

Of Interest to Women



Hello Homemakers! We have often heard people say, "I don't enjoy meals during Lent. They get so tiresome." Yet we know others who look forward to interesting meatless dishes.

We contend that fish dinners can be delicious and exciting. It's all in the way the fish is cooked—providing, of course, that the fish is good quality and fresh! Most of the people who do not like fish have formed the dislike because the fish has been badly cooked or always served in the same old ways.

You might try, for instance, the dish a friend of mine calls here Lenten minced onion and fresh fillets in a special. It is a tasty combination of cream sauce, baked in layers in a casserole. Another special way to prepare fillets is to cook them in parchment paper or butter wrapping holds in all the juices.

A homey but as fine a dish as you would ever want to eat is codfish cakes in tomato sauce. If they are served with cut beans and a grated carrot salad even the most finicky gourmet will enjoy them.

FISH FILLETS

(Cooked in Parchment)

1 lb. boneless fillets, 2 tbsps. salt, 1 tsp. grated carrot, 1/4 tsp. pepper, 1/2 tsp. finely chopped parsley, 1 cup cold water, 1 tsp. cooking oil, 1 tsp. grated onion, 1/2 tsp. lemon juice.

Soak fillets in the cold water and salt for five minutes. Drain. Place fillets on middle of large square of parchment paper that has been rubbed with cooking oil on both sides. Cover fish with combined cooking oil, grated carrot, onion and pepper. Sprinkle each piece with lemon juice and finely chopped parsley. Then fold fillets in two and gather the

edges of paper together to form a bag. Tie up firmly with a string so that fish and flavorings are tightly enclosed. Drop bag into a pot of rapidly boiling water. After water comes again to the boil, continue boiling about eight minutes. Turn fish out on hot platter, pour juices over. Yield: Two servings.

LENTEN SPECIAL

3 onions, 1 tbsp. butter, 1/2 cup flour, salt and pepper, 1/2 cup canned soup, 1/2 cup milk, 6 fish fillets, lemon juice, 1/2 cup of bread crumbs, grated cheese.

Brown butter and add flour. Add sliced onions then soup stock and flour. Cook fillets in water to which you've added 1 tsp. lemon juice, for 10 mins. Put some of cream mixture in greased casserole then lay on fillets, more sauce and remaining fillets. Top with bread crumbs and grated cheese. Heat through in electric oven at 375 degs. Yield: six servings.

CODFISH CAKES

1 cup salt codfish, 1 tsp. butter, 2 1/2 cups potatoes, cubed, 1 egg or 2 yolks, dash pepper.

Soak codfish over night in cold water if it is not already prepared for using. Pour off water in the morning and shred fish by placing piece on cutting board and drawing a fork down through the meat. Cook potatoes in boiling salted water until tender. Drain thoroughly and shake over heat to dry; add codfish and continue heating until mixture is light and fluffy. You may add more salt if needed.

Add egg or egg yolks, slightly beaten, shape into flat cakes, dip in flour and cook in frying pan in which three tablespoons fat have been melted, cook until brown on one side; turn carefully so as not to break, and cook and brown on the other side. Serve with tomato sauce. Yield: Six to eight cakes.

TAKE A TIP

1. A section silverware box is a convenient utensil to hold brush and comb, hairpins and cosmetics. Everything is right at your fingertips for the morning rush.
2. Rubber gloves last longer if a small tuft of absorbent cotton is put in each finger end.
3. Waxed bread wrappers make good polishing cloth for closed electric elements and the iron or steel top stove.
4. Tack one end of your tape measure to an empty spool, wind around and secure it firmly with a rubber band. It will not tangle with other things in the sewing basket.

Very few drivers seem to know what to do when a car starts skidding on ice, snow or wet pavement. The Ontario Highways Department wants to remind you of what every experienced driver does instinctively, in such situations. When your car skids do as follows: First, turn the front wheels in direction, in which the rear end is slipping; second, take your foot off the accelerator but leave the clutch engaged; third, pump the brake pedal down and up gently. Above all, don't lose your head and jam on the brakes.

