

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

SPRING "GREENS" DISHES

by Betty Barclay

Here are some simple recipes for simple yet healthful dishes prepared from greens that are obtainable now, or will be very soon.

DANDELION GREENS

- 2 pounds dandelion greens
- Salt and pepper
- 1 tablespoon butter

Dandelions should be used before they blossom, as they become bitter after that time. Cut off the roots, pick the greens over carefully, and wash them well in several waters. Place them in a kettle, add a little boiling water, and boil until tender. Salt the water just before cooking is completed. When done, lift them into a colander, press them to drain off all the water, and chop. Add butter, salt and pepper.

BETT GREENS

Carefully wash and clean young beets, leaving roots and tops together. Put them into a kettle with very little boiling water and allow them to cook until just tender. Salt the water just before cooking is completed. Drain as dry as possible in a colander. Chop, if desired. Serve hot with vinegar or with butter, salt and pepper.

CRESS AND DANDELION SALAD

- 1 cup watercress
- 1 cup dandelion greens
- 6 thin slices raw onion
- French dressing

The dandelion should be fresh and young. Wash the leaves carefully and drain well. Arrange them in a salad bowl with the cress. Add the slices of onion and pour the French dressing over all.

FRUIT PASTE

- Cook for 20 minutes, stirring often:
- 1 cup ground whole oranges
- 1/2 cup orange juice
- 2 1/2 cups fruit pulp with its juice (apple, peach, plum, apricot or peach)
- 1/2 cup sugar
- 1/2 cup light corn syrup
- 2 cups sugar

When mixture is consistency of a thick preserve pour 1 inch deep into a shallow pan. When cold cut into desired shapes. Roll in powdered sugar.

SURPRISE THE FAMILY WITH A WORLD CRUISE PARTY, CEYLON STYLE

If spring weather makes the family long for a change of scene, the easiest and thriftiest way to satisfy the wanderlust feeling is to give a "World Cruise Party" right at home. Take your cue from far away Ceylon and build your menu around and around tea. Here are easy recipes for these Oriental delicacies which were introduced to this country by Sir Thomas Lipton, the yachtman who became so famous as a good loser. Because his beloved mother was interested in culinary experiments he always collected recipes for her when he travelled to far countries as a young man. Long after he became a famous tea merchant, Sir Thomas continued his hobby of collecting data on unusual recipes and acquired an exhaustive file of Oriental and American cookery.

CEYLON CURRY

- 2 tablespoons chopped onion
- 4 tablespoons chopped apple (pared)
- 2 tablespoons butter
- 2-teaspoons curry powder
- 3 whole cloves
- 1 teaspoon lemon juice

Brown the apple and onion in the butter in a frying pan. Mash into a paste with a wooden spoon. Add curry powder, whole cloves and lemon juice. Simmer slowly for 10 minutes. Arrange boiled rice in a ring. Fill the centre cavity with 2 cups of cooked crab-meat, sliced hard-boiled eggs, sliced cooked chicken or sliced cooked lamb, mixed with curry gravy. To make the curry gravy, mix the Ceylon curry with a cup of stock, or water in which rice has been boiled. Heat the meat, eggs or fish in this gravy for ten minutes.

HOT SPICED TEA

- Sugar
- Whole cloves
- Stick cinnamon
- Lemon
- Freshly made hot tea

In each glass put 1 1/2 teaspoons sugar, then a thick slice lemon stuck with 3 or 4 whole cloves. Steep a stick of cinnamon in each glass. Pour in freshly made tea.

TASK OF TRANSPORTATION

To illustrate the huge task Canadian transportation systems have undertaken in respect to movement of war supplies the following statistics are pertinent: 90% of Canadian lead and zinc output, 80% of copper production, about 150,000 bushels of wheat, over 5,000,000 pounds of bacon a week and a substantial amount of lumber must be moved by rail, truck or airplane. These are only a few of the leading products already contracted for by Britain for the first year of war.

Hints on Fashions

Smart But Not Extreme



Give a lift to suit or ensemble with some good looking accessories that are smart without being extreme. A useful and attractive handbag is black patent with red stitching on its decorative strap which holds the two outer pockets in place. A new type of pump in patent leather is cut out all around leaving only the wall around the vamp. The ramp sole also has an unusual cut-out. Wide strap over the instep. White calf-skin gloves have black suede insets at wrist and cuff outlined in black hand stitching. A lovely blouse will do much for a suit. This model is of white crepe with a stitched collar band which lies in a bow centre front. Three folds down the front are stitched part way down, and plain below.

