

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

TOMATO JUICE

Tomato juice has varied uses. A glass of chilled tomato juice, with or without seasonings to taste is a refreshing and also nourishing first course for any meal of the day.

In addition, this healthful juice, full of flavor and attractive in color, can be put to many other excellent uses. A few suggestions for including tomato juice in the summer menu are:

TOMATO MILK

- 1/2 cup tomato juice
- 1/2 cup milk

Mix tomato juice and milk thoroughly together. Serve well chilled.

JELLIED TOMATO CONSOMME

- 2 cups tomato juice
- 1 cup consommé (canned)
- 1/2 cup water
- 1/2 cup cold water
- 1 tablespoon lemon juice
- or
- 1 teaspoon Worcestershire sauce and 1 teaspoon onion juice

Salt and pepper to taste

Heat tomato juice, consommé and water to boiling point. Dissolve gelatine soaked in the cold water in hot liquid. Add seasonings. Chill. Serve in bouillon cups.

JELLIED TOMATO CHEESE SALAD

- 1 tablespoon gelatin
- 1 cup tomato juice
- 3 tablespoons water
- 1/2 cup cream or cottage cheese
- 1/2 cup salad dressing
- Juice of 1/2 lemon
- 1 tablespoon sugar
- 1 small green pepper, chopped
- 1 cup grated carrot
- 1 tablespoon minced onion
- 1 small cucumber seeded and diced
- Salt to taste

Soak gelatin in cold water. Dissolve over hot water. Mix together all ingredients. Stir in dissolved gelatin. Pour into moulds rinsed with cold water. Chill. Unmould on cups of crisp lettuce.

TOMATO TEA BISCUITS

- 2 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons butter
- 1/2 to 3/4 cup tomato juice

Sift flour, baking powder and salt. Cut in butter. Add tomato juice to make a soft dough. Turn out on lightly floured board. Pat or roll to about 3/8 inch thickness. Cut with cookie cutter. Bake at 450 degrees F. for 10-12 minutes. Serve with fruit or vegetable salad.

HOW TO PREPARE 4 TO 5 LB. ROASTERS

In the preparation of medium weight roasters (4 to 5 lb.) it is desirable that they be fed heavily from the start so as to keep them in as good condition as possible at all stages of their growth. When they have reached about three pounds in weight they should be confined and fed a fattening ration, advise officials of the Poultry Division, Marketing Service, Dominion Department of Agriculture.

While crate feeding is desirable, in the general rush of farm work in the summer time and in view of hot weather, it will probably give equally high results if the birds are confined either in a cool out-building or in a colony house or range shelter placed in a small shady yard free from green-feed, and fed a fattening mash.

The birds during the finishing stage should not have access to green feed of any kind owing to the fact that it produces a rich yellow fat so for the same reason should yellow corn be avoided. Corn stands out as the most efficient feed for fattening, therefore, white corn should be used whenever procurable. If white corn is not available, then the next best single grain for fattening is buckwheat. These grains may be used freely, but for variety are better mixed with any of the other common grains, such as wheat, barley or oats, the whole mixed to a batter with milk and fed in troughs, just what they will clean up three times a day.

Some poultrymen may prefer to make a dry mash by using milk powder in place of liquid milk and keeping it before the flock all the time, but for finishing it is usually found more satisfactory to wet feed the birds at regular intervals, and for the last couple of weeks to add 5 per cent. tallow or other fat to the ration rather than keep the dry feed constantly before the flock.

WELL INSPECTED

His Lordship (to butler under notice)—Have you shown your successor over the wine cellar?
Butler—Yes, my lord. Shall I put him to bed, or phone for a taxi?

Hints on Fashions



Popular Canary Yellow

All shades of yellow are popular just now. Here is a canary yellow chambray model with a purple snakeskin belt. The bodice is pin tucked; the skirt has a centre pleated panel. The frock buttons in back from neck to hem.

MILK AND UNDULANT FEVER

In a case recently tried at Lewes in England, a man named Harner was awarded 195 pounds from a dairyman supplying milk through the use of which the plaintiff contracted undulant fever. Evidence in the case showed that this disease resulted from drinking the milk of cows suffering from contagious abortion. About 500 cases of this affection are reported yearly in England. A significant symptom is a recurrent rise of temperature every evening; this occurs in mild forms of the disease. In severe form the affection is often fatal.

The man in question went into the hospital to be operated upon for a hernia, but because of his rise of temperature it was impossible to operate. Investigation showed that his fever was due to undulant infection. The milk used was not pasteurized.

Vendors of milk in Great Britain are required by law to supply milk that is fit to drink. If they supply people with milk containing the germs of undulant fever, tuberculosis or other preventable disease they are liable for damages providing they fail to take all the known precautions for making the product safe.

