

Of Interest to Women

SPRAY TO KEEP DOGS FROM SHRUBS

Flowers and shrubs in the front garden and ornamental plants on front porches and the corner posts of porches may be protected from and against damage by dogs and cats by the simple use of a dilute nicotine spray. The spray is harmless but its smell is very offensive to cats and dogs, ever when applied so thinly that persons are unaware of its presence.

The spray evaporates and should be renewed after rain. In good weather, spraying every 2 weeks is sufficient. The name of the material is nicotine sulphate and it may be bought at any seed or drug store. The spray is prepared by mixing one-half teaspoonful of the nicotine with one gallon of water, which makes the mixture strong enough for all ordinary circumstances.

The new 82-foot flagpole on the Tower of London is Douglas Fir, grown on Vancouver Island.

Tom Haines
PLASTER AND BRICK
SAND, CEMENT & ROAD
GRAVEL, LOOM & CESS-
POOL STONE
Phone 113r22
Box 20, Georgetown
GLEN WILLIAMS

VETERAN TAXI
PH. 404
RESIDENCE 450W
24 HOUR SERVICE
All passengers fully insured
FRED ROBBINS
Stand at Bus Terminal

R. M. Mitchell
ROOF COATING
CONTRACTOR
Steel, Asphalt and
Built-up Roofs
ESTIMATES FREE
WORK GUARANTEED
CAMPBELLVILLE
Phone Milton 382r12

Now available!
GAS RANGES
DESIGNED FOR USE WITH
Essothane



ACCURATE OVEN CONTROL
EASY-CLEAN BURNERS
OVERSIZE OVENS

If you've always longed to cook with gas—on a gleaming, modern range—here's your chance. Now available in streamlined models are well-known makes of gas ranges specially built for use with Essothane. They light automatically. No smoke, no soot. Gas cooking is clean, quick, less trouble... economical too.

Essothane ranges and water heaters are sold direct by Imperial Oil Limited. Ranges also sold by most appliance dealers. Range prices—for the 3-burner model \$99.00 up to \$184.50 for table-top models. Pay only 10% down and the balance in small monthly amounts.

IMPERIAL OIL Essothane LIMITED
TORONTO CARLETON PLACE WA. 6761
555-M
MAPLE 97

Essothane Gas Service, Imperial Oil Limited
55 Church Street, Toronto 2, Ontario

Yes, I would like to know more about Essothane. Please send me, without charge or obligation, your FREE, 8-page illustrated booklet which tells all about this new gas service.

MY NAME (Please print) _____
ADDRESS _____
PHONE NUMBER _____

ESSOTANE GIVES THE HOTTEST FLAME!

THE MIXING BOWL

BY Anne Allan
HYDRO HOME ECONOMIST

Hello Homemakers! "The sky is the limit" when our folks talk about a picnic. (And I often wish it were literary so when a tribe of ants attack the lunch and me!) But a picnic is no picnic if you try to serve a three course meal in the park. Plain fare such as hearty sandwiches and salad-burgers with whole fruit and cookies is a convenient handout. This type of informal outdoor meal creates a carefree attitude for the day.

TAKE A TIP

1. Provide man-sized sandwiches of chopped or minced ingredients. Salmon, egg, cucumber, ground meat, relish spread, creamed cheese or various combinations.
2. Small raw tomatoes, hard-cooked eggs, trimmed radishes and cucumber wedges go well with plain buttered bread and a tiny package of salt and pepper.
3. For a special lawn picnic cold cooked chicken and tossed green salad with soft rolls will please your guests.
4. It is easy to take along chilled fruit juice in one thermos and either cold milk or flavoured tea in another.
5. Those who use the park tables require a paper cloth, paper plates, serviettes, paper cups and spoons.
6. Leave the park area as you would like to see it on your return.

REQUESTED RECIPES

Mrs. J. M. asks for a baked egg plant recipe.

