

Of Interest to Women



Mixing Bowl
Hello Homemakers! In these busy times many of us have added the "lunch box" to our daily tasks; others find themselves preparing two or three every day instead of one.

The lunch box is an important responsibility. On it depends to a large extent the energy and efficiency of the school child or war worker.

Therefore it must be made both nourishing and attractive. Here are a few suggestions to accompany a thermos of soup, cocoa, tea or coffee, on these chilly days.

SANDWICHES

You might try these recipes to introduce variety. Whatever the fillings used, be sure to wrap each kind individually in wax paper.

BEEF LOAF

1 1/2 lbs. round steak, 2 eggs, 1 1/2 cups bread-crumbs, 2 tbsps. chopped parsley, 1/2 tsp. pepper, 2 tsp. salt, 1 tsp. celery, 1 tbsp. poultry dressing or onion.

Grind the beef. Mix it thoroughly with the unbeaten eggs, bread-crumbs, chopped parsley, pepper and salt. Place in a loaf pan and press firmly until it is molded to the shape of the pan. Bake in a moderate electric oven (350 deg. to 375 deg.) for about two hours. Cut in thin slices.

CHEESE AND EGG SPRFAD

1 tsp. fat, 1 tsp. grated onion, 1 1/2 tbsps. flour, 2 tbsps. sugar, 1/4 tsp. mustard, 2 hardboiled eggs, chopped, 1/2 tsp. salt, 3/4 cup milk, 1 tsp. vinegar, 2 cups grated cheese.

Melt fat and cook onion in it for 1 minute. Add flour, sugar, mustard and salt and stir till well blended. Add milk. Cool, stirring constantly until mixture thickens. Add vinegar and cheese. Continue cooking until cheese melts and mixture is smooth. Add eggs and cool. Store in a covered jar in a cold place. Makes 2 1/2 cups filling.

TO STRETCH BUTTER

Cream 1/2 pound butter till light and fluffy. Gradually beat in 1/2 cup milk, using a Dover egg beater. Store in a covered jar in electric refrigerator.

DESERTS

Cookies, carefully wrapped in wax paper, make a good accompaniment to fruit in season, which is always welcome and easily carried. Puddings and custards, made to serve at home, may also be included in the lunch box if packaged in custard cups. These standbys may be alternated with a serving of cake or pie, placed on cardboard, then enclosed in wax paper.

OATMEAL CRINKLES

1/2 cup fat, 1/2 cup brown sugar, 1 cup pastry flour, 1/4 tsp. salt, 1 cup rolled oats, 1/2 tsp. baking soda, 1/4 cup warm water; 1/4 tsp. allspice.

Cream fat and sugar thoroughly. Add allspice. Mix flour, salt and rolled oats. Add alternately with the warm water in which soda has been dissolved. This makes a stiff dough. Drop by teaspoonfuls into a greased cookie sheet and flatten with a fork. Bake in a moderately hot oven, 375 deg., 10 to 12 mins. Makes 3 dozen cookies.

TAKE A TIP

1. Here's a snack you should try mid-morning at home. Make up any leftover coffee to 1 cupful by adding some hot water to it. Put this in a saucerpan and add 1 square of baking chocolate, 2 tbsps. sugar, a pinch of salt and boil 3 minutes—add a cup of milk and its ready. (You may put it all in the double boiler right after breakfast, in fact, and let it simmer

ENGINEER RETURNS



Paul Johnson, engineer in CBC's Overseas Unit, has returned to Canada after extensive service at the war fronts and in London. Mr. Johnson will shortly take up his duties as assistant to R. D. Cahoon in engineering operations of CBC's international short-wave service.

for 15 minutes then cover and let stand on the element turned off.)

2 To keep food hot throughout a staggered meal hour use caseroles for meats, vegetables and deserts and an enamelled pitcher for gravy. These all go back into a large shallow pan with a little hot water in it on the oven shelf to keep the food hot but not dried out. Then when the next one comes in its easy to lift them out, wipe off and place back on the table. Oh, and another thing, use a tray to carry them all on, making one trip do.

THE MILKY WAY

There is no point in reminding people who like milk and include it every day in their diet as a matter of course, that they should take it. The Nutrition Division, Ottawa, however, reminds others that they should not overlook this important food. They strongly recommend a pint a day for adults, with a minimum of not less than half a pint. Children need much more milk than adults. 4 cups a day being the very least required.

Milk is essential in the diet because it is the best single source of calcium and riboflavin known. Calcium is absolutely necessary for strong bones and sound teeth, riboflavin for healthy nerves.