DANDELIONS IN LAWNS

Weeds are the enemies of all lawns and probably cause more trouble and disappointments than anything else, states M. B. Davis, Dominion Horticulturist. Dandelions and plantains are best controlled by spudding and can be eliminated in this way if one's back holds out. In regions where there is not too heavy rainfall or where watering is not carried out, applications of copper nitrate have been found advantageous. Dr. McRostie, of Ontario Agricultural College, has had remarkable results in controlling dandelions by this method. He recommends two applications in July, August or September, at the rate of one and a half pounds of copper nitrate to seven and a half gallons of water per 1,000 square feet. The young seedlings would have to be killed by application the following year. It has not been determined how many years this application could be used safely, for ultimately the accumulation of copper would become toxic to the grass itself. The nitrate, of course, stimulates the grass and the copper suppresses or kills the dandelions. It is well worth a trial, says Mr. Davis, where dandelions are very troublesome.

TO OPEN C.N.E.



When the Canadian National Exhibition opens for its annual two-week run in Toronto on August 25, Lord Maugham Above, Lord Chancellor of the United Kingdom, will officiate at the ceremony.

SALAD FOR SUMMER MEALS

The tendency to serve lighter foods in the form of salads and fresh fruits during the summer is a welcome change in the diet and a pleasant holiday for the cook. A fruit or tomato juice cocktail, a fairly substantial salad and a fresh fruit makes a completely satisfying lunch or supper on warm days and is an easy meal to prepare. To incorporate the necessary nourishment into salads, Canadian fish plays a large and tasty role. Fish is rich in health-giving vitamins, in body building mineral salts and because there is very little waste in preparing fish, it is an economical food as well.

Here is a delightful jellied fish salad which can be made with three different kinds of fish. It is a good basic recipe which allows for necessary substitutions so whichever fish you choose (and plan to make it with each kind before the summer is over), you will find it a popular addition to your stock of recipes.

JELLIED FISH SALAD

- 2 cups flaked fish—salmon, lobster or crab, cooked or canned
- salt
- 1 tablespoon gelatin
- 1 cup salad dressing
- 2 tablespoons chopped parsley or celery tops (green)
- 2 tablespoons chopped, stuffed olives or pickles or pimiento
- pepprika
- 1 cup cold water
- 1 cup chopped celery

BRITAIN'S MILITARY MOTORCYCLISTS

The Army is to carry British motorcycle prestige abroad this summer. Teams have been specially selected to compete against personnel of the Italian and German armies in international events and at the end of this month (August) British soldier-motorcyclists will be competing in Germany against motorcyclists of the German Army, with Herr Hitler likely to be among the spectators.

The British riders are in strict training under the guidance of civil experts, like George Rowley, Bert Ferrigo and Len Heath. Any one of the team can now hold his own with most civilian "scramble" and trial experts; they can even change a broken fork in a few minutes.

The importance of the mechanization of the Army to the British motorcycle industry cannot be exaggerated. Practically every unit of the Army now has its motorcycle detachment. The total number of machines in use is understood to be nearly 22,000; yet had it been suggested twelve months ago that the Army would soon have even 10,000 machines, it would not have been believed.

British manufacturers are seeing to it that the machines are the very best; industry is leaving nothing to chance. In last year's International Six Days' Trial the Army riders had to pilot machines weighing over 300 pounds through the water splashes and sheep tracks of the Welsh mountains.

The German team, which won, suffered the loss of far fewer points than the British, as the riders were able to avoid retirements on the road, for which 100 marks are lost daily by each rider.

Recently the War Office took delivery of a batch of motorcycle combination with drive on the sidecar wheel as well as the rear wheel. Formerly confined to use in the desert, this sidecar outfit is being found to be of great value in carrying three men and equipment as "cavalry" advance units, as they can operate over almost any type of ground and cover the advance or retirement of the main body of troops whose route would be confined to roads capable of taking lorries.

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Here's where I sit down and breathe a sigh of relief. Relief because we have got one of our threshings over. Last week Partner decided he must have a half day's threshing before he could get the spring crop or the rest of the alfalfa into the barn. He and Son thought they would have no trouble in having enough under cover—of wheat and alfalfa—by the end of the week. But on Wednesday it rained—and such a rain—Thursday afternoon and Friday morning Son was away to a threshing so that just left Friday afternoon and Saturday to draw in alfalfa. However we managed it. Got the swing beam full and about three load on top of the wheat in the bay now. But it certainly kept us busy. I say "us" because I was leading the horse on the hay-fork all day Saturday, and as the men were only away thirty-five minutes each load, it didn't give me much chance to get any work done in between loads. Apart all I could do was mop my brow and do what I could to get cooled off, ready to get heated up again with the next load. And Saturday was HOT, let me tell you.

