

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

SERVE EGGS—EVERY DAY—SOME WAY

In comparison with many foods which are served both raw and cooked, eggs lead in the number of ways in which they can be used. Scrambled, poached, cooked-in-the-shell, or as an omelet, good, fresh eggs make an appeal to the most fastidious taste. Combined with other foods, eggs may be used for a great number of desserts and supper dishes, and in making cakes and cookies, eggs are one of the principal ingredients.

There is now no guess work in buying eggs, as they are sold graded according to Government standards as to quality and size. In order of quality the grades are Grade A1, Grade A, Grade B and Grade C.

The Consumer Service Section, Marketing Service, Dominion Department of Agriculture, recommends the following tested recipes:

SHIRRED EGGS IN BACON RINGS

6 slices bacon
6 eggs
Salt and pepper
Cook bacon. Line six muffin tins with strips of bacon, forming each slice into a ring around edge of tin. Break an egg into each bacon ring and bake in a slow oven (325 degrees F.) for five to 10 minutes, or until eggs are set. Remove from tins and serve on toast.

EGG AND POTATO CASSEROLE

4 tablespoons butter
4 tablespoons flour
2 cups milk
6 hard-cooked eggs, sliced
4 cups cooked potatoes, cubed
Salt, pepper and paprika
Melt butter. Blend in flour. Add milk gradually and stir until sauce thickens. Season to taste. Put alternate layers of potatoes, eggs and sauce in buttered baking dish. Sprinkle top with buttered cracker crumbs or grated cheese. Bake in hot oven about 15 minutes. Serves six to eight.

SPANISH CREAM

1 1/2 tablespoons granulated gelatine
1/2 cup cold water
3 egg yolks
1/2 teaspoon salt
2 1/2 cups milk
1/2 teaspoon vanilla
3 egg whites
1/2 cup sugar
Soak gelatine in cold water. Make a custard of egg yolks, salt and milk. Cook, stirring constantly, until mixture coats the spoon. Dissolve gelatine in hot mixture. Cool and add flavoring. When mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites. Turn into moulds and chill. Serve with whipped cream or Whipped Jelly Sauce. Serves six.

WHIPPED JELLY SAUCE

1/2 cup pure jelly—grape, crab-apple, red currant
Pinch of salt
1 egg white, unbeaten
Melt jelly in bowl over hot water. Add egg white and salt and beat with rotary beater until stiff. Cool.

CUSTARD PIE

3 eggs
1/2 cup sugar
1/2 teaspoon salt
2 1/2 cups hot milk
1 teaspoon vanilla or few gratings nutmeg
Beat eggs slightly. Add sugar, salt and flavoring. Then milk gradually. Beat and pour into pie plate lined with pastry. Bake in hot oven (450 degrees F.) for 15 minutes. Then reduce heat to 325 degrees F. and bake until custard is set—about 25 minutes.

MERINGUES

4 egg whites
1/2 teaspoon salt
1 cup fine granulated or fruit sugar
1/2 teaspoon vanilla
Add salt to egg whites and beat until whites are stiff, but not dry. Sift 3 tablespoons sugar over whites and beat thoroughly. Repeat until all sugar has been added. Fold in flavoring. Drop by spoonful or shape with pastry tube on baking sheet covered with paper. Bake in slow oven (250 to 275 degrees F.) about 45 minutes. Delicious served with ice cream.

SOUTH AFRICAN STEEL PRODUCTION

A vast expansion in the South African steel industry is at present under way. The S. African Iron and Steel Corporation has a present capacity of 340,000 ingot tons at its Pretoria works, but there are now being expanded to a capacity of 440,000 ingot tons. In addition new works are to be established where capacity will eventually equal that of the present works.

The full significance of the above expansion will be particularly appreciated when it is realized that iron and steel manufacturing in South Africa began on a large scale only in 1934.

Hints on Fashions

Casual But Important



The trend seems to be away from the fur-trimmed spring coat, most women preferring the separate fur scarf on occasion. To-day's casual yet important coat in woolen is striped in navy, red and gray. The diagonal stripes converge to give a slender line to the figure, and the border is used to edge the collar, sleeves, pockets and front closing. Navy bone buttons fasten from neck to hem. It's sketched over a navy jersey dress with white pique bow at neck.