MILLIONS OF THISTLES

Now Grown in England for Finishing High Grade Cloths

The British Ministry of Agriculture is not in the least alarmed to know that millions of thistles are growing on a farm in Wiltshire, England.

These plants, equivalent to the Hibiscus in fact, will never be destroyed to make room for war time food crops, for they are themselves a valuable item in Britain's war economy.

The thistle heads are used in the manufacture of highest grade cloth of two distinct varieties: one for the very heavy but smooth uniforms of British Naval officers, the other for a specially soft lightweight cloth with a texture like doekin, produced in Britain solely for export to the United States where it has become fashionable as sport or holiday wear among well-to-do Americans.

Known as teasels, the thistle heads are fastened to a cylinder and they constantly brush against the cloth, combing the tiny fibres until the right surface is produced. A similar system, worked by hand, is used for making cloth for billiard tables, which must have an extra smooth one way surface. The scarlet peace time tunics of Guardsmen are teased by hand, too.

In ordinary mills, artificial thistles, made of wire, are used, but only the natural thistle head is capable of producing the finest results.

High grade British cloths are in demand abroad since the war in every type of fabric, from Scottish tweeds to West of England worsteds. One of the largest firms, customers of the thistle farmer, are 25 per cent up on last year's exports.

NAVAL TRADITION

Few people are aware of the significance and tradition attached to the stripes and ribbon on the collar of the Canadian Navy uniform. The three white stripes represent Nelson's three great victories: Trafalgar, the Nile and Copenhagen. The black silk ribbon, worn around the collar, commemorates Nelson's death.



Chronicles of... Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

It would seem the weatherman and the Toronto morning press are in league. You'll remember a certain morning paper warned its readers last Saturday morning to beware of "defeated" radio reports often lacked authenticity, so those interested in getting the latest war news should wait until Monday morning when they can read all there is to know in the morning paper that's what the paper said or words to that effect.

But you know what people are they will listen to radio reports in spite of press advice. So what does the weatherman do but stage a thunderstorm and does something to the CPBR broadcast station, effectively shutting our talking reporter off the air - pro tem. Fortunately CPBR was still in action and brought us "up-to-date on the news."

And that news, let us remember, is a whole lot better than it might have been. Truly we have a lot to be thankful for. One of the most heartening bits of news to us was the fact that in England they are rounding up Fifth Column suspects by the hundred. We can well imagine "Trojan Horses" in England wouldn't be very popular. And by the way, I dreamed the other night that I was chasing one of these parachute jumpers. Unfortunately I awakened before I caught up with him - which was just too bad, because I would much rather know which of us won out, even in a dream.

And what's the news around the farm? Well, it has been a very wet week. But maybe you know that! Of course it has been grand growing weather, but no good for house-cleaning. About all I've done this week is paint and varnish the top of a table. Two weeks ago we took down the heater in the living-room and now, because it is too cold in there, I can't do the work I want to do. There is also a pile of work I would like to do in the sewing room, but I can't do that, either, because the sewing room depends on the sun's warming rays for its heat. And how warm those rays have been just lately! Of course there is plenty to do in the garden, too, but alas! I have had a bad cold and every time I go out and pull a weed the cold winds blow and tighten up my chest. And then I come back in the house, make up the fires in the kitchen and dining-room and in a little while - hullo! the house so hot I have to open up the doors and windows to let it cool off again. And that's the way it goes. However, I have knitted two pairs of socks in between whiles, so when I get a little discouraged and feel I have done nothing at all this week, I just take the socks out and look at them. Oh yes, and I believe I have earned myself a cheque or something. At least two of my friends tell me I have a bit of a story in one of our farm papers. But we don't take that particular farm paper, so I wouldn't know.

Next Thursday my "brood" hens are supposed to come off. After that my next job will be to roam the country and hunt baby chicks to go with whatever chicks hatch out at home. I suppose you will say, "But haven't you ordered them?" Well, I must confess I haven't. You see, it's this way. It is easy enough to order chicks, but you can't order brood hens the same way. And since a hen is the most contrary thing that ever walked the earth, if I had ordered chicks the chances are when they arrived every hen in the farmhouse would be laying like nobody's business, without the least thought of going broody. Of course when you have chicks waiting for them is the only time hens don't go broody. Right now I have no less than twenty hens shut up to break them of this same motherly instinct. Some happy day I may have a brooder house, but up to the present time I have managed very successfully with mother hens, for all their cussedness.

