

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

TESTED RECIPES

SPONGE CAKES

This is the time of year when such delicacies as sponge cakes have a special appeal. They do not only appeal to the appetite in early spring but also the homemaker who watches food prices and takes pride in preparing good foods at moderate cost.

The Consumer Service Section, Marketing Service, Dominion Department of Agriculture, recommends the following recipes for sponge cakes and suggests that in each case the price be calculated. It may be a surprise to find that such big cakes can be made at such low cost. The reasons are, of course, that eggs are the main ingredients and current price of eggs is moderate.

SPONGE CAKE

- 4 Egg yolks
 - Pinch of salt
 - 1 tablespoon cold water
 - 1 cup fine granulated or fruit sugar
 - 1 cup cake or pastry flour
 - 1 teaspoon baking powder
 - 1 teaspoon vanilla
 - 4 egg whites
 - 1/2 teaspoon cream of tartar
- Add cold water and salt to egg yolks and beat until mixture becomes very frothy. Beat in sifted sugar gradually. Add flour and baking powder, sifted together several times. Beat well. Add vanilla. Fold in egg whites beaten until stiff with cream of tartar added. Bake in ungreased angel-cake tin in slow oven (300 degrees F.) for one hour.

CHOCOLATE SPONGE ROLL

- 4 egg whites
 - 1 cup fine granulated sugar
 - 4 egg yolks
 - 4 tablespoons cold water
 - 1/2 teaspoon vanilla
 - 4 tablespoons cocoa
 - 1/2 cup flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
- Beat egg whites until stiff. Add sugar gradually, beating constantly. Beat egg yolks with water and fold into egg whites. Add vanilla. Sift dry ingredients and fold into egg mixture. Line shallow baking pan about 15"x10" with greased paper. Pour batter into pan. Bake in moderate oven (350 degrees F.) for 12 to 15 minutes. Turn out on cloth covered with powdered sugar. Trim off edges. Remove paper and roll cake. Cool and spread with whipped cream or Seven-Minute Frosting.

SEVEN-MINUTE FROSTING

- 2 unbeaten egg whites
 - 1 1/2 cup fruit sugar
 - 1/2 cup cold water
 - 1 teaspoon flavoring
- Place sugar, unbeaten egg whites and cold water in top of double boiler. Cook over boiling water for seven minutes, beating constantly with Dover beater. Remove from fire and add flavoring.

CREAM SPONGE CAKE

- 4 egg whites
 - 4 egg yolks
 - 1 cup fine granulated sugar
 - 3 tablespoons water
 - 1 teaspoon flavoring
 - 2 tablespoons cornstarch
 - 1 cup pastry or cake flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
- Beat egg whites until stiff, but not dry. Beat in half the sugar. Beat egg yolks, add water and flavoring, and continue beating until thick. Beat in remaining sugar and fold yolk mixture into egg whites. Then beat mixture into dry ingredients. Bake in an ungreased tube cake tin in moderate oven (350 degrees F.) for 30 to 35 minutes.

JELLY ROLL

Use Recipe for "Cream Sponge Cake". Line shallow baking pan (about 15"x10") with buttered paper. Spread cake mixture evenly in pan. Bake 12 to 15 minutes in moderate oven (350 degrees F.). Turn out on cloth or paper sprinkled with powdered sugar. Remove paper and trim off edges of cake. Spread with jam or jelly, beaten slightly to spread easily. Roll cake quickly.

BORDEN AIRMEN PUBLISH PAPER

With the help of the Y.M.C.A. at Camp Borden, and the support of commanding officers, Air Force men have launched their own newspaper, "Wings Over Borden." The 7-page paper, mimeographed, reflects the heavy recreation program among the flyers which is being aided and abetted by Y.M.C.A. Officers. An inter-sectional hockey league, a drama club, a gym club, classes in French, English and German and a new gymnasium to accommodate the program of boxing, wrestling, softball, badminton, volleyball and basketball are included in the list of facilities for spare time, fun and recreation.

