

Of Interest to Women

HEALTH HAZARDS

As Canada's population gravitates to towns and cities, such health hazards as noise, smoke, odors, dust and other evils of congestion increase. Public health engineering forces seek to control such dangers by studying safety of water for human use, adequate and efficient disposal of wastes and, among other matters, sanitary conditions of water, ice and food aboard trains, ships and planes engaged in interprovincial and international passenger service.

The Man With The White Cane

A man who walks in a world of darkness—that is the man with the White Cane. In the hubbub of traffic, the bustle of crowds, the gentle tapping of his White Cane is a signal that he would like you to lend him your eyes. Just for a moment you can use your eyes for someone else, to give him the benefit of what you see as you cross a street, manoeuvre a barrier, board a street car, or enter a store. This small act of kindness on your part, performed gently and quietly, will complete his sense of confidence, his ability to look after himself.

When you leave him after guiding him on his way, he will carry on by himself, using his cane to guide him, using his ears, his hands, his memory to recognize landmarks on his road. Hearing and touch are a blind man's sight. Without guidance at a street corner he might be lost in the confusion of sound and movement. He might never reach his destination. But the courtesy of those who see is the link which completes the chain of ways in which he can help himself.

The whole relationship of the sightless man to the sighted world is typified in this daily business of going about the streets, of giving and taking assistance. In every activity, the man who is blind wants to do as much as he can for himself. He can go a long way, if, at the right moment, the right assistance is given him. It's not a matter of helping the helpless. It's helping a fellow traveller on the road to his objective.

For that man with the white cane whom you helped this morning, was walking with a purpose. Perhaps he was going to his job. When he wanted a job, he needed some assistance to find the type of work suitable to his abilities. He may have taken special training, but on the job he works as well as anyone. Once again a guiding hand has put him on the road which he can travel by himself.

It's the same in his social life, in his home life, in his recreations. Take bowling for example. All across Canada, there are blind bowling clubs with a few sighted members, who keep score. A little help from those who can see, means a winter's healthy recreation for a group of sightless people.

A blind man in business has a sighted secretary. He can use his mind, his executive ability, his salesmanship as well as the next man when he has someone to see for him.

So lend your eyes to the man with the White Cane. Think of him as a man with a family, a job, friends, and hobbies, a man who lacks something that you have, but who leads a life very much like your own. The White Cane is a symbol of his will to walk alone. It is his means of asking the way when he reaches the crossroads. Watch for the White Cane — and respect it.

WHEN TO EAT

Meals at any old hour just won't do, declare health authorities at Ottawa. It's not only what but when you eat that counts. The doctors say that meals should be at convenient and reasonable hours. The digestive tract functions better, like other parts of the body, if placed on a regular schedule.

Notice to Creditors AND OTHERS

In the Estate of Bernice Winifred Green, late of the Village of Kilbride, in the County of Halton, Widow, Deceased.

All persons having claims against the Estate of BERNICE WINIFRED GREEN, late of the Village of Kilbride, in the County of Halton, Widow Deceased, who died on or about the 19th day of November, 1946, are requested to send same to the undersigned solicitor on or before the 24th day of February, 1947, otherwise, the estate will be distributed without regard to their claims.

T. A. HUTCHINSON,
Milton, Ont.
Solicitor for the Executors
Milton, January 22nd, 1947. 33-3

ASSIZES

County of Halton }
to wit: }

Notice is hereby given that the Sitings of the Supreme Court of Ontario, as and being the Court of Assize and Nisi and Prius, Oyer and Terminer, and General Gaol Delivery for the said

COUNTY OF HALTON
will be held in the Court House
in the
TOWN OF MILTON

—on—
MONDAY, FEBRUARY 17th, 1947

at the hour of One o'clock p.m., of which all Justices of the Peace, Coroners, Constables, Gaolers, and all others concerned are requested to take notice and attend, to do and perform all duties which appertain to them.

W.M. J. ROBERTSON,
Sheriff, Co. Halton
Sheriff's Office }
Milton, Jan. 30th, 1947 }



Girl Guiding in Milton

Some one once asked Lord Baden-Powell how he came to think of Girl Guides. He answered in words to this effect: "As a matter of fact I didn't think of them. I never really intended the Movement to be for girls. I didn't think they would care for scouting and I didn't think they would really stick to it."

