Of Interest to Women

TWILL NOT BE IN VAIN

Would'st thou be wretched' 'Tis an Think of but self, and self alone all

Think of thy pain, they grief, thy loss, thy care All thou hast to do, or feel or bear; Think of thy good, thy pleasures

and thy gain, Think only of thyself, 'twill not be la vela

Would'st then be happy? Take an-Other Way: Think of those around thee-live to the starchy foods, lima beans for these each day.

Think of their pain, their loss, their wid. their care. All that they have to do, or feel, or

Think of their pleasure, or their good, their gain, Think of these around ther 'twill not be in vain.

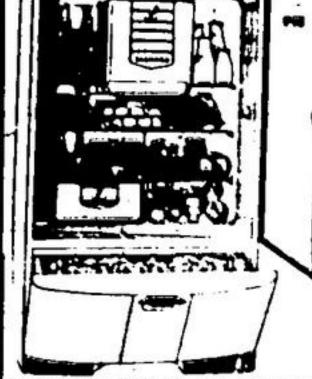
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Earl VanNorman Phone 246

Hello Homemakersi In your quest for foods to serve during lant, letme suggest lims beans. They are a good alternate for potatoss, mar arbni, and rice. Because they belong contribute energy and heartiness 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 lime beans is bland, it is sufficiently distinct ive to add variety to your meals even if beans are served plain in place of potators. 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 com-

bine cold cooked lima beans with crisp textured vegetables such as celery and fold in some rather nippy homemade salad dressing A variety of delicious lima beans of different sauces and seasonings

cameroles is possible with the use 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 Hean Casserole I cup dried lima beans 3 ontons, sliced I can condensed tomato soup

1 tablespoon chapped celery 2 tablespoons bacon fat 24 cup hot water 1 cup grated cheese

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

While beans are cooking, fry and water Simmer gently for ten cheese. Season with salt and pepper Pour into greased casserole. Pake in moderate oven (350 degs) for 20 minutes. Yield 4 servings.

Lima Rean Salad 2 cups cooked lima beans

(chilled) 4 cup grated carrot Salt

3 hard-cooked eggs 1 cup chopped celery w 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: Piquant Dressing I cup mayonnaise

1 tomato, finely chopped I tablespoon onion, minced

I taolespoon onion juice 3 tablespoons minced paraley

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

dush of paprika Main St. Acton, Ont.

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JACK SUDERMANN OF JOHN DICK AND SON

AUCTION SALE IN ERIN TOWNSHIP

CLEARING

REG. AVERHINE CATTLE, GRA-COWN, HORREN, HOGH, REAL MYATHE

The undersigned have received

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

sallinafad, on

Commencing at One O'clock, the following HORSES Brown Golding 8 yrs Gld; Manh Clyde Gelding, # years; Grey Mare, B years old; Hay Geld-

RATURDAY, MARCH 16th

COWS Herd Sire, Shady Brae 20th, 1845; Pine Plaine Rossmarie -341000- treshened Neb 16th, born April 1941; Pine Plains Snowflake 1941; Pine Plains Mary Anne -341-7HI- due May 22nd, turn April 1941 Lijssenthock John's Hed Hose -300-1946; [Atsenthuck John's Primrose 2nd -2000366- milking well, March 1946; Literatock John's Hilmoun 2nd -200767. by ROP Dam milking well bred Feb 3rd, born March 1946 Above three sired by

113- of Hote De la Roche family. Mrs T D asks How can we Bullas Elin Wells Snowflake, fally the women who are looking prevent fish from breaking while female turn March 14th, 1948; Erin Wells Maid of the Mist, burn October 27th, 1948; 1 Purebred fun trailing back and forth through Answer Wrap prepared fish in Ayrabire Helfer, born March 25th, the anow to the bruster house. I parchment paper or aluminum foll 1947, 1 Purehred Ayrahire Helfer, born April 14th, 1947, 2 Purebred Cook whole in enough boiling wat-Ayrahire Bults, born Sept. and Oct. er to cover, to which is added salt 1948, eligible: 1 Purchant Ayrabire and lemon juice or vinegar Vine-Bull born Feb 16th, 1949, eligible gur helps to hold fish flakes to-GRADE COWN Blue Oow, due May 5; Jersey Cow, due May 14th; lilue Helfer, due June 2nd; Ayr Mrs. J. C. asks. How much time shire Heifer, carrying 2nd call, due ting too hot when it is very windy to you allow for baking fish?

at time of sale; Red Heifer, milk. Even if you are sure yours will be ing well, hred Jan. 11th; Ited Answer. Bake in a preheated moderate oven, allowing 10 minutes Helfer, milking well, bred Jan 24; filue lieifer, milking well, bred

Fremar Str John, Class A A - 204-

Feb 3rd; Red Helfer, milking well, Miss V. D. asks. What makes a bred Feb. Mh; 2 Steers; I Grade Aydahire Heifer, 18 months; 1 Ayr shire Jersey Heifer, 10 months Answer. Use equal quantities of IKXX H Fat Plus, if not prevcold, flaked salmon, and chopped lously sold, 10 Thilfly Chunks celery. Toss together with boiled HENS and EQUIPMENT About 35 Hens, mostly Barred Rocks. dressing to which you have added 'oal Browder Stove, Roll Chicken Wire; I Wood Brooder Stove; Feed

Tundem Disc Harrow, Cultivator,

H ft lift type; Massey Harris Hin-

der, canvas and sickle knife new

last year; Massey Harris Mower

Set Shoop Sleighs, Massey Harris

Drum Hay Lander, new in 1946;

Roller, 3 drum; Root Pulper; Farm

Wagon on Rubber; Hay Rake; M.

