

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hygiene Home Economist

Hello Homemakers! When I lived at Grandma's place we always had a bowl of soup before dinner was served: it was ladled from a stock pot on the stove. To-day there is a great variety of soups from which we can choose one for the particular occasion. If we wish the soup merely to create interest in the dinner, we will select one of the clear soups, either a bouillon or consommé. To discriminate between the latter you will remember that the clear soup made from fresh lean beef is bouillon, while consommé, also a clear soup, is a combination of meats, fresh or cooked. On the other hand, if we wish the soup to be the main item we will select one of the thick vegetable, fish or meat soups.

A soup helps to make use of every extra piece of bread, tomato, diced or broken. Other varieties of accompaniment are: salty crackers, tiny cornmeal muffins, French sticks, cheese bites and celery biscuits. By the way, to freshen breads and crackers, soak in salted water. When they are pulled up, transfer to a cooking sheet with egg lighter and bake in oven for 5-10 minutes.

BEF BONE SOUP

Cover leftover roast beef bones and scraps with water. Cover; simmer 1 hour; remove bones. Add 1 cup diced carrot, 1 cup chopped onion, salt, pepper. Cover. Simmer 45 minutes. Add 1 1/2 cups cooked or canned tomatoes; heat. Garnish with lemon. Serves 4.

POTATO CHEESE SOUP

3 medium potatoes, 2 cups boiling water, 2 to 3 cups milk, 1 slice onion, 2 tbsps. fat, 2 tbsps. flour, 1 tsp. salt, pinch of pepper, 1 cup grated cheese, 1 tsp. chopped parsley.

Cook potatoes in boiling salted water until tender. Put through strainer. Measure and add enough milk to make 4 cups. Scald with a slice of onion. Melt fat, add flour and seasoning. Gradually add potato mixture, removing onion. Cook 3 minutes. Add cheese and heat till smooth. Sprinkle parsley on soup before serving.

BARLEY BROTH

1 qt. meat stock, 1 tbsp. turnip diced, 1 tbsp. carrot diced, 1 tbsp. white navy beans, 1 medium onion chopped, 1/2 cup pot barley.

Add beans to cold bouillon or stock. Bring to boiling point and add vegetables and barley. Cover and simmer 1 1/2 hours. Season to taste. Makes about 5 cups.

GRANDMA'S MEAT AND VEGETABLE SOUP

2 1/2-3 lbs. of shin, knuckle or neck of beef, 1 onion sliced, 1/2 cup diced celery and leaves, 2 peppercorns, 2 1/2 qts. water, 1 tsp. salt, 3 carrots in strips, 1 bay leaf, paprika.

You may also add:
1/2 cup rice, pearl barley or noodles, 1 cup tomatoes.

Wipe the meat, cut the lean part into cubes. Cover with cold water, heat slowly to the simmering point. Remove the scum as it forms. After simmering for 2 hours, add the vegetables and seasonings. Simmer for at least 1 hour longer. We like our fair share of meat and vegetables. You may prefer to strain them out for a clear, sparkling bouillon.

TAKE A TIP

1. Vegetable water poured down the sink means food value wasted. Canned soups take on new zest with the addition of vegetable water, but remember to go easy on the salt if the vegetable has been salted.

2. If you have oversalted the soup, there is something you can do about it. Slice a raw potato and add it to the soup. Remove potato before serving.

3. The nutritive value of the outside leaves of cabbage is good even though they are not attractive. Wash thoroughly and add to soup stock for flavor. Remove before serving.

4. A dash of chili sauce and a bouillon cube added to blended soups or dehydrated noodle soups makes a richer food.

5. Simmer soup. Do not boil.

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NOTICE

RE VOTING ON GRANT TO BAND

TAKE NOTICE that the following question will be submitted to the electors of the Village of Acton qualified to vote at Municipal Elections, at the annual election to be held on December 1st, 1947:

Are you in favour of the payment of an annual grant of one-half of a mill on the whole rateable property, in the Village of Acton, for the support and aid of a civilian band of bands of music in Acton?

YES _____ NO _____
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Chronicles of a Ginger Farm

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

Subconsciously, I suppose, we all realize that every home is a complete unit, and every member of the family a part of that unit; what affects one, affects the whole, and the whole is as important to one as the other.

We realize this more clearly when someone in the family is called away unexpectedly, becomes ill or has to attend to business away from home. Then there has to be readjustment within the unit, other members of the family taking over duties which the ill or absent one has been in the habit of doing. If one knows beforehand that such a change will take place preparations can be made to take care of it, but if it comes as a bolt from the blue, then the degree of disorganization depends upon the ability of those concerned to rise to the occasion.

All of which leads up to the fact that Partner is still on the sick list and we have had a little experience along the lines I have mentioned.