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The Sunday School Lesson

SUNDAY, MARCH 9th, 1947

AN EXAMPLE OF HUMILITY
Golden Text. — A new commandment I give unto you, that ye love one another; even as I have loved you that ye also love one another. Jno. 13: 34.

Lesson Text. — Jno. 13: 3-15, 34, 35.

Time.—Tuesday night, April 4, A.D. 30. Place.—Jerusalem.

Exposition.—I. The Master's Love, 3-11.

Jesus might naturally have had a feeling of relief at leaving those slow dull, unbelieving disciples, to go to realms of light and faith and appreciation and glory, and been occupied with thoughts of the glory awaiting Him. But no, He was entirely occupied with thoughts of His disciples and their need: "He loved them unto the end" (v. 2). His was the perfect love: constant, untrifling, patient, indestructible, self-forgetting, "unto the end." Two little words, of inexhaustible meaning, marvelously describe our relation to Him, "His own." What a dignity it sets upon us—we are "His own." How clear it makes our absolute security (ch. 17: 12). How do I know I shall spend eternity with Him? How do I know that the mighty and subtle Satan will never prevail to get me? Why do I rise triumphant over the world and its ambitions and its allurements and its blandishments? How do I know He will lavish upon me all the infinite wealth of His love? I am "His own." I am His by both gift and purchase.

Note that death is "departing out of this world unto the Father." There is nothing, then, so dreadful for the believer in what men call death (ch. 14: 28; Phil. 1: 21, 23; 2 Cor. 5: 8). We see the black background of the Saviour's unceasing love—the unceasing malignity of Satan incarnating itself in a human heart (v. 2, R. V.). Judas got his awful purpose direct from the devil. Had Judas been told at the beginning the depth of infamy to which he would sink, he would have been horrified. What a picture of how He humbled Himself in verses 3-5. On the one hand, "the Father had given all things into His hands" (ch. 3: 35; Matt. 11: 27; Jno. 5: 22; 17: 2; Matt. 28: 18; Eph. 1: 21; Heb. 1: 2; 2: 8, 9; 1 Cor. 15: 27): "He came forth from God," and went to God; on the other hand, "He riseth from the supper," "laid aside His garments," "took a towel," etc., etc. He did these seven things in full consciousness of His divine authority, divine origin, and divine destiny. When the consciousness of superiority of rank or ability tempts us to shirk the lowliest services for the humblest of God's children, we will do well to recall this scene and remember that "the servant is not greater than his Lord" (v. 16), and to let this mind be in us which was also in Christ Jesus (Phil. 2: 5).

Oh, to think of the glorious Christ taking our vile feet into those hands that by their touch cleansed the leper, opened the blind eyes, healed the sick and raised the dead, and washing and wiping them! There is a filth infinitely more repulsive to Him than the filth of the roads, the filth of sin, and He is handling our feet each day and washing it off. Jesus' acts in this scene symbolize His whole work. He "riseth from supper"—rises from His rightful place in glory and enjoyment. He "laid aside His garments" so He laid aside the garments of Divine majesty (Phil. 2: 6, 7). He "took a towel and girded Himself"—took upon Him the form of a servant (Phil. 2: 7). "He poureth water into a basin"—provides the cleansing world (Jno. 13: 3). "Began to wash the disciples' feet"—applies the cleansing of water (Eph. 5: 26). Took His garments (v. 12)—reassumed His glory (Jno. 17: 5). "Sat down again" (v. 12)—reassumed His place as Lord (Heb. 10: 12). As to Simon Peter, not: (1) His imagined humility but real pride (vs. 6, 8); (2) His failure to understand the meaning of Jesus' acts (v. 7); (3) His failure to ponder the meaning of Jesus' words (v. 9); (4) his talking when he ought to have been thinking (vs. 7, 8, 9); (5) his promise of future understanding (v. 7); (6) his prompt and eager repentance (v. 9).

II. The Great Example, 12-15.
"Know ye what I have done to you?" They did not know; it was some time before they understood the full meaning of His act, and little do we understand oftentimes what it is that the Lord has done to us. What He had really done was to set them an example whereby He would remove the dirt of pride and self-seeking from their sin-stained souls. They were quarrelling among themselves as to who should be accounted greatest (Luke 22: 24).

