

# Of Interest to Women



Hello Homemakers! To-day we interviewed several homemakers who are practising thrifty ways to conserve electricity. These women suggested that we ask other users of power to be mindful of the number of switches turned on unnecessarily.

Mrs. V. M. recommends four thrifty ways to use the electric oven:

(1) The average oven has accommodation for at least 2 or 3 dishes at a time. It is necessary, however, to select dishes which need the same temperature. A good way to do this is to list your favorite dishes—quick breads, vegetables and desserts—under the temperatures at which each should be cooked.

(2) Oven companions do not necessarily have to be table companions. A dessert for next day's lunch (custard, baked fruit, etc.) or even the cereal for the next morning may be in the oven along with to-night's dinner.

(3) Select baking dishes to fit the oven racks. Too large ones absorb more heat and stop circulation of heat.

(4) Do not place dishes on lower shelf directly under those on the top shelf, if you wish foods to brown evenly.

Mrs. G. T. points out ways to save electricity using a hot plate or range-top:

(1) A skillet or chicken fryer with a cover is ideal to use for a plate meal since the utensil is shallow and cooking time is reduced.

(2) A set of three saucepans which fit together over one element is economical equipment. Cook 2 vegetables in one, pudding in another and poach fish in the third section.

(3) The double boiler is useful in this regard since food such as boiled tongue or braised brisket may simmer in the lower part while a pudding cooks in the upper part.

(4) Quick-cooking desserts may be prepared economically on surface ele-

ments. For example steam the batter puddings or custards in individual greased custard cups. Or make milk puddings on the element turned to OFF position as soon as you have brought the milk to simmering point.

(5) Top-of-stove scones or biscuits can be baked in a heavy frying pan instead of preheating oven for a single purpose.

(6) Bavarian sponges require a small amount of heat. The gelatine may be dissolved in a dipper over the tea kettle and the dessert finished at the kitchen table according to recipe.

(7) Fruit dumplings are time and fuel-saving foods. Cook fruit in a little syrup. Add 1 beaten egg, 1 tsp. sugar, and enough milk to moisten 1 cup prepared biscuit mix. Drop by spoonful on top of simmering fruit and juice. Cover and let simmer, without removing lid for 12 mins. Use wide saucepan so dumplings will not be crowded.

(8) Pancakes are quick to cook—saving electricity. Serve with fruit juice or left-over stewed fruit.

(9) Thicken cream sauce on partially cooked vegetables instead of making it in a separate saucepan.

(10) Steam left-over slices of fruit loaf over vegetables and serve with cream for an easy dessert.

In discussing the conservation of power with Mrs. T. S. M., she told us of her wise use of her refrigerator. She said "Why don't you tell folks not to put unnecessary bottles and bugs in their refrigerators." That's true, unless sauces or salad oils are opened they keep on the shelf. Only wax paper cartons, or covered refrigerator dishes, are allowed for cold storage—bugs absorb "cold" and space. In these days of power conservation refrain from serving too much home-made ice cream and defrosting the refrigerator regularly reduces the operative time of the motor.

### Nutri-Thrift Oven Meals

- (1) Roast Beef—Brown Potatoes Stuffed Squash Peach Cobbler
  - (2) Steamed-Rice Chicken Livers Scalloped Tomatoes Apple Pie
  - (3) Salmon Sauffle Stewed Potatoes Buttered Beets Meringue Cake
- Pressure Cooker Meal
- (1) Pot Roast Vegetables
  - (2) Vegetables Dinner
  - (3) Tomato Spaghetti Kidneys

## Chronicles of Ginger Farm

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

A short while ago I was sitting on the front doorstep—hatless, coatless, and basking in the sun. Bees were buzzing around, gathering nectar from the dandelions blooming on the lawn. Tippy was lying in the sun but it evidently became too hot for comfort so she moved away to the shade of an evergreen. None of this would have been worth telling three months ago but this is November! Pretty soon we shall be thinking a magic carpet has carried us away to the land "down-under" where they have Christmas in summer.

So far we haven't had a fire in the furnace at all which perhaps is just as well, since the pipes are not even up yet. What a saving of fuel this weather has been. Of course there are pessimists who say—"We shall pay for this unseasonable weather later on." Well, maybe we will on the other hand, maybe we won't—who can tell? Anyway, if a cold spring should be ahead isn't that all the more reason to enjoy nice weather while we can? Especially now that we have had a little rain—not enough but sufficient to make plowing possible. So now the farmers are happy.

Of course, the first of that long looked for rain had to come on the very day I had arranged for a trip to the city.

