

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

CURING MORNING GROUCHES

Almost every home harbors at least one morning grouch, if not several. People who are sweet and good-natured the rest of the day are often the most bad tempered in the morning and a good way to cure this horrible disease is a substantial breakfast. No one can remain grouchy when faced with delicious food which has been prepared especially to please him.

A dish which is particularly recommended to chase the blue cold winter mornings and supply heat and nourishment for the day's work is Codfish Balls. Don't try to prepare this dish entirely in the morning or there might be another grouch in the family. Everything but the actual cooking can be done the night before and the breakfast is practically ready when the time comes to eat.

CODFISH BALLS

- 1 cup of fish, flaked and stripped
- 2 cups diced potatoes
- Cooking fat
- 1 teaspoon of butter
- Pepper
- 1 egg, well beaten

Shimmer the fish, boil the potatoes until they are done. Drain off water and mash fish and potatoes until perfectly blended. Add butter and pepper, and beat with a fork until light. Let cool a little, then add egg. Shape into balls the size of a large walnut, drop into a frying basket, fry one minute in deep smoking-hot fat (390 degrees F.), and drain on paper. Serve hot. Serves six.

A tomato sauce can be served with this. Heat condensed tomato soup just as it comes from the can. Pour the tomato sauce in a platter and place the codfish balls in the hot sauce.

To freshen salt codfish: Shred the fish, wash it several times to take off salt left on the surface, then put it into cold water and heat to the boiling point; pour off the water, and repeat the operation a second and even a third time, if necessary. Do not cut dried salt fish with a steel knife; if a knife is used the fish will take on a "steely" taste.

NUTRITION A NATIONAL OBJECTIVE

Recently the Minister of Pensions and National Health addressed a meeting of 1,500 people on "National Health Objectives in War-Time" in Toronto. While the speaker covered a broad field, he dealt especially with Nutrition, as he was guest speaker for the Health League of Canada, which utilized the occasion for the launching of a Nutrition program.

As mentioned, editorially, by "Health," in its current issue, the effort at the moment in Toronto is to attempt education of the public on a rather large scale, and it is hoped that the success of this effort will result in the plan being copied in other places.

There will be general agreement with the editor of the Health League's publication when he says: "It is quite likely that the serious consideration of nutrition as a definite national objective may have far-reaching results. We have discussed physical status from time to time with a more or less academic detachment. With the recent rapid advance of knowledge in the field of nutrition, however, we begin to realize that a nation's stature and physique may definitely be altered by the attention we pay to the food a nation eats. And since a nation is no stronger than the men and women who are its citizens, it seems likely that we may proceed to do something about it; by paying a little more attention to the means of providing proper food for the civil population."

The results of the Toronto experiment may be far-reaching. It is pointed out, the writer adding: "Perhaps people will learn how widespread is the ignorance of how to choose, buy and cook food to the best advantage—and knowledge of these things will be of value to everyone."

It may be that we will learn more than this. Perhaps we will find to our shame that there are large sections of the population who have insufficient income to buy the food for their children which we tell them is essential to their growth. And one wonders what effect revelations such as these may have. For if we really desire to improve the nutrition of the average child we must do more than talk about it. Education has its immediate significance. But it is the action which follows education which counts."

GETTING PARTICULAR

Movie Actress—I want to get a divorce.
Lawyer—For what reason?
Actress—Dear me, do you have to have a reason?

Hints on Fashions

Smart Spring Suit



Nice to wear under a fur coat now and to blossom out on its own, come spring, is this neat little suit. It is in smooth wool in a rather light navy blue. The jacket barely covers the waistline. The skirt is circular. Four slit pockets are curved and a slit; two on bodice, placed high, and two on hipline, outlined with soutache braid. White plique collar is detachable.

THAT "MINORITY GROUP"

In an address at the recent meeting of the Hotelmen's Association, held in Toronto, Premier Hepburn referred to me as the leader of "a minority group." There are so many capable and representative people around me and so many more quietly behind me that I had not thought of myself as "the leader"—but let that pass. What about the "minority" aspect? Mr. Hepburn is just begging the question. He and his liquor friends are so "scared stiff" of the people of Ontario on the beer room issue that they refuse positively to permit the people of the Province to pass judgment on it, apart from the hurly-burly, the multiple issues, the cross current, the personal elements and the direct deceptions of a political election.

