

# Of Interest to Women

## INCREASED UNITED KINGDOM STEEL SUPPLIES FOR CANADA

The President of the Board of Trade announced in the United Kingdom House of Commons on February 17th that in conformity with the importance with which the United Kingdom Government attached to increased supplies to Canada, the steel industry in Britain has agreed to make available to Canada increased quantities of finished steel in 1949. They are aiming at a total tonnage for the year of 80,000 tons. This represents a three fold increase in supplies compared with 1948 and a six-fold or even greater increase compared with 1947. Canada will thus be one of the United Kingdom's largest steel markets in 1949.

For a century and a half, the Washington White House has had patchwork jobs at intervals, but a complete overhaul now will keep the President and his family from occupying it this year.

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Hello Homemakers! To be able at a moment's notice to produce a delicious batch of light pancakes is no mean accomplishment. Waffle batters and griddle cake mixtures are thin and as a result are often difficult to make smooth. If you have any trouble use a Dover beater to clear the lumps. To get a crisp waffle be sure to bake it until there is no semblance of steam escaping.

Come next Tuesday the folks at your house will look for pancakes or waffles, so select one of these tried and proven recipes.

**Spice Pancakes**  
2 cups flour  
2 tps. sugar  
1 tps. baking powder  
1/4 tsp. nutmeg  
1/4 tsp. salt  
1 to 1 1/2 cups milk  
2 eggs, well beaten  
1 tps. melted butter  
Mix and sift dry ingredients. Beat eggs well, add milk and stir quickly into dry ingredients. Mix until smooth. Add cooled, melted butter. Pour from pitcher on to a hot griddle—or if frying pan is used, grease it lightly. Cook on one side until bubbles form on top and edges are cooked. Turn and cook on other side. Serve at once with butter and cherry sauce. Note: The quantity of milk in this recipe varies according to whether you desire a thick or thin pancake.

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**Corn Pancakes**  
1 cup cream-style corn  
2 eggs, well-beaten  
1 1/4 cups milk  
2 cups flour  
2 1/4 tps. baking powder  
1/4 tsp. salt  
1 tps. sugar  
1 1/4 tps. melted margarine  
To the corn add the well-beaten eggs and the milk. Mix and sift the dry ingredients. Add liquid ingredients slowly and beat until smooth. Add cooled, melted fat. Drop by spoonfuls on hot, well-greased frying pan, or the special griddle. When bubbles form, turn and brown on other side. Serve hot with maple syrup. As a luncheon dish, serve with broiled bacon.

**Raisin Griddle Cakes**  
1 cup white flour  
1 cup whole wheat flour  
1 tps. salt  
1 tps. sugar  
1 cup raisins  
2 eggs, well beaten  
1 1/4 cups milk  
2 tps. melted butter  
4 tps. baking powder  
Combine dry ingredients and sift together. Add raisins and stir in the combined eggs and milk. Mix until smooth. Add the cooled melted butter. Pour on hot griddle or greased frying pan. Cook on one side until bubbles are formed on top and the cakes are cooked around the edges. Turn and cook on the other side. Serve at once with mock maple syrup.

**Crisp Waffles**  
2 cups all-purpose flour  
1 tps. sugar  
3 tps. baking powder  
1 1/2 cups milk  
2 beaten eggs  
2 tps. melted butter  
1/4 tsp. salt  
Mix and sift dry ingredients, add milk combined with eggs. Mix only until smooth. Add melted butter. Bake about 5 minutes or to desired brownness. Serve with butter and maple syrup.

**Cherry Sauce**  
1 cup cherry juice  
1/2 cup white sugar  
2 tps. margarine  
1 cup chopped canned cherries  
1 tps. cornstarch  
Mix sugar and cornstarch with one-quarter cup of cherry juice. Meanwhile heat three-quarters of a cup of juice and then stir in the starch paste slowly. Add cherries and margarine. Cook two minutes. Makes 2 cups sauce.

**Take A Tip**  
1. We use all-purpose flour for quick bread mixtures because the result is a lighter product.  
2. We use melted fat that is partially cooled because the fat sinks to the bottom and leaves the fat for greasing the pan free from salt—thus prevents pancakes from sticking.  
3. We use a hot griddle but never smoking hot.  
4. We turn pancakes once—when bubbles form.  
5. If we have to keep them hot, we slip them on the oven shelf without any pan below them or cover over them. The oven should be warm.

6. Serve waffles and pancakes on hot plates.  
7. Wipe off the waffle iron or pancake griddle with a clean dry cloth and store in a cool place. If there are any particles burned on the iron, brush with a stiff brush or use a bit of steel wool, then clean with a soft cloth.

**THE QUESTION BOX**  
In answer to XYZ who has sent three important queries:  
(1) Meringues shrink for four reasons: sugar may be too coarse, sugar may not have been measured, level teaspoons for 2 egg whites, sugar may have been added too quickly and meringue should be spread to adhere to pie paste. Therefore, beat egg whites until stiff but not dry (should be glossy). Add sugar gradually, about one-half tablespoon at a time, beating it each time. Sprinkle in one-half teaspoon baking powder. Round roughly on pie to pastry edge and bake at 300 degrees for 8 to 10 minutes, depending upon size of pie.  
(2) Margarine vs. Butter: Use same amount of margarine in place of butter or shortening. Additional salt or flavoring may be required in bland mixtures such as cream sauce... there are the same number of calories in margarine as butter, that is, 100 calories in 1 tablespoon.  
(3) A hot water starch may be kept for two weeks in a covered bowl in a cool place. Skim off any film that may have formed.