If He, our Lord and Master, performed the lowliest and most disagreeable service for others, for those under Him, we, too, must stand ready to perform the lowliest services for all others. Are we ready to do it? How we rebel if men do not give us the honor and respect and place that we think are our due. Let us seek rather to do service for others. Then

we shall have the right to call Jesus "Master and Lord." If we seek honor rather than to be humbly useful we shall have no right to call Jesus "Master and Lord." How deep an impression this incident made upon the mind of Peter is evident from a striking allusion to it in his first epistle (1 Pet. 5: 5). The servant is not greater than his lord, so every Christian should be satisfied with a lot as lowly as that of our Lord. How often we see professed servants of Jesus assuming a dignity and greatness that our Master discarded.

WORK WELL PLANNED IS WORK HALF DONE

By planning work well, much non-essential work may be avoided and essential work with the poultry flock may be cut in half.

Plan on having brooder pens and laying pens large enough to house flocks of sufficient size to be handled economically. Have the pens in a convenient location as it is necessary to visit them several times each day. Where buildings are scattered or located a considerable distance from the main buildings, plan on using them as summer range houses. Much travelling between buildings and opening and closing of doors will be avoided if the above plans are followed.

By having bins or barrels of feed placed conveniently about the poultry buildings one can easily cut in half the time required to feed the birds.

Plan on carrying water to the flock by pipe line, hose line or by barrel or tank on skids or wheels. (Always use covers on barrels or tanks). Any of these methods of carrying water to the flock will cut the work by more than half and will do so without giving the attendant the aches and pains produced by the pail or bucket method. Moreover the birds are more likely to have an abundant supply of clean water.

After cleaning houses plan on spraying or painting the floors, walls, nests and perches, etc., with equal parts of used motor oil, coal oil and creosote. This not only acts as a disinfectant, a control for mites and helps to preserve wood and metal parts of buildings and equipment but will reduce the next cleaning operation by almost half. A light coat of coarse sand makes for easier cleaning of dropping boards and floors.

Plan on using a deep litter in the laying pens. It not only reduces the supply of litter needed annually but more than cuts in half the labor expended on litter management.

By spending a few minutes patching holes in wire netting over windows, on partitions and under perches one may save hours trying to catch birds which escape through such holes. Better still, replace all light weight wire netting with a heavier wire or slats and reduce to a minimum the work of repairing. The extra cost of such wire would be more than offset by the prevention of loss of birds by enemies.—C. H. Hunstman.

A report from Minnedosa, Manitoba, states that a dog was badly bitten along the back in a fight. The wounds were so placed that the injured animal could not lick them, so twice a day a neighboring dog called round and administered treatment until the wounds healed.

THE WIDE AWAKE TOWN

Some towns get a reputation for being sleepy and unprogressive and things seem to go on about the same there from year to year and no great gain is seen. If people go away and come back after a number of years, they often remark that things have been going on about the same, and there is no great change.

In the wide awake town, people are thinking as to how gains and improvement could be made. If some condition is unsatisfactory and not good enough for a town of its type, they talk about what could be done to improve that condition. If it seems practical they start a movement to remedy that defect, and are usually successful in doing so. They are keen to improve the appearance of the town, and they encourage people to keep their home places in nice condition and give out the impression that the town is successful, and that its people have high living standards.

A recent television experiment in England was undertaken by a hypnotist, but in the test such a high percentage of spectators were unintentionally put to sleep that a proposed public showing was cancelled.

Notice to Creditors

In the matter of the Estate of HENRY WILLIAM ARCHER BRAND, late of the Township of Nassagaweya in the County of Halton, retired clergyman, deceased.