Barrela: Neckyoke: Wheelharrow;

Doubletrees; Ray Fork; Extension

ladder; 100 feet Rope 1"; New

Water Pipe, 1 Tattoo Kit, new;

Beatty Water Bowl; Electric Os-

ier Animal Clippers, new; Ilinman

Milking Machine, new in 1946; Milk

Palls, Etc.; Delayal Cream Schar-

ator, No 18; Berry Hoxes and

'rates, new; Quantity 1" Boards;

Quantity of 2"44" Scantling, dress-

est: 2 Bundles Asphalt Shingles:

Tent 10'x12'x4' Walls; Camp Stove

fat Electropail Water Heater, Large

HAY, GRAIN and SEED -Quan-

tity Timothy Seed: About 250 bus

Erban Oats and Barley Mixed;

About 50 hus Clinton Oats; About

3 hage Buckwheat; About 50 bus

Cartler Oats and Barley Mixed:

HARNESS - Set Double Back

Band Harness, hand made, new in

1946; 2 New Long Straw Collars;

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GLASSES PITTED

store and blacksmith shop

cultivation, about 80 acres under

Couch with Slip Cover.

Set Breechings.

'ulleys, Chains, Hoes, Shovels,

Seed Drill, 13 disc; Outter; Hay Rack; Fleury Plow No. 21, Bleel

titre

)rag liarrows, 4 metion,

Miss J. K. asks. How do you cut Hoppers for Hens; Steel Fred Hop pers for Haby Chicks; Steel Water meringue squares to prevent break-Finintaina Etc TRACTOR and IMPLEMENTS Answer. Begin to cut meringue Ford Tractor on Rubber, new in when baked product is lukewarm 1946 seal beam lights in first class condition with 10" plow, Ferguson Dip a sharp steel knife in hot water

WORK IN BRITAIN

use wet and cut into sections.

Mrs. M. T. sake for this recipe.

a cup cubed lost cheese

I braten egg

& anion chopped

1 traspoon salt

& teaspoon mace

I cup milk

holling or steaming?

gether

4 cup celery, chopped

& teaspoon pepper

4 cup cracker crumbs

do you allow for baking fish?

good salmon salad.

per pound and 10 minutes extra

some finely minced sweet pickle

Combine all ingredients thor

ughly. Turn into greated muffin

tina. Hake in oven at 375 degrees.

Meat and Cheese Cakes

1 pound minced round steak

The Minister of Labour, Mr Isallerd ontons in bucon fat until auca, recently gave Parliament degolden brown. Add tomato soup tails of the European volunteer workers who have settled in Britminutes. When beans are cooked ain 12,000 women alone have been and drained, add to sauce. Stir in found jobs in the textile industry The total number of women who Forks, Hay Knife, Etc.; Quantity have been brought to Britain from Europe is 19,500 55,200 men have also been provided with homes and employment. Mr. Issaes said that only 1,000 had returned to Europe and these had mainly wished to go back on compassionate grounds.

CLEARING AUCTION_SALE

LIVENTOCK and IMPLEMENTS

The Undersigned have received

instructions from TED PRITYHARD to sell by Public Auction at his

farm, Lot 21, Seventh Line, Eramosa, better known as the Mc-Dougall Homestead, on: WEDNESDAY, MARCH 16th

Commencing at 1 o'clock the following: HORSES and HARNESS-Brown Mare, 9 yrs., about 1200 lbs; Brown Cotton Grain Bags. Gelding, 10 yrs., shout 1300 lbs.; Team harness with breechings,

13 COWS -- Red Cow, fresh 4 weeks, 3rd calf at foot; Red Oow fresh 2 weeks 2nd calf at foot; Red Cow carrying 3rd 'calf due at

sale date: Ayrahire Cow, milking well, bred Dec 15th; Holstein Cow erve bld. due June 24th; Brindle Cow, bred Jan. 18th, 4th calf at foot; Brindle Cow bred Feb. 7th, 4th calf at bath and every modern convenfoot; Holstein Heifer, due April lence 15th; Red Cow, due at time of A bank barn with modern stabsale; Red Cow fresh 3 weeks, calf | ling, water bowls, etc. at foot; Red Cow, due May 1st; Part Jersey Heifer due May 1st; Ho'stein Helfer, due September 15 cultivation, balance, wood and YOUNG STOCK 4 Butcher Heifers; Reg. Roan Shorthorn Bull

