Of Interest to Women

THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

Hello Homemakers! We must be thrifty! One way to be just that is to spend every food dollar as wisely as possible. Each week when you purchase groceries see where you can save twenty-five cents for the extra War Savings Stamp your grocer has available.

Everybody's doing it. Yes they are buying a War Savings Stamp at the grocery counter on Stamp Day—that is every Friday.

Our homemakers are doing it by:

1. Buying seasonable products.
2. Buying food in the quantities that they can store successfully.
3. Buying food that they can make into nutritious homemade dishes,e.g., soup bones for soup, yeast cakes for quick breads.
4. Buying some whole grain cereals to cook instead of packaged cereals.
5. Buying according to a planned menu.

PORRIDGE

Use a double boiler for cooking porridge. Pour boiling water in top and bottom parts of utensil and put on electric element turned to high. Add cereal and salt, cover and cook 30 mins.

If desired, use milk in place of the water. A few raisins or cooked prunes, cut in pieces, may be stirred into cereal before serving.

Quantities: Use 2 cups water and ¾ tsp. salt for (1) ⅔ cup flaked wheat, (2) ½ cup oatmeal, (3) ⅓ cup cream of wheat, or farina, etc.

BOILED RICE

½ cup rice, 1 qt. boiling water, 1 tbsp. salt.

Pick over rice. Wash under cold water faucet about 2 mins., separateing the grains to wash off all the starch coating. Keep the salted water —4 cups— boiling as you sprinkle in the rice. Cook uncovered at tumbling boil without stirring from 12 to 15 mins., until a few grains on a fork are soft but not mushy. (Use a large kettle, it may boil over.) Rinse the cooked rice with hot water to remoye excess starch and again separate kernels by tossing it over in kettle. Cover with tea towel until ready to serve. Makes 1½ cups.

RICE MUFFINS

2¼ cups flour, ⅔ cup cooked rice, 5 tsp. baking powder, 2 tbsp. sugar, 1 cup milk, 1 egg, well beaten; 2tbsp. melted butter, ½ tsp. salt.

Add cereal to milk. Combine dry ingredients. Stir milk, beaten egg and liquid fat together. Mix liquid into dry products only enough to dampen. Drop by spoonfuls in buttered muffin pans and bake 25 mins. in electric oven at 400 deg. Makes 12 muffins.

TAKE A TIP

1. To make a clean cut through the meringue on a pie, use a sharp knife which has been dipped in hot water. The meringue will stay high instead of being crushed.

2. A wooden spoon is very useful for handling clothes which have to be washed in very hot water. Use it to stir the suds, to work the clothes up and down and to remove them from the hot water.

3. Instead of washing the rolling pin after each use, scrape off the excess flour and put it back into the flour bin—it won't stick to the next dough you roll out.

4. When there is pie crust left over, it's a good idea to roll it out, slip a piece of wax paper under it and one over it. Roll it into a tube shape and store in the refrigerator. This takes little space in the electric refrigerator and it can be used without getting out the rolling pin and board again. (Be sure to take it out and leave at room temperature for 20 minutes before fitting into pie plate.)

THE SUGGESTION BOX

Mrs. C. A. J. says: Here's an easy way to remove burnt food from glass cooking utensils. Just fill them with boiling water, add a little household bleach and set aside to cool. In about an hour the black crust will lift off, and after thorough washing, the dish will be spotless.

Mrs. B. F. says: If you live in small premises, where much of your clothes drying must be done indoors, set up your folding wooden clothes drier in the bathtub. The "dripping" problem will be solved.

Readers: Thank you kindly for your suggestions, requested recipes have been answered directly.

FOOLED YOU

SASKATOON, Sask. (CP) — With the themometer 33 degrees above zero, a balmy day fooled a swarm of bees belonging to W. F. Judkins. They buzzed merrily out of their hive thinging spring had come. A few alighted on the ground and froze, but most of them hustled back into the hive.

STAR IN DEMAND

Canadian Listeners can hear Josephine Antoine's coloratura soprano voice in two of radio's top productions this winter. She is heard with Percy Faith in the "Contented Program" every Monday over CBC's Dominion network, at 10.00 p.m. E.D.T., and she is a frequent participant in the Metropolitan Opera matinee broadcasts over the CBC Trans-Canada network Saturdays at 2.00 p.m. E.D.T.