The liquor people were so afraid of a vote on beer rooms, even in Toronto, that Mr. Hepburn had to crouch the city out of its rights by an act of the legislature so his beer backers could sleep nights.

Mr. Hepburn by times with his tongue in his cheek, lauds local option. Well, in 104 contests, with the fighting ground mostly picked by the wets, the dregs won 75 and their share of the total votes cast has stood steadily at about 56% and in 1939 it ran up to 63%.

Mr. Hepburn's enmity against the Canada Temperance Act has behind it the fear of the liquor people that if it were recognized and given a fair deal in enforcement, county local option under the Canada Temperance Act would sweep wide areas of rural Ontario clean of the nastiness of his socially destructive beer rooms.

A minority group? In any fair test they would be joined, of course, by innumerable poor wrecks who want to escape from the clutches of drink and by thousands of decent citizens many of whom take a glass of liquor occasionally but in their heart recognize that as a social institution the drink business is an unmitigated nuisance.

Minority group? The Premier squints. Let him bring on a fair referendum on beer rooms and see what happens.

O. J. IRWIN,
General Secretary,
Ontario Temperance Federation.



Chronicles of a Ginger Farm

Written Especially for The Acton Free Press Gwendoline P. Clarke

We are very interested in what we are hearing about the water situation in this part of the county. Apparently a big change is taking place and various theories are expounded as to the reason for it.

Here are the facts. Farmers who have been short of water year after year now rejoice because this winter they have been spared the necessity of drawing water from their creaks. In some cases it is the well which has for years risen higher than it has for years. In other cases the creak has held water all winter. On the other hand, farmers who have never been short of water before report that their wells have given out, or the creak running through their farm has reached an alarmingly low level.

Some say this is the lack of them is responsible. Others think earth tremors, too slight to be recorded, have yet been strong enough to change the course of natural springs or have dried them up entirely. Whatever the reason, it does make one wonder what tricks Mother Nature has been playing, or will play in the future.

This year we are among those who have not had to draw water at all. And are we glad? And now the creak has lasted this long it seems only reasonable to suppose we shall have enough water to see us through until hot weather comes along to dry the creak-up again.

We are interested, but not greatly worried, as to the why and wherefore of our little creak holding out so well; we are only glad that it is so. However, Partner and I were discussing this water situation and the possible effect of earth tremors, and looking back Partner recalled that it is since that minor earthquake we had several years ago that our well has shown a tendency to dry up. One of our neighbors also reports less water in his well dating from that time. Of course it may just be coincidence but one cannot help wondering about these things.

Yesterday I took my weekly order of eggs to a certain customer and was told they would not need any more for awhile. "We are going to get eggs from a party who wants to pay his bill off that way," said my customer. "And I hope they are as good as yours," she added.

"Well, they won't be," said her sister. "Mr. Blank's eggs are white."
That little remark set me thinking. Brown or white—which are the better eggs, or does the breed of the hen really make any difference? I often have people tell me they prefer brown eggs, yet storekeepers and egg dealers invariably say there is little sale for brown eggs in the city. So it all keeps a person guessing as to which is the best breed of bird to keep. Personally I don't think the color of the egg matters a bit—it is the freshness of it that counts.

Now here is a problem story, and, in a similar case—what would you have said?

I was motoring along a country road, not far from home. It was narrow and there had been enough of a thaw to make the road slippery and the snowbanks soft, so I kept very much to the centre of the road. Presently, meeting me, came a team and wagon with a load of hay. I knew I must turn out but the sun was in my eyes and I couldn't be sure how much was road and how much was drift. The man with the team turned out too, but you know what a load of hay is like—it requires more room than a car. And I did not want to crowd the man and see him upset his load of hay. So I edged over as carefully as I could but with all my care I skidded and my front wheels took to the ditch!

The man was annoyed—and so was I. "Well, you're stuck all right," said he. "As if I didn't know it!" "I ain't got a chain and I don't suppose you have neither," he went on grumpily.