Hints on Fashions

Gets Plenty of Use



There's plenty of use for the cloth coat with self-trimming, a coat which strikes a nice balance between the casual and the dressy. Such a coat can be dressed up or down, according to the occasion. Here is a good model developed in cadet blue, smooth wool. The double collar is lined with a dashing plaid, and the plaid is also used for the flap pockets and cuffs. The coat is fitted at the waist. The flare is concentrated at back where two inverted box pleats come from the waist. Two large wooden buttons, one at neck, one at waist, are placed to ensure a snug closing.

JUNGLE GENERATOR

The Gold Coast has been given an "electric interior" by British engineers. They have successfully "conquered" a portion of equatorial jungle territory in the Gold Coast Colony, West Africa, by installing what property agents refer to as "all modern conveniences," such as refrigerators, electric fans and a radio service relayed to each bungalow.

Improved living conditions made possible by the use of electricity have led to efforts to open up the country industrially, and one result has been the discovery of gold deposits in the shallow of the Ankobra, one of the chief rivers in this Colony of 2,500 in its 80,000 square miles.

A vast scheme to recover the gold has now been completed. Electrically driven dredges have been set up at the most promising points, and a generating station built in the jungle country more than 60 miles from the coast, after the dense bush had been cleared and leveled.

The all-British electrical equipment includes seven generators, each driven by a 1,000 horse-power diesel engine, transformers, dredge motors, and pumps. The overhead lines, which now span the jungle in all directions, carry power not only to the dredges but to the workshops, camps and homes of the pioneers, where the engineers live in modern bungalows, fitted with the wide range of up-to-date electrical equipment which is the ambition of city housewives to possess.

ARGENTINE WHEAT AND FLAX

Decreases in Argentine 1939 wheat and flax crops from the first estimate are shown in the second official estimate, wheat being placed at 118,019,000 bushels, a decrease of 28,868,000 bushels, and the flax crop at 44,368,000 bushels, a decrease of 4,842,000 bushels. The reduction in the volume of wheat is attributed principally to the abandonment of much stacked wheat in the northern cereal zones because of continued low prices. It is anticipated that more will be abandoned because its low quality may make it unprofitable to thresh.

SALLY'S SALIES



Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

What a change in one week! Last Saturday we could not get out because of the huge drifts of snow piled up around here and now, believe it or not, cars are going by on the road, leaving behind them a cloud of dust. Yes, it's like summer one end of our lane, but it's still winter the other end. You see, we have a long culvert running diagonally across the top of the lane and this same culvert is just about frozen solid. Naturally the water from the field cannot get away, so there we are with a nice little flood between the house, the driving shed and the garage. How to thaw out ice that neither Plumber nor the heat of the sun can get at is something we haven't yet discovered.

To-day I paid a visit to the stables. I have been down to the barn more than twice this winter. In the spring, summer and fall my work takes me there, day in and day out, but in the winter the barn knows me not.

But there was a feeling of spring in the air to-day—and about time. The robins were singing, a soft wind was blowing and a suspicion of green in the grass was like a challenge to come out and look things over. So I accepted the challenge and went out. After wandering round the garden—and not seeing much—I made tracks for the barn. Here I found "Mackenzie King" and when I looked at him I thought he was very suitably named. He is a stocky little fellow, standing four square on his sturdy legs, with good shoulders and intelligent, inquiring eyes. There are four calves in all down at the barn and Mackenzie is certainly the pick of the bunch. What's in a name? Well, don't ask me. There may be much—or again there may be nothing.

I suppose while I was talking to Partner my voice carried—anyway, in a few minutes there was a terrible bellow. Of course it was Mugs again—but this time he was safely tethered in his stall. I was taking care to keep my distance, but Partner said, "Come on over here and let him see you. That's, right—come right up to his stall. You got him scared."

Scared! That great, hulking, bellowing mountain of flesh—him scared! The idea was laughable. However, I did as I was told—I went right up to his stall—because, after all, Partner was right—mugs has got to get used to me again. Later on, hens will likely lay away in the barn, and eggs must be gathered. There will also be other jobs to take me in and out of the stable, so Mugs will just have to get used to seeing me. Yes, "Mings" will have to get used to me, but never in this life will I get used to him!

