

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

### COTTAGE CHEESE FOR SUMMER

Cottage cheese is available at a reasonable price, but one does not have to depend on being able to buy it, because a good cottage cheese may be easily made in the home from the sour milk which the homemaker often has on hand during the hot weather. One of the Home Economists of the Marketing Service, Dominion Department of Agriculture has tested the following recipes and recommends them for the summer menu:

#### COTTAGE CHEESE

- 2 quarts sour milk or sour skim milk
- 1 teaspoon salt
- Pepper
- Cream

Use only freshly soured, clean flavored milk. Put the sour milk into a pan or top of double boiler and set over hot water until it separates into curds and whey. Separation takes place when the milk reaches a temperature of 105 to 110 degrees F. The milk should be stirred occasionally while it is heating. Spread the curds over a large strainer and drain the curd on it. When the whey has drained off the curd may be washed by pouring cold water over it. Put the curd in a bowl, mix well, season with salt and pepper and moisten with cream. This recipe makes approximately 2 cups of cheese.

#### HEALTH SALAD

- 1 tablespoon gelatine
- 3 tablespoons cold water
- 1/2 cup cottage cheese
- 1/2 cup salad dressing
- 1 teaspoon salt
- 1 1/2 cups cucumber, seeded and diced
- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 1 cup grated carrot
- 1/2 cup green pepper, chopped fine
- 2 tablespoons minced onion

Soak gelatine in cold water and dissolve over hot water. Mix cheese and salad dressing. Add salt, sugar, lemon juice and vegetables. Add dissolved gelatine. Mould and chill. Serve on crisp lettuce.

## Hints on Fashions

### PRACTICAL SHEER FROCK and JACKET FOR LATE SUMMER



For the finish of the summer season here is a printed sheer frock and jacket, a practical model. Dress and jacket have the same casual turned-down revers. The dress buttons to the waist in front, has a short, slim sleeve and a flared skirt moulded over the hips. The jacket has bishop sleeves and a tiny puff at the shoulder. A draw-string belt ties in a small bow in front. Many little tucks radiate from the belt at each side.

First Pedestrian—I wish I had the money that was paid for all of those cars going by.  
Second Pedestrian—I wish I had the money that is still due on them.

### TORONTO LEAFS CONTINUE TO DRAW CROWDS

One of the most surprising quirks of this or any other baseball season is the way the Toronto Maple Leafs, who have only poked their noses out of the International League cellar twice, have been holding the interest and support of their home town fans.

At the moment of writing they are in seventh position in the race, a scant half game ahead of Montreal Royals, and it is possible that they will not be able to hold this lead. But they still continue to attract the fans in thousands, and the fans continue to holler their heads off whenever the Leafs give them the opportunity; and oddity enough the Leafs give them plenty of chances. The Leafs have their shortcomings and have had all season. They can't hit hard enough nor pitch well enough to win the majority of their games, otherwise they would be up there on top. But they do give action. How they swing into it once they get on those baselines. No less than three of them—Flea Clifton, Mayo Smith and Bill Schuster—are among the League's first four in stolen bases, with Clifton leading the entire loop in this respect.

Including August 25th, when a Toronto Maple Leafs return from a four-day stay in Montreal, only eleven home playing dates remain on the schedule. These dates coincide with the Canadian National Exhibition, so the Club will probably continue to play before sizeable crowds.

Buffalo plays in Toronto on August 25th and 26th; Montreal on August 31st and September 1st and 2nd; Rochester on September 4th, 5th, and 6th; and Buffalo on the 7th, 8th and 9th. All these games will be played at night.

The Toronto Baseball Club has already formulated a policy for next season which should result in the Club fielding a team that will be in the contention from the very first day of the schedule.

The plans call for a tie-up with a major league club and control of a Class B or C franchise. An interest in a club of lower classification than the International is vital in the set-up. Big league clubs are only interested in "Double A" clubs, with a load of youthful players of promise. Such players as Tony Sabol, Dick Flower, Bill Southworth and Red Emschlag, who are now the property of the Toronto Club, may not be ready for the International at the start of the 1940 season. But if the Leafs have an interest in a Class B or C League club, they can send those youngsters there for development and bring them up as, if and when they want them.

