

Of Interest to Women

'Twill NOT BE IN VAIN'

Wouldst thou be wretched? 'Tis an easy way:
Think of but self, and self alone, all day;
Think of thy pain, thy grief, thy loss, thy care;
All thou hast to do, or feel or bear;
Think of thy good, thy pleasure and thy gain,
Think only of thyself, 'twill not be in vain.

Wouldst thou be happy? Take another way:
Think of those around thee—live for them each day.
Think of their pain, their loss, their grief, their care;
All that they have to do, or feel, or bear;
Think of their pleasure, or their good, their gain,
Think of those around thee—'twill not be in vain.

—Author unknown.



Hello Home-makers! In your quest for foods to serve during Lent, let me suggest lima beans. They are a good alternate for potatoes, macaroni, and rice. Because they belong to the starch family, lima beans contribute energy and heftiness to the meal as well as minerals. They rate high in protein, too, which puts them in the class of meat substitutes.

While the flavour of lima beans is bland, it is sufficiently distinctive to add variety to your meals even if beans are served plain in place of potatoes. However, because of their blandness we can vary them in a wide range of uses. We like them equally well in salad or in casserole. In a chilled bowl combine cold cooked lima beans with crisp textured vegetables such as celery and fold in some rather nip-py homemade salad dressing.

A variety of delicious lima beans casseroles is possible with the use of different sauces and seasonings in their preparation. Plan the remainder of the meal to balance such in all-in-one course, e.g. Lima Bean Casserole, Carrot and Raisin Salad, Date squares and canned fruit.

- Lima Bean Casserole**
- 1 cup dried lima beans
 - 3 onions, sliced
 - 1 can condensed tomato soup
 - 1 tablespoon chopped celery
 - 2 tablespoons bacon fat
 - 1 cup hot water
 - 1 cup grated cheese

Soak lima beans overnight. In the morning bring to boil. Then place over boiling water, add celery and cook until tender. (1 to 2 hours.) Drain.

While beans are cooking fry sliced onions in bacon fat until golden brown. Add tomato soup and water. Simmer gently for ten minutes. When beans are cooked and drained, add to sauce. Stir in cheese. Season with salt and pepper. Pour into greased casserole. Bake in moderate oven (350 deg.) for 20 minutes. Yield 4 servings.

- Lima Bean Salad**
- 2 cups cooked lima beans (chilled)
 - 1 cup grated carrot
 - Salt
 - 3 hard-cooked eggs
 - 1 cup chopped celery
 - 1 cup cooked salad dressing
 - leaf lettuce
 - watercress or parsley

Combine beans, celery, carrot and salad dressing lightly with a fork. Season with salt. Serve in mounds on leaf lettuce. Garnish with hard-cooked egg sections.

THE QUESTION BOX

Mrs. J. C. asks for this recipe:

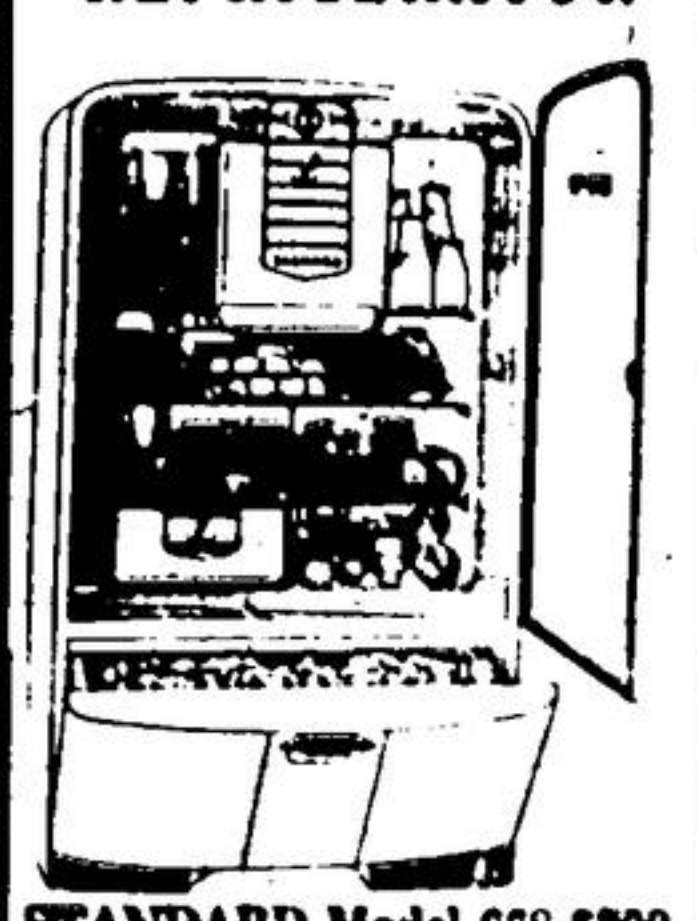
- 1 cup mayonnaise
- 1 tomato, finely chopped
- 1 tablespoon onion, minced
- 1 tablespoon onion juice
- 3 tablespoons minced parsley dash of paprika