Red Heifer 5 months; 3 Calves IKXES 2 Sows with Pigs at foot weeks old; Tamworth Sow due April 28th; Berkshire Hog 11 mon-

IMPLEMENTS-Wagon on rub-ber; Hay Rack; M.H. No 5 Hay M.H. 13 Disc Fertilzer Drill in good shape; Templin Fanning Mill hand or power; OK Potato Digger; on Day of Sale. Patform Scales: Cockshutt Two-Furrow Riding Plow; Cockshutt settled for No Reserve as the pro-Plows: 6 Section Harrows, 2 even- farm is about 6 miles North of ers; MH. Corn Binder (good); Man- Georgetown. Follow the finger ure Spr. ader; Circular Saw; M.H. Boards from the Main Roads Ball-Power Lift Tractor Cultivator: M | counter H. 14 Plate Disc; Spring Tooth Scuffler: Turnip Pulper: Stone Boat: 1932 Chev. Roadster: M.H

Milking Machine with taps for 19 Fred Baptic, Clerk cows, 2 units: Wood's 2 H.P. Chopper, new; Milk Strainer; M H Milker Sterilizer; 4 H.P. Electric Motor, new; 4 H.P. Electric Motor rebuilt; 4 H.P. Electric Motor, rebuilt: 2 Pump Jacks: Moffat Water Heater; Sap Pan; Blacksmith's Forge and Anvil; Crosscut Saw; Quantity of Mixed Hay: 15 cwt. A. A. Fertilizer; Brooder House 8'x10' 2 Range Shelters; Foed Hoppers; Chains: Forks; Hoes: Shovels; Bags; Boxes; Barrels; Etc. TERMS — Cash on Day of Sale.

No Reserve as the lease has ex-The farm is on the Everton Line 3 miles North of Everton, just East of Luttrell's School. Hindley & Elliott, Auctioneers Ph. 19r5 Rockwood or 177J'Milton

Chronicles of Ginger Farm

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Written Rescially for The Anton Pres Press GWENDOLINE P. CLARKE

回回

Did someone mention spring or was that just a rumour? From the way it looks and feels outside would say-yes, spring CAN he for behind There has been so much snow the last few days our lane to just about plugged full. Bob got out this morning all right and has gone to Hamilton, but since he left -Zairrich due May with, horn April it has been blowing and drifting so much that I can hardly think anything short of a snowplough could 365- by ROP. Dam, born March ; possibly art through the lane. Tuo 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 am likely to do to go for the mail PURE BUED HEIFFER AND But I feel sorry for people saperafter chickens at this time. It is no have done plenty of it, so I know. And somehow the more it storms the more necessary it seems to make frequent trips even to getting up through the night Sometimes broader stoves have a way of get-Even if you are sure yours will be all right you still have it 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 "Ther is more work to raising haby chick ena than I ever realized!" I laughed I imagine that is what a lot people find the first time they tack. le 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 worry, and take up so much time and because we are not getting any younger we are doing things the casy 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' However, 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

By the way, here is a tip for any one 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 serew part and twirl it around in a can of red paint or enamel Hang If up to dry and prestot you have a red bulb as good as, and cheaper and Pipes. Power Emery on Bench: Electrolux Vacuum Cleaner; Mof- than, any you can buy.

Iron Kettle; Angle Irons; Quantity of 4' Wessf; Quantity New Barbed Well it looks as if margarine is becoming the \$64 question doesn't Wire: Electric Fencer with Insuit. And yet I have a feeling it will lators, Etc. Rogers Electric Mantle Radio, beautiful cabinet; 2 Wheel, all straighten out in time Just Trailer with Racks; Victrola and wait until the hot weather comes Records; Inner Spring Pull-out 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 5 tons Timothy Hay: 3 ton Alfalfa and Timothy Hay: 24 ton Quant-ity Second Cutting Alfalfa Hay: 3 feet Ensilage: Quantity Straw; 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 fo see what all the fuss was about. We There is a new brick house with don't find it objectionable but we do find it very tasteless. Margarine toast is a far cry from buttered toast. But for those who want itwell, 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 sub-

In the meantime, if farmers "go Terms on Real Estate -10%, of broke" over the margarine issue, Purchase Price Down on Day of the storekeepers will soon know it. IMPLEMENTS-Wagon on rub-ber; Hay Rack; M.H. No 5 Hay honder; Side Rake; Dump Rake; a mortgage if a previous arrange lals. This is reflected by sales When farmers are hard up their dropping off all along the line in manufactured and non-perishable goods Industry begins to feel the pinch and the spectre of unemploy-Single Riding Plow; 2 Walking prictor is giving up farming. The ment rears its ugly head But when farmers prosper the whole country prospers So, dear town-folk, if you 13 Tooth Cultivator; M H 17 Tooth inated W.A. will have a Lunch think the farmer is making a fortune-which he isn't - don't be-Hindley & Elliott. Auctioneers grudge him a taste of prosperity. Ph. 1975 Rockwood of 1773 Million 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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