THOUSANDS OF MOPS

Is the Army's Latest Demand on British Industry

When the Queen Elizabeth made her historic voyage to New York the floors of many of her great public rooms were covered with luxury carpets from a Scottish firm which in response to the Government's war demands makes anything from armament engineering to homely mop heads.

Miles of specially strong webbing for Army equipment are now being turned out in its works; cloth for the Navy's hammocks and blankets for the Services are being woven on adapted carpet looms; and when a Ministry of Supply official saw the odd bits of waste cut off in blanket manufacture he said, "We require tens of thousands of mops." So a substantial order has now been placed for these efficient but inexpensive "weapons" for keeping the Army living quarters clean.

But this versatile firm also has its own engineering plant, and work on new machinery for carpet manufacture has been suspended so that, as a sub-contractor, it can help the big engineering firms by precision-machining certain parts of aeroplanes and guns delivered to it in the rough.

In spite of all this war activity, high grade carpets are still made for export—and not only to the big Empire markets such as Australia and South Africa. Within recent months orders have come from such places as Iceland, Bolivia, Hong Kong, Kenya and the West Indies.

And to fulfill the expectations of European neutrals, carpets are now being made for the Continental market to metric instead of British measurements, and in colors and sizes specially in demand in the various countries.

HARDLY A TRIBUTE

The spectators at a cricket match were becoming impatient at the slow rate of scoring. "I wish they would play this game to-night under arc-lights," sighed one man. "Why?" asked his neighbor. "Well," was the retort, "my bedroom overlooks the ground and this is ruder better than counting sheep!"



Chronicles of... Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

Last Monday a meeting was called in this district in connection with the newly organized Chamber of Agriculture. Farmer and I were "among those present." Partner was very keen on going, but I must confess I was not awfully anxious.

We found out what little there was to be known about this Chamber of Agriculture before the meeting started, so we were more or less prepared for the discussion that took place.

Apparently this is a movement which has been started in good faith with a real desire to help the farmer. For that much we are ready to give the promoters credit. The organization is supposed to be non-political—as to what we have our doubts! It may start out that way, but later on... well, we are not too sure.

According to the explanation given by those sponsoring this new movement, the idea is to help farmers get a better price for their products. "Well," this sounds all right — for long enough we have wanted a better price for what we have had to sell but there has always been a big gap between wanting and getting. Just at present we are not too sure that this is the right time to agitate for higher prices. Certainly they should be a little better than they are to-day, but considering the fact that we are supposed to be helping the Allies to win the war, we feel that farmers as a class should be satisfied to take what they can get. For that reason we thought one of the main speakers of the evening got off on the wrong foot when he complained about the present level of hog prices. The hog price, as every farmer knows, has been set by the British market. We know it is low—too low for the farmer to raise hogs at a reasonable profit. But, supposing the farmer makes no profit at all, if he can raise hogs for shipment to the Old Country and thus help out the food problem over there, should the Canadian farmer think himself too badly used? After all, what helps England, indirectly helps Canada, too.

In the last war farmers made fabulous prices on their products. Surely we don't want that to happen again. Surely we who live in comparative safety and comfort in Canada should be ready to sacrifice something to help those who suffer all the inconveniences of black-outs and who live in constant danger of losing lives and homes.

Right now the outlook for the Canadian farmer does look pretty bleak. Our export market in some cases is practically closed but we doubt very much if the government or any new organization can do much to remedy the situation. It may be only a temporary disruption of trade and one that will eventually right itself. The war is still in its early stages; the huge surplus of foodstuffs has hardly been touched but the time will come when that surplus will surely be exhausted and the Canadian farmer come once more into his own.

Until that time comes wouldn't it be possible for the farmer to work out his own salvation—cut down on the cost of production where that is possible and make such personal economies as may be consistent with good management.

