

# Of Interest to Women



Hello Homemakers! Six years ago the New York Women's Advertising Club sponsored a survey "What's Cooking in your Neighbor's Pot." The purpose was to find out in detail the eating habits of the majority nationally groups in the country, evaluate them nutritionally, discover how they are affected by rationing and emergencies and suggest ways in which the American-born housewife and foreign-born housewife might profit from each other's knowledge.

The results are amazing: Actually food does not conform to any political boundary. The earth is divided into great regions in which all the inhabitants have certain similarities of food habits. If cooking customs vary, at least the basic foods are similar. The different flavor and consistency of these foods with strange names are for us the most interesting features.

In normal times the Greek people eat light breakfasts in piece of bread, some fruit or a bit of cheese, and coffee which is thick and sweet; afternoon dinners of bread, a casserole dish, olives, fruit, nuts, cheese, a salad with olive oil and vinegar, and wine; and supper of similar pattern.

Most Greek main dishes begin with onions cooked in oil, then the other ingredients are added. Bread is the

most important single staple food—so much so that many eat a mouthful of bread in between each bite.

The foods that are eaten in Norway, Sweden and Denmark are rather similar in character, although varying amounts of the same foods are eaten in each of the three countries. In Norway more fish is consumed—fresh, dried or salted, while in Sweden much sugar is used in cooking. Denmark is a dairying country and uses much cheese, cow's milk and butter.

The liberal use of legumes and cheese makes up for the small amount of meat served in French and Italian dishes. Soups and rich sauces are made inexpensively with meat drippings, leftovers and pieces of any surplus foods. Many French and Italian men are excellent cooks at home and proud of their skill.

Latin people have a great deal of respect for food. They come by it with great toil and therefore make a ritual of many meals. Feast days and family occasions are celebrated with certain dishes—for example, an artichoke pie for Eastertime.

The principal problem in the Far East is that the average person has trouble in obtaining enough food to stay alive. Due to population density and adverse growing conditions, there is a spectre of famine. We used to believe that everyone in the East ate rice but have learned lately that millions never touch it. The cooking methods of the East (especially China) are the most flexible in the world, for they are characterized by a certain style of cooking rather than a dependence on traditional raw materials. Most food is broken or shredded into small pieces and cooked very rapidly. Steaming, boiling and frying are the common techniques since fuel and utensils are never available in quantities. In many instances, the main dishes are put in the centre of a group and each person helps himself out of the common bowl. They say chopsticks, commonly used in China, never touch the mouth; food is dropped into it. At a feast, the number of dishes served increases with the number of guests.

## Chronicles of... Ginger Farm

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

We have experienced our first real snowstorm of the winter. It caused some inconvenience but compared with other parts of the province, it was nothing. Our new highway is practically bare, but as usual there is plenty of snow in farm lanes. We were listening to an account of the damage done in the Windsor district when Partner remarked—"The Government should do something about it."

"The Government?" I queried in surprise.

"Sure," Partner answered. "Most of us look to the government to solve all our problems, why not the weather? It should stop the snow, turn it to rain, or do something about it. Anyway I wouldn't mind betting the time will come when county snowploughs will be required to open up all farm lanes, along with the roads."

Probably many farmers will say—"And that wouldn't be such a bad idea either!" In the meantime cars are getting stuck in farm lanes and on back concessions—snow or no snow we must run our cars as usual. Everyone is up-to-date except Old Man Winter and he is just as old fashioned as ever. Makes one wonder who is out of step—we, the people, or the Master of the Universe.

But 1948 has brought us more than snowstorms to think about—or shall we say a storm of a different nature because it looks as if we are going to be snowed under by even higher prices. And this storm will surely be a housewife's headache.

There was a thought-provoking paragraph in a certain paper last week suggesting that we stop worrying about world affairs, attend to our own business and in that way many of our problems would solve themselves. They were truly words of wisdom and if followed would do a lot more good than "beefing" about the government or the Marshall plan.

Take these new high prices: Two more cents a gallon on gas, but a little thought, a bit more walking and the amount we pay out for gas would not be one bit more than before.

