

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

### WHEN KIDDIES ENTERTAIN

Many women find it difficult to plan a menu for a children's party. Dishes must be tasty. They must be light. They must contain foods that children are familiar with—and that they like. A main course dish; a few cookies; sandwiches and fruit; a glass of fruit juice or milk, and a light dessert will fill the bill. Here are two recipes that should be valuable. The dessert requires no eggs, no baking and no boiling; is light, is delicious and is healthful. Try these recipes at your next children's party:

- 1 slice onion
- 1 tablespoon butter or butter substitute
- 1 tablespoon flour
- 1/2 cup milk
- Salt and pepper
- 1 cup mashed potatoes
- 1 cup cooked, chopped meat
- Egg and crumbs

Cold rice or hominy may be substituted for potato in making these croquettes, and fish may be used instead of meat. Mince the onion and put into the pan with butter or butter substitute. When the onion is yellowed, stir until smooth, then add milk, salt and pepper, and boil, stirring all the time. Stir in the finely chopped meat and add cold or hot mashed potato. Spread on a plate and, when cool, enough, form it into little rolls or balls, dip in flour, then into beaten egg, roll in crumbs and fry in hot fat, until they are a delicate brown.

### VANILLA RENNET-CUSTARD

- 1 package vanilla rennet powder
- 1 pint milk
- 1/2 cup whipping cream
- 1/4 cup sugar

Mix rennet-custard according to the directions on package. Then chill in refrigerator. When ready to serve, whip the cream, adding sugar and mixing well. Squeeze through a pastry tube and decorate top of each rennet-custard. Garnish with sliced maraschino cherries, bananas, marshmallows or colorful candies.

### LEMON BUTTER FOR MEATS

- 2 tablespoons lemon juice
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1 tablespoon parsley, finely chopped

Blend well. Serve on hot steak, chops or fish. An additional garnish of lemon quarters provides more tartness, if desired. Serves 4.

### Fruit and Nut Puddings are Star Performers for Cold Weather Meats with Satisfying Climax

When temperatures go down, down, down, appetites go up. A good substantial dinner is much more satisfying to hearty appetites if it is topped off with a toothsome and nourishing dessert. Fruit and nut puddings fill the bill admirably. They can be made with magic ease by failure-proof recipes calling for sweetened condensed milk. Here are two—one hot and one cold—that will surely crown any mid-winter dinner with triumph.

### MAGIC DATE DELIGHT

- 2 eggs
  - 1/2 cup sweetened condensed milk
  - 1/2 cup bread crumbs
  - 1 teaspoon baking powder
  - 1/2 pound (1 cup) pitted dates
  - 1/2 cup chopped nut meats
- Blend together well beaten eggs, sweetened condensed milk, bread crumbs, baking powder, finely cut dates and chopped nut meats. Place in top part of double boiler. Cook over boiling water 30 minutes. Serve hot or cold, with whipped cream. Serves 6.

### FRUITED NUT PUDDING

- 1 1/2 cups (1 can) sweetened condensed milk
  - 1 cup nut meats
  - 1 cup dates
  - 1 apple
- Blend together sweetened condensed milk with nuts, dates and apple which have been put through a food chopper. Cook over a low flame until mixture thickens, about 10 minutes, stirring frequently to prevent burning. Place in sherbet glasses. Chill. Garnish with whipped cream, if desired. Serves 8.

### A GREAT GENERAL

During the Civil War both the Northern and Southern troops made great attempts at destroying railroads, bridges and tunnels to prevent passage of troops and supplies. Consequently, both sides became adept at repairing twisted steel and burned trestles. General Sherman's task it was to repair the old-Virginian Central Railroad. He did this task well, and in so doing captured a rebel outpost. Sherman questioned the men, asking why they had not destroyed a tunnel through which the train had to pass. "Because," said the captive, "our lieutenant said: 'No use, boys. Old Sherman carries duplicate tunnels with him, and he'll replace them as fast as we blow them up; better save our powder.'"

## Hints on Fashions

### New Blouses Will Perk Up Your Winter Wardrobe



### New Blouses for Suits

Wearing a suit under a fur coat is a fashion that appeals to many of us. And for perking up a winter wardrobe there's nothing like some new blouses for said suit. The first blouse sketched, a splendid wardrobe perk-upper, is of course black net with appliqued stripes of double net on front and on sleeves. Tiny mirror buttons close the front. Nice and dressy. Then comes a sporty blouse, fashioned of fine red, black and white checked flannel. The check is used on the bias for three box pleats and the yoke. A white-tie is worn with it.

### DIABETES NOT A KIDNEY DISEASE

Diabetes, known by the lay as "sugar diabetes," is not as popularly supposed, a disease of the kidneys. The kidneys in cases of diabetes, are usually quite normal. Diabetes is a disorder—the assimilation of sugar as a result of which the sugar of the food fails to be burnt up by the tissues of the body and turned into energy. The immediate cause of this failure is that the supply of insulin is deficient. Insulin is a product of the islands of Langerhans in the pancreas. If these islands are damaged the insulin supply will be unequal to the demand. Insulin is a sort of spark-plug which enables the sugar (glucose) in the tissue cells of muscles and other organs to unite with the oxygen there and to be burnt. This burning results in the production of energy. In addition insulin enables glucose to be transported from the intestines to the liver, there to be stored as glycogen. Lack of insulin allows the sugar to accumulate in the blood. By means of the kidneys the accumulated sugar is taken from the blood and passes away in the urine. So sugar in the urine is a sign of diabetes.