Answer:

EGG PLANT WITH CHEESE
Dice a medium-sized onion, 1 green pepper from which the seeds have been removed and 4 slices of bacon. Add 2 tablespoons of flour and stir until browned. Slowly add 2 cups of tomato juice. Season with salt and pepper and cook until smooth and thick.

Pare and dice 1 medium-sized egg-plant. Put half the diced egg-plant into a greased baking dish. Add tomato sauce and vegetable mixture and a layer of grated cheese. Add remainder of egg-plant and then the rest of tomato sauce. Top with grated cheese and bake in electric oven at 300 degs. for 1 1/2 hours.

Miss M. T. requests ingredients for a tasty potato salad.

POTATO SALAD
6 medium-sized new potatoes, 1 medium onion minced, 1/2 tsp. celery seed, 1 tsp. salt, 2 tps. sugar, 1/4 tsp pepper, 2 tpsps.

chopped sweet pickle, 1/4 cup garlic French dressing, 1 1/4 cups diced celery, 1 1/4 cups thinly sliced radishes, 1/2 cup mayonnaise.

Cook potatoes, peel and cut into fairly small cubes. Add onion, celery seed, salt, pepper, pickle and French dressing.

Chill in electric refrigerator and then add celery, radishes and mayonnaise.

Yield: 8 servings.

Miss S. H. asks what to add to raspberries and soda water for a good fruit drink.

RASPBERRY PUNCH
1 1/2 cups raspberry juice, 1/2 cup lemon juice, 1 cup orange juice, 2 tpsps. grated orange rind, 1/2 cup sugar, 1 quart carbonated water.

Combine all ingredients except carbonated water. Put in container and cover tightly. Let stand in electric refrigerator for several hours. Strain, add carbonated water and pour over chilled or cubed ice.

Yield: 2 quarts.

Mrs. R. J. asks for Refrigerator Cream using evaporated milk.

Answer:

MARBLE CREAM
(12 servings)

2 cups evaporated milk, 1 can sweetened condensed milk, 1 cup cold coffee beverage, 1 tsp. vanilla extract, 3/4 tpsps. boiling water, 4 tpsps. milk. Chill evaporated milk in freezing tray until fine ice crystals begin to form around the edges. Turn into bowl, and whip until milk peaks. Fold into sweetened condensed milk, which has been combined with coffee, vanilla, and salt. Pour into freezing trays, with temperature control at coldest setting, and freeze until quite firm, stirring every 30 mins.

Meanwhile, melt chocolate in saucepan over boiling water. Add boiling water and milk, and stir until smooth. Cool, but do not chill. Pour in thin layer over top of the "quite firm" cream. Return to electric refrigerator and freeze until firm enough to serve. Or stir chocolate into "quite firm" cream in streaks or marbled effect; then freeze until firm.

FROZEN FRUIT DESSERTS

Frozen fruit desserts offer a new and interesting variation for the dinner table. They have the light fluffy texture of ice cream and contain the full fresh flavor of our Canadian fruits. If taste panel reactions in the laboratory, are an indication of public opinion, frozen fruit desserts should increase rapidly in popularity.

The ingredients are simply pureed frozen fruits, sugar, gelatine and sometimes a small amount of water. The processing procedure is much the same as ice cream. The ingredients are thoroughly mixed before placing in the usual paddle ice cream freezer. When soft frozen, the mixture is placed in the sub-zero freezer room and when solidly frozen is ready for eating or storage.

Preliminary investigations and development are still being conducted at the Division of Horticulture, Central Experimental Farm, Ottawa, says W. R. Phillips. These include the use of various individual fruits and blends. Such technical details as the control of overrun (increase in volume by beating), using different stabilizers and preparation methods are also being tried out.

It is probable that the equipment required will present general household processing. From the reaction of several commercial processors, however, it is likely that frozen fruit desserts will be on sale at many retail stores during the coming season. Rhubarb is one fruit which makes a very appetizing product. Because of its low cost and abundant supply, frozen rhubarb dessert should readily gain popularity.

A pamphlet has been prepared by Dr. Mary McArthur, Division of Horticulture, Central Experimental Farm covering preliminary investigations, which is available upon request.