Pork—an increase of two to ten cents a pound. That means our good old standbys—sausage and pork chops will be luxury goods. But we don't have to buy them. A fifteen cent soup bone is more nourishing and will give an average family one good meal. Lard, too, will be up. Less pie, cake and cookies is the answer to that.

Butter—we did very well on our wartime ration, why not return to it voluntarily?

As I see it, one reason for the high cost of food is our over-high standard of living. I remember, as a child, my mother often gave us kids brown sugar, moistened with a little milk for dessert! And we never had butter AND jam. It was always butter OR jam. On toast we invariably used beef, sausage or bacon dripping. And of course, for breakfast, there was always porridge—never any fancy cereal. Ordinary vegetables and fresh fruit—bananas, apples and oranges—supplied our vitamins, even though vitamins by name were strangers to us. What meat we had was mostly in the form of roast beef, steaks or mutton. Fresh bread was never allowed—it had to be at least a day old. Eggs were boiled or poached, never fried—except as a treat when we had bacon. It was a good plain, simple diet. A return to it might do much towards lowering the cost of living. But how to do it!

Our families now are used to the best of everything on the table. What glum looks there would be if Mother suddenly said—"Oh no, you can't have butter and marmalade, and certainly you can't have butter on your vegetables!"

Yes, the housewife will surely have to economize but, until families learn to co-operate it will doubtless have to be camouflaged economy. If only there were a housewives' union, the members of which would say to their husbands "Never mind striking for higher wages—we'll live a little plainer and make do with what we're getting."

That would work faster than any government action.

## RECOLLECTIONS OF ACTON

BACK IN 1898

Taken from the edition of the Free Press of January 6th, 1898

The council for 1898 will be Reeve W. H. Storey; Councillors James Clark, John Clark, J. A. Murray, Isaac Francis; school board, James McLam, Robert Wallace, T. H. Harding who have one year to serve and Geo. Hynds, Robert Holmes and Dr. Uren two years.

A Crokinole Club has been organized for the purpose of securing funds for the purchase of a piano for the town hall. Officers are: president, William Williams; vice-president, Mrs. C. S. Smith; treasurer, Mrs. A. Secord; secretary, J. A. Murray; assistant secretary, Miss Jennie Fyfe.

It was 8 degrees below zero on Sunday morning.

For five years Milton has liberally banished its only important industry, the shoe factory. Now the announcement comes that the firm has made an assignment.

The Sabbath School of Knox Church is to be congratulated upon the success of their annual New Year's entertainment. There were choruses, dialogues, drills as well as recitations by Maud Collins, Effie Corry, Jennie McPherson, Joseph Arthurs, Ada Holmes, Frank Havill, Minnie Holmes, Annie Corry, Ruby Clark, Flossie Murray, James McDonald, Jennie Cameron, Mable Mann; solo by Jennie Smith and Lily Halsted.

BACK IN 1928

From the issue of the Free Press of Thursday, January 12th, 1928

Sap is running down in Quebec. Plans that were submitted to the council of a closed rink are on view in the Free Press window.

Mr. Daniel McLean, a native of Esquimaux, was elected Mayor of Winnipeg at the recent elections.

The Armenian Farm at Georgetown has been transferred to the Board of Evangelism and Social Service of the United Church of Canada.

The first meeting of the Men's Club of the United Church was in the form of a banquet with seating for 140 members. A splendid address was given by Judge H. S. Mott.

**BORN**  
BURNS—On Sunday, January 8, 1928, to Mr. and Mrs. Norman W. Burns, Acton, a son.

**KNAPP**—At Victoria Memorial Hospital, Toronto on Friday, January 6, 1928, to Mr. and Mrs. Clarence R. Knapp, of Acton, a son.

**DIED**  
ADAMS—At St. Clair, Mich., on Saturday, January 7, 1928, Joseph F. Adams, a native of Acton, aged 91 years.

**STEWART**—At his home, Lot 19, Concession 7, Nassaganweya, on Sunday, January 8, 1928, Arthur W. Stewart, aged 75 years.