Partner and I thought that Dr. W. R. Graham, late of the O.A.C. Guelph, defined the farming industry to perfection in these few words. "Farming," said Dr. Graham, "is a mode of living and an independence." There you have the whole thing in a nutshell, because for the farmer, his work is a mode of living—he is a farmer first, and a business man afterwards. Farmers, as a whole, are notoriously poor business men because the farmer is an idealist, living close to nature. As long as the farm will provide him with a decent living, and independence he is content. But lately the farmer hasn't been able to get a decent living. To get along at all he has had to apply business principles to farming and this is so foreign to his nature that he hasn't made much of a go of it.

Of course there are farmers who are business men first and farmers afterwards—they are "successful farmers"—but the idealist is not in their class. The Chamber of Agriculture may or may not be a good thing—we cannot tell. But we are inclined to think that the farmers' difficulties, if left alone, will eventually straighten themselves out to everyone's satisfaction.

FIGHT FOR IDEALS

"I am far from thinking that the wounds inflicted on our civilization need be mortal. But I do think that we are fighting for its life; and inasmuch as that life finally depends upon the ideals that inspire it, I think we have no choice but to resist and defend by force the attack to which those ideals—your as well as mine—are now exposed." — Lord Halifax at Oxford.

THE CANADIAN WAR EFFORT

A Weekly Review of Developments Along the Home Front — Week of April 15th-19th

ADMINISTRATIVE
Chief among the changes of the past week was the formation of a Ministry of Munitions and Supply with Hon. C. D. Howe, also Minister of Transport, as Director of Administration of the War Supply Board, was appointed Deputy Minister. Mr. Shells, a veteran of the last war, is a prominent Canadian industrialist.

James C. Duncan, another well-known figure in Canadian industrial life, was appointed Associate Deputy Minister of the Department of National Defence. Mr. Duncan will devote himself exclusively to affairs of the air service. He is on loan for three months from the Massey-Harris Co. of which he is Vice-President and General Manager.

With the creation of the new Ministry of Munitions and Supply, W. E. Campbell, President of the Ford Motor Company of Canada, retired as head of the War Supply Board, which has now ceased to exist. Mr. Campbell will be available in an advisory capacity to the Ministry and has offered to serve when required.

ECONOMY AND FINANCE

The War Supply Board and its predecessor, the Defence Purchasing Board, purchased supplies to the amount of about \$150,000,000 from July 14th to the date of the formation of the new Ministry.

In addition the British Government is spending \$45,000,000 on purchase of war material and other supplies in Canada. This sum will be paid out by the end of the first war year in September. The British Supply Board in Ottawa is disbursing \$87,000,000 of this sum and has already placed orders covering \$70,000,000 with Canadian firms. The \$17,000,000 balance will be spent shortly, the whole appropriation being used for finished products, including munitions. The rest of the appropriation is being spent by the British Ministry of Supply through Canadian agencies in the British Isles or in orders placed with Canadian firms direct from Great Britain.

Developments in Denmark and Norway have cut off those countries as supply bases for Great Britain, and a largely increased demand for Canadian products to supply the deficiency is expected to arise ultimately. The effect may be felt particularly in the forest products industry, especially with respect to finished lumber, pit props and newsprint. Dairy products, it is expected, will be required eventually in greater volume, bacon, butter and eggs being chiefly mentioned in this regard.

The Canadian pulp and paper industry may be expected to supply demands of the United States which are normally filled by the Scandinavian countries. Already Canada has been affected and restrictions have been placed on the export of cod liver oil. Canada's supply of this oil comes in part from Norway and Great Britain. Steps are being taken to increase domestic production and to provide substitutes for animal and other needs.

With all these present and prospective expenditures and demands for Canadian products, employment is increasing in some parts, particularly in the more industrialized sections of the country.

WITH THE FORCES

Promotion to the rank of Major General of Brigadier-General V. W. Odium, C.B., C.M.G., D.S.O., was announced during the week by the Minister of National Defence. Major-General Odium also was appointed Inspector General of the units of the 2nd Division of the Canadian Active Service Force.

Progress of the British Commonwealth Air Training Plan was disclosed by a number of announcements. More than 300 airmen completed their R.C.A.F. course at the St. Thomas, Ontario, Technical Training School, the first class to be graduated since the school was established on December 14th, 1939. Engine mechanics, airframe mechanics, fabric workers and metal workers were among the graduates. Another class will graduate from this school on June 8th and a third class on June 24th, and thereafter some each week.

