

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

MOTHER'S DAY COOKS

By Betty Barclay

"All right, Mother! You run along and chat with Mrs. Cheer. Just give us half an hour and we'll have a dinner fit for a queen—and remember, you're our queen on Mother's Day!"

Keep mother away from the range on this day of hers. Prepare a dainty, delicious meal for her and see how her eyes will sparkle. Perhaps you can't cook as well as she, but with simple recipes like the following, either man or teen-age girl should find it easy to prepare a very delightful surprise meal for Mother.

HAM WITH ORANGE

(Serves 6)

- 6 servings fried ham (1 1/2 pounds)
 - 2 tablespoons flour
 - 2 cups orange juice
 - 2 Parsley
 - 2 to 3 Savel oranges for sauce
- Fry ham. Add flour to 2 tablespoons of fat from frying ham and cook until lightly browned. Add orange juice, stirring well to avoid lumps. Cook 5 minutes or until sauce is thick. Pour sauce around ham on serving dish. Garnish with parsley and orange slices.

MOTHER'S DAY SALAD

- 1 cup cooked, dried Lima
- 1/2 cupfuls chopped tongue or ham
- 3 hard-cooked eggs, sliced
- 1 tomato, peeled and sliced
- 1/2 cup chopped pickles
- 1/2 cup French dressing
- 1 head lettuce
- Sour cream or mayonnaise salad dressing

Prepare and combine meat, Lima, eggs and pickles. Mix with French dressing. Let stand 1 hour in a cold place. Pile on a bed of lettuce and garnish with the sliced tomato.

PINEAPPLE STRAWBERRY CREAM

- 1 package gelatin dessert (pineapple flavor)
 - 1 cup boiling water
 - 1 cup cold water
 - 1/2 cup cream, whipped
 - 1/2 cup confectioner's sugar
 - 1 cup strawberries, sliced
- Dissolve quick-setting gelatin in boiling water; add cold water. Pour into six sherbet glasses or a large serving bowl and chill until firm. Just before serving whip the cream; then add to it the sugar and the sliced strawberries. Put spoonfuls of this strawberry cream mixture on top of the gelatin and serve with a garnish of whole strawberries. Serves 6.

THREE FRUIT SOUFFLE

- 1 package vanilla arrowroot pudding
 - 1 cup water
 - Juice of 1 lemon
 - Juice of 1 orange
 - 1 banana, crushed
 - 2 egg whites
 - 2 tablespoons powdered sugar
- Mix vanilla arrowroot pudding with water, cook stirring constantly until thick and clear. Mix lemon and orange juice with crushed banana, add to pudding mixture. Cook. Beat egg whites until stiff, beat in sugar. Fold into first mixture, chill. Serves 8.

PINEAPPLE BUSH PIE

- 1 cup butter
- 1 cup sugar
- 1 cup fine crisp cereal crumbs
- Whipped cream

PIE FILLING

- 3 cups canned pineapple
 - 2 cups liquid syrup from pineapple pie water
- Melt butter, add sugar and cream, mix thoroughly. Press mixture evenly into warm 8 or 9 inch pie shell and firm. Then drain pineapple cubes. Dissolve gelatin in 1 cup hot liquid and remaining liquid. Chill until it begins to thicken. Arrange cubes in shell pour in gelatin, chill until firm. Serve with whipped cream. Serves six.

PEAR FROSTING CUSTARD WITH CINNAMON SAUCE

- 1 package vanilla wafers powder
 - 6 canned pear halves drained
 - 1 pint milk
 - 1 cup pear juice
 - 1 tablespoon cornstarch
 - 1/2 teaspoon ground cinnamon
 - 2 tablespoons butter
 - 2 tablespoons lemon juice
- Cut pears in tiny cubes, pile in 8 dessert glasses. Make frosting custard according to directions on package. Pour at once over the pears. Let set until firm—about 10 minutes. Then chill in refrigerator. When ready to serve top with cinnamon sauce.
- Cinnamon Sauce: Blend cornstarch with 1/2 of the pear juice. Heat rest of juice to boiling, add cornstarch mixture and stir until sauce boils and thickens. Stir in cinnamon, butter and lemon juice and cook 1 minute longer. Chill and serve with chilled pear frosting custard.