THESE ANNIVERSARIES

Very few days ever pass without someone wanting to know just what to give for certain wedding anniversaries. For the benefit of those who are out of reach of immediate reference, the following list, with suggestions, has been released:

1st year—Paper (stationery, books).
2nd year — Calico (Cotton lunch set).
3rd year—Leather (purse, gloves book cover).
4th year—Silk (pillow tops, lamp shades, etc.).
5th year—Wood (tray, furniture).
6th year—Iron (heavy frying pan, door knocker).
7th year—Wool (afghan, blanket).
8th year—Bronze (book ends).
9th year—Pottery.
10th year—Tin (canned chicken, etc., muffin tins).
12th year—Linen (handkerchiefs, tea or guest towels, bridge sets).
15th year—Crystal (or glass)
20th year—China.
25th year—Silver.
30th year—Pearl.
35th year—Coral.
40th year—Ruby.
45th year—Sapphire.
50 year—Gold.
55th year—Emerald.
60th and 75th years—Diamond.

ONTARIO HAS VALUABLE CORAL REEF

You needn't go to the south seas to inspect a coral reef. There's an ancient one in the sea-made rocks north of Lake Erie, near Hagersville, Ontario.

The collections of fossil corals in the Royal Ontario Museum testify to the fact that coral reefs and islands are not confined to our present day and age. In the prehistoric seas that flooded the continents from time to time, corals flourished in great variety. Their fossilized remains are found in all latitudes from Arctic to Antarctic. If ancient corals lived in warm waters, as their descendants do to-day, we might assume that polar seas were at one time like our present tropical waters.

The Hagersville fossil corals lived over 300 million years ago. With the passage of time their limy skeltons often became cemeted together in great masses. These acumulations are powerful agents in building up limestone beds. Coralline limestones have many important uses in our present day economy, such as building stone, and road fillers. Thus the lowly creatures known as corals have done their bit, not only in shaping the globe, but in shaping our modern civilization.

FOX STAGES COME-BACK

Ontario is being invaded, quietly and unobstrusively, by an animal known as the gray fox. Before the coming of the white man, the gray fox was a common animal in southern Ontario. This we know from the bones found in prehistoric Indian village sites. Then it disappeared from our area. Its range shrank southward, for reasons unknown. It has been absent from early historic times until recently.

Twenty years ago the gray fox population began to spread northward again. The Royal Ontario Museum received its first specimen in 1942. Subsequently others were secured and the front of the invasion is now known to be from the St. Lawrence to Lake-of-the-Woods. Only time will tell how successful this animal will be in re-establishing itself in Ontario.

The coat of the gray fox has a "salt and pepper" color effect and the tip of its tail is black. These features will distinguish it from the red fox in any of its phases. The Museum will appreciate information which will add to the knowledge of the gray fox in Ontario.

The LETTER BOX

NELSON SNOW PLOUGHING SITUATION

The winter opened with a blast and ever since everyone has had their troubles.

Snow ploughing began. The Sixth Concession from the Turnbull corner to R. Gowland's farm has three families without telephone communication; one family of Finnish people with three small children, man and wife; the next with an elderly gentleman who has been ill, my wife and son, and on account of factory work, etc., I've had to stay in town getting home only six times since December 10th, the only time it has been opened. The next family of Polish people are not well and the man in this condition with the only team on the road trying to get out for supplies was almost overcome, after trying to get his floundering horses out of the deep snow.

Many roads have been ploughed several times and the roads crossing the end of this road have been opened and on Christmas Saturday night from the Readhead Corner to Town Line, Nelson-Trafalgar was opened. When one hour ploughing would have let these three families out it was overlooked, however, it turned out to be useless although I tobogganed supplies in from the Town Line while this ploughing was going on and took me 1½ hours for the approximate mile of nearly hip-deep snow.