Wing Commander G. S. O'Brien, A.F.C., was appointed to command No. 1 Initial Training School at Toronto. On April 29th the first class of pilots, air observers and air gunners will report to receive instructions. Three of these schools will be established in Canada.

Number 2 Training Command Headquarters was established in Winnipeg, April 15th. Group Captain D. B. Shearer has been appointed to command. Seventeen schools for the training of pilots, air observers and air gunners will be under the administrative control of this headquarters. The Command includes part of Manitoba, Saskatchewan and Alberta. In this Command will be also an equipment depot, Winnipeg, a manning depot, Brandon and a repair depot. Malton Flying Training School has been charged with the responsibility for operating No. 1 Elementary Flying Training School at Malton. This is in accord with the policy of the Department of National Defence in recruiting air schools, developed with government assistance in peace time, to aid in the war effort. Similarly the co-operation of certain commercial aviation companies will be sought. The first direct indication of this is the selection of Dominion Skyways (Training) Ltd. to operate No. 1 Air Observers School at Malton, Ontario, which is a few miles from Toronto.

A Service Flying Training School is to be established at Brantford, Ontario, for the intermediate instruction of airmen.

RED CROSS

Almost one million pieces of hospital and surgical supplies and clothing have been shipped overseas by the Canadian Red Cross Society during the past two months to Canada's fighting forces and for distribution in certain sections of warring Europe. These include gifts to the French and Finnish Red Cross Societies, to evacuate children of London and to Polish refugees.

SOLDIERS TREATED FREE

Officers and other ranks of the Canadian Active Service Force who become ill while on leave or furlough with pay in Canada are eligible for medical treatment at Public expense, according to instructions issued by the Department of National Defence. To benefit by this treatment, they must report to the nearest military authority who will communicate with the Medical Officer of the district in which they are temporarily residing.

VETERAN RECALLS MESSAGE SMOGGLED AS PRISONER, 1917

A recent press report concerning invisible ink methods used by German prisoners in Canadian Internment Camps to smuggle out secret messages brought back memories of the last war to W. Proctor, of Toronto.

Proctor was a member of the Royal Scots Greys and the First Royal Dragoon in the last war. In 1917 he was made prisoner by the Germans and interned at Hamelin-on-Weser. During his internment he wrote his wife at that time Miss Girven, his fiancée. Still

painfully visible at the top of the first page of an otherwise innocuous letter, which bears the approval stamp of the German censor, is the cryptic message: "Things are rotten here. We have no food." Proctor had used milk as an invisible ink. Submitted to heat by his fiancée, the message had been plainly revealed. This letter has been a prize possession of the Proctors ever since. He was prompted, upon reading reports of similar endeavors by present-day prisoners, to send it along to Lieut.-Colonel H. Stethem, Assistant Director of Internment Operations and Director of the Prisoners of War Information Bureau.

"We were just hoping Granny would remember and..."

THEN
the dear old thing called
LONG DISTANCE

...and Peter really knew her voice!
That's the real thrill of Long Distance. Voices come clear and distinct. Calls completed quickly. With rates so low (particularly after 7 p.m. and all day Sunday), why wait for an excuse to call—there must be someone who would love to hear your voice to-night?

1880 1940
60 YEARS OF PUBLIC SERVICE

Commander-in-Chief Inspects Her Regiment



Visiting their training quarters in England, Queen Elizabeth inspected the Toronto Scottish Regiment, C.A.S.F., of which she is Commander-in-Chief. Members of this unit were selected for the honor of mounting guard at Buckingham Palace.

Canadian Munitions Factories Working at Top Speed

Working at full speed, Canadian munitions factories are turning out arms and ammunition for the Allied forces. A workman in one of these factories is shown using a steel chisel to punch markings into finished castings. Date, calibre of shell and other details are marked on the shell in this manner.

Equipped with precise calipers, another workman, shown using the finished shell castings against accurate measurements. Those that do not tally with required measurements are set aside for recasting.