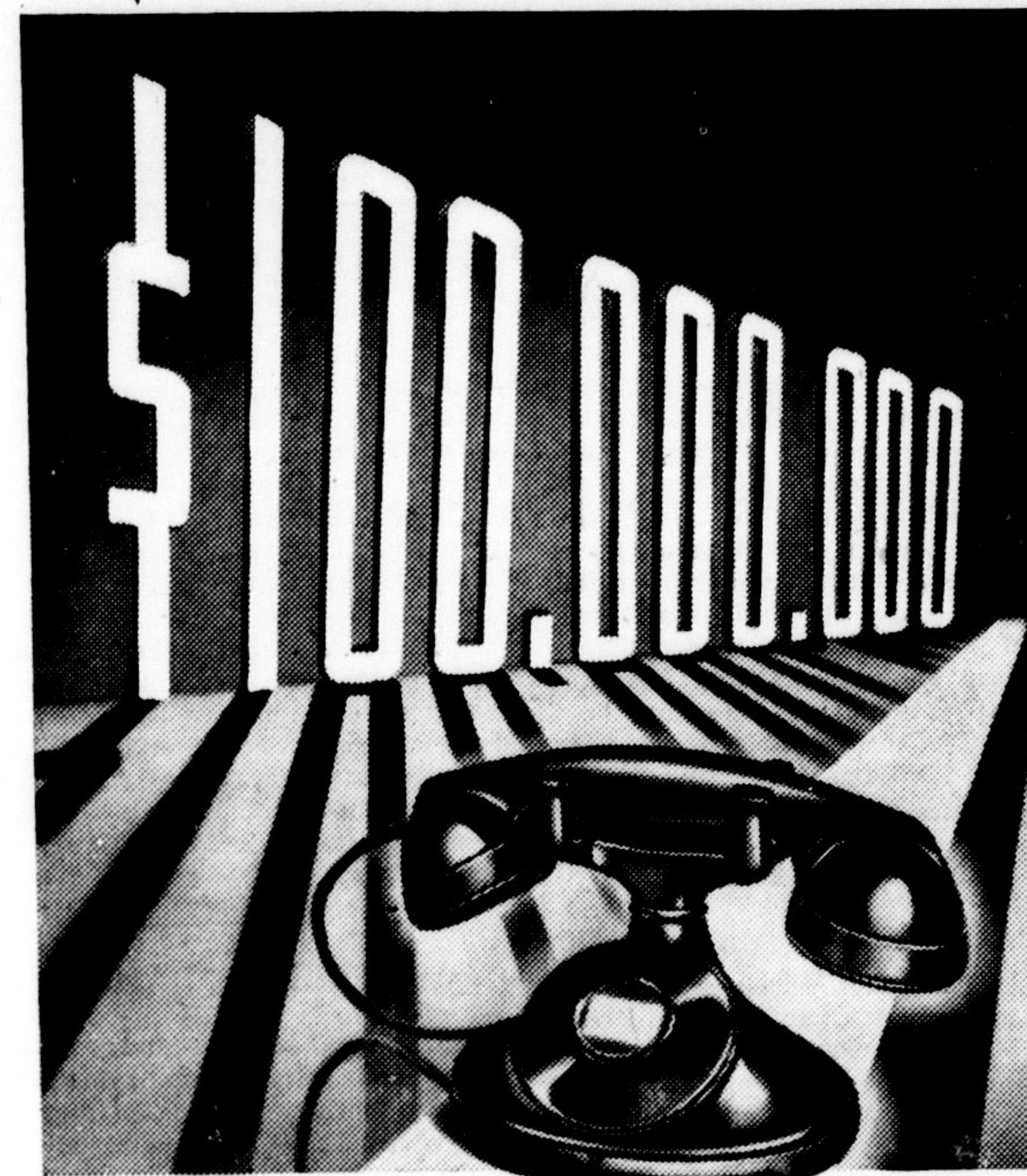
All persons having claims against the Estate of Henry William Archer Brand, late of the Township of Nassagaweya, in the County of Halton, retired clergyman, deceased, who died on or about the 17th day of January, 1947, are requested to send the same to the undersigned Solicitor on or before the 10th day of March, 1947; otherwise the estate will be distributed without regard to their claims.

GEORGE E. ELLIOTT,
Milton, Ontario.
Solicitor for the Administrator.
Milton, February 15th, 1947. 37-3

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