Last Monday was a bad start to the week. I was in the house when all at once I heard a terrific bang—just like an explosion—and it came from somewhere near the house. I looked outside and there was absolutely nothing to see. I thought it might have been a car or truck on the road—but there wasn't a vehicle in sight, and our own car was still in the garage. I remembered an aeroplane had gone over a few minutes before—could it have dropped some kind of practice bomb? But surely they wouldn't do things like that without warning the public. Altogether I was completely mystified—until Son came in.

"Did you hear that explosion?" he asked. "Hear it—of course! I heard it," I answered. "Well, you haven't got a spare tire now—has it?" Oh—oh! And so that tremendous bang means scraping together an extra twelve dollars—an expense we were not expecting. However, I am glad the tire took a notion to blow out at home, and not on the road. That's something to be thankful for. And I suppose we can't really scramble, since it is the first tire expense we have had in the eighteen months we have had this car.

Well, the hockey season will soon be over and then maybe we can get to bed a little earlier. We thought the first game between the Leafs and Rangers was a good one—even if the Leafs did lose. But the second—well, it sent us off to bed with a sort of let-down feeling. But the third—well, now that WAS a game.

And, speaking of hockey, the very best game we ever heard was last Friday night. You didn't know there was a game last Friday? My, but you missed a lot. This one wasn't for the Stanley or the Allan Cup—it was something much bigger. The team on one side was Chamberlain, Churchill, Bernard, An-

INTERNEES APPRECIATE HUMANE TREATMENT

There are worse fates Germans could suffer than being interned in Canada during war time, for instance being free in their own Fatherland. This on the testimony of those wards of the Canadian government who still retain their letters to their friends are the best proof of this, and incidentally, corroborate that, in this country, the International Convention Relative to the Treatment of Prisoners of War is interpreted in the broadest and most humane spirit.

One letter from a prisoner in the Internment camp at Petawawa epitomises the sense and feeling of numerous others however much the words may differ. He writes: "The treatment is very kindly and the food very good and be sure many got not so good to eat as they have here."

Another assures his relatives: "Here in the camp we are looked after all right. We have enough decent food and everything is going on smoothly. We are free all day to do what we like, either go for a walk or while away the time in the recreation hall. In some respects we are better off than the Militia, as we have a German cook. Of course it is not as nice as to be with my darlings—however, it is not too bad at all."

One of the prisoners at Petawawa knew something of the last war and of the conditions then prevailing in his homeland, as this excerpt shows: "I have to give the authorities a lot of credit for the treatment of us. I have been down to a private the Communists are as pleasant as possible. Food is good and for sure better than we had at home in Germany during the last war. Clothing is sufficient."

His evidence is supplemented by another who, thankful to be able to write in German, assures his people: "We get 3 good meals a day and enough also. If anybody should complain about the treatment, I would say that he is a big liar." Constantly iterated in the letters is the refrain "Do not send me any food. The food they give us here is excellent and plentiful." This varied some times to, "Do not send me any more parcels, as I do not need anything."

Kananaskis Internment Camp prisoners are particularly emphatic in their assertions that "the wants of the inner man are fully taken care of. One of them received in reply a letter stating: "I am glad to know that your huts are nice and warm and that your officers are very nice to you. I must say that in Germany they would not be so nice to us. You know how they are treating us at home (Germany) in the police station. They shout at us over the least little thing."

Deeply impressed by the skill and care given to him while he underwent an operation, one appreciative prisoner had "at all times the feeling that everything was looked after well and that I personally could not have arranged matters better."

"I am hoping to be able to return my thanks to you by service to maintain order in this camp." In Canadian eyes these internees are neither automata nor brutes. The fortunes of war have placed them where they are but it is evident on their own testimony what can be done to mitigate their lot. The free and genial air fostered under our democratic system permeates even the confines of their prison camps, and the humanity and kindness of their temporary jailers contrasts strikingly with what they could expect under similar conditions in their own land.

"Y" AT ALDERSHOT CAMP HELPS TROOPS' MORALE

Arthur Jones, the typical Canadian soldier, suddenly finding himself at war, has discovered, as his father did in the last war, that the Canadian Y.M.C.A. is "big brother" to the troops overseas. This week reports received in Canada from "Y" officers with the First Division reveal how much the Y.M.C.A. means to the boys away from home.