MIGHT BE THAT

"I am quite tired by the repeated requests for money that come from my boys," writes a reader. Suffering from a touch of the son, evidently.

Hints on Fashions

Belle of the Ball



Many evening frocks are mixing printed fabrics with solid colors, and the results are enchanting. Ready to help the wearer be the belle of the ball is this frock in filmy chiffon. The top is of black chiffon draped around the bodice in flattering folds pointing upwards in V-line-in-front and dipping to a lower waistline in back. The fully flared skirt falls in graceful folds. The design is of black leaves, contrasting dramatically with the snowy white chiffon ground.

START NOW AGAINST THE FLY

This is the time for each householder in Canada to lay plans for his own annual "pesticide" war, in which the battle is "Swat that Fly," the Health League of Canada advised to-day.

One reason for the success with which the pestiferous insect resists attacks upon him is his habit of taking up the fight each year without warning and before he is expected.

A good way to wreck his plans at this time is to spring clean the yard and every other outlying portion of the home as vigorously and thoroughly as the housewife cleans the interior. Garbage cans might be given a wash with strong disinfectant, with advantage to the household involved. No rubbish or garbage should be allowed to collect, and where manure is used for preparing the garden it should be dug under as soon as possible. Don't forget that the female fly lays her eggs in rubbish and refuse, that the grubs hatch on in a few days and shortly afterward burrow into the earth to undergo their metamorphosis. Don't give them any encouragement or help in doing so.

Many people still look on the fly as only a mild nuisance, chiefly annoying by his habits of buzzing and tickling. These "little things are nothing." If one had microscopical eyes, capable of seeing the disease germs which this enemy of mankind picks up carries around and distributes during a single day, he would take a different view of the enemy.

It may be permitted to mention only one of the fly's obnoxious manners. When you see him tramping around in the sugar bowl he is not just nibbling the grains of sugar. He can't nibble, so he regurgitates a drop of fluid from his tummy to melt the sugar, then he can suck it up. Not nice, is it?

The sooner you put up fly screens and get ready with the swatter, the better will be your chances of having a home free from flies.

THE OUTLET

"Brown fell asleep in his bath this morning with the water running. Did the bath overflow?"

"No, fortunately he sleeps with his mouth open."



Chronicles of...

Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

Seeding was in full swing the early part of last week—and farmers everywhere were losing very little time getting the land worked up and the seed drill on the go. During those days a mere woman would hardly dare ask for a helping hand to move the kitchen stove or shift the piano—dear me no! The spring rush was on and every minute counted. And then Dame Nature took a hand and the heavens let down a steady drizzle of rain. So for all their rush and anxiety to get done the farmers had to take it. The horses stood idle in the stable; the drill, stayed in the driving shed and the big spring rush was temporarily suspended. It was really rather funny—but a great break for the housecleaning housewife.

During the wet spell we took down the living room heater, cleaned the kitchen stove pipes, fixed up a place for the broody hens and I didn't have to worry overmuch if dinner were a quarter of an hour late sometimes. Of course what I mean is that Partner, on account of the weather, was around to help with all these necessary jobs. In fact I believe he began to suspect that I was hunting jobs for him, because one time I sat down for a while or is there something else you want done? Yes, he said it just like that, with that resigned sort of look that men get around housecleaning time. Naturally I was indignant. "Sit down—of course you can sit down—there isn't a thing for you to do in the house that I know of!" A little later on I did happen to mention, casually, that the living room door latch needed a little fixing but I didn't really ask Partner to do it. Nor did I think it was going to be a big job until I saw him come in with nearly all the tools from the toolbox.

Well, it really was rather wet and disagreeable for a few days, wasn't it, but I think most people are agreed that the rain did more good than harm and no doubt the land will be really to work again by Monday. Certainly the rain has brought the wheat and pasture fields along beautifully.

