

# Of Interest to Women

## THE MIXING BOWL



**THE MIXING BOWL**  
*Ann Allen*  
 HOME ECONOMIST

Hello Homemakers! One serving of potatoes daily is a rule in the five-star plan of good nutrition. Thank goodness, we can still talk about their food value without cringing at the thought of expense. We, who have been able to store potatoes during the harvest time are more fortunate. Even though it takes time we should pick over the "cobblers" and pluck off any sprouts at this season of the year.

Now, we cannot tell any homemaker much about cooking them except to remind her to cook only until done—25 mins. for whole medium potatoes boiled in their jackets.

**SPICED CREAM POTATO SOUP**  
 2 cups diced potatoes, 4 cup celery leaves, 1 clove garlic, 1/4 tsp. chili powder, 1 tsp. salt, 2 cups water, 2 tbsps. dripping, 2 tbsps. flour, 3 cups milk.  
 Cook potatoes, celery, garlic and seasonings in water until vegetables are tender. Melt dripping, blend in flour, add milk gradually; cook, stirring constantly. Add to potato mixture. (Take out garlic and celery leaves and serve. Serve six.)

**MILTON**  
 Successful Milton piano pupils of Miss Mignon Teilmann are as follows:  
 Jim Whitelock, Kiwanis Festival first class 83 marks.  
 Janet Foster, Royal Conservatory of Music exam, grade 7, honors, 76 marks.  
 Susan Gowland, grade 2, 76 marks and Josephine Clarke, grade 2, 71 marks in the Royal Conservatory of Music exam.  
 Heavy ice conditions, along with the heavy checking dust, proved Woodbridge piled up a lead which gave them the second of a two game series in Senior O.R.H.A. play-downs here Tuesday night.

**MILTON**  
 The Milton Canadian Club held their February meeting at the Milton Inn on Friday evening, February 20, with about 45 members present.  
 The president, Mr. H. C. Morris, introduced the guest speaker, Mr. George Zeliger of Parry Sound, past district governor of Rotary International. He gave a very interesting talk on his recent trip through the Canadian West and down the West Coast.—Canadian Champion.

**OAKVILLE**  
 Work on the proposed Oakville and Trafalgar Memorial Hospital will be started as soon as possible. The present funds of the Oakville and Trafalgar Memorial Hospital Association will be used to get the project under way and a financial campaign will be conducted to raise the money necessary to complete it.  
 Oakville ex-service personnel who have been taking a special ten month course in business administration given them by the university are John Blacklock, Doug Russell, Ken Russell, John Lefroy, Charles (Pat) Gowling and Pete Marlett. The subjects of the course were accounting, statistics, economics, economic history, corporation finance, English, political science, business administration, labor problems and psychology.  
 Recent arrivals in Oakville are Mr. and Mrs. Cepas and their three teen-aged daughters, who have come to Canada from a displaced persons' camp in British occupied German.—Record-Star.

