

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

CANADIAN APPLES

The apple is the king of fruits and its food value is high, one large apple alone providing 100 calories. Under ordinary circumstances, the annual average export of apples from Canada is approximately two and a quarter million barrels out of an average annual crop of more than 5,000,000 barrels. This year's crop is estimated at 5,135,000 barrels, but owing to the probable drastic curtailment of shipping as a result of the war, it will consequently be necessary to find a larger market for apples in Canada. Apples are good food at any time, either as fresh fruit or cooked in the variety of ways they can be used in the diet. Following are some recipes taken from the pamphlet, "Canadian Crown Apples," a copy of which may be obtained by writing to Publicity and Extension Division, Dominion Department of Agriculture.

CANNED APPLE SAUCE
Any amount of apples may be used. In making the sauce use 1 cup of sugar and 1/2 cup of cold water to every 10 lbs. of apples. Wipe, quarter core, and pare four Canadian-grown apples; add the water and cook until the apples begin to grow soft; press through a strainer. Fill in hot sterile glass jars; seal tightly. Sterilize 5 minutes. This apple sauce will keep as well as any other canned fruit. Sweeten when using.

BAKED APPLE SAUCE
Fill a two-quart earthen pudding dish with alternate layers of sliced tart Canadian-grown apples and sugar; cover with water, place a cup over pudding dish and bake in slow oven two or three hours, being careful to add a little water as required.

APPLE CHUTNEY
12 sour Canadian apples
3 peppers—1 red
1 pint cider vinegar
1/2 cup currant jelly
Cup 4 lemons
1 teaspoon cayenne
1 mild onion
1 cup seeded, chopped raisins
2 cups sugar
1 tablespoon ground ginger
1 tablespoon salt

Chop the apples, onion, and peppers very fine, add the vinegar and jelly, and let simmer 1 hour, stirring often, add the other ingredients and cook another hour, stirring constantly. Store as canned fruit.

DEEP APPLE PIE
Line a deep pie dish with paste. Pare, core, and chop 1 quart of tart apples; mix with them 1 cup granulated sugar mixed with 1 tablespoon flour and a pinch of salt, and fill the pie dish. Dot with small pieces of butter and sprinkle with cinnamon. Lay 1/2 inch strips of pastry across the top, crossing them in diamond shape. Bake in moderate oven until the apples are tender.

Hints on Fashions



Becoming a Favorite

The half-and-half coat is a favorite with smart women. This model has found much favor. The fabric is dark green woolen; the fur is ocelot. A double fur collar forms a jutting frame for the face. The fur skirt comes up to the belt line in front and dips to the hips at the sides and back with pockets worked in at the sides. It has a self-belt, with slight gathers at front and back of waistline on bodice.

BIG SWORDFISH CATCH

Lady luck smiled on Canada's swordfish fleet last summer, when the commercial catch of the broadbill swordfish in the June-September season amounted to almost 1,780,000 pounds compared with about 1,100,000 pounds in the corresponding period of 1938. Favorable weather conditions brought good fishing and more dollars to the fishermen.

Apart from its value as a commercial fishery product, the swordfish is also a fighting game fish. Angling for these big fellows has become increasingly popular within the past two or three years. The swordfish run to several hundred pounds in weight, and the angler who hooks one is assured of a genuine thrill. Many worthwhile catches were reported by visiting sportsmen this year.

Swordfishing operations are carried on in Nova Scotia waters, the greater part of the catch being taken off the coast of Cape Breton Island. Louisbourg is the major centre of this fishing activity, but as development of the new Cape Breton Highlands National Park progresses the village of Ingushish and Nill's Harbour, situated near the park, are expected to become prominent as operating bases for park visitors who wish to try their luck at this thrilling pastime.

ANOTHER REFUGEE



When the S.S. Pennland docked at New York, it brought among other things a German refugee from war. "Rolf," a German shepherd, who had a narrow escape from death. "Rolf," owned by Mr. L. Lex of New York was left in Brussels, Belgium, by his master when the latter left for America. Soon after war broke out in Europe, the Belgian government announced that all large dogs would be destroyed to conserve food. The servants at the Lex home wired Mr. Lex in New York and the result was the arrival of "Rolf" with a "luggage left behind" tag on his neck. Freight charges amounted to \$52.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

There is one advantage to the days drawing in—a person can see the sunrise without getting up at an unearthly hour to do so. That's what I thought the other day when I saw a gorgeous sunrise right from our own kitchen window. You know there is something quite different about a sunrise—you couldn't possibly take it to be a sunset, apart from the fact that it appears in the opposite side of the sky. I remember one time seeing the query raised in a newspaper or magazine—"Why is it artists are so fond of painting sunsets and so few of them ever paint a sunrise?" I think I know, don't you?