This remark was made to a large group of Guiders and Guides at Campfire who roared their appreciation of the joke, as joke (to him) it had become as he realized viewing the large number in the group before him. "The girls," B. P. went on, "began it themselves. They came, without being invited, to the first Rally of Scouts which I held at the Crystal Palace in 1909. The Scout movement was so new and growing so fast at the time that we felt we could not cope with girls, so we told them as politely as possible that the game was not for them and they must run away and play at something else."

There was a pause, while the Guides looked at the speaker and waited for him to continue. "But they seemed to be rather determined," he remarked at last. Determined? Of course they were, but B. P. was also determined. "They must have a Movement of their own and keep themselves to themselves."

Lord Baden-Powell (pronounced to rhyme with "laden roll") consulted with his sister, Miss Agnes Baden-Powell who undertook to write a book for girls on the lines of the one he had written for boys. Miss Agnes Baden-Powell not only wrote the book but went a step further by ordering a few dozen uniforms made up which her brother was sure she would never get rid of. She did get rid of them—and with dozens and hundreds of dozens more!

Before the war of 1939-46, the Girl Guide Movement had spread from the little Isle where it had its birth to all parts of the world. It had not only spread but had gathered a larger and ever larger number of girls until in 1939 there were more than a million Guides altogether.

At the present time the Movement is still growing and even in the war ravaged countries, particularly China, girls have joined the Movement though often without the uniforms or other equipment which we in Canada find necessary. In China alone, Guiding grew stronger and stronger during their long time of war. When a census or partial one was taken at the conclusion of our war with Japan, the Order was found to have multiplied until from the mere 1000 Guides formerly, there are now more than ten times that number and steadily growing. More and more girls are joining all the time in every part of the world, except in Germany any where the Nazi leaders who realized the danger to their foul intrigues banned both Girl Guiding and the Scout Movement.

The first Canadian Girl Guide Company was formed at St. Catharines in January 1910—just a few months after the meeting at the Crystal Palace in 1909 when B. P. tried to chase the girls away. In 1912 Canadian headquarters were established in Toronto with Lady Pellatt as first Chief Commissioner for Canada and in 1917 the Canadian Council was incorporated by act of parliament.

Two years later the Canadian government recognized the educational value of the movement by establishing an annual grant. Lady Baden-Powell, widow of the founder who died on January 8th, 1941, is now the World Chief Guide. Her birthday, February 22nd, was also the birthday of Lord Baden-Powell and ends the Boy Scout-Girl Guide week which begins on February 16th.

Last Thursday evening at the meeting of the 1st Milton, every girl was present. The 2nd Company on Wednesday had full attendance also, with another recruit, Donna Wilson.

Yes, definitely, the Girl Guide Movement is growing.

PUBLIC ENEMIES

Normal, robust individuals may unknowingly be public enemies, if they are carriers of disease germs, say the doctors. It is pointed out that perfectly healthy people may harbor, in their noses and throats, bacteria which, when transferred to another healthy individual, can produce serious infection.

Since it is possible that anyone may be a "carrier" and give others a cold or sore throat, the specialists give this advice "Don't be a free cold dispenser. Cover up that cough or sneeze with handkerchief or tissue, or at least divert it downward with your hand if you can't catch it in time."

Every time people cough or sneeze, the doctors say, they produce a "gas attack" with a danger range of from 10 to 15 feet and germs may settle on articles subsequently handled by others.



Hello Homemakers! This week the decorations on school windows remind us of a special event known as St. Valentine's Day. We must have a party! Food for children should be plain. . . Red Jelly moulds and fruits for a salad plate followed by ice cream and cookies or plain cake and cocoa will make them happy.

Grown ups also appreciate attractive foods on this occasion, so here are recipes that will fit into the predominant colour of Valentine's Day.

BEETS IN HORSE RADISH SAUCE

2 tbsps. flour, 1 cup sour cream, 1 tbsps. prepared horseradish, 1 tsp. vinegar, salt and pepper, 3 cups cooked sliced beets, 3tbsps. beet juice.

Mix the flour and the sour cream until smooth and cook over hot water, stirring constantly until thickened. Add the horseradish and vinegar and season with salt and pepper. Add the beets and the beet juice. Six servings. Chill in refrigerator.