Last Thursday - now what date was that? Oh yes - May 6th. Well, that was the day our Baltimore orioles came back again. This year there are two nests in the old elm tree. To my surprise and delight the orioles are doing their love-making among the spruce trees not twenty yards away from my pantry window. There sits Father Oriole, pluming his feathers and singing the sweetest love-song you ever heard. There, on another tree, sits a bashful ditiator, perches Mother Oriole, plumes her feathers, and twittering and chirping in reply. You see, that's how it goes in the bird world. Although these little orioles have, I am sure, been mated for years, Father Oriole never takes his spouse for granted but wooes her with the same ardor and passion that he showed her the first year they kept company and flew around together.

Watching the orioles doesn't speed up my work much but, "What is life if full of care, we have no time to stand and stare?"

The Canadian War Effort

A Weekly Review of Developments Along the Home Front - Week of May 16th-17th

INTENSIFIED WAR EFFORT

Parliament re-assembling at Ottawa heard in the Speech from the Throne that recent "Tragic events have served to intensify our determination to share in the utmost of our strength." Members were promised a full report on the national war effort in military and economic fields. Further measures to supplement this effort were forecast, as well as others deemed essential for the prosecution of the war and "the social and economic requirements of the country." Included among these measures will be one designed to enable the institution of unemployment insurance on a national scale.

ADMINISTRATION

Chief of the administrative changes during the week has been the retirement of Hon. W. D. Ruler to the Senate. His place in the Cabinet as Minister of Trade and Commerce has been filled by the appointment of Hon. J. A. MacKinnon on Edson, Ont. Mr. MacKinnon was Minister without Portfolio in the last Government. Hon. Pierre Casgrain, former Speaker of the House of Commons, enters the ministry as Secretary of State, taking the post occupied in the last Government by the late Hon. Fernand Rinfret.

J. P. E. Malkin, of Vancouver, has been appointed Director of Purchases for the Department of Munitions and Supply. He is a prominent industrialist and business man of Vancouver.

FINANCE

Parliament now being in session, the Government's newest plans relating to finance will be made known to the country shortly. Meanwhile active organization is proceeding on the War Savings Certificate plan. The national scope of the organization is shown by the appointment of provincial chairmen to undertake active parts in the prosecution of this thrift campaign. Among those who have accepted this responsibility are Mr. R. V. LeSueur, of Toronto, for Ontario, and Mr. Chris. Spencer, of Vancouver, for British Columbia.

TRADE AND COMMERCE

Some concern has been expressed by bacon hog producers over the surplus of supplies now held in Canadian storehouses. Hon. J. G. Taggart, Chairman of the Bacon Board, has stated: "It is a reasonable assumption that if Canada continues to produce hogs in such numbers as are possible under sound farm economy, Great Britain will want all of our supplies and perhaps, sooner now than anticipated." Point is added to these words by the invasion of Holland and Belgium and the collapse of the defence in the former country. In the past five weeks thus Norway, Denmark and Holland have been eliminated as sources of foodstuff supplies to Great Britain, and the production of Belgium has been seriously impaired.

WITH THE FORCES

With aerial warfare assuming gigantic proportions in the new phase of the conflict overseas, the British Commonwealth Air Training Plan, gathers momentum from day to day in Canada. The first class of pilots, air observers and gunners trained under the plan are receiving instruction at the No. 1 Initial Training School in Toronto, while plans for the establishment of other schools in all parts of Canada are being pushed ahead well within the pre-arranged schedule.

Arrangements have been made for the preliminary training of personnel under the British Commonwealth Air Training Plan in Western Canada at No. 2 Manning Depot at Brandon, Manitoba. Recruits for schools now in operation, have heretofore, been secured through the Manning Depot in Toronto. Flight Lieut. R. M. Smith has been appointed to command the new Manning Depot, where recruits will be classed as pilots, observers, gunners, mechanics, accountants or clerks and sent to training schools in the Regina Training Command and to St. Thomas.