Milk is the cheapest form in which one can get calcium. To get the amount of calcium supplied by a pint of milk it would be necessary to eat 3 1/2 pounds of carrots, or 12 1/2 pounds of beef or 37 pounds of potatoes. But who could consume a baron of beef, or a gab of potatoes or a small mountain of carrots every day in order to get the daily quota of calcium?

Those who are not fond of milk as is can take it in soups, in desserts or partly as cheese. About 2 1/2 ounces of cheese contain the same amount of calcium as a pint of milk.

MUCH INTO LITTLE

In the process of dehydration according to Canadian standards, the following weights of fresh fruits and vegetables are required to make one pound of each of the dried products:

Fruits—Apples, 7 to 10 pounds; apricots, 5 to 7 pounds; cherries 4 to 5 1/2 pounds; peaches, 5.3 to 7 pounds; pears, 6.1 to 8.3 pounds; prunes, 3.3 to 3.8 pounds.

Vegetables—Beets, 10 pounds; cabbage, 18 to 19 pounds; carrots, 10 to 12 pounds; onions 14 to 16 pounds; potatoes, 6 to 8 pounds; turnips, 13 to 14 pounds.

LUCKY TO BE ALIVE

CHESTER, N. S. (CP) — Selwyn Gates of New Ross, N. S., thinks he was born under a lucky star. He was driving a truck near here when it was rammed by a train and dragged 300 yards along the tracks. Gates came out uninjured.

Rest Still Tops In Treatment of The Common Cold

Chicago Doctor in New Book Analyzes Remedies But Says Real Cure is Still Sought

By HOWARD W. BLAKESLEE Associated Press Writer

NEW YORK (AP)—A survey of all known science and medicine for the treating of the common cold boils down to the strong probability that for most people rest in bed is the single best remedy. There are other remedies that help, or seem to help, but not one promises the long-sought cure.

This survey appears in a new book, *The Common Cold and How to Fight It*, by Noah D. Fabricant, M.D., of the University of Illinois Medical School in Chicago.

The nose has eight defences, and breaking any one of them may open the way to a cold. The eight are, a slightly acid nose, mucous secretion which amounts to a quart of fluid each 24 hours, ciliary action which is the sweeping out effect of living hairs that wave 250 times a minute, phagocytes by the white blood cells, the sterilizing action of lysozyme, an anti-septic manufactured by the human body which hasn't even been investigated for cold protection, local reactions, natural immunity and local immunity.

With so many defences there are at least scores of ways that they can be broken so that you catch cold. Germs can pierce them, weather can hurt them, improper cold medicine can damage them and your own state of mind can do it.

Contrary to popular belief, Dr. Fabricant says, the widespread ideas about alkalinizing the body to cure colds never had any convincing scientific basis. The normal condition of the nose is slightly on the acid side. Bacteria are found in great numbers when the nose becomes alkaline.

Rest and Sleep Help

Rest and sleep tend to promote the acid trend of the nose. The causes of colds are listed as filterable virus, chilling, exposure to pronounced weather changes, lack of sleep, physical fatigue, overindulgence in food and drink, dietary indiscretions, worry, fear, severe shock, excitement and sexual stimulation.

As for remedies, there is rest in bed, especially good at the start of a cold. Dr. Fabricant suggests that if every American worker could be made to rest when a cold starts, there would be a worth while economic gain. He estimates the annual common cold losses at about one billion dollars.

A steam kettle or vaporizer is good in the early stages, with a warm room at about 70. Alcohol, especially after chilling aids in reestablishing circulation to the skin, but has dangers, because it sometimes causes nasal congestion in some people, and excessive use may lower body resistance.

For cold-susceptibles it is well to hold a handkerchief over the nose for the first few moments when going out doors on a cold day.

With drops, some help, others are not safe. Good effects are likely from use of drops containing vasoconstrictors that shrink the swollen nasal passages. Dr. Fabricant himself favors drops that are slightly acid.

As for vitamins, Dr. Fabricant declares Americans have not reduced common colds by their tremendous vitamin intake. He shows individually also that vitamins fail.

As for the cold vaccines, with which many persons find relief, he says, "Whether this state of affairs is actually produced by the cold shots, the seasonal well-being of the patient or perhaps by the psychological effect produced by the hypodermic needle is something physicians have not completely determined."