Stir all ingredients together. Dress in matchlike shreds may be added. Serve with salad greens.

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CLEARING AUCTION SALE

REGD. ABERDEEN CATTLE, GRAZING, COWS, HORSES, BOOKS, REAL ESTATE

The undersigned have received instructions from

FRED GRAY
to sell by Public Auction at his farm, Lot 2 on the Sixth Line of Erin, 14 miles North and West of Hamilton, on

SATURDAY, MARCH 16th
Commencing at One O'clock.

HORSES Brown Gelding 8 yrs old; black Cows, 4 cows; grey Mare, 5 years old; Hay Gelding; 1 mare; 1 colt.

COWS Hard Sire, Shady Brae Foremost Bull—born Jan. 20th, 1945; Pine Plains Rosemarie—born May 22nd, 1944; Pine Plains Snowflake—born April 1941; Pine Plains Mary Anne—born April 1941; Pine Plains John's Red Rose—born March 20th, 1946; John's Primrose—born March 20th, 1946; John's Red Rose—born March 20th, 1946; John's Primrose—born March 20th, 1946.

HAY Hay, 10 months, by Frenar Str John, Grass A—221, 113 of Hills de la Roche family.

PURE BRED Ayrshire Bull, 10 months, by Frenar Str John, Grass A—221, 113 of Hills de la Roche family.

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PURE BRED Ayrshire Bull, 10 months, by Frenar Str John, Grass A—221, 113 of Hills de la Roche family.

CLEARING AUCTION SALE

The undersigned have received instructions from

TED PRITCHARD
to sell by Public Auction at his farm, Lot 21, Seventh Line, Erin, Ontario, known as the McDougall Homestead, on

WEDNESDAY, MARCH 16th
Commencing at 1 o'clock

HORSES and **HARNESSES**—Brown Mare, 9 yrs., about 1300 lbs.; Brown Gelding, 10 yrs., about 1300 lbs.; Team harness with breeching, Collars, etc.

COWS—Red Cow, fresh 4 weeks, 3rd calf at foot; Red Cow fresh 2 weeks, 2nd calf at foot; Red Cow carrying 3rd calf due at sale date; Ayrshire Cow, milking well, bred Dec 15th; Holstein Cow due June 24th; Brindle Cow, bred Jan 18th, 4th calf at foot; Brindle Cow, bred Feb 7th, 4th calf at foot; Holstein Heifer, due September 15th; Holstein Heifer, due April 15th; Red Cow, due at time of sale; Red Cow fresh 3 weeks, calf at foot; Red Cow, due May 1st; Part Jersey Heifer due May 1st; Holstein Heifer, due September 15th.