### DIONNE QUINTUPLETS VISITING HOURS

Advice has been received by the Passenger Traffic Department of the Canadian National Railways that there has been a change in the visiting hours to visit the Dionne Quintuplets at Callender, Ontario. The children will appear daily, weather and health permitting, at 9.30 a.m. to 10.00 a.m. and from 3.00 p.m. to 3.30 p.m. Eastern Standard Time.

### A FOXY FELLOW

An Irishman in London saw a coat outside a pawnbroker's, priced \$10, and thought he could buy it. He took it inside to the pawnbroker. "How much is this worth?" he asked innocently. "Not more than \$5," the pawnbroker replied. "I'll take it," said the Irishman. "Take it?" gasped the pawnbroker. "I thought you had come here to sell it."

### YEAR'S BEST ROOKIE



Best major league rookie of the year. That's the description Ted Williams has carved out for himself by his feats this year. Only 20 years old, Ted patrols an outfield post for Boston Red Sox, but it's his potent bat rather than his efficiency in the field that has made him so valuable. He hits the ball fairly consistently, but more important, his drives really travel, and come with runners on base. He's leading the majors in batting in runs and is not far from the top in two base hits and home runs.

## Chronicles of... Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

Harvest is over, except for a few loads of alfalfa seed that are still out in the field. We are very glad to have reached this stage but we should be still more glad if the new roof were on the barn. And it is not our fault that it isn't. Partner gave the order last Monday—and it was supposed to be a rush order—as he wanted the roof done before the rest of the alfalfa went in. We were told the roofing would probably be here Tuesday night—Wednesday at the latest, Wednesday came—and Thursday—and Friday—and even Saturday, but still no roofing. The agent who ordered the stuff put in four telephone calls and each time he was told it would be here for sure next morning. On Friday, the company said they would have the order here Saturday morning if they had to hire a special truck to bring it. And it still didn't come. Partner almost had an apoplectic fit and I know his remarks to the local agent, who came out to explain the situation, were anything but complimentary. But you can hardly wonder at Partner getting a little mad, can you? What good does advertising do if the advertisers do not live up to what they promise? Slack business methods will never increase business for any man or company, that's certain.

Of course, to make matters worse for us, it had to rain—and puns, tubs and barrels were again requisitioned to catch the rain from heaven 'ere it fell upon the granary beneath. Ah well, there are worse troubles at sea—or shall we say in Europe?—that would seem more appropriate these days.

I am beginning to think we know something of the sensation of living on the edge of a volcano. People near a quiescent volcano get used to its threatened danger, I suppose, but yet their subconscious minds must be constantly on the alert for possible eruptions—and with a preparedness should danger arise. Just so have we become accustomed to a lot of war talk, but yet our senses quicken to any new development that crops up. And so we all anxiously await the outcome of the Danzig situation.

I wonder how many read a report in the paper last Saturday, given by a German-American girl, telling of Nazi propaganda in the United States. This girl asserted that the Nazi program includes reclamation of the Polish Corridor, Danzig, Schleswig-Holstein and Scandinavia, which it was expected would take about twenty years—and then America would come next. The Nazi Bund Society in the United States was supposed to be paying the way to this end by forming German settlements in that country. And then when the time is ripe Germans in America, who are expected by then to be in the majority, are supposed to clamor for the Nazi regime to make them a part of the German empire. Subtle, isn't it, and not particularly comforting to us, because if Hitler has his eye on the United States, it isn't likely Canada would be left out of his intended program of annexation. However, that time hasn't come yet—and forewarned is forearmed.

Saturday's paper was full of food for thought. For instance, there were some surprising statistics regarding teachers' salaries in Toronto, ranging all the way from approximately \$1,500 to \$4,600. We know teaching is hard work and teachers should be well paid, but we can't see why salaries paid to Toronto teachers should so far exceed those paid to rural and urban teachers, who probably work just as hard, and with less facilities, and whose students are every bit as important in this age of progress as are the students in city schools.