Probably the most worried person about the weather in our house was Son. It is almost more than he can bear to see the tractor standing idle in the driving shed. I suspect going back to school wasn't much fun after riding up and down the field all day. So far the tractor has performed very well. Pulling both the discs and harrows along behind it, it sure covers a lot of ground in a little while. I don't think Partner made any mistake in buying it and if it makes the work easier for him I am jolly glad he got it. However, the expense of the tractor has rather put a crimp into my secret ambitions for the future but since Partner did not at the time know anything about my secret ambitions he can't be blamed for that. Anyway, I still have my objective in sight and have put by any means given up hope of reaching it sometime.

Do you know, I have had a very anxious time this spring worrying about my daffodils and narcissi. You see last year I had all the bulbs taken up and laid out in a shady place. When the nights got cold I was afraid of frost, so I picked all the bulbs up and stored them in a box in the woodshed. When the time came to set them out again I found all the bulbs had started to grow, and the roots were all matted together. What a tragedy the very next day I separated them as best I could but I planted them with very little hope of success. This spring after the snow had gone, I looked anxiously for tender shoots above the ground. But not a sign of one could I see, except in places where the bulbs had not been moved. I can't tell you how disappointed I was at the thought that all my nice spring-flowering bulbs were dead because I did have a lovely lot. But, thank goodness, they were not dead. They are coming up now, all over the place, and a lot of them are in bud while the ones that were not shifted are in full bloom. Perhaps they were late because I planted them too deep or perhaps they don't do as well the first year after they have been moved. Whatever the reason I don't know but I am certainly glad to know they are still alive.

What is going to happen to the rest of the garden flowers I don't know, because the hens are making a regular dust bath of my borders. Last year the chickens hardly came near the garden, but this year, they make a beeline for it directly they are let out. Rusty will chase them if I tell him so, but he also catches them and pulls their feathers out. And that will never do, especially as the hens are laying well. I tell

Men of Many Trades Make up the Air Force

NINE OTHERS NEEDED TO KEEP THE PILOT IN THE AIR

In the British Commonwealth Air Training Plan it is estimated that one in ten airmen, forming the complement of a "flight," can be classed as pilots. Organization and administration, repair work, mechanical development and a multitude of other duties absorb the services of many men vital to the actual flying operations.

Hence a wide variety of occupations and trades will be incorporated into the Air Force. Qualifications for some of these illustrate the highly specialized nature of the work. Aero engine mechanics, with a thorough knowledge of internal combustion engines and familiar with the methods of fitting bearings, piston and piston rings, valve grinding and engine timing, are required to keep the equipment in top shape. Then there are armament artificers. These must be capable of overhauling, repairing and testing rifles, machine guns, bombs, armament and other equipment used. The armament artificer should also have a working knowledge of explosives and understand the use of metal working machinery.

Cooks must have not only a thorough knowledge of cooking, but also of meat cutting, storage or perishables and defrosting of meats and fish.

Men taken on as clerks must be capable of taking dictation at the rate of 75 words per minute and 12 type at a rate of 40 words per minute. They must be familiar with filing systems and general accounting.

The term disciplinarian has been applied to men who will have charge of the physical training of recruits. They must be competent in the instruction and supervision of physical training classes, have a knowledge of military drill, be proficient in fencing, boxing and gymnastics and be ready to take on coaching duties in various forms of athletics.

Electricians in the Air Force are expected to have a working knowledge of motors, generators, and batteries and a practical knowledge of materials used in the trade. The electrician must be able to diagnose faults in circuits and electrical apparatus, and read wiring diagrams.

The fabric worker must be familiar with cutting, machining and the fitting of fabric to aircraft, be capable to sewing by hand and of applying all types of paints, dopes and varnishes.

A knowledge of the heat treatment of tools, springs and instrument parts is a necessary qualification for instrument repairers. They must know the physical properties of materials used in instruments, be able to read working drawings, have a knowledge of electricity, magnetism, general physics and mechanics.

The machinist must know machine shop practice, be proficient in the handling of lathes, milling machines, shapers, grinders and planers. He should be able to read working drawings and understand the use of micrometer, vernier caliper, surface and depth gauges.