IMPLEMENTS—Wagon on rubber; Hay Rack; M.H. No. 5 Hay Loader; Sid's Rake; Dump Trailer; M.H. Binder, 5th works like new; M.H. 13 Disc Fertilizer Drill in good shape; Templan Fanning Mill hand or power; OK Potato Digger; Platform Scales; Cockshutt Two-Furrow Riding Plow; Cockshutt Single Riding Plow; Walking Horse; 6 Section Harrows, 2 rows; M.H. Corn Binder (good); Manure Spreader; Circular Saw; M.H. 18 Disc Cultivator; M.H. 12 Disc Cultivator; Spring Tooth Sufferer; Duffin Pulper; Stone Crusher; Road Roller; M.H. 12 Disc Cultivator with taps for 19 cows; 2 units; Wood's 2 H.P. Chopper, new; Milk Strainer; M.H. Mincer; Sterilizer; Food Hoppers; Motor, new; 4 H.P. Electric Motor; 2 Pump Jacks; Moffat Water Heater; Sap Pan; Blacksmith's Forge and Anvil; Crosscut Saw; Quantity of Mixed Hay; 15 cwt. A. Fertilizer; Brooder House 8x10; 2 Range Shelters; Food Hoppers; Chains; Forks; Hoes; Shovels; Bags; Boxes; Barrels; Etc.

TERMS—Cash on Day of Sale. No Reserve at the lease has expired.

The farm is on the Everton Line 3 miles North of Erin, just East of Lufftroll's School.

Hindley & Elliott, Auctioneers
Ph. 1985 Rockwood or 1773 Milton
Fred Baptie, Clerk. 37-2B

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE P. CLARKE

Did someone mention spring or was that just a rumour? From the way it looks and feels outside I would say—yes, spring CAN be far behind. There has been so much snow the last few days our lane is just about plugged full. Bob got out this morning all right and has gone to Hamilton, but since he left it has been blowing and drifting so much that I can hardly think anything short of a snowplough could possibly get through the lane. Too bad it began to look as if this was one winter that we could say we were never shut in all winter.

Not that the storm causes me much inconvenience the worst I am likely to do is go for the mail. But I feel sorry for people especially the women who are looking after chickens at this time. It is no fun trudging back and forth through the snow to the brooder house. I have done plenty of it, so I know. And somehow the more it storms the more frequent it seems to get up through the night. Sometimes brooder stoves have a way of getting too hot when it is very windy. Even if you are sure yours will be all right you still have to be on your mind. Stoves are hard to regulate unless one has a pen that is absolutely windproof. One young farmer said to me the other day "There is more work to raising baby chicks than I ever realized!" I laughed. I imagine that is what a lot of people find the first time they tackle the job by themselves. But then it has its compensations. There is nothing quite so fascinating as working with little chicks.

But because they are a lot of work, and take up so much time—and because we are not getting any younger we are doing things the easy way. Buying our chicks half grown. But yet every time I hear someone talking about baby chicks I wish I had some. Sounds as if I am hard to please doesn't it? How- ever, a few days of this kind of weather and I shall be quite content to let anyone who wants them have my share of chickens as well as their own.

By the way, here is a tip for anyone using an electric brooder. If you have trouble in getting red light bulbs just take an ordinary 15 or 25 watt bulb, hold it by the screw part and twist it around in a can of red paint or enamel. Hang it up to dry and presto! you have a red bulb as good as, and cheaper than, any you can buy.

Well it looks as if margarine is becoming the \$4 question doesn't it? And yet I have a feeling it will all straighten out in time. Just wait until the hot weather comes and people find that margarine has very poor keeping qualities. It is easy to understand why housewives are buying it now it is the only appreciable way in which they can cut down the cost of living. Later on, when there is a price drop on other foods, butter will probably come back in full force.

Personally, I see nothing against margarine as a food. When I was in England during World War I we used it all the time. Since margarine went on sale in Canada we have tried it in the house—just to see what all the fuss was about. We do not find it objectionable but we do find it very tasteless. Margarine toast is a far cry from buttered toast. But for those who want it—well, let them have it. When there is a noticeable downward trend in the cost of living there will not be the same demand for a butter substitute.

In the meantime, if farmers "go broke" over the margarine issue, the storekeepers will soon know it. When farmers are hard up their buying power is reduced to essential. This is reflected by sales dropping off all along the line in manufactured and non-perishable goods. Industry begins to feel the pinch and the spectre of unemployment rears its ugly head. But when farmers prosper the whole country prospers. So, dear town-folk, if you think the farmer is making a fortune—which he isn't—don't begrudge him a taste of prosperity. His welfare is your welfare. Buy margarine when you feel you must, but come back to butter when you can afford it. We need to give and take—this poor old world could do with a lot more give and take than it gets at present. We are all dependent, one upon the other, town folk and country folk alike—and it is poor policy to bite the hand that feeds you.