In the last war the Canadian Y.M.C.A. originated, trained, equipped, and financed the famous Dumbells, one of the great war shows of all time. In this war the Y.M.C.A. is again providing entertainment in the form of soldier shows and "Y" officer George Porteous writes from Aldershot—telling of some of their activities.

"This week," he writes, in a report dated March 12th, "The highlight entertainment was the premiere of the 'Salvoes,' the concert party of the 3rd Field Regiment. The 'White Bang' concert party of the 3rd Brigade visited Lisle and next week will visit Lepaic. Movie shows have been given twice each week at Lepaic and twice each week at Lisle."

Another vital contribution to soldier morale is organized athletics and again the "Y" officer reports great activity. "With the improvement in weather, equipment has been issued to batteries of Lepaic and Lisle to play football. Nine team leagues in each regiment are proposed. Soccer balls have been issued and we are arranging inter-battery games.

"Hockey is the dominant interest of the men at present and preparations are under way for local boxing eliminations for some time to come in the Division championships. Later a division team is to box against the British Army at Portsmouth. Gloves for training have been supplied by the Y.M.C.A. A third function of the Y.M.C.A. overseas is personal counsel and religious guidance to Canadian boys who are suddenly removed from all home influence. Sunday nights there are short religious services and sing songs. "Y" officers report, and at all times the "Y" officers and workers are prepared to give aid and counsel to soldiers seeking them.

Tributes to the work of the "Y" overseas have been paid by numerous officers and men and the following extract, taken from a long letter of appreciation written by Lieut. Col. H. L. N. Salmon of the Hastings and Prince Edward Regiment, is typical of the tributes being received. "One of the Y.M.C.A. representatives, Capt. T. W. Jones, of Montreal, is one of the officers living in our mess," he writes. "He has proved himself time and time again a true friend and counsellor of the men within this and other units, always ready to cooperate in any worthy enterprise."

The stormy weather conditions which prevailed throughout the eastern section of the country during a recent week-end did not deter the stork from visiting an upper berth in a sleeping car of the Canadian National Railway's "Ocean Limited" train, operating between Halifax and Montreal, and delivering a baby about half an hour before arriving at the metropolis. The porter paged the train for a doctor but finding none on board, a trained nurse from the Royal Victoria Hospital answered the call and took charge of the case until a doctor and ambulance arrived at destination. The sleeping car conductor reported that everything possible was done for the comfort and care of the woman and little passenger, who were immediately removed to the hospital on reaching Montreal.

The value of skins and hides used by the leather industry of Canada in 1938, according to the latest detailed statistics, was \$10,127,731. Cattle hides compose the bulk of the skins and hides used by the industry, 1,460,110 cattle hides with an average weight of 45 lb., and an average cost of \$4.29 being used in that year. Calf and kip skins totalled 1,712,292 with an average weight of 9 lb. per skin and an average cost of \$1.55. Pickled sheep skins numbered 123,009 dozen, average weight 24 lb. per dozen; skins, average cost \$4.26. Small numbers of horse hides, goat and sheep with wool on are also treated.

Quality That Satisfies

"SALADA" TEA

DEPOSIT REDUCTION ON BOTTLES FOR "COCA-COLA"

Orangeville Bottling Works ANNOUNCES Reduction of Deposit on bottles for "Coca-Cola"—effective APRIL 15th, 1940.

Effective on April 15th, 1940, the present Deposit charge of 3c on bottles for "Coca-Cola" will be reduced to 2c per bottle.

The present Deposit of 3c per bottle will be refunded on all bottles for "Coca-Cola" returned to your local dealer on or before April 14th, 1940. On and after April 15th, 1940, bottles for "Coca-Cola" will carry a deposit charge of 2c per bottle and refund will be made for this amount only.

ORANGEVILLE BOTTLING WORKS
ORANGEVILLE, ONTARIO
Authorized Bottlers of "Coca-Cola"

Governor-General's Daughter

Lady May Helen Emris Cambridge, wife of Major Henry Abel Smith, is the daughter of the Earl and Countess of Athlone.

Canadian Non-Coms. Learn from the Guards

A detachment of Canadian Non-Commissioned Officers is shown being drilled by an instructor from the Brigade of Guards at Wellington-Barracks, London. The Canadian N.C.O.s are undergoing a special course of training, including lectures on administration, discipline and drill. The session lasts one month.