Squadron Leader Arthur Woods, Professor of Mathematics at University of Western Ontario, has been appointed Chief Supervisor-Officer and Officer Commanding R.C.A.F. personnel at No. 1 Air Observers' School, Malton, Ont. This school which is operated by Dominion Airways (Training) Limited, will commence operations at the end of May, the first of ten such schools being established throughout Canada under the Empire scheme. Squadron Leader Woods saw service in the last war in the Army, the Royal Naval Air Service and the Royal Air Force.

In order to help those serving in the ranks to obtain an officer's commission in the O.A.S.P., the National Defence Department has announced that a high school leaving certificate or a certificate from a recognized Canadian university or of a Provincial Department of Education that the candidate's education is considered equivalent to matriculation will be accepted in lieu of a pass standard in matriculation examinations of a recognized Canadian university. The Department of National Defence announced during the past week that the Royal Canadian Mounted Police would be required to furnish only reinforcements for the Provost Company now overseas and that in the formation of a provost company for the 2nd Division, C.A.S.F., the Department will look to other sources than the R.C.M.P.

Canada's Historic Highways

Commemoration of several of Canada's earlier roads by the National Parks Bureau, Department of Mines and Technical Surveys, in co-operation with the Historic Sites and Monuments Board of Canada reveals that Canada's highways are rich in historical associations.

The first highway of importance in Canada was the Chambly Road in the Province of Quebec, which was opened in 1668 under the instruction of M. de Courville, Governor of New France. It was built by the French to connect Montreal with the chain of forts along the Richelieu River as a defence measure against the Iroquois Indians. In Ontario the Niagara Portage Road between Queenston and Chippawa was opened by the United Empire Loyalists in 1788. It was the principal route of travel to the Upper Lakes region and served as an important strategic position and line of communication during the War of 1812-14 and the Rebellion of 1837-38.

Yonge Street, which leads into Toronto from the north, was planned by Lieutenant-Governor Simcoe in 1793, as a military road and commercial highway between Lakes Ontario and Huron. It was laid out and constructed by the Queen's Rangers in 1794-96, and named in honor of 2nd George Young, a member of the British Government who later became the Governor of the Cape of Good Hope. Dundas Street (The Governor's Road) was planned by Governor Simcoe in 1793 to promote the settlement of the province. It provided communication between Lake Ontario and the Thames River and was named after the Honorable Henry Dundas, Secretary of State for War and the Colonies.

In Western Canada three historic roads have been marked: the Dawson Road, the Roseau Route, and the Cariboo Road. The Dawson Road, a land and water route from Fort William to Red River was Canada's first attempt to provide an all-Canadian highway linking the East with the Prairie Provinces. Surveyed in 1858 and completed in 1871, this road was 530 miles long and took its name from the engineer who carried out the survey.

The Roseau Route was the war road of the Sioux Indians leading to the Lake of the Woods, and it was also the earliest route to the West used by the French explorers and traders under La Verendrye in 1733.