The simple failure to burn sugar is not the worst feature of diabetes. In the proper combustion of fats a certain proportion of sugar is necessary just as in the carburetor of the motor car there must be a proper mixture of gasoline and air. If there is not a proper fat-glucose mixture, poisonous substances called ketone bodies, will accumulate, and there will be air-hunger, coma, and other complications of diabetes. Preventive medicine has made remarkable progress in the last quarter of a century. The incidence and mortality of a host of diseases have been materially reduced. Some affections such as small-pox, diphtheria and typhoid have all but disappeared. The diseases of infancy have been brought under control, but notwithstanding the brilliant discovery of insulin and its great value in certain cases of diabetes, the mortality from this affection, judging from official reports, has not been lowered. Indeed, there appears to be an increase. No doubt some of the increase is the result of better diagnosis and a stricter record of deaths. A considerable proportion is said to be due to the high incidence of this complaint among the Hebrew race. Diabetes is believed by many authorities to be an hereditary disease. Dublin, the statistician of one of the large U.S. insurance companies, says that the Jewish population of that country has increased from one million in 1900 to over four millions in 1935. He issues a warning against marriage among those with a family history of diabetes.

Diabetes is constantly associated with a tendency to corpulence. Those inclined to put on excessive fat, those of Hebrew origin and those with a history of family diabetes should govern their lives so as to avoid this affection.

## "Our" Column

Items of Particular Interest to Women in Which Women Readers of the Free Press May Discuss Each Week

### A MORNING GLORY FOR EACH DAY OF THE WEEK

**Thursday, February 2nd**  
No man is wise enough to understand all his errors.

**Friday, February 3rd**  
Don't imagine that a man is a fine player because he can tell you all about the game. Robinson Crusoe never wrote his own life.

**Saturday, February 4th**  
The good brickmaker may be an impossible builder.

**Sunday, February 5th**  
All things are possible to him that believeth.—Mark 23.

**Monday, February 6th**  
Every child needs two things—another child and a dog.

**Tuesday, February 7th**  
Too much impracticable knowledge make an impracticable man.

**Wednesday, February 8th**  
There is something beautiful in every life: blessed is the man who discovers it. NURSE ELKRAM.

### DID YOU KNOW?

Canada has listed its private pistols and they number over 100,000, compared with 85,000 in a previous year. Perhaps the increase is due to more perfect registration and not to an increase in the number of persons owning the weapons. We still wonder how many weapons are still unregistered.

Seven hundred drivers of automobiles were tested recently and the results showed that all responded more quickly to the horn than to the traffic light. The ear seemed to be just about one-hundredth of a second faster than the eye, and this applied to all, whether young or old, men or women.

### RECORD PETROLEUM PRODUCTION

Canada's production of crude petroleum and natural gasoline in 1938 set up a new high record at 8,870,000 barrels, valued at \$11,514,000, compared with the previous high mark of 7,943,750 barrels valued at \$9,399,353 in 1937. Although petroleum is also produced in Ontario, New Brunswick and the Northwest Territories, the Turner Valley in Alberta is by far the most important producing field, supplying practically the entire 1938 output. Production from this source in the first nine months of 1938 is estimated at 5,174,575 barrels compared with 1,749,615 barrels in the corresponding period of 1937. At the end of November, 1938, a total of 60 crude oil wells were in production in the Turner Valley, 38 of which had been brought into production during the year, and drilling operations were in progress at 15 other wells. As the market for petroleum products from this field is at present confined to the three prairie provinces, the output is on a pro-rata basis, the allowable production being governed by the demand. At the height of the harvesting season this figure was set at close to 29,000 barrels daily, but with the seasonal decline in demand it was reduced in two stages of 11,500 barrels daily, and just recently was again raised to 12,500 barrels.

Petroleum refineries in Canada used more than 1,435,300,000 Imperial gallons of crude oil in 1937 compared with 1,285,822,000 gallons in the previous year. While the quantity of imported crude oil used—increased by 14.5 per cent, the feature of the year was the fact that the quantity of domestic crude oil used was more than doubled.

### SLIPPING, EH?

"There's something odd about you this morning," said the dictator to his chief lieutenant. "Yes, I know what it is. For the first time since I've known you, you've left off your medals."

The lieutenant looked down at his chest. "Great heavens!" he cried, "I forgot to take them off my pyjamas."



## Chronicles of... Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Wouldn't it be grand to have a really nice day? You know the kind I mean—somewhere around thirty degrees, with a clear sky and nice bright sunshine. Just the sort of day to entice you out and make you feel that winter isn't such a bad time after all.