By pressure application of "liquid glass" and calcium chloride, Russian scientists can convert quicksand into limestone in 10 days.

**CAMPBELLS FLOUR**  
FOR LIGHTER - MORE TENDER PIES, CAKES AND PASTRIES

**WM. R. BRACKEN**  
REAL ESTATE AND GENERAL INSURANCE  
Mortgage Loans Arranged  
Representative of Mutual Life Assurance Co., Ltd.

**"SALADA" TEA**  
Outstanding Quality

**Be QUICK--Phone DICK**  
For the Best in Chesterfield Re-Upholstering  
NEW PATTERNS AND COLORS NOW AVAILABLE TO MATCH YOUR ROOM  
Highly skilled workman on all our work  
"A CUSTOMER ON EVERY STREET" IS YOUR ASSURANCE OF SATISFACTION  
Just pick up your phone and call 87  
7 day service. No waiting.  
Jack Sudermann of John Dick & Son

**E. P. Head**  
OPTOMETRIST  
EYES EXAMINED SCIENTIFICALLY  
HEARING AID BATTERIES  
58 St. George's Square  
**GUELPH**  
Appointment Ph. 1529  
EST. 20 YEARS

**DRY CLEANING**  
For Prompt Weekly Service on all Your Dry Cleaning  
PUT CARD IN WINDOW EACH MONDAY OR  
PHONE 103, ACTON  
**Master Dry Cleaners**  
JOE WOODS

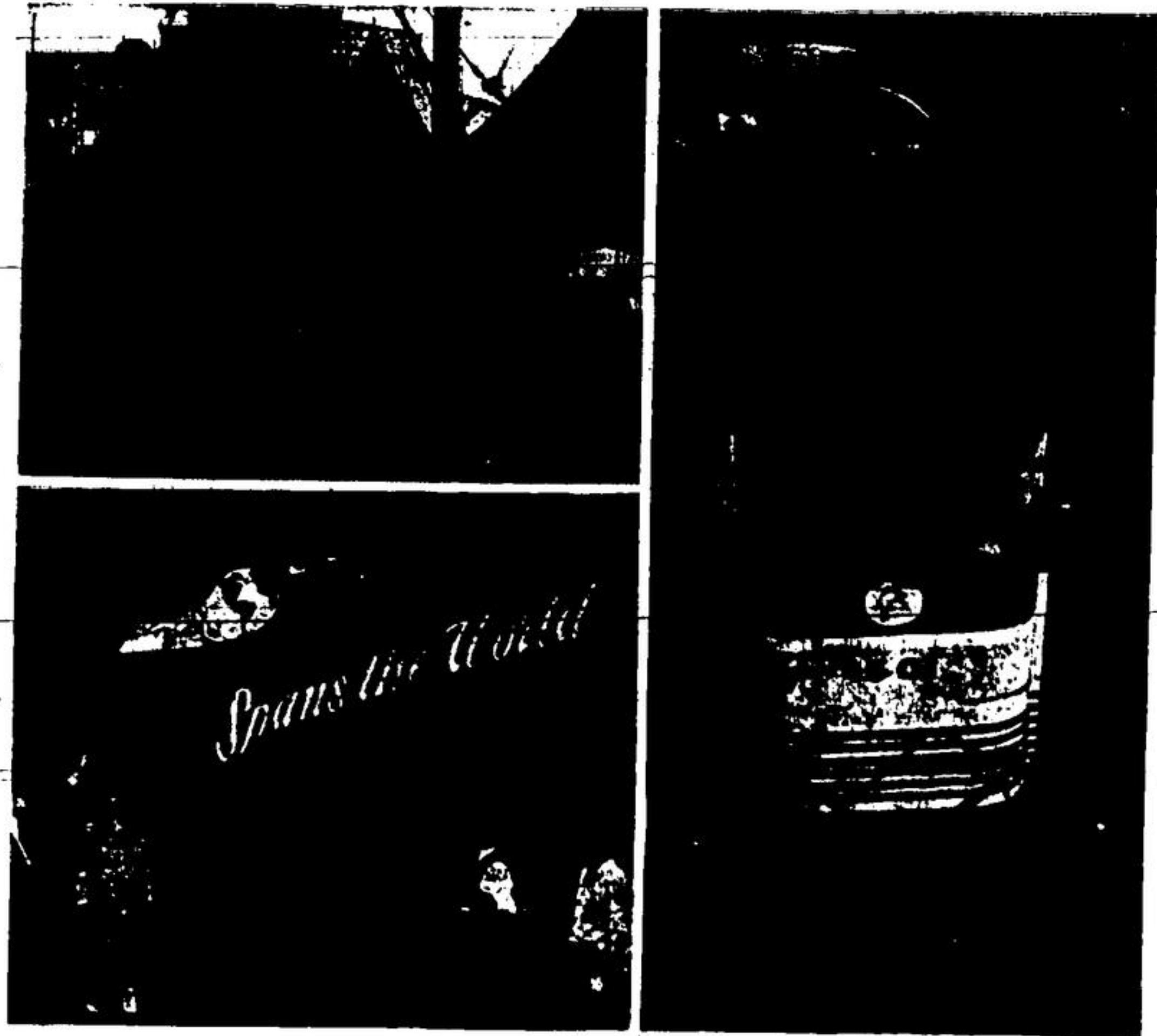
More... **STRAWBERRY PROFITS WITH VIGORO**  
Experience is proving that it pays the grower well to seed strawberries with Vigoro Commercial Grower. Increased yield, early maturity, full flavor, and excellent shipping quality are a few of the advantages many growers are attributing to Vigoro Commercial Grower. These are advantages that spell EXTRA profit. Investigate!  
**VIGORO**  
COMMERCIAL GROWERS  
A PRODUCT OF SWIFT