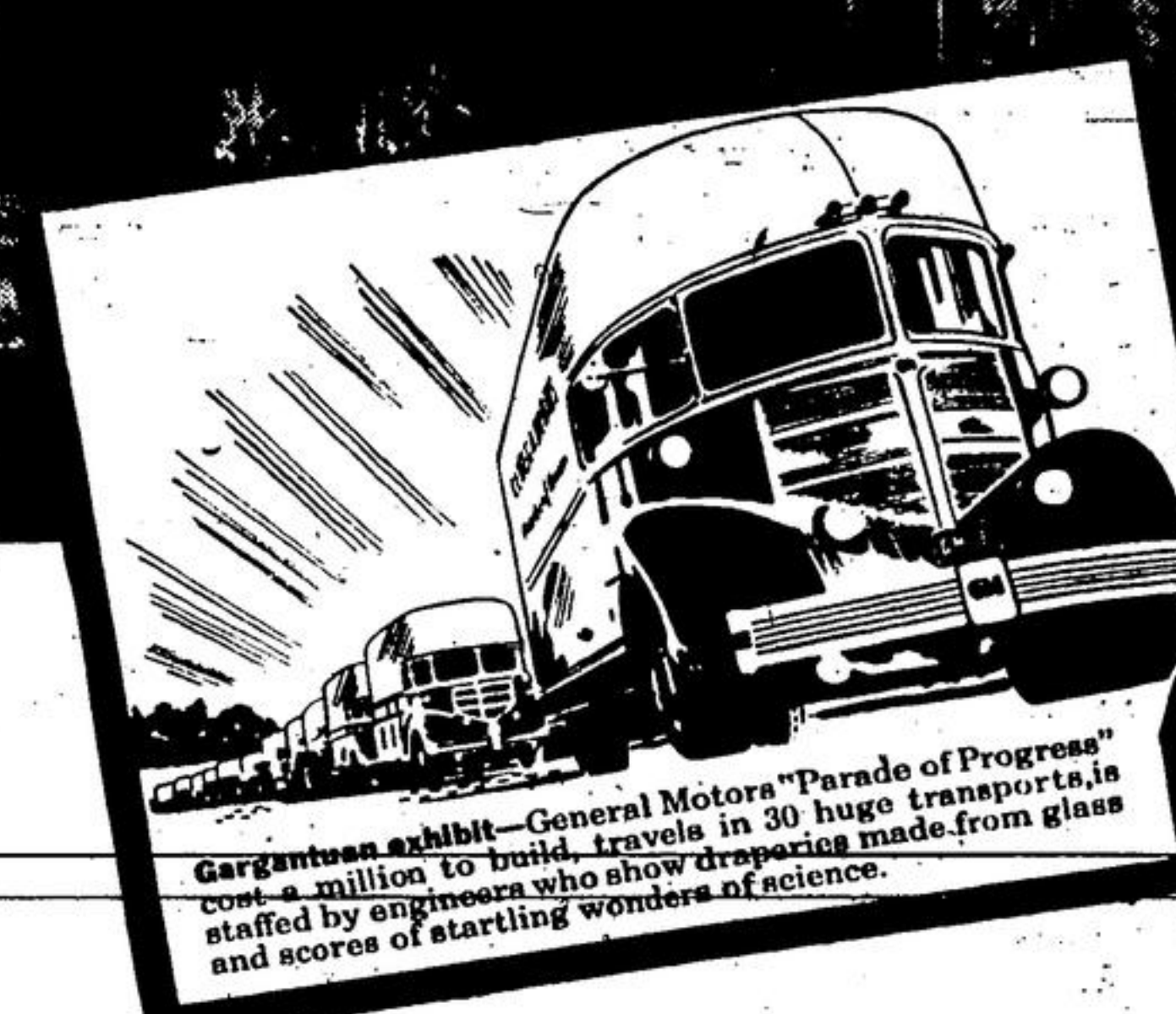
After reading about these big salaries we turned to the Homemaker page and read a letter by a woman asking if anyone could help her with advice on how to budget her income. Her husband works on a farm and they have free house and light and a quart of milk per day. His wage is \$30 per month, and it has to provide food, clothing and fuel for herself, her husband and two boys, ten and twelve years of age, plus \$5 for insurance. The woman says she has had four operations and one of the boys an appendix operation and what with doctor and hospital bills they have not been able to save anything. Save... and keep a family of four... on \$30 a month! She is wondering where she can economize so that she can put something by to buy pants and boots for the boys to go back to school.

