



THE MIXING BOWL

BY Anne Allan
HYPER-HOME ECONOMIST

Hello Homemakers! As usual, March winds are gales! These are days when meals should be of the hearty type and during the Lenten period there seems to be a good market for fish. You can order sufficient variety and make interesting variations to serve fish often without monotony.

By the way, we think it's a matter of how you answer as well as what you say when asked, "What's for supper?" You may say, "Good tasty chowder or Sweet and Savory Sauce on Pickled or Jellied Tuna Salad or French Fried Haddock." We suggest you never reply to above question with one word "Fish," especially with your nose turned up.

CRUMBLE CHOWDER

- 2 lbs cod or haddock
- 1 lb salt pork
- 1 cup fish stock
- 1 small onion
- 4 medium potatoes
- 1 bay leaf
- 2 cups milk, scalded
- 1 cup hot water
- Salt and pepper
- Crumbed soda crackers

Free fish from skin and bones and cut into pieces. Cover skin and bones with cold water and simmer 20 minutes to make fish stock. Discard skin and bones. Fry salt pork, add minced onion and brown. Add potatoes, fish, fish stock, bay leaf and boiling water. Simmer covered for 15 minutes or until fish is cooked. Remove bay leaf. Add hot milk, salt and pepper. Serve piping hot over crackers.

FROZEN TUNA SALAD

- 1 cup tuna, flaked
- 1 can condensed tomato soup
- 1 tsp. lemon juice
- 1/4 tsp. cayenne
- 1/2 cup minced pickle
- 4 eggs, hard cooked
- 4 tps. salad dressing

Mix lightly the tuna fish, soup, lemon juice and seasonings. Pour into moulds or greased custard cups, and cover with foil. Set in freezing compartment of refrigerator until firm. Turn out and serve with hard cooked eggs sliced and topped with salad dressing.

STEAMED FISH WITH SWEET-SOUR SAUCE

Wipe fish and cut into servings. Season with salt and pepper. Place fish, along with 2 or 3 bay leaves, a dash of vinegar and a carrot in a piece of aluminum foil or piece of cheesecloth. Place on metal top jar rings in bottom of saucepan. Add boiling water to cover, bring to a boil and simmer, covered. Allow 10 minutes per pound after boiling point is reached. Serve with Sweet-sour Sauce. Make a paste of two tps. cornstarch and 1/2 cup cold water. In top part of double boiler over boiling water, heat 1/4 cup brown sugar and 1/4 cup vinegar. Slowly add cornstarch mixture stirring as sauce thickens. Cook covered until there is no longer any starchy taste and sauce is clear—about 10 minutes.

FRENCH FRIED FISH

Purchase Whitefish, filets of Halibut, Smelts or Flounder for deep fry frying.

1. After handling raw fish, rub hands with salt and rinse to remove fish odour.
2. Dishes which have held fish will be sweet again if soaked in water to which has been added 1 tsp. mustard. Wash well.
3. Cook fish in cookery parchment or aluminum foil to prevent cooking odours.
4. Allow 2 cups dry crumbs for stuffing a four pound fish.
5. Allow 15 minutes per pound for baking stuffed fish in electric oven of 400 degrees.

IF OTTAWA PENSIONED ALL

Heavy pressure is being put on Ottawa to abolish the means test in old age pensions. "Give it to everybody, give it earlier and make it larger," is the plan. That policy may come and it may be highly desirable but, says The Financial Post, we would be well advised first to find out something about the cost. In the present campaign very little is heard on that score.

The present basic pension of \$30 a month, allowed only to citizens over 70 who can prove need, costs the federal treasury \$135 millions a year. This is from four to five per cent of total revenue. The cost has almost doubled since 1944 and because we are living longer than we formerly did, the cost will probably double again in the not too distant future.

To raise the present minimum to \$50 a month and pay to everybody after 65, would raise our total bill to \$785 millions.

That would mean for pensions alone an expenditure double the whole federal budget not so many years ago.

The total population of Canada's ten provinces at December 1, 1949, was 13,707,000.

ERIN

Fourteen young hockey players from Shelburne were given inhalator treatment for carbon monoxide poisoning at Lord Dufferin Hospital Orangeville, on Wednesday night of last week. Two of the boys were unconscious and six were put in oxygen tents.

