave me at home alone! A whole week maybe to do what I liked—stay home when I liked go out when I liked—with no meals to cook or dishes to wash!

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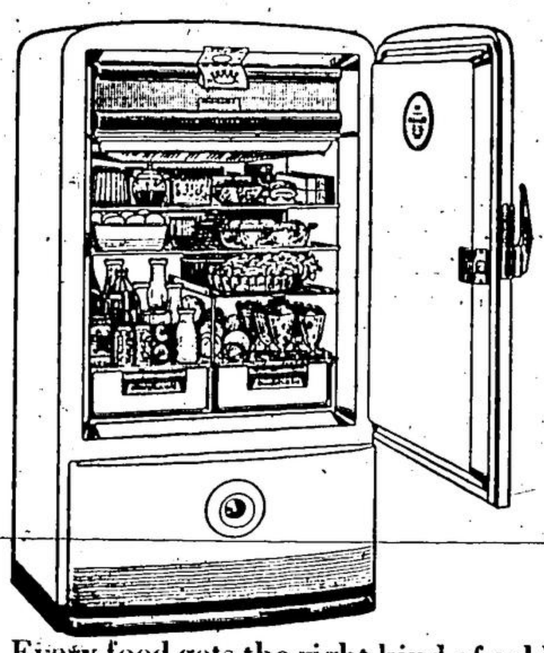

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