Motor transport mechanics, besides proficiency in repairing and overhauling trucks, must have a knowledge of map reading, police and highway regulations.

The metal workers and the metal airframe mechanic must be familiar with the use and maintenance of hand tools and shop equipment, understand working drawings and elementary geometry as applied to sheet metal work, have a knowledge of riveting, panel beating, planishing, flanging, brazing and soft soldering and acetylene welding.

Wireless and electrical mechanics should have sufficient knowledge of elementary electricity, magnetism and radio principles to manipulate wireless apparatus in common use. They must be capable of sending and receiving Morse at the rate of 18 words per minute. "Ham" operators, as amateur radio enthusiasts are called, may find in their energies and ability an excellent outlet for their talents.

Photography is of vital importance to the Air Force in modern warfare. To qualify as a photographer the recruit should be familiar with the history and characteristics of lenses and filters, have had experience in the use of different types of cameras and printing equipment, and understand the handling and chemistry of film development.

The airmen engaged in these trades and occupations within the Air Force make an important contribution to the training of pilots, air gunners and air observers.

FOREIGN EXCHANGE ACQUISITION ORDER

IMPORTANT NOTICE

As announced by the Minister of Finance, the Foreign Exchange Acquisition Order, 1940, has been enacted by Order-in-Council under the authority of the War Measures Act.

Unless exempted by the Order, every resident of Canada who, on May 1st, 1940, has any foreign currency in his possession, ownership or control, whether in Canada or outside Canada, is required forthwith to sell such foreign currency to an Authorized Dealer (i.e. a branch of a chartered bank) for payment in Canadian dollars at the official buying rate of the Foreign Exchange Control Board.

"Foreign currency", for the purposes of the Order, means any currency (excluding coin) other than Canadian currency and includes bank notes, postal notes, money orders, cheques, travellers' cheques, prepaid letters of credit, bank drafts and other similar instruments payable in any currency other than Canadian currency, and also includes any amount in foreign currency of which a resident has a right to obtain payment by reason of a deposit, credit or balance of any kind at or with a bank, savings bank, trust company, loan company, stockbroker, investment dealer or other similar depository.

The Order does not require the sale of any foreign securities.

The Order does not affect any foreign currency, deposit or securities of any non-resident of Canada and for greater certainty the Order expressly declares that a non-resident visiting Canada for business or pleasure for a period or periods not exceeding six months in the year continues to be a non-resident for the purposes of the Order unless such person enters or has entered Canada with the intention of becoming a permanent resident.

No resident is required to sell any foreign currency if he satisfies the Foreign Exchange Control Board that he held such foreign currency on May 1st, 1940, solely as trustee or agent for a non-resident and that the non-resident's interest therein had not been acquired from a resident since September 15th, 1939, except in a manner approved by the Board.

Under certain conditions stipulated in Section 1 (b) of the Order, a resident who is not a Canadian citizen may be granted exemption, but only after application for exemption is approved by the Board.

No life insurance company incorporated in Canada is required by the Order to sell any foreign currency which it needs for the purpose of carrying on its business outside Canada.

Further particulars may be obtained from branches of chartered banks. Any resident who has any foreign currency in his possession, ownership or control on May 1st, 1940, regardless of amount, should consult his bank at once in order to ascertain the extent to which he is affected by the Order.

FOREIGN EXCHANGE CONTROL BOARD

Canadian Defence Minister in London



In England and France conferring with British and French military and political leaders, Defence Minister Canadian, Mr. Vincent Norman MacLeod, Rogers is pictured here in his London. (Left, Hon. Vincent Norman MacLeod, Rogers is pictured here in his London. (Left, Hon. Vincent Norman MacLeod, Rogers is pictured here in his London. (Left, Hon. Vincent Norman MacLeod, Rogers is pictured here in his London.)

Where German Bomber Fell with Cargo of Bombs



These wrecked houses are some of the 50 destroyed by the explosion and fire when a German Heinkel bomber, loaded with bombs, fell at Clacton, on the Essex coast. The mines were detonated by the impact of the crash. Three civilians were killed and more than 100 injured. The bombing plane was blown to bits and the four German fliers died.