A well known and highly respected resident of Eramosa, in the person of Mrs. Thomas Adsett, passed away at the home of her son Hugh seventh line, Eramosa, on Tuesday following a lingering illness.

Last week the ratepayers of Alton voted as to whether they would keep their Continuation School open. The majority voted to keep the school open as there is only four debture payments and an attendance of seventy-three in the Public School—Advoceat.

MILTON

Milton Brick Company earned a net profit of \$44,328 in 1949, approximately double \$22,775 earned in the previous year. These results were obtained despite the fact that, due to a serious fire, the plant operated for five months at only 40 per cent of capacity and practically all profits were made in the last four months.

Tuesday night, February 20th, a group of 50 people met at Limestone School and organized the Nelson Educational Association. The following officers were elected who will in turn elect the executive: Irma Coulson, Louisville; Wm. Hume, Bell School; Dr. Stuart, Mount Nemo; Marshall Campbell, Zimmerman; Robert Hayward, Limestone; Ross Harbottle, Killbuck; Art Harris, Cedar Springs.

The Co-operative movement is not one to cut the other fellow's throat, but one to render a service to the people," declared A. C. Bert, Savage, president of the Co-operative Credit Society, at the annual meeting of the Milton District Co-operative held at the Town Hall, Milton, Tuesday afternoon.

James Price, one of Hornby's oldest residents, celebrated his 90th birthday on February 20th, 1950. He is well and hearty, has no need of glasses as he reads his paper and moreover, shaves himself with a straight razor—Canadian Champion.

Apples Have Good Medicinal Value

Most of the old proverbs have at least a grain of truth in them and the old saw "An apple a day keeps the doctor away" is no exception, says G. W. Hope, Research Officer, Fruit and Vegetable Products, Experimental Station, Kentville, N.S. While the apple industry may not do all the old proverbs claim, a few apples consumed each day will tend to keep the health of the average person at par.

While apples are not high in carbohydrates, fat or protein, they compare favourably with other fresh fruits and some other foods as a source of vitamins and minerals. The vitamin A content of apples differs somewhat among varieties, but the average is one international unit per gram—slightly higher than orange juice, and a little less than bananas. Vitamin C also differs with the variety, but two Rome Beauty apples or six delicious apples daily will supply enough of this vitamin to protect a man from scurvy. The mineral content of apples at 0.3 per cent is not high, but includes such elements as calcium, iron, magnesium, potassium and phosphorus in a form readily available to the body.

Apples have recently been reported of value in the treatment of simple constipation, and this is probably because of the fibre content. There is also some evidence that bacteria present in the intestine can act on the fibre of apples to form organic acids, the butyric acid so formed may be responsible for the autosterilizing mechanism of the lower intestine which has been observed.

The value of apples in the treatment of intestinal disorders of both children and adults has been proved by clinical investigations and there are reports indicating that the continued use of an apple diet may have some value in chronic and acute rheumatic infections. The mode of it is not known, it may be through their content of vitamin C, of pectin, of gluconic acid or other unidentified constituents, but the beneficial results have been demonstrated.

It is probable that the good effect of fresh apples on the health was recognized long ago by non-professional people and was very neatly expressed in the familiar old expression about the apple and the doctor.

AFTERNOON TEA

The custom of afternoon tea goes back to the 1820's when it first caught on in England. History credits the Duchesses of Bedford with beginning the practice of making tea in the middle of the afternoon. The Duchesses also instituted the habit of eating light food with tea, making afternoon tea a meal in itself.

Chronicles of . . . Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE P. CLARKE

Last week we were colder in the house than we had been in years. Day after day icy winds battered themselves against our doors and windows, penetrating the house even against storm door and window protections. What it would have been like without them dear only knows. It is at such times that I wonder how people in pioneer days ever came through the winters. It isn't much good trying to describe it—only experience can make anyone realize what a stormy day in the country is really like. Even at that memory is short-lived. For instance, one of our neighbors was in town looking after an ailing sister. It was a day when visibility was reduced to 100 feet and this neighbour, although she knew it was storming, had no idea what it was really like until she got home at supper time and found her way blocked from the garage to the house by huge drifts across the lawn.