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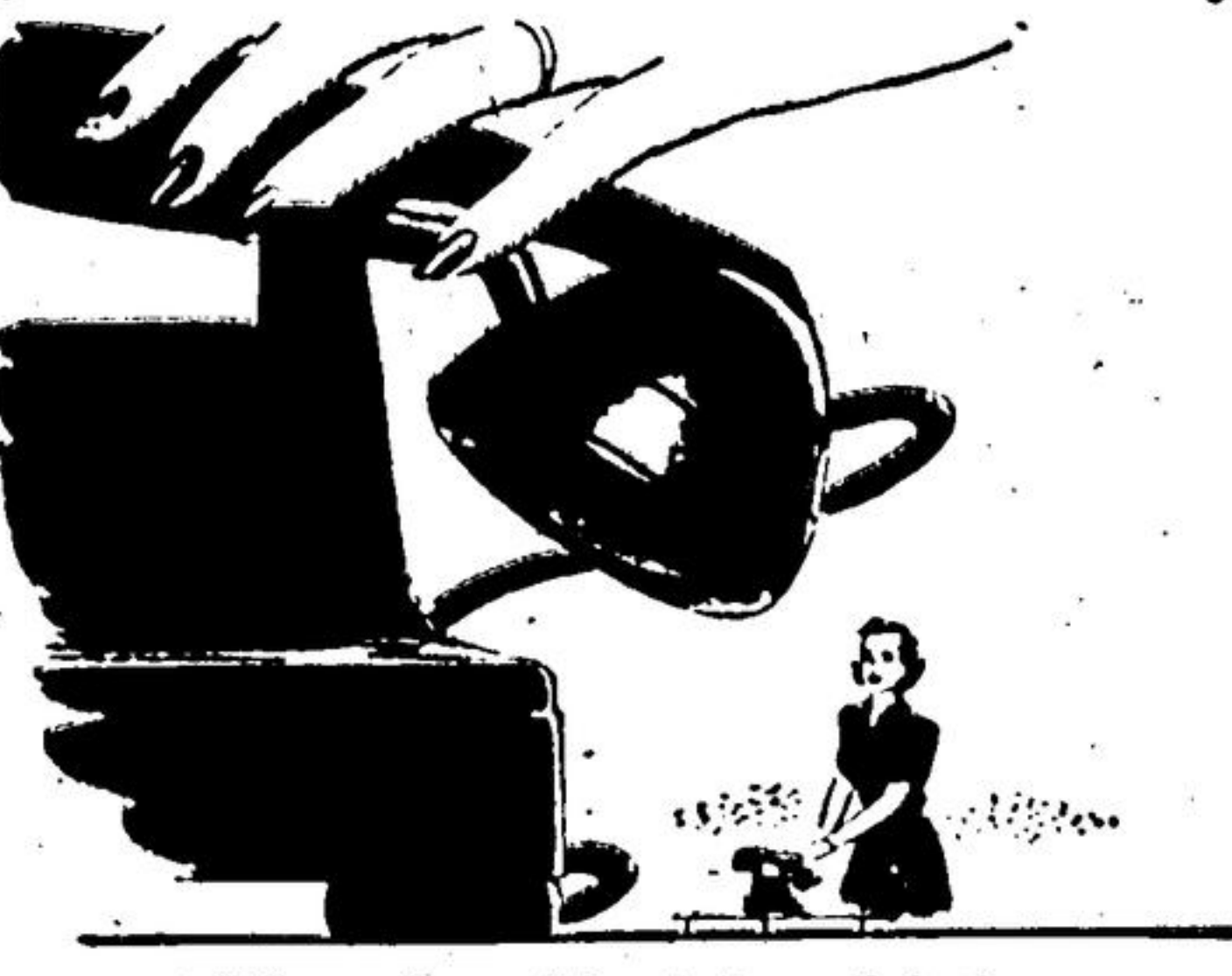
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