Compare the two cases. The lowest paid teacher in Toronto—according to the paper—is getting approximately the same amount per 5-day week as this woman's husband is getting for a 30-day month. It is certainly not enough to keep a family of four and yet \$30 is probably all the farmer can pay for hired help. And so it all comes back to the same story—the inadequate return the farmer receives for his produce makes it impossible for him to pay a married man a living wage.

No doubt this woman's letter to the paper will be a revelation to some people that all cases of distress are not in the city.

Yellow ochre dissolved in boiling water makes a lovely dye for muslin curtains.

# EVERYTHING for you!



Gargantuan exhibit—General Motors "Parade of Progress" cost a million to build, travels in 30 huge transports, is staffed by engineers who show dropcaps made from glass and scores of startling wonders of science.



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# CANADIAN NATIONAL EXHIBITION

Aug. 25 TORONTO Sept. 9

### BRITAIN'S ARMY

Evidence that British manufacturers are not only maintaining but increasing their country's export trade at a time when industry is also making unparalleled rearmament efforts, is supplied by export figures for the first six months of 1939.

Goods and manufactures to the value of more than 236 millions of pounds, which is over 3 million pounds higher than last year, were exported between January last and June 30th.

"The United Kingdom's military efforts depend on her industrial strength, which in turn depends vitally on our export trade," said Mr. R. S. Hudson, M.P., Secretary to the Department of Overseas Trade when asked to comment on the figures. "It is therefore most encouraging to see our exports developing so satisfactorily. Every country knows that foreign markets, once lost, are very difficult to regain, and our manufacturers are therefore making a determined and successful effort to meet overseas demands and create fresh ones."

"The United Kingdom imports from abroad more than any other country, even without taking into consideration the huge imports from our own Empire countries. This is surely an outstanding contribution to the economic prosperity of other countries."

### APPLE CROP ESTIMATE

According to the preliminary estimates of the 1939 apple crop in Canada, the provinces of Nova Scotia and New Brunswick will have increases, while Ontario and British Columbia will have smaller yields than last year. At the time of issue of the estimate, the apple crop of Quebec had not been fully estimated. The figures are: Nova Scotia, 2,530,000 barrels as compared with 2,300,000 barrels in 1938; New Brunswick, 62,000 barrels as against 48,000 barrels; Ontario, 769,300 barrels compared with 845,500 barrels, and British Columbia 5,876,500 boxes as against 6,048,500 boxes in 1938.

To prevent a cracked egg from cooling while boiling, add a teaspoon of vinegar to the water.

### Makes Angling History



Michael Lerner, internationally-known big-game hunter and fisherman, made angling history when he successfully landed two broadbill swordfish in one day at Louisbourg, Cape Breton. The feat makes him the only angler to land two broadbills in one day on two separate occasions, having previously boated two fish on August 6th, 1936, in the same waters. The sword on the fish, left, measured 4 1/2 feet in length. Mr. Lerner is at present preparing an expedition for a two-month trip to Alaska, in search of scientific and photographic data for the American Museum of Natural History.

3 times a day  
7 times a week  
Who can be gay  
Planning things to eat?

## THE WOMAN WHO KNOWS ABOUT FISH



**CREAMED FISH**  
Cover fish with water, bring to boiling point and simmer for few minutes until fish is cooked. Use top slice of hot oven-brown fish, place on plate with small pieces of butter on top. Return to oven to heat. Just before serving add 1/2 cup cream or cream milk heated. Do not let fish remain too long or cream may curdle. Garnish with parsley.

She has solved the daily problem... because FISH offers a welcome and wholesome change at mealtimes, something the whole family will like. There are over 60 different kinds of Canadian Food Fish and Shellfish from which you can choose, either fresh, frozen, smoked, dried, canned or pickled. All of them can be served in an infinite variety of recipes. And... one of the good things about FISH is that it is nourishing, and so easy to prepare! Serve Fish to your family often!

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## How Does Your Label Read?