

# Of Interest to Women



**Hello Homemakers!** A dose of the flu or fever and your appetite leaves you at the mere sight of food. If you have a patient, take care of his diet. Doctors do not usually prescribe a special diet but recommend the elimination of fried foods and spicy foods and the increased use of Vitamin-rich dishes.

**Build up with B1.** People who get too little thiamine (Vitamin B1) have poor appetites; it aids digestion, steadies the nerves and keeps one on the up and up. Breakfast cereals (whole-grain ones) and enriched breads and yeast are important sources of B1. Dried peas, beans, canned tomatoes, baked potatoes and citrus fruits add their bit. The yolks of 2 eggs provide as much as a medium baked potato; one pint of milk—as much as 3 eggs. Pork liver and kidney are the best meat sources.

men as well as women. A plain poached egg on a white plate is dull but placed on toast and served on a red and gold plate it becomes interesting. The appearance of a casserole of slow can be enhanced by a frill of potatoes around the edge.

6. Serve cold food cold and hot foods ready to be eaten.

7. Pamper the patient to some extent. Slice tea biscuits and cut bread into squares and butter it—like any food that you can make into portions.

**CHEESE SOUFFLE**

Melt 2 tbsps. butter in a saucepan. Stir in 3 tbsps. flour and when blended add one-half cup scalded milk and stir until mixture thickens. Stir in one-half tsp. salt, a few grains cayenne, and one-quarter cup grated cheese. Remove from the element and stir in the well-beaten yolks of 3 eggs. Cool the mixture, beat the whites of 3 eggs stiff. Fold in the stiffly beaten egg white. Pour into a buttered baking dish and bake 40 to 50 minutes in a moderate oven.

**ORANGE MILK SHERBET**

1 1/2 cups orange juice, juice of 2 lemons, 2 cups milk, grated rind of 1 orange, 1 tsp. gelatin, 1/2 cup cold water, 1 1/2 cups sugar, 1/4 tsp. salt.

Soak gelatin in cold water. Add sugar and salt to milk, heat until dissolved, then add gelatin and orange rind. Pour milk very slowly into the fruit juice mixture. Pour into electric refrigerator tray and freeze, stirring at half hour intervals until frozen. Makes 1 quart.

**BAKED RICE**

1/2 cup rice, 1 quart milk, 1/2 cup sugar, 1/4 tsp. salt, dash of nutmeg. Wash the rice and mix the ingredients in a greased baking dish. Bake in a slow oven until rice is cooked. This will take from 2 to 3 hours. Stir every 15 minutes for the first hour. Not more than half cup raisins may be added. This pudding should be creamy, not dry. Serves 8.

**SWEET JELLY**

2 tbsps. granulated gelatin, 1/4 to 1 cup sugar, 1/4 cup cold water, 3 cups boiling liquid (water, fruit juice or coffee).

Soak the gelatin in cold water, boiling liquid on the gelatin and stir until dissolved. Add the sugar, stir to dissolve it, then add the remainder of the liquid either hot or cold. If cold liquid is used, the mixture will set more quickly. Pour into a cold, wet mould and chill. Serves 6.

**TAKE A TIP**

1. Rest works wonders. If the patient is sleeping at meal time it may be better to let him have a snack when he awakes.

2. Eat often and in small quantities. Four or five light meals instead of three square ones are far better for convalescents. Avoid all highly seasoned foods and coarse-textured vegetables, unless you love them. Fatty foods and rich desserts are out. Strong tea and coffee are not good for you. Weaken them with hot milk.

3. A good breakfast. That's easier said than done. I know. Eat your own breakfast and the smell of it may interest a patient in toast and poached eggs—but don't forget the orange juice and hot milk-coffee.

4. Change menus each day. You can make appetizing menus out of the smooth, easy-to-digest foods. Here are some suggestions: (1) Creamed Eggs on Toast with Bacon, Applesauce Pudding and Custard Sauce. (2) Strained Cream of Celery Soup, Tomato Omelette, Sieved Peas, Orange Sherbet. (3) Baked Chicken in Milk, Baked Potatoes, Orange and Grapefruit sections with Cherries and Jello. (4) Salmon Souffle with Plain Sauce, Mashed Carrots, Ice Cream, Cookies. (5) Consomme, Cheese Souffle, String Beans, Orange Sherbet. (6) Potato Soup, Shredded Egg and Canned Tomatoes, Baked Apple without skin. (7) Broiled Chopped Beef, Mashed Potatoes, Creamy Rice Pudding topped with jelly.