Red Cross Arts and Crafts instructor gives hospitalized veterans pointers on the intricate art of weaving. Weaving, leather-craft, toy-making and rug-hooking prove most popular courses given in 24 D.V.A. hospitals across the nation.

## Chronicles of... Ginger Farm

Written Specially for  
The Acton Free Press  
GWENDOLINE P. CLARKE

Well it looks as if the ground-hog knew what he was doing last month when he crawled back into his hole there is a cold, biting wind this morning and quite a flurry of snow. Like it or not we have to take what comes, so we may as well make the best of it.

Now it has turned cold again I am glad I did what I did last week. Oh no, it wasn't a big job of house-cleaning or anything like that. It was nothing more or less than a round of gadding! In fact, I believe I was out somewhere every day last week and sometimes twice, all except Saturday. And that is something unusual for me. And while gadding doesn't help the work along at the time, I believe it does help one to shake off a sort of lethargy that comes with staying at home too much. Anyway, here I am again all set for a good week's work, so I haven't quite reached the stage complained of by a friend of ours who said: "Seems to me I can't work and run around as well, so I guess I'll have to quit work."

One thing I like about gadding is the contacts one makes. I did so enjoy meeting a lady the other day who for ten years, has been working on an historical research project. To my way of thinking history is about the most absorbing and fascinating study there is. I love to dig up facts concerning the early pioneer days in Canada, and so with very little encouragement I was soon off the track again. The trouble is it takes up so much time. Hunting through some old press clippings afterwards I made a discovery about our own farm which I had previously overlooked. It appears that in May, 1822, the early settlers in this district—all of them Scotsmen—arranged to meet on the trail by Lot 2, Con. 3—which is the farm, but before it was a farm. The purpose of the meeting was to discuss the advisability of starting some kind of school for the children in the district. From that meeting plans were made from which emerged the first log school house in this section where between 60 and 70 pupils were enrolled the first year. Many of them had quite a distance to walk through bush and country as there were no busses to pick them up along the road in those days!

Another interesting evening I had was when I was invited as guest to a Book-of-the-Month Study group. It was fun being on the outside looking on—if you know what I mean. The book being discussed at this meeting was a classic which I had read when I was about seventeen. As the book was being reviewed—and very cleverly—I got quite a kick out of it, trying to figure out how much I could remember of the story. And since the book under discussion was "Tom Jones" I could remember quite a bit.

Then there was the Canadian Club which featured lantern slides of Quebec. It was splendid. For anything of that sort I much prefer lantern slides to moving pictures. With the latter beautiful scenery is flashed on the screen and gone again before one can take in all the details. Scenic loveliness is not something to hurry over but to linger with so that one can enjoy and appreciate the wonderful coloring and variations in light and shade. Lantern slides are a grand way of acquainting us with parts

of Canada which we may never even have a chance to visit.

To finish out the week Partner and I went to see "Hills of Home"—more beautiful scenery, this time of Bonnie Scotland. And of course, there was Lassie! Saturday night Partner and I stayed home and listened to the hockey broadcast.

And what of the farm? Well another calf arrived so that means another cow to milk. The hens are still laying and our cats and dogs continue to provide us with interest and entertainment. But we are minus one animal that we parted with without regrets. It was a skunk that had already killed three of our Sussex hens. So Bob set four traps in its runway and in half-an-hour the skunk was caught. It was well it didn't take any longer because I was having a great time keeping the dogs and Joseph-Mark from doing a little investigating on their own. So far I haven't done any gadding this week but we have already received or entertained three neighbours, two insurance agents, one gentleman of the Jewish faith and five small boys looking for pigeons.

## The Steadying Voice

By Joseph Ester Rutledge

Paul Vatik, who walked into a British Columbia penitentiary on a bright June day of 1936 to serve a life sentence for arson, left it last February. Blind and crippled with rheumatism, he had to be carried on a stretcher to the train that would take him to his daughter's home.

It is a sad story for Paul Vatik, after thirteen years and pardon, still protests his innocence. It's a story with a glow in it too. It would have been easy to leave the prison walls a warped man in mind as well as in body. Not many of us, believing ourselves innocent, would have come through such an ordeal unembittered. But Paul Vatik, Doukhobor and one-time member of its revolutionary society, "The Sons of Freedom," was such a man.

The lonely years of prison that could not make him bitter, could make him wise. When he was a young Doukhobor, he admits, fanatics put him off the road. But that was long ago, and best forgotten. "This is a good country," he says, "the best in the world. It's like a big pie. But Doukhobor fanatics don't know how to eat pie. They eat it upside down." One cannot help feeling that Paul Vatik has put his crippled finger on a great truth. There are a lot of people who don't know how to eat their particular pie, so they attempt to eat it upside down. Somehow, the pie, so eaten, is disillusionment, and they become the easy victims of one sort of fanaticism or another.

So perhaps, the lesson of this story goes beyond the individual to a great world of individuals who find many ready to lead them astray but too few familiar voices to steady them—to make them see that the pie is all right if its purpose isn't perverted and misused. So, if Paul Vatik's case is to carry a lesson, it is surely that more people should take the pains to speak the steady words. And we don't mean just the politicians and reformers, who can be so easily misinterpreted and misunderstood. We learn from the people close at hand, the people we know; the teachers and Sunday-School teachers, the ministers and doctors and the barbers and merchants, yes and the members of our own union. If there are even a few such to offset the fiery words of the fanatics, then other Paul Vatik's can come to know that this is a good country without having to pay, in their own brand of imprisonment and blindness and lost usefulness, to find it out for themselves.

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