WEIGHTY MATTER

The old man neglected to assist his wife out of the street car. "John," she said, "You are not so gallant as when you were a boy." "No," he replied, "and you are not so buoyant as when you were a gal."



In A Country Lane

By Lillian Collier Gray

Cool August evenings such as we have been having lately carry with them too sharp a reminder of fall to be greatly enjoyed. Even the days are more reminiscent of October than summer. Beautiful weather, it is, just the same, and wonderful for the harvesting of the fall wheat. I never like the sight of the first bare stubble after the grain has been cut and threshed. But that scene goes with the great flocks of swallows and other birds that are gathering to forage across the fields from now until they leave for the southland. It goes with midsummer and early fall.

My uncomplimentary remarks about Mehitabel, "The Cat", has brought reproachful protest from two very good friends. The first says, "I do like cats, definitely. The mystery of their jungle nature must appeal to me. If there is a stray cat at large it will seek me out and follow me home unless discouraged." She adds, "I trust Mehitabel had no more than two or three offsprings—six or seven is too many for either you or she to contend with." I don't know about Mehitabel—despite her scrawny frame, she looks as if she could contend with most anything—but I do agree that even two or three would be too much for me to contend with.

To date, Mehitabel has not favoured us with a look at her offspring. She may have got the idea I don't like cats. And the look she gives me when the milk bottle is empty and I am forced to give her dry bread convinces me Mehitabel doesn't like me either. Talk about speechless eloquence! That look is it. Well, the other friend scolded me in this wise, "Bad girl, to hate cats! I love them, and the neighbours' cats come to call on me daily. One big black beauty comes regularly and when he sees me returning from down town he rushes out from behind bushes or the neighbour's verandah and follows me home. He's a friendly chap and very wise. Our conversations might surprise you." Well I suspect that the popularity of both these cat enthusiasts with the objects of their devotion is due mainly to their keeping a chicken bone in the frig. all the time, just hoping some lovely cat will happen along. I didn't even keep a chicken bone, not even a feather, and a cat came to me.

My friend goes on to say, "Maybe he likes a bird for dinner occasionally, but after all it's his natural food, and do we not eat meat and fowl?" Well, as to that question—we admit we did, once upon a time, eat meat but we don't so often now due to the fact that it causes indigestion as we worry with every bite over the strain on the family budget. And as for the cat argument—we have occasionally been guilty of eating a part of a cow or a pig or a lamb, but never, never have we mauled and tortured a cow or a pig or a lamb before eating it, as a cat does. — I am still not convinced that cats are nice. I still don't like the creatures.

Speaking of meat reminds me of a book I've just been reading, about foods. It makes one wonder how, if this be true, man has ever managed to survive so long as he has the results of his errors in eating. Did you know you shouldn't eat meat and potatoes at the same meal? Just let a farm-wife try to tell a thrasher or corn-cutter that kind of a fairy story! Well, this doctor claims it's true, anyway. The explanation he gives is simply this. Meat is a protein food, while a potato is a high carbohydrate. Proteins and carbohydrates consumed together "fight" each other, and while your digestive system may not feel any particular discomfort from the combination, at the same time the meat is killing the potato vitamin, and the potato is killing the meat vitamin, and you are starving yourself, and some organs in your body are degenerating.

There are plenty of other vegetables low in carbohydrates which may be taken with a protein food, such as cabbage, carrots, beets, asparagus, and several others. The writer names many food combinations that never should be eaten together, for the same reason. You are only as healthy as your eating habits he claims, and if you want to escape degenerative diseases you'd better eat properly. Far too many people eat too much bread, potatoes, pastry, rich desserts, and not enough fruits, vegetables, meat, milk, cheese. The author of the book cited case after case of illness that had been corrected after the victim went on a proper diet. It only sounds reasonable.

After all, what has our body to build or sustain itself on but the food we give it? Along with sunshine and fresh air.

