



### THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist

Hello Homemakers! "Never underestimate the power of a woman." According to the numerous letters we have received you have put conservation of electricity into practice. There are many ways to reduce the amount of electricity used in the home; this is especially true in preparing meals. Hydro has been rightly valued by you as a great convenience in lighting, heating, cooking and washing and consequently you have eliminated any non-essential use of it as requested in view of the emergency.

There are, however, a few neighbors who have not realized the need to save electricity in order that industrial and agricultural concerns may be served with power to do their jobs. Many, many operations are effected only by electric power. More electricity must be saved to produce food, clothing and shelter for our people. Let us consider every small saving.

1. Use a flashlight going through a hall with a high ceiling fixture in which there is a high wattage lamp. When exploring clothes closet, attic or basement take the flashlight. You can save electricity on these infrequent, short, trips.

2. Candles for the dinner table are now a necessity in order to save electricity.

3. Soak clothes in water to which you have added a detergent which softens the water and soaks out the dirt—then you need operate the washing machine for a much shorter period.

4. Shake the clothes before you hang them on the line and peg them to let the breeze dry them as quickly and as evenly as possible.

5. A card table near the clothes line will save you much time and much ironing. Fold everything as you remove the linen and garments from the line, spreading them smooth with the palms of your hands. Towels, pillow slips, sheets and underwear may be patted into shape ready to put away without ironing.

6. Plan to begin ironing with rayon fabrics while the iron is heating and set aside small sheer pieces to finish ironing after the iron is turned to "off" and is cool-

ing.  
7. If you have been ironing in a dark corner with a light on, heretofore, unhinge cupboard type of board and place it between two straight back chairs near a window.

8. Save time and electricity by planning meals ahead.

9. Keep a well-stocked emergency shelf. Make use of commercially prepared mixtures and individual baking dishes.

10. Prepare foods that the children can eat with you—then there will be less cooking—therefore less consumption of electricity. For instance, applesauce instead of apple pie.

11. Boil only the amount of water required for tea. The use of a dipper or quart measure in filling the tea kettle is as important today as the teaspoon to measure the tea.

12. If you only require two cups of water for tea or cocoa, heat it on the same element as you have cooked the potatoes using the electricity stored in the element.

13. Stored heat in the oven can be used to advantage. After you have baked an oven meal and the heat is turned off, custard mixtures, apples and tapioca can be cooked for the next meal's dessert.

#### Oven Meals

- (1) Squash stuffed with Sausage Meat
  - Oven cooked carrots
  - Bread—Raisin Pudding
- (2) Sliced Heart with Onion Rings
  - Scalloped Potatoes
  - Turnips, Julienne
  - Baked apples
- (3) Rice pudding from stored heat
  - Fish Loaf
  - Tomato-rice casserole
  - Baked potatoes
  - Gingerbread in Muffin tins
  - Creamy sauce from stored heat
- (4) Baked Short Ribs of Beef
  - Tea Biscuits
  - Banana Pudding

#### CONVICT MUST LEAVE PRISON TO BE CLERIC

Joliet, Ill., Nov. 1.—A convict due for release next Thursday from Stateville Prison yesterday begged the warden to keep him at least six months longer.

The prisoner, Arthur Martin Hiller, 29, said he is studying for the ministry and needs six months more study of Bible and theology "to go out from here with my two feet planted on the ground and my face looking up to God."

Warden Joseph Ragen said that Hiller would be forced to leave the prison.

### SCHOOL STRAP WAS WARRANTED, IS BELIEF OF TRUSTEES AND PARENTS

Oak Ridges Principal's Heavy Hand on Some Pupils Upheld at Public Meeting

An open meeting called to hear protests of "too frequent use of the strap" in Oak Ridges Public School, Whitchurch Township, ended Monday night with the parents passing a vote of confidence in the principal, the school board and the school inspector.

Appointed as school principal last September, John D. Martin answered a lengthy list of protests in which his disciplinary action was termed "sadistic treatment." The protest, signed by Mrs. L. Stevenson and Mrs. D. Ash, was handed to the Ontario Department of Education and launched the investigation concluded last night.

Read to the meeting by public school inspector Charles Howitt, the protest told of one boy being given 32 strokes of the strap for talking, one girl for knocking on a door, another for dropping a ruler and a third spanked on the steps of the school for dropping orange peel. Also that 14 were strapped in one day for talking.

The protest described the students as being "afraid" of the principal and that in one case "a pupil wanted to fail to keep out of his room."

Mr. Martin told nearly 100 parents that the strap was only administered in cases where he had been deliberately disobeyed.

Referring to the case in which a boy had been given 32 strokes of the strap, Mr. Martin said he had left the room and the boy had caused a disturbance despite repeated warnings. He was given eight strokes.

"Fifteen minutes later I again left the room and when I returned the same boy was interfering with the boy behind him. This was again deliberate disobedience after repeated warnings and I gave him 24 strokes of the strap," he said.

Mr. Martin dealt with all cases mentioned in the protest and answered them to the satisfaction of the meeting.

Following the vote of confidence, the Board of Trustees comprised of Harold McKeige, chairman; Richard Bull and F. A. Legge, retired and brought back their findings to the meeting.

The board said it found the allega-



Lionel Barrymore, who spent the past 12 years in a wheelchair, can walk again. And ever since the story got out, he growled, he hasn't had a moment's peace. "Phone calls, letters, telegrams," he grumbled. "Dadgumit, why don't they leave a man be?" Everybody wants to know how he did it,

or congratulate him for doing it. "Doctor's orders" says Barrymore. "I just went on a diet. Lost 30 pounds. Gonna lose 20 more." Above, Barrymore is pictured with Louis B. Mayer and Myrna Loy. Contrary to common belief, Barrymore was not suffering from arthritis, but his paralysis was the result of an accident.

tions were opinionated. Said Mr. McKeige: "We don't feel these charges have come from the parents as a whole, only two or three people. The parents tonight have approved of the discipline and we express our confidence in the principal."

### FIND TORONTO SAFE OUT IN WHITCHURCH TWP.

A smashed office safe, reported by police to be the property of the Toronto Star, was found Tuesday in a field at the rear of a farm owned by Lambert Wilson, 2nd concession, Whitchurch Township. Mr. Wilson found the safe, its door almost torn off, while plowing.

Constable Aubrey Fleury, York County Police, of Auora, said one dollar and a few cents in change

were found in an envelope tucked away in the middle of a ledger found in the box. County police are checking the date the safe was stolen.

As astronomer says the sun will be cold in 15 million years. That's as important for you to worry about as are most of the other things that worry you.

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### Folk School Started On Sunday

The first resident Folk School commenced at Cherry Hill Farm, No. 7 Highway near Unionville, on Sunday. The enrolment was between 25 and 30—about all which can be nicely accommodated.

"I think" is the most overworked expression in the English language, according to a professor. Not only that, but in many cases it constitutes gross exaggeration.

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