5. Serve food as attractively as you can. Daintiness appeals to

## Chronicles of... Ginger Farm

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

May 24th. has always been the traditional date on which all good farmers "turn out" their cattle to grass. If cattle are turned out sooner it means one of two things either the farmer is out of hay and considers it unprofitable to buy it, or he is inexperienced and doesn't know any better. Cattle are usually kept in until that date to give the pasture a chance to develop a sturdy growth before being chewed off by grass-hungry cattle. Also, until May 24, there is usually a lot of rain, and if cattle are allowed to run in wet pasture a great deal of fodder is wasted by being tramped down into the mud. So, this May 24th custom is, I believe, quite usual in many parts of Ontario although the tendency these days is to keep the cattle in as long as possible.

Yet, to-day, and this is early in April, the CBC glibly announced, "It is expected the butter shortage will be greatly relieved when cattle are turned out to grass, which is usually about April 15."

Sometimes one wonders where in the world the CBC digs up its information, or rather its misinformation.

True, the butter shortage may be somewhat relieved by that time only for a very different reason. At least, that is how a "dirt farmer" views the situation. Calves have a way of arriving fast and furious in early spring and with the calves there is a natural increase in the milk supply—often far exceeding the milk shipper's daily quota. The extra milk must of course be sold somehow, somewhere. On some farms it is separated and sold to the creamery. More butter! On other farms the extra milk goes as "surplus" to the city dairies—and what they do with it is anybody's guess. The farmer would often like to know.

But why, oh why, should a shortage of anything be advertised? We find out soon enough when we can't get what we want. To broadcast the existence of a shortage of anything is one sure and certain way to create panic buying. I was even guilty of it myself last week without even realizing what I was doing. Bob was going to town and I needed butter for our usual two pounds. But when the radio spread its dire news about I said to Bob, "Maybe you had better bring three pounds perhaps there won't be any next week." See what I mean?

Funny, when you think of it, how much importance we attach to having butter on our table. And yet, I suppose, there was a time when butter was an unknown quantity. I wonder when butter was first in general use? If I were in the city, I could find that out from a reference library. But being in the country, wondering is just about my limit.

In the country. Ah, yes! Do you know the miracle of spring is beginning all over again? Snowdrops are blooming; green shoots and daffodils and narcissi are several inches high—some even have buds just appearing. There is also a lighter shade to the willow branches and shrubs have pinpoints of color on their tightly twisted buds.

But alas, it is precious little time I have for seeing it all just at present, as I am completely bogged by extra work in the house. We are in the process of having a few alterations done around here. First the carpenters arrive; they pull down one partition and insert a new one; rip out a door and put in a window; and, although the work is in one corner of the house, yet old plaster, shavings and sawdust get tramped into every room. After the carpenters, a couple of bricklayers and plasterers arrived. Now their work is also finished which means there is plenty of painting for me to do before the plumbers appear on the scene. And having a boy around on crutches doesn't help very much. By the way, I have suddenly discovered a man with one foot tracks in more dirt than one with two.

**WORLD'S MARITIME HEAD-QUARTERS**

A conference of 35 nations meeting in Geneva has chosen Britain's capital as the world headquarters for the United Nations Maritime Organization.

## GEORGETOWN

Norman Hill is constructing a new store on King Street across from his present location.

David Bowman was elected president of Branch 120, Canadian Legion at the annual meeting in the Legion Hall on Sunday afternoon.

Berwick Hall, the lovely old home of the late John R. Barber has had a complete face-lifting and has been converted by Mr. W. F. Bradley, the new owner, into a modern apartment building. The old house stood vacant for many years and through the years, neglect and petty vandalism took their toll until it became an eyesore on Main Street South. The building has been completely renovated, the red brick exterior is being tugged and Berwick Hall will once again be a beauty spot, surrounded as it is by lovely trees.

## MILTON

Mr. and Mrs. E. H. L. Smith, Toronto, formerly of Milton will celebrate their golden wedding April 10th.