Yesterday I brought some new under-pants for Partner. He looked at them. "What size are they?" he inquired. "Thirty-eight," I answered. "Thirty-eight?" he exclaimed. "I don't know. I take thirty-six." I nodded. "Yes," I know. But I guess from now on you'll have to take what you can get. The storekeeper hadn't got any thirty-six in stock and didn't know when he could get them. I had to take my choice between thirty-eight or thirty-four. And that's what you will have to do, or else go without under-pants. Of course I can put you a neat little pleat in the waist and if it happens to worry you all you need do is look at it and say to yourself, "Oh well, it can't be helped—of course there's a war on."

"I guess you're right," said Partner, "you'd better keep them now you've got them."

Of course I knew that is what Partner would say, because he is one of these reasonable people who is willing to put up with little inconveniences if he knows they can't be helped.

And that, I think, is something we shall all be up against before very long. There are bound to be things we want and can't have and we might as well make up our minds to be cheerful about it.

Already the Red Cross is having difficulty in getting wool for knitting socks so it behoves us to see that whatever wool we have on hand is put to some good use. You know, you don't have to have new wool for making mitts for children—or men either, for that matter. If you have any knitted sweaters in the house, unravel them, use the wool double and you will have as sturdy a pair of mitts as you could wish for. And they have this advantage over those made with new yarn—they will not shrink. And if you have children small enough to be tumbling around in the snow and getting their mitts soaking wet every time they go out, you know it is no time at all before a new pair of knitted mitts are shrunk and matted until they are no good at all.

The Red Cross apparently is having wonderful success in its drive towards securing funds. It has been a campaign which everybody recognizes as being a worthy campaign. But there is another campaign, which should also be Dominion wide, and that is—an economy campaign. And by economy I don't mean that we should cut out going to the odd show now and then, or having half-go when we need it—after all, the hairdressers and theatre owners have to make their living too—but I do think we should make everything we have last as long as we decently can—that is as long as merchant shipping is encountering such grave danger on the high seas.

And of course you people who have friends in the Old Country will have already realized that you need to send your Christmas letters well ahead of time this year. Personally I think it would be better to send very little else beyond letters and cards, but that, naturally, is a matter which everyone will decide for him- or herself. Just a little while ago we all wrote letters for Partner's mother's birthday but we were so afraid she would not get them in time so we sent a cable as well—or rather a night letter. It was well we did, because in a letter received last week, Grandma said that our cable was the only thing that came through in time for her birthday. A night letter—that is, a cable sent by deferred rate—only costs one dollar and fifty cents for twenty-five words, and so far the Nazis haven't devised any means of sending a cable to the bottom of the sea.

I can hear my son is on his way home—his whistle announces his coming long before he gets here. I told him this morning if he ever leaves home—and of course the time will come when he will—it will be his whistle that I shall miss most.

Next Tuesday we are having a wood-burn. The wood is piled up in one corner

The LETTER BOX

Dear Free Press:
We hear all the time of unions, and great amalgamations, but I think that one that look place in London, England, at 10 Downing Street, recently, between Britain and France, is one of the greatest amalgamations that has ever been. "During the last war, buyers went all over, competing with each other for supplies, and as a consequence prices were inflated to a ridiculous point, even beyond values. Our great statesmen and great things are possible through this union. If it can be successful in war time, why not for all time?"

Great preparation is being made all over Canada for the Red Cross drive. It might be interesting for my readers to know of the preparation and work that has been going on up in the north country.

New Liskeard is just one organization, and this past week they sent 882 pieces to Toronto Headquarters. The list was made up of: 9 dozen mattress pads; 14 dozen pillow slips; 4 dozen Hampton pads; 6 dozen pairs woolen socks; and 6 1/2 dozen pneumonia jackets. This represents a lot of work and thought and shows what can be done by an active organization. In a little over a month, Country districts are being looked after by the Women's Institute Branches.

Read and other development continues. This fall the permanent surface has been laid from nine miles north of New Liskeard to three miles north of Englehart, and trucks are now busy night and day filling the shoulders, grading and leveling the ditches on this strip, and north of three dozens of men are at work filling and grading in preparation for next year's surface.

Some thousands of dollars have been spent at the air port, grading and surfacing the second runway, and installing extra lights. These are kept lighted show, red, yellow and green lights, with the big search light revolving every few seconds, and the four radio beam towers, with three brilliant red lights on each, seeming to stand watch, out on the hill all by themselves.

The north and south bound planes travel on different levels. We seldom ever see south-bound planes, which are on the 10,000 foot level, and are usually in the clouds. The north schedule is during the night, and must be lower, as we can often see the light. The opportunity for a trip has not yet presented itself, but when it does, I'm so anxious for that kind of a ride. Kirkland Lake has a cadet training school and have two or three small planes, and during the summer often flew down for training purposes, and the children got a great kick watching them land and take off again. Sometimes during a windy day they'd miss the runway and would have to circle again, and that would be great amusement.