Knowing he couldn't very well leave his team, I said I would go up to the house, outside which I was stranded, and borrow a chain. I did so, but halfway up the lane I heard a noise and I turned around in time to see my gallant friend driving away with his load!

Now, I ask you, what would you have said?

At the time, I could not think of any words permissible for a woman to say that would adequately have expressed my feelings. So I said nothing. But if that man could have felt the look I sent after him he would surely have tumbled backwards off his load of hay.

I didn't know who he was at the time, but I have found out since.

RESTORATION OF PORT ROYAL HABITATION

Restoration of the Port Royal Habitation at Lower Granville, Nova Scotia, is nearing completion. The work is being done by the architectural division of the Survey and Engineering Branch of the Department of Mines and Resources, and when completed the buildings and the surroundings will be under the administration of the National Parks Bureau.

Reminiscent of early French colonial days, the re-built "habitation" with its palisades and ancient buildings is a full-size replica of the first fort or "habitation" of Port Royal built in 1605 by the French under de Monts and Champlain. The timber of the buildings has been put together with wooden planks and the hand-wrought iron hinges and latches have been faithfully reproduced in the manner of early seventeenth century workmanship. The chimneys have been built with local field stones collected nearby, and the bricks used in the construction of the bake oven, blacksmith's forge, and for lining fireplaces were made at the site by two old-time brick-makers. All woodwork where exposed to view has been hewn and adzed by broad-axemen in the old manner.

By a scientific method of soil reading employed in an exploratory survey the actual site of the habitation and the boundaries of the various buildings, as well as the positions of most of the fireplaces and the well in the courtyard, were established. Then the soil was sifted and removed down to the original building levels and the positions of all lines and corners of the buildings were staked. The basis of the reconstruction

work has been the Champlain engraving or picture plan; the layout of the buildings as determined by the survey; historical evidence and references to the buildings; practical considerations and probabilities and contemporary building practice in Picardy, France.

MARITIMES TAKING UP WOODLOT MANAGEMENT

With a view to improving the management of farm woodlots in the Maritime Provinces, short courses of instruction on this important phase of forestry are now being provided at the Acadia Forest Experiment Station, near Fredericton, N. B. These courses have been made possible through the co-operation of the Governments of Prince Edward Island, Nova Scotia, New Brunswick, and the Dominion Forest Service of the Department of Mines and Resources, Ottawa, and are to be given annually. In each case they will last from six to eight weeks, and are available to a selected group of farmers' sons from each of the three Provinces concerned.

This activity started in the fall of 1937, when the Dominion Forest Service was requested by the Government of Prince Edward Island to make an investigation of the possible aid that could be given to the Province in solving its forest problems. As the forest holdings on Prince Edward Island are largely in the hands of the farmers, it was decided that the most effective assistance would be through organized publicity and demon-

stration in handling woodlots. Accordingly a short course in woodlot management was organized at the Acadia Station. The first course opened on November 1st of the same year, and was so successful that the other Maritime Provinces requested a similar arrangement. The courses are practical rather than theoretical. The aim is to teach the students through lectures and demonstrations the value of the forest resources and the proper treatment of the woodlot, so as to obtain the greatest possible

continuous financial returns. Approximately half of the time is spent in the lecture room, and the remaining time is spent in the forest doing practical work. On the completion of the course, each student is qualified to survey his home woodlot, and to decide on the proper method of treatment. He has sufficient knowledge to not only mark trees for cutting, but to manufacture those trees to the best advantage, into different products such as logs, pit-props, pulpwood, and fuelwood.