TOWN OF MILTON SALE OF LANDS FOR ARREARS OF TAXES

Town of Milton, County of Halton, To Wit:

Notice is hereby given that the list of lands for sale for arrears of taxes in the Town of Milton, in the year 1945, has been prepared and copies thereof may be had at the office of the Town Treasurer, that such list has been published in the Ontario Gazette on the 3rd day of March, 1945, and unless the arrears of taxes and costs as shown on such list are paid on or before 10 o'clock (Daylight Saving or Standard Time as may then be in force) in the forenoon on Tuesday, June 5th, 1945, the Treasurer of the Town of Milton will proceed to sell by public auction the said lands or such portion thereof as may be necessary, at the hour of 10 o'clock (Daylight Saving or Standard Time as may then be in force) in the forenoon of the said 5th day of June, 1945, at the Council Chamber in the Town Hall in the Town of Milton.

Dated at the office of the Treasurer of the Town of Milton this 5th day of March, 1945.
A. D. SPROAT, Treasurer, Town of Milton
41-13

Canucks Overseas Looking Forward to T-Bone Steaks

Airmen Think in Terms of Thick Sirloin with Onions for first Meal Back Home

With the R.C.A.F. Overseas (CP)—Here's some homey advice from the front lines to wives and mothers on the home front.

Get out the skillet, put on the stove and drop into it the thickest, juiciest piece of sirloin steak you can weede out of the butcher. Then slice up a bag full of onions, fry them to a delicate brown and serve up the results to that husband or son of yours when he gets home from overseas.

He's been over here for a long time, and if the impromptu vote taken at the R. C. A. F. Nighthawk squadron in France proves anything, that's the menu he'll be looking for when he sits down to his first meal back home. It's number one choice of the men of this squadron who are being repatriated to Canada after three years away from home.

There are some variations and a few individualists with the squadron having their eye on something in the oyster cocktail, lobster line. Pork chops run the steak a close second, and mushrooms vie with onions for first place as accompaniment to the T-bones.

Typical of the repats is Sgt. Frank Williams of (2345 Atkinson St.) Regina, who's had four years overseas, three with the Nighthawk squadron as chief rigger in the maintenance section.

"Put me down in the steak and onion class," the former professional boxer replied when asked what his first meal in Canada would be. His wife lives at (810 5th Ave.) North Saskatoon, Sask.

Married in Scotland

Another T-bone fan is Flt. Sgt. C. G. Dunham of (11809-102nd Ave.) Edmonton who will take back with him his Scottish wife from Edinburgh. He headed the maintenance section where the squadron's Mosquitos got their regular overhauls.

An individualist, Sgt. Charles Atkinson of Norwood, Man., sends this message home: "Just fry me up a nice plump spring chicken, a la Maryland, and I'll know I'm back in Canada."

Cpl. O. Shaw, armorer from (1657 Howard Ave.) Windsor, Ont., will take his favorite palate pleasers in one sitting. His menu goes like this, banana split sundae for a starter, then a big juicy pork tenderloin with apple sauce, a fresh green salad, topped off by a large slice of butterscotch pie and a cup of iced coffee. Like many other Canadians, he doesn't find English or French ersatz coffee much to his liking.

However, most of the talk of the first meal back in Canada comes back to those big steaks with a T-bone down the centre. This menu is backed by Sgt. Ray Cooper, Fort Qu'Appell, Sgt. Paul Campeau, Norwood, Man., Sask., who will take six eggs with his, Sgt. Horace Townsend, Verwood, Sask., Lac. Jim, Matheson, Bounty, Sask., and Lac. Darell Grisdale, Blind River, Ont., all of whom are ready for the trip home any day now.

AUCTION SALE FARM STOCK, IMPLEMENTS AND FURNITURE

The undersigned has received instructions from the Executrix of the estate of the

LATE WM. J. CHISHOLM to sell by Public Auction at Lot 4, Con. 6 Township of Esquesing, on **FRIDAY, MARCH 23rd** At 1.30 o'clock, the following **LIVESTOCK**—1 Clyde Mare, rising 5 yrs.; 1 Ayrshire Cow, fresh, calf at side; 1 Durham Heifer, 1 yr. old; 1 Veal Calf; 2 York Sows, not bred; 1 Young York Sow, ready to breed; 1 Pig, about 200 lbs.; 80 Hybrid Pullets laying heavily; 5 Broadbreasted Bronze Turkey Hens; 1 Broadbreasted Bronze Gobbler; 1 Black and White Collie Pup, 1 yr. old.