Can you believe it—I was in the city from 9 a.m. to 10 p.m. and never once was I inside a store. But I spent money all right. My reason for going was to visit an oculist—and I went in fear and trembling because I had not made an appointment. But I was lucky in just twenty minutes he was able to see me. Then after lunching with a friend I set out to visit my in-laws. Here again I took a long chance—by not phoning them first. I rang the door bell—no answer. I rang twice more with the same result. Then I went round to the back but could find no sign of life there either. "Oh well," I said to myself, "there will likely be someone home soon I'll wait on the porch." So I sat on the side of the steps and watched the squirrels at play. Presently Postie came along, pushed open the front entry—which I hadn't been able to do—and dropped his letter on the mat. "Well, if Postie can open that door, then I can too!" So, in response to my determined shove the door did open and there right opposite to me was my brother-in-law opening the inside door to pick up his mail! I don't know which of us was the more surprised.

"Oh I thought there was nobody home!" I stammered. "And I thought you were some woman out canvassing we have so many of them these days." Now wasn't that a great reception?

At 5:30 I met Daughter and after a restaurant meal we went to see "Quiet Week-End." We enjoyed it so much, but I am not sure it would be everyone's idea of a good picture. It was so very English.

Partner and I have just come in from our weekly road inspection. There are several bridges and culverts still unfinished. We can't quite understand the why and wherefore of the bridge construction. It looks as if the water must find itself a new channel before it can flow through the bridges. One man was looking things over and was heard to remark "It just makes me smile to see these engineers come along with their traps and instruments while the old farmers just sit back and laugh. The farmers know very well which way the water should run and they would know the right kind of bridges to build to take care of it too. And you bet they wouldn't need any instruments either. Many of these farmers know a lot more about engineering and such like than white-collar men ever give them credit for."

Could be the speaker had something there. But then what would the engineers do if they couldn't put up time with their instruments? Anyway, it is going to be a nice road when it is done but it will only be a two-lane highway, not three-lane as I stated a few weeks ago after having been given that information by one of the men from the Department. Travelers along this road have a great time after a rain. It takes only a little sprinkle to make the road like grease, then the bulldozers are kept busy pulling cars out of ditches.

### SWIMMING POPULAR

The activity preference of vacationists in 1946 showed that 35.8 per cent favored sports (swimming out in front) 35.5 per cent preferred sightseeing, 12.6 per cent desired social activities, 9.6 per cent chose "roughing it" and 1.1 per cent other activities.

### VILLAGE OF ACTON



#### TAKE NOTICE THAT

1. The Council of the Corporation of the Village of Acton intends to construct as a local improvement, water line extensions as follows:

- 706 feet on Arthur St. from Wellington St. to Acton Blvd.
- 670 feet on Peel St. from Wellington St. to Acton Blvd.
- 615 feet on Acton Blvd. from Arthur St. to Queen St.
- 545 feet on Queen St. from Acton Blvd. to Corporation limits.
- 643 feet on Highway No. 7 from lot of P. Toth Jr. westward.
- 294 feet on Wallace St. from Mill St. to Bower St.
- 265 feet on Bower St. from Wallace St. to Canadian National Railway.
- 561 feet on Guelph St. from Fairview St. south-east to Corporation limit.

4318 feet.

The Council of the Corporation intends to specially assess a part of the cost upon the land abutting directly on the work except such lands as are not directly benefited and which may by annual Act of Council be exempt under Subsection 1, Section 42, of The Assessment Act, R.S.O. 1937.

2. The estimated cost of the work is \$16,002.74 of which \$5,634.24 is to be paid by the Corporation. The estimated cost per foot frontage for the water lines is \$3.76. The special assessment for the water lines is to be paid in 20 equal annual instalments and the estimated annual rate per foot frontage is 67c.

3. Application will be made by the Corporation to the Ontario Municipal Board for its approval of the undertaking of the said work, and any notice of any written objection to the notice filed with the Board, his objection to the said work being undertaken.

4. The said Board may approve of the said work being undertaken, but before doing so, it may appoint a time and place when any objection to the said work may be considered.

Dated at Acton this 27th day of October A.D. 1947.

C. F. LEATHERLAND, Clerk

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PHONE MILTON 1-W

"Look, Daddy... it nearly fits!"

"You bet it does, son. You'll soon be racing down the old college gridiron."

"Will I really go to college, Daddy?"

"You certainly will... I'm making sure of that, now. Mummy and I've got a Savings Account at the Bank of Montreal that's growing just like you."

Many Canadian fathers—whether they had the chance to go to college themselves or not—are now saving at the B of M... making sure their sons will have that opportunity. They've learned from experience how helpful a sound education is to real success in life... and they know that a Savings Account at the B of M is a sound way to provide for it.

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