FEBRUARY SALAD

Season cottage cheese with fruit juice, chill and put in lettuce cups. Cut thin slices of cored apples leaving on the red skin, and insert in cheese.

VALENTINE CHIFFON PIE

Make enough pastry for two-crust pie. Bake a pie shell and eight small cut-out heart-shaped pastry pieces—put pieces on separate pie plate to cook. Temperature for pastry is 425 degrees for 8 mins.

Filling: Heat three cups thick sweetened applesauce; 1 cup raspberry flavored custard and stir together. Chill till slightly thickened. Pour in pie shell and top with pastry hearts.

CHERRY SUPREME

Thicken 2 cups of cherry juice until almost stiff. (It depends upon the kind of starch you use whether 4 or 6 tbsps. softened in 1/2 cup of the cold juice is enough.) Add 1 cup cherries and an eighth of anise flavouring. Keep hot in a double boiler. Pour over slice of ice cream as you serve it.

HOLIDAY COOKIES

1 cup shortening, 1/2 cup brown sugar, 1/2 cup white sugar, 1 egg, 2 tbsps. orange juice, 1 tsp. orange rind (grated), 2 1/2 cups sifted all-purpose flour, 1/4 tsp. salt, 1/4 tsp. soda, 1/2 cup nut meats (broken).

Cream shortening and add sugars gradually, while beating constantly. Add egg (well-beaten), orange juice and orange rind. Sift flour, soda, and salt together and add with the broken nut meats. Form into rolls, wrap in waxed paper. Store in electric refrigerator until ready for use. Slice thin, place on greased cookie sheets. Bake at 375 degs. for 12 to 15 mins. (Makes about 3 doz. small cookies.) These cookies may be decorated with red gumdrops during baking.

THE QUESTION BOX

Miss G. R. asks: for easily and quickly prepared supper plates:

(1) Omelette, cold cut-beans seasoned with onion juice and creamed corn.

(2) Chili Con Carne (brown half lb. ground beef and add 1 can kidney beans with 2 cups tomatoes, and cabbage salad.

(3) Open Macaroni Pie (add to 3 cups cooked macaroni, 1 cup diced cooked meat, 1 can condensed consommé and top with third cup chili sauce), grated raw carrots and raisins and hot cup beans.

Mrs. G. T. asks: for macaroon recipe using bread crumbs:

ORANGE MACAROONS

Half cup flour, 1 1/2 tbsps. baking powder, half tsp. salt, 2 eggs, 2 1/2 or 3 cups soft bread crumbs (depending on size of eggs), 1/2 cup melted butter, 1/2 cup white sugar, 2 tbsps. grated orange rind, 1 tsp. orange juice.

Set electric oven at 400 degrees. Sift the flour, measure it, add the baking powder and salt, sift again. Beat the eggs until light, stir in the melted butter (cooled). Add the sugar gradually, beating with a Dover beater. Add orange rind and juice. Add the dry ingredients and crumbs. Drop by teaspoons, 2 inches apart on a greased baking sheet. Bake in a hot oven for 10 minutes, until brown. Makes one and a half to two dozen.

Miss M. J. describes a cornucopia dish and asks how it was made:

BOLOGNA CORNUCOPIAS

1 lb. bologna (sliced), 3 cups soft bread crumbs, half tsp. salt, 1 tsp. sage, 1/2 tsp. pepper, 2 tbsps. minced onion, half cup diced celery, 1/2 cup melted butter or clear drippings, 1 cup tomato juice (or tomato soup).

Fold single slices of bologna to form a funnel. Fasten each with a tooth pick. Combine crumbs, salt, onion and celery. Pour the fat over the bread mixture. Fill the cornucopia, place in a shallow baking pan. Pour tomato juice or tomato soup over the bologna. Bake in electric oven, 400 degs. for 15 to 20 mins.

FLYING BOAT JET FIGHTER

The R.A.F. Coastal Command is to have a jet-propelled single seat "flying boat fighter," built by Saunders Roe Limited, England. The pilot is housed in a pressurized cabin forward of the wings. The armament consists of four 20 m.m. cannons mounted in the nose. Details of speed performance and range have not yet been revealed.

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