**POSTPONED AUCTION SALE**  
 Of Horses, Milk Cows, Young Cattle, Hogs, Poultry, Implements, Milking Machine, Etc.  
 The undersigned have received instructions from  
**ART BROWN & SON**  
 to sell by Public Auction at their farm, Lot 19, Con. 3, Twp. of Eschschmum, on  
**TUESDAY, MARCH 9th, 1948**  
 at 1 o'clock, the following:  
 HORSES, HARNESS & SADDLES  
 1 Bay Gelding, about 1600 lbs., a good worker; 1 Bay Gelding, about 1400 lbs., a good worker; 1 Black Mare, 3 yr. old, bred from thoroughbred stallion; 1 Bay Mare 2 yr. old, bred from thoroughbred stallion; 1 set of Heavy Breeding Harness; 2 English Riding Saddles; 1 Mexican Saddle; Riding Brakes; Heavy Team Brakes; Odd Collars.  
 MILK COWS: 3 Holstein cows, due time of sale; 1 Southern Cow, due time of sale; 1 Jersey Cow, fresh 2 weeks; 1 Durham Cow, fresh 2 weeks; 1 Holstein Cow in full flow, bred Jan. 13; 1 Reg. Holstein Cow in full flow, bred Oct. 20; 1 Reg. Holstein Cow due May; 1 Red and White Cow, milking, due in April; 1 Red Cow, milking, due in May; 1 Red Cow, milking, due in May; 1 Holstein Cow, milking, due in May; 1 Holstein Cow, in full flow, bred Jan. 13; 1 Reg. Holstein Bull, 2 yrs. old.  
 YOUNG CATTLE: 1 Black Holstein Heifer, 2 yrs. old, not bred; 5 Holstein Heifers, 1 yr. old; 2 Guernsey Heifers, 1 yr. old; 1 Ayrshire Heifer, 1 yr. old; 1 Holstein Heifer, last fall calf; 1 Jersey Heifer, last fall calf; 2 Bull Calves, 1 Pure Bred Jersey Bull Calf. The young cattle are all vaccinated.  
 HOGS and POULTRY: 1 Reg. Yorkshire Hog, 1 yr. old; 1 Mature Yorkshire Sow, bred 4 wks.; 10 York Weaners; 15 York Chunks; 10 Year-Old Hens.  
 IMPLEMENTS and MILKING MACHINE, ETC.: M.H. Grain Binder, 7 ft. new canvases; P.H. Mower, 5 1/2 ft. in good shape; T. & A. Manure Spreader; Seed Drill; 13 Discs; 2 Single Furrow Ridges; Plows, Oliver and Cockshutt; Set of Harrows; Inflow Disc; 2 Walking Plows; Hog Crate; Gas Engine, 2 h.p.; 2-wheeled Trailer; 2 Farm Wagons; Platform Scales, 1000 lbs.; Cream Separator, Lister; Power Drill; Battery Radio; Aladdin Lamp; Large Quantity of Small Items; 1 Int. Milking Machine, 2 unit, with piping and gas motor.  
 TERMS: Cash Settlement with Clerk Day of Sale.  
 No Reserve as the Proprietor is out of town and the sale is leaving for the West immediately after the sale.  
**HINDLEY & ELLIOTT,**  
 37-2B, Auctioneers  
 Art Benton, Clerk.

**THE SUGGESTION BOX**  
 Mrs. T. L. says: Our magnificent Canadian apple ought to come in for very much more general use and appreciation. For instance: Fried apples are very good with sausages, corned beef or pickled tongue. Core half a dozen apples cut them in half or thick slices, and cook gently in a little dripping. Keep the heat low so you won't scorch apples; cover the pan; cook 5 minutes, then turn apples and sprinkle with 2 tbsps. sugar and a little salt. Cover again and cook until tender.  
 Fried apples are also good on top of a slice of steamed fruit bread as dessert.  
 Mrs. J. B. C. says: You'll like our prized turnip dish made with cheese. Try it: To 3 cups hot mashed turnips, add 1 tsp. salt, pinch of pepper, 2 tbsps. dripping, 1/2 tsp. thick meat sauce and 2/3 cup grated old cheese. Mix well. Serve hot.  
 Mrs. T. M. says: 1. For economy I use yolks of eggs in custards and save whites for angel cake.  
 2. Those outer leaves of cabbage even though wilted, should be washed, then add a bit of grated onion to the strained liquor and serve with meat dishes.

**NEW LOCOMOTIVES FOR BRITISH MINES**  
 Modernization of the United Kingdom mining industry has been taken a stage further by the placing of a large National Coal Board order for diesel locomotives. The order includes 152 fully flame-proof locomotives and has a total value of more than \$3,000,000.

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**HEAR "Queen's Park Report No. 7"**  
 by PREMIER GEORGE DREW  
**"THE DEPARTMENT OF LABOUR LOOKS AHEAD"**  
 FRIDAY MARCH 5  
 CFRB 860 8.00-8.15 P.M.

## Chronicles of... Ginger Farm

Written Specially for The Acton-Free Press  
**GWENPOLINE F. CLARKE**

Partner and I were upholstering. Just a five cent box of tacks—and I had to shop all over town to get them. Those chairs were quite a job. I thought replacing the old upholstery with new would be easy. But getting the old stuff off was a big job in itself. Then Partner thought we had better tighten up the springs. There was also a little repair job needed on the back of one chair. Partner and you know antique chairs have to be treated with respect. In all it took the two of us a day and a half to do one chair. Since then Whisky has decided it is the one place in the house where she prefers to sleep, so now I suppose I must put a cover on the cover to keep the seat clean.