IMPLEMENTS—Int. Disc Drill; Dump Rake; Set of Harrows; Wheel Cultivator; Odd Drawbar for Harrows; Disc; 2 Furrow Plow; Walking Plow; Fanning Mill; Scuffer; Cream Separator; DeLaval; Set of Sling; Scales, 2,000 lbs.; Lawn Mower; Bag Truck; Wheel Barrow; Sugar Kettle; Cyclone Seeder; Scythe; Hen Coops; Crosscut Saw; Chicken Feeders and Fountains; Hand Saw; Buggy; Odd Harness and Collars; Cutter; Stoneboat; Shovels; several Steel Barrels; Pails; quantity of Lumber; Chains; Dinner Bell and frame, extra good Coal Oil Lamps; Hanging Lamps; 3 Mirrors, one extra large; 2 Toilet Sets; 2 Aladdin Lamps; 1 Linoleum; 6-9; Washing Machine and Wringer; Clothes Horse and other household effects.

REAL ESTATE—At the same time and place there will be offered for sale, subject to a reserve bid, the farm consisting of 100 acres, more or less, of extra fertile, level land with brick house, 10 rooms, furnace, water, barn 54x70 with double drive and new roof; implement shed 30x60; pigery 24x40, with hen house above; silo; endless supply of water, 37 acres ploughed, 12 acres fall wheat, 7 acres seeded to alfalfa, 24 to red clover, balance hay and pasture. Handy to school, church and town. Terms on Real Estate made known day of sale.

TERMS OF CHATTLES—Cash Settlement with Clerk Day of Sale. Everything Advertised will be sold without Reserve as the labor situation makes it necessary for the proprietor to sell.
42-2 J. A. ELLIOTT, Auctioneer
Geo. Currie, Clerk.

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TIRES! TIRES! TIRES!

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We have installed New and Modern Vulcanizing Equipment for repairing All Sizes of Passenger and Truck Tires.

FACTORY TRAINED PERSONNEL
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PHONE 174W

GARDEN SEEDS

This coming week is garden seed week. Come in and get your supply. A fresh lot has arrived. A good assortment to choose from.

CHICK SUPPLIES
We have a couple of Brooder Coal Stoves on hand. Feed Troughs, Water Fountains and various other Poultry supplies on hand. Brooder Coal will soon be in. Cherker R. Tabs to put in water to prevent disease. Try a bottle and prove their worth. Keep chicks healthy during growing season and troubles are over.

Milton District Co-operative
PHONE 127

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 Chambrea, Oakville; 3. Elmer Thompson, Georgetown; 4. Wilfred Coles, Acton; 5. C. D. Ball, 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

APPLIANCES SHORT IN 1945. PREDICTS OTTAWA OFFICIAL

TORONTO, Nov. 14—Mark Lowe, Price Board administrator of electrical equipment and supplies, today made this statement before the Electrical Appliance Dealers' Association:

"Manufacturers have not been able to produce in 1944, the number of electrical appliances authorized by the Board because of shortage of labor and of materials and because of difficulties in obtaining component parts. Electrical appliances will continue in short supply in 1945."

Mr. Lowe added that while restrictions on the manufacture of many electrical appliances had been removed, 1945 production figures would likely be between 35 and 50 per cent normal.

"Say, how about telephones?"

Here's the situation: Makers of telephone equipment have been busy on orders of all kinds for the armed services. For them, the time to start reconverting still lies ahead. Even after war needs have been met, these manufacturers must make a major change-over before they can resume normal production of supplies for civilian use. . . . Which means that we must continue to defer many requests for telephone service, awaiting the day (we hope it may not be too long delayed!) when materials in adequate volume and skilled manpower again become available. The applications on our waiting list will be filled as promptly and fairly as possible, on a first-come-first-served basis.

On Active Service Giving Wings to Words

Only **1 Cup of Meat** IN THIS

Delicious Chicken Puff

1 1/2 cups flour	1 cup chicken, cut fine
2 teaspoons Magic Baking Powder	2 teaspoons scraped onion
1/2 teaspoon salt	1/4 cup grated raw carrot
2 eggs	2 tablespoons melted butter or chicken fat
1 cup milk	1 1/2 cups chicken gravy

Sift together flour, baking powder and salt; add beaten egg yolks and milk. Add chicken, onion, grated carrot and melted fat and mix well. Fold in stiffly beaten egg whites. Bake in greased baking dish in hot oven at 425°F. for about 25 minutes. Serve with hot chicken gravy. 6 servings.

MADE IN CANADA