Normally Partner and the boys do the barn chores between them—the boys the heavy work and Partner the feeding. In the winter Partner also figures on looking after the poultry unassisted. And that, in case you don't know, is no small job! Hens and pullets drink a tremendous amount of water—which has to be carried—and eggs must be gathered frequently. A broken egg in the nest is a sure way to start the hens eating eggs, which, to say the least, is expensive business. When the boys are busy with a trucking job Partner will often say—"Never mind the night chores—I can manage. You go ahead with your trucking."

But last week he took to his bed—only not that quick. For a day or two he insisted on going to the barn—thinking like the rest of us do, that the heavens would fall if we don't throw in our two cent's worth to keep 'em up. In the end he had to give in and the feeding of the cows and poultry depended then upon the tender mercies of the boys. One day the young cattle did quite a bit of jumping around, much to Bob's bewilderment—until he realised he was still wearing his driving cap—a khaki color service cap which the heifers felt had no business in their domain.

The poultry was another worry. Bob looked after them before breakfast but he didn't realise how much attention they required during the day, so I was always shouting from the back door—"Pick up the eggs before you come in." One night the boys forgot to take a last look in the henhouse before supper—and I forgot to remind them so there were six eggs frozen and cracked. If Partner had been on the job that wouldn't have happened.

As for me I have been busy in the house busy with my usual work, plus caring for Partner. But as soon as he was able Partner was anxious to do things to help us. So yesterday I said "All right, I'm going to make some pies, you can peel the apples." It wasn't long before I saw Partner sort of straightening his back, even though he was sitting. Presently he said "Good-night, how many pies are you making, haven't I peeled enough apples YET?" I laughed as I answered "No, maybe you'll understand why I think there is quite a bit of work to making apples pies. And you will notice they take far less time to eat than they do to make."

Came that night and I was busy darning socks, fine socks and over-socks. Partner watched for awhile then he said "I used to darn my own socks in the army, let me have a shot at those heavy ones."

So I handed him a pair of socks, and he got along very nicely. His only comment was "I don't know how you tell when to stop darning after you get through with the holes it seems there are thin places all over the sock!"

So with each doing a little of the other's work we learn something of each other's problems. That is the way it should be, but being human I know that is the way it won't be—not around here anyway! Partner will be out again next week and I expect he will take over the feeding once again; the boys continue their trucking and the heavy chores and I shall be left to battle alone with my pies and my socks.

MILK PRODUCTS UP
Milk by-products continue to show increased production, says the Current Review of Agricultural Conditions in Canada. Skim milk powder was up nine million pounds, or 25 per cent, for the first nine months of 1947. Condensed skim, evaporated skim and powdered buttermilk showed increases for the same period. Stocks of all milk by-products are substantially higher than a year ago.

FARM FIRES CAUSE ANNUAL DAMAGE OF OVER \$10 MILLION

It is estimated from a recent survey made by the Dominion Bureau of Statistics that there were 8,000 farm fires in Canada in the 12-month period ended June 1st, 1947. It is difficult to obtain adequate representation of farm fires because if a fire is sufficiently serious to destroy the farm residence and it is not rebuilt, there is little possibility of collecting information about the fire from a sample survey of households. However, even with this probability of under-estimating, the results of the survey indicate that farm fires occur with considerable frequency and cause enormous property damage. The estimated value of farm property destroyed by fire in the period under review amounted to \$10,254,000 and the amount of loss covered by insurance was estimated at \$3,778,000, just under 37 per cent. This indicates that a relatively small proportion of farm property is adequately insured against fires.

Fires were most frequent in barns or outbuildings and 45 per cent. of all fires originated in these places. The farm house was the location of 38 per cent., and 15 per cent. were stubble, bush or grass fires. The remaining 2 per cent. of the fires concerned machinery and equipment. In addition to buildings, including the farm home, it is estimated that farm equipment was lost or destroyed in 16 per cent. of the fires and equipment and live stock in 15 per cent.

The frequency of farm fires shows considerable seasonal variations, the late spring and summer being the season in which fires are most common. Nearly half of all farm fires occur in the four months of May to August.

REGIMENTATION
During the street fighting in Berlin the masses of people racing for cover under machine-gun fire, were careful to observe the Verboten signs that warned against taking short cuts across the grass, says Franz Schoenberger in his "Confessions of a European Intellectual." That is one reason why Germany can be induced to go to war every once and so often. Fear of gunpowder did not stop past wars, and the threat of atomic warfare or germ warfare won't do so either. A little horse sense and human understanding will do a lot better, given a chance.

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NOTICE TO VETERANS
INTERESTED IN TRAINING
If you are planning on taking vocational training under the Veterans Rehabilitation Act, you should apply immediately, as the right to apply, with very few exceptions, ends December 31, 1947. Applications may be made to the nearest district of the Department of Veterans Affairs in person or by mail, or to the Veterans' Officer at the nearest office of the National Employment Service.
Published under the authority of
The Right Honourable Ian A. Mackenzie, Minister of Veterans Affairs.
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