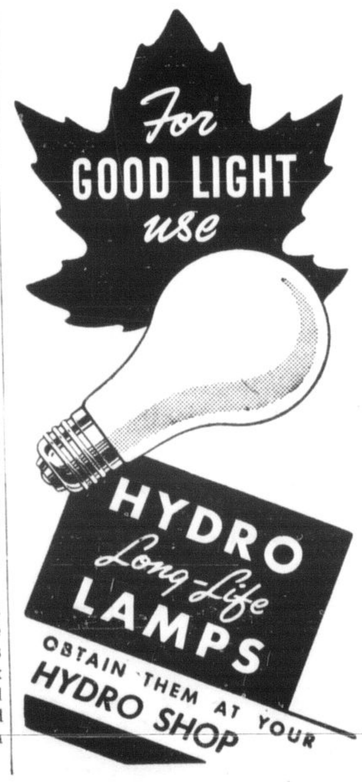
About the middle of January I called Mr. Robertson in an attempt to get the road opened to get feed in for poultry and pigs, which were living on boiled turnips and a very sparing amount of whole grain and should have been on the market for Christmas. He said even he being the Reeve had not asked his road to be ploughed and had been blocked for 11 days and that he used his horses to get to and from the highway. I understand his road has been ploughed out over 12 times. I told Mr. Robertson that was fine but I had been blocked for over a month, had no horses and no phone and horses could not get through anyway. He said he could not promise me anything at all for they had a plan and would follow it. However as soon as a fresh blow came they moved their equipment toward Burlington and this road was forgotten. In the meantime I have tobogganed some feed in spending practically all day Sunday to get 12 bags to the buildings, but Feb. 20th still cannot get Christmas produce out.

This is one instance of how the roads are ploughed. Another was over the mountain, Main St. Milton, where an employee of P. L. Robertson trying to drive home one morning was stranded and had to leave his car for several days. When the road was opened he went to dig his car out about five o'clock. He was ready to go to work but was blocked by the plows as the operators had left them for 1½ hours. This cost the township about $20 and the man lost 1 hour work. Why could the road superintendent not have been there to check.

Does the Township expect our tax money? Will the taxes be raised? What encouragement is there for the young people to stay in a one-sided community? Your guess is as good as mine.

GEO. L. ADAMS

Mike O'Flanagan came home one night with a deep band of black crepe around his hat. "Why, Mike," exclaimed his wife, "what are ye wearing that mournful thing for?" "I'm wearing it for your first husband," replied Mike firmly, "I'm sorry he is dead."



HAITIAN GIRLS HERE FOR NURSING COURSE

OTTAWA (CP) — Janine Delerme, 20, and Marcelle Pierre, 24, have come a long way to take their nurses' training at the General Hospital here. Their homes are in Haiti, but now along with the Haitian Counsul General, Philippe Cantave, they form part of the capital's tiny Haitian Colony.

Their classes are in French, their native tongue, but both report they are quickly learning English with the help of new English-speaking friends. Both say also they are becoming used to "your Canadian weather," a far cry from the palms and year-round summer of their native land.

A LOT OF BEER

TORONTO (CP)—Sale of beer in Ontario has reached an "all-time high" it was stated by Chief Liquor Commissioner W. G. Webster. He said Ontario is drinking 75 per cent. more beer than in November, 1939. In November, 1944, 3,5000,00 gallons were consumed in the province.

Pat and Mike were sent out as spies for the British and were concealed in a cow's hide. Pat to Mike: "Do you see anything yet?" Mike said: "I think we'd better get out of here." "Why so soon, Mike?" "Well," Mike says, "look, Pat, here comes a German with a milk pail."

"Yassah," said old Link, "business very good. Done bought a pig fo' ten dollars, traded pig fo' barrer, barrer fo' calf, calf fo' bicycle, an' sol' de bicycle fo' ten dollars."

"But you don' make nothing, Link."

"Sho' 'nough, but look at de business Ah been doin'."

BUTTER ECONOMY

Because of the postponement of valid dates on butter coupons managers of hotels, boarding houses and similar establishments may collect only one butter coupon each two weeks from guests instead of two coupons every two weeks as formerly, according to a recent announcement of the Prices Board. Each two week period guests must surrender one butter, one sugar and one preserves coupon.

The eyes of our Allies are upon us and our most valuable asset at the moment is our national unity. Canada has done magnificently so far and we must not convey the impression to our Allies of placing our obligation to the cause of freedom as inferior to our concern with domestic matters. Our men stand united against the common enemy and we at home must stand united behind them. — Perth Courier.