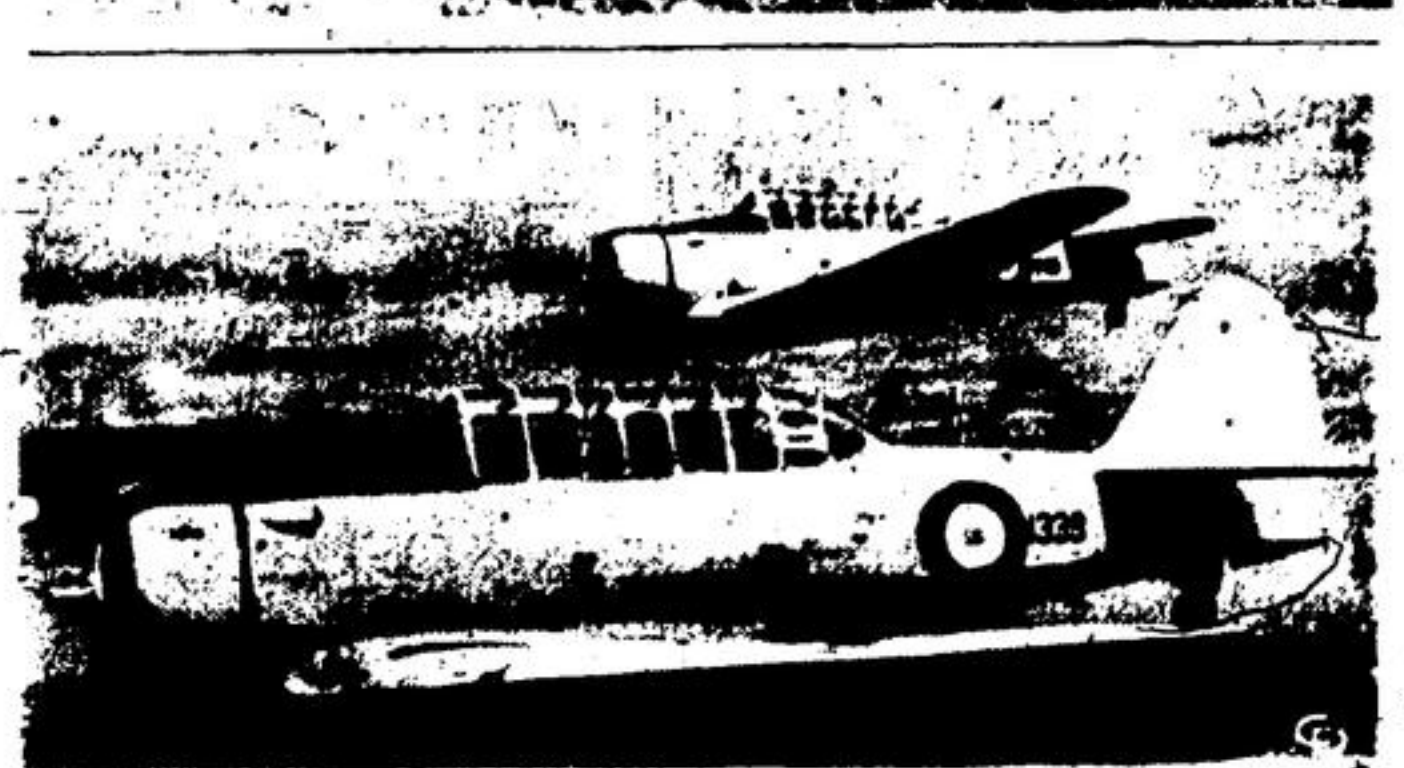
The Cariboo Road in British Columbia, was completed in 1865 and played an important part in the gold rush to the Cariboo area. This road runs from Yale to Barkerville, and the wealth in gold which has passed over it is estimated at more than forty million dollars.

In the early days roads were auxiliary to water routes as avenues of transportation. They were used during the summer season when portages were necessary to avoid obstacles in rivers and lake travel, and in winter when ice prevented navigation. With the spread of settlement and the demand for means of communication between centres of population, overland routes became necessary and road construction got under way in the pioneer stages of the development of the Dominion. The advent of the automobile and the consequent rapid growth of tourist traffic gave added impetus to road-building, with the result that Canada's highways now comprise about a half million miles.

PRISONERS' CASES REVIEWED

The right of appeal has brought liberty to two former prisoners of war interned in Canada whose cases were reviewed during the past week. According to Lt.-Col. H. Stethem, Assistant Director of Internment Operations, review of cases continues daily. Prisoners, who were interned as enemy aliens, are released only after convincing evidence has proved that their liberty will not endanger the state.

R.A.F. Officer Inspects Trenton Base



Mr. Vice-Marshal L. D. D. McKean, Chief Liaison Officer for the British Air Force mission, assisting in development of the Empire Air Force Training Scheme in Canada, paid his first visit to the R.C.A.F. base at Trenton, where he inspected all sections of the big flying school. Mr. Air Vice-Marshal McKean is pictured, centre, with brief case, arriving for the inspection and below, two of the R.C.A.F. "Harvard" trainers in use at Trenton, are pictured during a demonstration flight.

Holland Queen Driven Out by Germans



Steering her country through a series of the gravest crises in its history, Queen Wilhelmina of Holland, is to-day in England, whence she was forced to flee after the German invasion and crushing of the Dutch army of 400,000. She is shown here at a Dutch naval base during a recent tour of inspection.

Leaves Canada to Fight for Native Belgium



Jacques de Brabant, 26, a Belgian army lieutenant, left en route to serve overseas. Head of a 7,000-acre Waldorf-Astoria Hotel, New York City, where he stopped, he was to be arrived by plane from Montreal. His wife will return to Canada.

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