But now the weather has changed a warm wind has been blowing all day. Snow is packing and little rivulets are running under and through the snow. The house is draughty but reasonably warm, so we can forget all about the stormy weather until the next big blow. Except that I can't forget it quite so easily—not with a batch of chilblains that are just about driving me crazy! And I haven't got enough courage to try the Spartan cure which some folk advocate—to run barefoot through the snow.

Every time we get a cold spell I wonder why so many farm houses are built with the main door opening directly into the dining-room or kitchen. Of course there is generally a front door opening on to a hall but in the country no one uses the front door anyway. Even so, the hall eventually leads to one of the main rooms. Now why couldn't the hallway lead right through from the front door to the back door, with rooms opening out from either side of the hall? That way direct draughts would be eliminated as it would not be necessary to have one room lead into another as they do now. (We have six doors in our dining-room!) Imagine rooms with only one door—no draughts blowing through at all. For convenience there could be an extra outlet from the kitchen, and maybe French windows from the living-room on to a sunporch, and an outlet from the back of the hall to a back porch. Several outlets have to be considered as fire escapes.

Well, there you are—there's my dream house. How do you like it? Partner says my plan requires too much ground space. Maybe so, but on a farm we at least have plenty of ground space.

Now I think of it, that type of house is the exact opposite to a new bungalow I was in the other day. This house had a small front entry which leads to the living-room on one side and the dining-room on the other. They in turn opened on to the kitchen, bedrooms and bathroom. There were archways but no doors to the living or dining-room. It was very nice, but it seems to me there is very little privacy in modern homes. As for instance, a girl I know who took her steady boy friend home to her parents new bungalow. So that she and her boy might have a little time to themselves the rest of the family went to bed early every night! Even at that privacy would be difficult if the living-room had one of these large picture windows. Picture windows look very nice, but without blinds I always think of them as on a par with those two-piece bathing suits, so revealing that they leave little to the imagination.

Let's see, I had a quilting story to tell you, left over from last week, didn't I? Well, you see it was a sort of water-works special. I set up the quilt all right and two neighbours were coming in to help me but the weatherman decried otherwise. So there was I with a whole quilt all to myself. However, quite often Partner would say—"If you want to get on with your quilt, go ahead—I'll do the dishes." So you see why I refer to my better-half as "Partner". And I did get my quilt finished. It was very thick so the stitches were none too small, but the quilting was fairly close so I don't think I did too bad to get it out of the frames by the end of the fourth day.

Well, I have just come up from the barn. Today Bob was away at chore time for the first time since we got the milking machine so Partner had the fun of trying it out for ourselves. We got along fine but Partner says it takes a strong man to handle the thing because everything about it is so heavy. Perhaps the day will come when someone will put a milker on the market made of lightweight metal that anyone can handle—like the feather-weight chairs that seem so strong and durable.

Fashion Hint



It's belted and bloused the new spring suit, featuring hip pockets and convertible collar.

EDUCATION FOR LIVING

Training is essential to enable a child to become a well-adjusted member of society. Our universal Public School is ideal for this most important training as it is a significant achievement of our democratic culture. Schools are devices and teachers are instruments designed to induct into this immense moulding heritage, where he may realize that he has something to contribute to democracy.

Teachers can only impart what they themselves possess. The class is the reflection of what they are. Various factors are essential for an effective society group—unselfishness, clean thinking and living, honesty and consideration of others.

The teaching of such attitudes is just as vital as any subject on the curriculum. How then shall the teacher develop these without dictatorial? We all realize that one of God's greatest gifts is conscience. Children in the habit-forming years are endowed with this guide. How can teachers aid children to listen to the dictates of conscience? Johnny was guilty of taking Jimmy's belongings. Neither punishment nor scolding was inflicted, but Johnny was asked to sit quietly alone with his teacher and listen to his conscience. Soon, Johnny looked happily at his teacher and voluntarily acknowledged his dishonesty, saying he was sorry. Later he apologized to his class. His confidence was restored, his brave admission applauded by the class, his self-respect heightened, and an actual example, verified in the classroom set a standard for the other pupils.

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