One of Earlton's prominent business men, feeling more accommodation for travelers would be required, has erected a splendid new hotel, on the main corner. It has been named The La Salle. It has 15 well furnished bedrooms, with hot and cold water and telephone in each room; excellent dining service, with home-cooked meals, and beverage dispensary service, boasted as one of the best in the north. Personally, I'm not in accord with beverages, which rob folk of what should be used for much better purposes. So it won't be with my support that success for them will be possible.

Elk Lake, which some years ago was a thriving town but which for a number of years has been just the terminal for that branch of the T. & N.O. Railway, is reviving again, due to the new asbestos mine that is being opened up about 30 miles northwest. The possibilities to commercialize it have been thoroughly examined and development is now taking place. There is no waste it seems, so the intention is to move the rock, as it is mined, by truck, to Elk Lake, where buildings will be erected with railway

facilities and all the processing done there prior to shipping. This, of course, will require plenty of both skilled and common labor, so folk interested are watching development.

"Our weather" for the past week has been almost ideal. The warm sun during the day removed the snow and a lot of ice off the roads, then froze up each night, so it's very comfortable getting around, with no mess after so much wet. We usually have plenty of snow, but are hoping it will stay away for a while yet. Now for this time I am, Cordially yours, R. W. JOHNSON

R. R. No. 1, Thornloe.

BANK OF MONTREAL REPORTS RECORD ASSETS AS RESULT OF BUSINESS EXPANSION AND PUBLIC FINANCING

Reflecting the continued expansion of industrial operations, greater agricultural and mineral production, enlarged business activities, and participation in government financing, the 122 annual statement of the Bank of Montreal for the year ending October 31st shows a substantial growth in assets and a moderate increase in earnings. Total assets of \$1,025,508,367, an increase of \$151,252,539, have in fact reached the highest level in the bank's history and represent a new high mark in Canadian banking. Profits of \$3,462,446 showed an increase of \$64,056 after the payment of government taxes of \$1,198,413—which were higher by \$45,795—and were the equivalent of 4.54 per cent. on the capital, real and undivided profits, which compares with 4.46 per cent. in the preceding year; the increase in relation to total earnings is about 2 per cent.

The growth in the bank's assets is more than accounted for by an increase in deposits payable on demand and after notice of \$151,752,105 to a total of \$914,909,050. The changes in the notes in circulation, bills payable, and other items in the liabilities to the public are relatively small.

As against the expansion in deposits there is an increase of \$48,703,634 in the bank's cash assets to \$201,243,716 and of \$122,268,748 in liquid assets to \$742,603,867, while current loans in Canada at \$257,216,729 are larger by \$29,558,280. Apart from substantial holdings in cash at \$94,641,456, and money on deposit in other banks of \$77,357,497, holdings of government and other bonds and debentures, of which "the greater portion consists of gilt-edge securities which mature at early dates," are up by \$76,434,435 to a total of \$517,171,255. This, together with the increase in deposits, may be taken in part, as reflecting the bank's participation in the recent \$200,000,000 Federal Government loan taken up by the Canadian banks generally. The expansion of current loans is a highly satisfactory indication of the part the bank has played in expanding industrial and general business activities. The effect of the great business activity has also been to increase the bank's deposits from the public.

Of the bank's total assets, shown at over \$1,000,000,000, the quickly available resources of \$742,603,867 are equal to 78.29 per cent. of all liabilities to the public. This compares with 77.80 per cent. in the preceding year.

The net result of the year's operations after the payment of the usual dividends to shareholders and the appropriation of \$500,000 for bank premises was to leave \$82,446 to be added to the balance of profit and loss, this, compared with \$18,390 in the previous year. The total balance in this account now stands at \$1,265,700.

BINDING A BOOK TO LAST 1,000 YEARS

At the British Museum they have found the Codex Sinaiticus to last another thousand years. Mr. Cockerell who undertook the task, has had many difficulties. The vellum leaves made of sheepskin were much torn at the edges. The manuscript was in detached bundles of leaves, with some single ones. The leaves have been mended, the vellum softened, stretched and flattened and the Codex Sinaiticus will now go down the centuries, in two volumes, bound in what goatskin leather, between boards of English oak.

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Dionnes See "Too Many Girls"



On a current visit to New York, Oliva and Elzire Dionne, parents of the world-famous quintuplets, went to see—of all things—the stage show, "Too Many Girls." After the show they visited showgirls backstage with their daughter, Pauline, six.

"Push-or-Pull" Warplanes for the Allies Comply with Neutrality Laws



The first airplanes built in the United States for the British government to be delivered in Canada, since the lifting of the arms embargo, were towed across the Canadian border after being flown to a little town in Montana on the international border. The planes taxied to within a few feet of the international boundary and then their American pilots stepped out and they were pulled across the border by representatives of the British government. According to a United States law, flight of these armed planes into a belligerent country is banned as an "armed expedition." Dismantling of towns along the border are now planning to build "push-or-pull" airports to handle the hundreds of war planes now being built for the Allies in the United States.