**POLISH DISH**  
Kolakchky (Cakes served with coffee)  
10 1/2 oz. flour, 4 oz. butter or dripping, 2 cups of milk (approximately), 1 yeast cake.  
Crumble the yeast into lukewarm milk (about 1/2 cup). Sift the flour, melt the dripping and combine all ingredients, adding enough milk to make a stiff dough. Place into greased pan and set aside in warm place for about 1 hour or until it has doubled its bulk. Roll out on board, cut out with round cookie cutter. Make a depression in centre and fill this with cottage cheese filling. Bake in moderate oven until golden brown—about half an hour.  
**Cottage Cheese Filling**  
1 cup cottage cheese, 1 egg yolk, 1/2 lemon rind, grated, a few drops of lemon juice, a few raisins to taste. Mix well.  
**GREEK DESSERTS**  
Kataif  
Ingredients: Shredded wheat, walnuts, almonds, honey.  
Method: Split shredded wheat, place in buttered pan, cover each piece with chopped nuts soaked in honey. Place in moderate oven and bake with butter. When ready serve with hot syrup made of 2 parts honey to 3 parts water.

**MILTON WELDING**  
Electric and Acetylene Welding, Repair Welding of All Types  
Portable Equipment  
PHONE—348  
MILL ST.—MILTON

**KNOWING HOW**  
The composer Mozart was once asked by a young man how to write a symphony.  
"You're still very young," Mozart objected, "why don't you begin with ballads?"  
"But," urged the young man, "you composed symphonies when you were only ten years old!"  
"True enough," the composer said, "but I didn't ask how."

### MOVING FOODSTUFFS LARGE ORDER



Movement of Canadian food and food products from the farms of the Dominion to the United Kingdom was the job of the year for Canadian Pacific railway and steamship facilities. Top left picture shows New Brunswick potatoes being loaded on the Beaverburn, one of the Canadian Pacific's fleet of cargo ships which has come to be known as the "Bread Unit Fleet" on the other side. Bottom-left picture shows one of the new Canadian Pacific box cars, delivery of which began at about the same time as the heavy grain movement from the prairies to the coast following this year's harvest. It was also one of the first cars on which the Canadian Pacific slogan "Spans the World" appeared. Picture at right shows 1500-horsepower diesel-electric road engine which was tested by the C.P.R. under all types of operating conditions to see if and where it would be used to advantage over steam power.