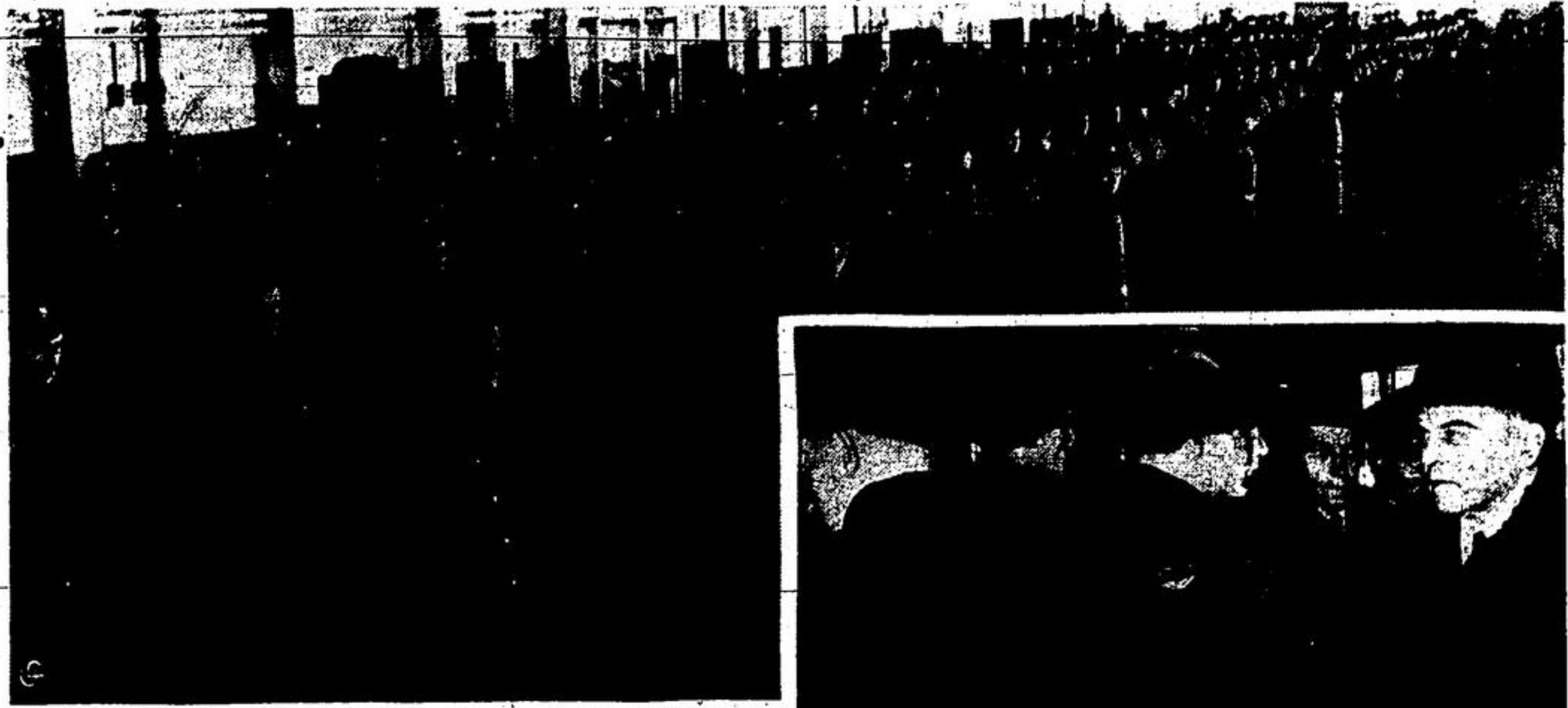
IMPORTANT

YOUR WAR BONDS...

should be kept in a safe place. We offer you the safety of a Safety Deposit Box in our vault, which may be used as well for any important papers or small articles of value. The rent for such a box is small.

BANK OF MONTREAL

Prime Minister Inspects First Aerial Squadron for Overseas Duty



Defence Minister Norman Rogers presented the 110th city of Toronto Squadron with a special battle flag in a ceremony at Rockcliffe Airfield, Ottawa, during a ceremony when the squadron was inspected by Prime Minister King. The 110th will be the first Canadian air unit to go overseas. A section of the squadron is shown here standing at ease. ABOVE: Prime Minister King, followed by Defence Minister Rogers, inspects the unit. RIGHT

Swift, Deadly Dive Bombers Protect Canada's Western Coast



Guarding Canada's western coast against enemy attacks, patrols of dive bombers. Top, wing their way along the coast line and far out to sea in search of any enemy naval craft. These dive bombers are named because they release their bombs as they dive and then quickly rise before the resulting explosion as their deadly missiles find their mark. A dive bomber is shown. Right, diving to the attack with the result explosion also shown. Ground crewmen are shown. Lower Left, placing one of the deadly bombs into position under a wing of one of the bombers.