Oh-oh—I always speak too soon! As I live, it is snowing again—a wet, clinging snow. Tippy was just out for about ten minutes and came in looking not so much like a dog as a sheep before shearing time. Am I glad I went to town to-day. Now at least we have enough meat in the house to last for a few days. Looks like a good time to stay home and work on more chairs. Ah, yes—we can work on the chair but as our fingers engage in this comparatively trivial task our minds are occupied with thoughts of the trouble in Prague—and we don't like what we hear one bit. But to dwell on it too much and allow ourselves to become depressed wouldn't help anyone, so I guess we'll just carry on with our chairs and our shopping; our chores and our plans for spring seeding, just as if Communism was something that didn't even exist.

Then one day Johnny went to Hamilton. "Look," I said to him, "while you are in the city will you try the hardware stores and get me a wire-brush for Tippy. I can't get it in town." Sure he'd get it. So Johnny goes to Hamilton, gets this and that for his car, but comes home without the brush. However, two weeks later he went in again and that time he actually did remember.

Of course with non-edible shopping it is always the little things that are forgotten. . . tooth-paste, shoe polish and stamps. Today shoe laces were in demand. "You haven't got a shoe lace around here, have you, Mom?" Honest-to-Pete I've been tying knots in the laces of these old shoes ever since I left the Army. But Mom didn't "happen" to have a lace around the house. Mom thinks it a good idea to let the young folk do their own worrying, resulting from their sins of omission just as they do their own forgetting.

Of course I don't mean to suggest that I am infallible. It's a matter of fact I can forget better than any of them, but then I figure that is my special privilege, partly on account of my ripe old age and partly because of the number of things I have on my mind—including three men.

However as I inferred before, now that the snow has gone and the weather is not so cold, I can do my own driving, my own shopping and my own forgetting. Somehow or other which one is housecleaning there is always something one has to have before a job can be finished. Yesterday it was gimpy tacks for the chairs.

**FEED CONSERVATION**  
 Food conservation is being urged upon farmers in the United States and particularly those in grain and deficit areas. The measures emphasized in order to conserve grain are: holding down the market weight of hogs and flocks of beef cattle, keeping poultry well culled, and making full use of pasture and forage for dairy and other livestock production.

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**True reports on the works of the Red Cross by leading Canadian writers**

**The case of the 7 strangers**

by Claire Wallace

There is a man in Canada who has the blood of seven total strangers in his veins. Analyse you winces at that idea. He doesn't. Without it, he would be dead.

Two years ago he was seriously injured in a crash. He received desperate head injuries, and a delicate operation was imperative. Weakness and loss of blood had so weakened him that he couldn't have survived one. If . . . seven strangers had not stepped in.

They were Canadian men and women who had each given a blood donation to the Canadian Red Cross Blood Transfusion Service. When the doctors called for blood to save the life of the accident victim, it was the blood of those seven which purified him through.

"Were you one of them?"

Today, he is a healthy, happy, useful citizen of Victoria, British Columbia. The only thing that marks him as different from the average man is a rather searching look that sometimes comes into his eyes as he walks along the street. For he often thinks of the seven who saved his life and wonders who they are. As he looks into a stranger's face, he silently asks: "Were you one of them? If so, I thank you from my heart."

Similarly, the mother who gave birth to twins and would have died except for blood transfusions . . . the baby so anaemic at birth he could be kept alive only by donated blood . . . the maimed . . . the sick . . . the old—all those who owe their lives to blood transfusions say: "Thanks, unknown friend."

**Free blood for Canadian hospitals**

The Red Cross Blood Transfusion Service plans, as soon as possible, to extend whole blood and plasma free to all patients needing it, in hospitals across Canada. Already, two provinces—British Columbia and Alberta—provide this life-saving service. Last year, Alberta and British Columbia distributed 21,044 bottles of whole blood and 2,364 bottles of plasma, resulting in the saving of many lives.

But it takes money as well as blood to save these lives. Remember this, as the Canadian Red Cross appeals to you now for funds. Give generously. A life may depend upon your donation.

**The work of mercy never ends... Give generously to the CANADIAN RED CROSS**

Red Cross services include: Blood Transfusion, Outpost Hospitals, Aid to Sick and Disabled Veterans, Treatment for Crippled Children, Disaster Relief, Nutrition Services, Home Nursing Courses, Swimming and Water Safety, etc.

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7:33 p.m.	11:51 a.m.	e11:11 p.m.	
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