Saturday night I put on my thinking cap—but very little else—and went down town for supplies. I had a run in my stocking and I was too tired to change it. I phoned my weekly life-saver—that is, my help—to be sure and come Monday, the day we were to thresh. And what did she tell me, but that she had already promised to help someone else with their threshing on Monday. I nearly passed out. I didn't feel as if I could get a meal for two right then, let alone threshers—the heat had just about got me down.

Well, there was only one thing to do—I must bake on Sunday. Oh please, good Christian friends, don't hold up your hands in righteous indignation. Is to bake any worse than a lot of other things that are done on a Sunday—sometimes unnecessarily? I guess I am like the old grey mare—I ain't what I used to be. I can't bake, prepare vegetables, cook the dinner and get it ready all in one-morning like I used to. Two of my neighbors offered assistance, but I felt ashamed to accept help for just one meal. So I got along fine. One of my baking jobs I did along fine. One of the jobs I dislike doing most—because it takes so long—is scraping potatoes. To-day I thought I would try an easier way, so I washed the potatoes and then dumped them into the potato pot with their jackets on and cooked them until they were nearly done. Then I jabbed each potato with a fork, lifted it, skinned it, and put it into another pot. When all the potatoes were skinned I finished cooking them. The skinning took about ten minutes. Scraping would have taken at least half-an-hour—and by the end of that time my glasses would have been all spots and my chest would have felt as if it were second cousin to either asthma or bronchial pneumonia.

Oh yes, and I want to tell you I managed the whole dinner on my three-burner oil stove—meat, two vegetables, gravy and tea—and by keeping the porch door shut the house stayed as cool as could be. It begins to feel like living around here with all these modern (?) conveniences. When I would do without my new oil-stove and the porch we put up last year I don't know how people can survive these hot days with a cook stove going in the kitchen, keeps me guessing. And yet some of them do it. I know for a fact.

The result of our threshing was quite a surprise. The alfalfa turned out far better than we hoped for and the wheat was good too—but there was only five acres of that. However, we shall not be taking a trip to the World's Fair on the proceeds of our harvest. No indeed, before the rest of the crop comes in we must put new roofing on part of the barn. It doesn't look very bad, but when that rain came last Sunday, to stand in the barn you might have thought you were under a tree with rain dripping through the leaves. The high winds we had in the spring must have stripped a lot of shingles off, but because of the dust and dirt that blows out, and settles there, from the straw mill we did not realize how badly the roof was leaking.

We haven't inquired yet what alfalfa seed is worth, but we hope it's plenty because once you start buying steel roofing you can say good-bye to a hundred dollars in less than no time.

Oh well, money is meant to be kept in circulation—so they say—but we wouldn't mind if we could keep it around sometimes—just to see what it looks like. Take chickens for instance. The hens are laying well, but all the egg money goes to buy feed for the young chickens. Sounds like a vicious circle doesn't it? Of course we have plenty of our own grain that we could feed, but the modern idea seems to be that chickens must be fed commercial growing mash to give them all the minerals and vitamins that chickens should have for proper development. This is a specialized age and we have to keep in step. Who wants to be a back number, anyway?

REPRESENTS CANADA



Wearing her Scotch costume with a certain 'air that only one of her clan could achieve, Sheila Gordon, 13, of Saskatoon, exhibits a new type hen at the World Poultry Congress in Cleveland. The hen, bred by Canadian research workers for all-round purposes, is called the "Seven-Star" because it is said to have the best characteristics of seven different breeds of poultry.

SILENCED

It was during the empanelling of a jury, the following colloquy occurred: "You are a property-holder?" "Yes, your Honor." "Married or single?" "I have been married for five years, your Honor." "Have you formed or expressed any opinion?" "Not for five years, your Honor."

QUITE RIGHT

Said the toe to the sock: "Let me through; let me through." Said the sock to the toe: "I'll be darned if I do."

Canadian Girls Have Tea in British Parliament House



With Miss Irene Ward, member of the parliament for Walswood, pouring, the party of Canadian and Turkish school girls, who visited the British House of Commons to see what makes the empire tick, are shown enjoying tea during an interlude in their tour.

Jobless Invade Tobacco Fields for Jobs



The great influx of transients to the little town of Delhi, Ont., in search of work in Ontario's tobacco fields caused great anxiety for a time to the town authorities. The transients arrived some time before work commenced and trouble was feared when agitators were reported to be working among the men, many of whom had no food, but with the beginning of work in the fields any danger in the situation was believed to have passed. Some of the men are seen here whiling away their time at a game of cribbage before work began.