100 YEARS OF LIFE MAY BECOME REALITY

OXFORD, England (CP)—Life expectancy of 100 years may become a reality if experiments being conucted by a Russian scientist, Dr. V. Korenchevsky, at Oxford University are successful.

"Living to 50 or 115 isn't any rule-of-the-thumb affair, it is entirely pathological," said Dr. Korenchevsky, conducting research on senility under the terms of a £3,000 gift from Lord Nuffield.

When research in biolgy and biochemistry has advanced farther, doctors and other scientists will know fully what it is in the makeup of individual bodies which kills one person in middle-age and allows another to become a centenarian," the scientist said. "When we have found the pathological reasons it will be perfectly simple to ensure normal life to well of 100."

HALIFAX (CP)—City police are brushing up on their Morse code in preparation for a campaign against persons who, according to complaints, are using automobile horns to signal out "vile and filthy language" into the Halifax night.

Friday Special!
WAR STAMPS-25¢
at your GROCER'S
"SALADA"
TEA

NO SUGAR
...lots of
lusciousness!

MAGIC Peach Layer Cake

2¼ cups sifted cake flour
2¾ tsp. Magic Baking Powder
¼ tsp. salt
½ cup shortening
1 cup white corn syrup
2 eggs, unbeaten
½ cup milk
1 tsp. vanilla
¼ tsp. almond extract

Sift dry ingredients together 3 times. Cream shortening. Add syrup gradually, beating well after each addition. Add ¼ of flour mixture. Blend well. Add eggs, one at a time; beat well after each. Add remaining flour mixture in thirds, alternately with milk in halves, beating well after each addition. Add flavoring. Bake in 2 greased lightly floured 8" layer cake pans at 375°F. until done. Top and fill layers with peach-halves and whipped cream.

MADE IN CANADA

ALL BROODER SUPPLIES
NOW IN STOCK

WARNER ELECTRIC BROODER from ..... $36.35 up
JAR FOUNTS ..... 10c eacch
BROODER THERMOSTATS ..... 50c each
24" METAL FEED TROUGHS ..... 50c each
36" METAL FEED TROUGHS ..... 75c each

Milton Hardware
PHONE 43 - - MILTON, ONTARIO

COUNTY OF HALTON

1945 - LOCAL COURTS CALENDAR - 1945

Place of Sitting	Day of Sitting	Jan.	Mar.	May	June	Sept.	Nov.	Jan. 1946
1 Milton	Friday	5	9	4	29	7	9	11
2 Oakville	Tuesday	9	6	1	26	11	6	8
3 Georgetown	Wednesday	3	7	2	27	5	7	9
4 Acton	Thursday	4	8	3	28	6	8	10
6 Burlington	Monday	8	5	7	25	10	5	7

All Division Courts Open at 10 a.m. Daylight Saving Time

Names and Addresses of Clerks—1, B. Knight, Milton; 2, John Chambres, Oakville; 3, Elmer Thompson, Georgetown; 4, Wilfred Coles, Acton; 6, C. D. Bull, Burlington.

County Court and General Sessions, Monday, 4th June, 1 p. m.; Monday 3rd December, 1 p.m.

Sittings of County Court without Jury, Monday, 2nd April, at 10 a.m.; Monday, 1st October, at 10 a.m.

Audit of Criminal Justice and County Accounts, Thursday, 4th January; Thursday, 5th April; Thursday, 5th July; Thursday, 4th October.

By order **W. I. DICK, Milton**
Clerk of the Peace

Canadian Pacific Sailors Decorated for Wartime Service

— Atkinson Photo by Krass, Vancouver.

SEVENTY ON HONOR ROLL: Their awards among 70 such entries on Canadian Pacific Steamships' honor roll for wartime sea service, these C.P.R. sailors have been honored by the King and by Lloyd's of London. From left: Second Mate M. D. Atkins, M.B.E., 20, survivor of the sinking of both the Empress of Asia and Empress of Canada; Chief Engineer T. M. Atkinson, M.B.E., veteran of "continued service in dangerous waters, chiefly in the North Atlantic"; Capt. R. McKillop, M.B.E., highly praised for his handling of a C.P.R.-operated ship on D-Day; and Chief Engineer E. E. Vick, O.B.E., awarded Lloyd's War Medal late in 1944 "for bravery at sea".