Of course it doesn't do a bit of good to grumble about the weather, but after a week of snowing, blowing, drifting and digging ourselves out, one is apt to get a little bit annoyed with the weather, especially when it upsets one's plans. Take last Wednesday, for instance—you remember last Wednesday, don't you—with the thermometer hovering around six below and that night Jim Hunter said, "When you put out the milk bottle, call in the cat, for it is fit for neither man nor beast to be abroad to-night!"

And that, if you please, was the night our Women's Institute put on a big dance and card party in the Town Hall! And yet, notwithstanding Jim Hunter's advice, there were over two hundred at the party—but the Clarke family were not among those present. Going out on such a night is what I call making hard work out of pleasure. Daughter was probably the most disappointed, as she was all set to come home for the party and stay over-night.

However, a week's bad weather is nothing at all if we just stop to compare it with that dreadful earthquake over in Chile. I suppose everyone who has a radio listened to the heart-rending descriptions given by the commentators. Of course I listened, too, and then, after a while, I found myself forgetting about it. When I realized this, I questioned the reason and the thought came to me that the radio is slowly but surely making us callous. Perhaps not callous in what we do but callous to what we hear. And isn't the reason quite obvious? There isn't a day goes by but that we hear—through the radio, of some terrible affair—a murder, suicide, automobile accident, aeroplane crashes, wars, rumors of wars—and earthquakes. We are becoming absolutely satiated with all kinds of horrors and now the reaction is becoming apparent. No one, however sympathetic, can maintain a state of high tension indefinitely, so nature, it seems, has brought to the fore a latent quality which imbues us with a certain amount of protective indifference which, I believe, just about saves our sanity. If we did nothing but dwell on what we hear, day after day, in the newscast, we should soon be little more than nervous wrecks.

Of course, we were among the number of appreciative listeners to Prime Minister Chamberlain's calm and so-English address. Next Monday we shall be listening again. And what shall we hear? I wonder!

Speaking of radios, have I told you about Son's latest contraption? I don't believe I have. It is just a little crystal radio set. It cost twenty-five cents and the reception is perfect. Of course the only way to hear with it is through ear-phones and it will only work if it is within twenty-five miles of a broadcasting station. Crystal radios seem to be sort of catching around here—like measles or whooping-cough—already there are three farms where there is a case of crystal-radio-mania. What I am wondering is, will the C.B.C. think it is entitled to collect a two-dollar radio license for a twenty-five cent receiving set? The size of the radio is about two inches by three and perhaps an inch and a half high.

Daughter seems to be having a grand time these days. She has joined a Young People's Society down here in connection with one of the churches, and about eighty of them made up a toboggan party last week. This morning I had a telephone call from her and she told me she had borrowed some skis and had been out with a skiing party. And her with a shibboleth that is still black, "blue and swollen from a tumble just after Christmas!" It makes me think of a rhyme that used to be a great favorite when I was a girl at school. If we were up to any mischief or daring escapades—and, believe me, I had my share—we loved to say to each other—"If my mother only knew, her heart would surely break in two!" Chickens do come home to roost—I am sure of it. I remember telling my sister something about what Daughter was doing—I think it was when she first started riding home along the Middle Road—and my sister said, "Well, you were not a bit better yourself."

### POTATO CHAMPION HONORED

Sponsored jointly by the Port Arthur and Port William Chambers of Commerce and the leading local organizations of Thunder Bay district, a banquet was held at Port Arthur on January 24th, in honor of George Elchuk, of Murillo, Ontario, who won the championship prize for the best exhibit of potatoes at the recent Royal Winter Fair at Toronto. He was presented with a gold watch at the banquet, which was attended by the principal men of Thunder Bay district and by representatives of the Ontario and the United States Departments of Agriculture.

## THE ACID TEST

Dianne—I often think women are more courageous than men.  
Charles—Yes, where would you find a man brave enough to stop in the middle of the street, pull out a mirror and doll himself up before a crowd?

## TO THE POINT

Aunt Kate—When I was younger, I could have married anybody I pleased.  
Little Bobby—Well, didn't you please anybody, Auntie?

Very Finest Quality  
**"SALADA" TEA**

### Another By-Product Miracle

New applications of short radio waves in communication are being matched with new applications in the field of healing. Artificial fevers induced by radio for treatment of virulent infections are familiar already. Now it has been found that electrical waves of the frequencies used in television have two-fold visual application. Here an attendant in one of two London hospitals using them in eye treatment with excellent results, is shown operating the generator.



### "Go and Get Me That Seabiscuit"



War Admiral was feeling tricky enough in this work-out to toss a challenge to his conqueror as he went through his first spin at Hialeah, where he is preparing for the \$50,000 Widener Cup Race. He merely breezed five furlongs.

### On Threshold of Becoming Europe's Newest Dictator



With the Spanish loyalist capital of Barcelona captured by insurgent forces, it became increasingly apparent that insurgent Generalissimo Franco is on the threshold of becoming Europe's newest dictator. Whether or not General Franco, shown above with his wife and daughter, will bring back the monarchy to stricken Spain is a matter of speculation.