While we're on the subject of food—how good the first tomato out of one's own garden tastes. Halton is one of the counties hit with potato and tomato blight. Many gardeners are beginning to spray now that the first brown leaves and diseased tomatoes have appeared, which is several weeks too late. It looks as if regular spraying of tomatoes will have to be done every year now. We're hoping to harvest enough to fill a lot of empty sealers with the fruit and juice, particularly juice, bottled sunshine for next winter.

The Heart of Enterprize

By Joseph Lister Rutledge

Our government at Ottawa, that is supposed to represent the majority of us, and to reflect our majority opinion, is disappointing us. The majority of us still hold to our own theory of freedom. There are others who don't, but we are still the majority and our government holds power for that reason. Our theory includes the freedom to work, to earn and to profit and the right to enjoy all three. That is also the theory of the government that represents us, when it is not confusing itself with policies and methods with which we cannot sympathize because they seem to be undermining this belief.

We believe, the majority of us, that if we are allowed to use our abilities and to retain a reasonable measure of profit from our skills we will make the most of ourselves, both as individuals, and as a people. The government that represents us is also supposed to believe that incentive will do more for us as a nation than soft-coddling or official interference. Yet, in a dozen ways it has removed this incentive that is the beating heart of our system. There isn't much heart in a business where all the profits that might be used for development or protection, or be set aside to be used as adventure capital in some undertaking of tomorrow, are siphoned off for others to use. How long will business retain its spirit of adventure and enterprise when all the excitement of success is removed from it?

Or how long will there be a spirit of adventure and progress in a people where the old are told that they will be looked after provided they do little to look after themselves? How long will we progress while the men in the factories are denying the production so urgently needed, because their overtime pay is largely drained off in income tax payments, or the farmer is telling himself that all the sweat and weariness is futile for the same reason? How can we make a great nation, using as tools citizens whose first concern is to keep within a wage bracket? Everyone knows that Canada has assumed vast obligations that must be met, and that we are glad of time to learn that you don't give anyone a shot in the arm by telling him he is incompetent to manage his own affairs. We will grow better, and make more, and pay our way more easily by returning to our belief that incentive is the heart of enterprise.

AVOID WET HEN RANGE

The wise poultryman knows how valuable green feed is as a supplement to hen's ration. But the grazing area for poultry should be reasonably dry.

When laying hens are allowed to graze in soggy yards or to drink from stagnant pools, they lay dark yolks, and the eggs may even be off-flavor.

Another risk of wet grazing is that the birds soil their feathers and feet, carrying mud back to the nest. A muddy nest can only be the result of dirty egg shells.

Those who take their time have more time to take.

A Delicious Cool Drink
Directions: Make tea exactly as usual : : While still hot pour into glasses filled with cracked ice : : : Add sugar and lemon to taste : : :

"SALADA" ICED TEA

Remember Our Complete Up-to-Date

Optical Service

★ THE PLACE—C. GRIMWOOD, JEWELLER, MAIN STREET, MILTON.
★ THE DATE—EACH AND EVERY SATURDAY
★ THE TIME—10 A.M. TO 8.45 P.M.

PHONE 113
EYES EXAMINED — GLASSES FITTED — REPAIRS

CHANGE YOUR EARLY PULLETS TO

'Starlight' Laying Mash

to get early and profitable production

Now is a good time to stock up in Brewers' grains and Dairy Concentrates

Highest Prices Paid for Winter Wheat
Baled Alfalfa Hay for grinding
Fly Sprays — Twine in Stock

MILTON MILLING CO.

Phone 50 Limited Milton Ont.

Make Your Kitchen . . .

A DELIGHT WITH THE NEW

GENERAL ELECTRIC Appliances

Don't struggle any longer with your old-fashioned stove. Get a modern electric range with automatic timing and dependable heat control. Also we have those new General Electric refrigerators, especially designed for money saving efficiency.

TIME PAYMENTS AVAILABLE

Bailey & Toews

PHONE 259



RELIANCE "ETHYL" CROWN DOMINION

Tops for Quality!

30 YEARS OF DEPENDABLE SERVICE

YOU CAN RELY ON RELIANCE