On Sunday evening March 28th, the Senior Choir of Knox Church presented a Religious Musical Drama entitled "The Answer from the Cross," based on the last seven words of Jesus as he expired on the Cross.

On Monday, March 29th, 1948, Mr. and Mrs. Oscar Downs held a reception for friends and relatives on the occasion of their 50th wedding anniversary, at their home on Foster Street, Milton. Receiving with the "bride and groom" was the bridesmaid of fifty years ago, Mrs. H. M. Clark of Brampton.

Hallon Agricultural Society Annual At Home was held at the Town Hall, Tuesday, March 30th, with a record attendance. Mr. Stan Hall, M. L. A., graciously presented E. M. Roadhead, secretary-treasurer with an Agricultural diploma. Elliott's orchestra provided music for the dancing. Canadian Champion.

## BURLINGTON

The Boys and Girls Junior Community Band held their annual meeting in the Navy League hall on Wednesday evening last, when the election of officers took place and the duties of the various officers defined.

Navigation will open in this neck of the lake Thursday morning, when the oil tanker Cycle Warrior will pass through the canal bound for the Steel Company of Canada.

William Patterson, 67, Burlington Ave., was fatally injured in a head-on collision between two cars on Number 11 Highway, nine miles south of Downsview on Saturday evening last during a blinding snow storm. Mr. Patterson had been granted a week's holidays and had left on Saturday morning for the north to prepare some cottages for occupancy and had completed part of the journey when the unfortunate accident occurred. Poor visibility was blamed for the head-on crash according to Provincial Constable C. E. Millbank, who investigated the accident. Gazette.

## GUELPH TRUST COMPANY SAFETY DEPOSIT VAULT ENLARGED AND IMPROVED

The Guelph Trust Company has just completed a major extension to their safety deposit vaults. The size of the vault space has been doubled to meet the demand for boxes and compartments.

The safety deposit vault is really a vault within a vault inasmuch as the reinforced concrete walls, floor and ceiling enclose the safety deposit vault proper which has steel walls, ceiling and floor. A grill partitions off a section at one end of the vault for safes and compartments.

Two new large vault doors of solid steel have been installed and are of the most up-to-date construction. Framed in polished steel, not only do they provide the highest form of protection but present a very striking appearance. The safety deposit vault door, which weighs 6 tons apart from the massive steel framework, has 10 inches of steel. Each door is equipped with a 3 movement time lock and dual control is provided by 2 combination locks. A plastic cover encloses the bolt work.

The new safety deposit boxes which have been installed are of various sizes ranging from the popular 12"x5 1/2" boxes up to boxes 10"x10". The intermediate sizes are 3"x5 1/2", 5"x5 1/2" and 5"x10". The special large compartments are approximately 2' high, 2' wide and 2' deep while other compartments of about one half this space are also included in the equipment.

The whole operation including the removing of the old doors and

## ERIN

Workmen commenced Monday morning to remodel the interior of the Royal Bank.

Moses D. I. Mundell and Son are busy erecting several new houses at the north end of Main Street.

A few minutes after she left a train at the Union Station, Toronto, 70 year old Miss Euphemia McKinnon, 154 Castlefield Ave., Toronto, was struck by an auto Monday afternoon. She died in St. Michael's Hospital from a "front" plate crushing of the spinal cord.

A daughter of the late Mr. and Mrs. Duncan McKinnon, she was born in Erin Township. She is survived by two sisters and a brother Mrs. B. Young and Mrs. Henry Geay, Toronto and Archibald McKinnon, Grimsby, Advocate.

## HOW SUCCESSFUL FARMERS GET THAT WAY

Like leaders in every activity, successful farmers follow one simple rule. They take every opportunity to improve their business.

For instance, when these farmers have a good harvest, they save all they can from their profits... so that next year they can spend more on fertilizer, labor-saving farm improvements, and other profit-booster.

"That best time to prevent profit melting away is right now, while they're still coming in," says William Clayton, local Bank of Montreal manager. "That's why we invite farmers to increase next year's harvest by putting their extra 'improvement' money in B of M 'cold storage' now. Come in and open your special savings account for farm-progressive financing!"

Who postpones practicing the Golden Rule until others practice it towards him, becomes incapable of practicing it at all.

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