

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

FROM-FREEZING TO PLEASING

By Betty Barclay

Quick-freezing is the modern miracle that's put an end to seasonal limitations for every-day family budgets. Scientists have taken a tip from the Eskimos and seal in the full ocean tang of fresh caught fish by quick-freezing them instantaneously at sub-Arctic temperature. Fruits, vegetables and meats are quickly frozen right near the farms at the exact moment when their flavor is best.

The preferred method of cooking quick-frozen vegetables is to drop them in boiling water while they are frozen solid. It is best to defrost quick-frozen meat and fish at room temperature. The cartons indicate the time required. Quick-frozen fruits take about four hours to defrost at room temperature and slightly longer in the refrigerator.

Here are recipes for two seasonal treats.

BAKED HADDOCK

(With Dressing)

2 packages quick-frozen fillet of haddock
Salt and pepper
Mushroom dressing

Place fillets (frozen or thawed) in buttered shallow baking dish. Sprinkle with salt and pepper and spread with dressing. Bake in moderate oven (375 degrees F.) 35 to 45 minutes. Serves 4.

For dressing, saute 1 cup chopped mushrooms and 1/2 tablespoons chopped onion in 3 tablespoons butter 5 minutes. Add 1 teaspoon salt, 1/4 teaspoon pepper, 1 teaspoon chopped parsley, 1 tablespoon water, and 1/2 cups fine bread crumbs, and mix lightly with fork.

PEACH MOUSSE

1 box quick-frozen sliced peaches, thawed

1/2 cup sugar
1/4 teaspoon salt
2 drops almond extract
1 cup cream, whipped

Crush peaches until thoroughly mashed, or force through coarse sieve. Add sugar, salt, and almond extract to peach pulp; fold into whipped cream. Turn into freezing tray of automatic refrigerator and let stand 2 1/2 to 3 hours, or until firm. Or turn into mold, cover with waxed paper, press cover tightly down over paper, and pack in equal parts ice and salt; let stand 2 1/2 to 3 hours. Makes 3/4 quart mousse.

LEMON WHITE SAUCE FOR VEGETABLES

(Serves 6)

2 tablespoons butter, melted
2 tablespoons flour
1/2 teaspoon salt
1 cup liquid from vegetable (or milk)
1 to 2 tablespoons lemon juice

Blend butter, flour, salt, and liquid. Cook until smooth and creamy, stirring constantly. Add lemon juice. Serve over 26 cups hot cooked vegetables.

FOR LIMA BEAN LOVERS

I have headed this with the title "For Lima Bean Lovers" but who doesn't love those luscious dried Limas that lend themselves to so many salads, soups and main-course dishes? Perhaps I should have said "New Ideas for Lima Beans Lovers." Anyway, here are two recipes that I am sure will please:

TAMALE PIE

(A one dish meal)

1 cup cooked, dried Limas
1 pound cooked ground beef
1/2 pound cooked ground pork
1 tablespoon chili powder
1 cup ripe olives, pitted
2 cups raisins
2 cups milk
1/2 cup cornmeal
1/2 teaspoon salt

Mix all ingredients in order given, turn into a buttered baking pan and bake about 1 hour in moderate oven (350 degrees F.)

LIMA CROQUETTES

2 cups cooked, dried Limas
1 tablespoon tomato catsup
1/2 teaspoon powdered sage
1 cup fine dry bread crumbs
1/2 cup cream
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon poultry seasoning

Rob Limas through a coarse strainer. Add crumbs, cream, salt, pepper, sage and egg. Shape in the form of small cylinders. Roll in crumbs, dip in egg beaten with 2 tablespoons cold water and again roll in crumbs. Fry in deep hot fat (350 degrees F.) until brown, then drain on soft paper. Place on serving plate and garnish with rings of fried apple.

PROGRESS REPORTED

The telephone in the police office rang. The call was from a new policeman. He said: "A man has been robbed down here, and I've got one of them." "Which one have you?" asked the chief. "The man that was robbed."

Hints on Fashions

Table-Top Gingham



Sticky weather and out-of-town guests invariably arrive together. Plan to entertain in town in sheers, which, incidentally, needn't be navy or black with touches of white. How about a bright tissue gingham above the table top? This thin, highly washable material leaves you free to sit and sip, with never a thought of soiling your dress. It takes to tucks and pleats as readily as handkerchief linen and what's more, doesn't show wrinkles half as badly. Thin straw hats, white linen or white plique du jour to tissue gingham, seen most often in one-piece styles.

DEFENDING BRITAIN BY BICYCLE

Thousands of Cyclists Line Up Against the Enemy

The war has given the bicycle the status of "light cavalry" on Britain's civil defence front.

25,000 of them are being mobilized by the National Cyclists' Union as a swift resort to parachute invaders.

The Ministry of Home Security regards the skilled cyclist as invaluable on roads which may be made impassable to heavier vehicles or when the telephone is put out of action.

Chester and Brighton have led the way in setting up First Air Cyclists' Corps as a vital part of their A.R.P. scheme. The Corps are equipped with first aid boxes, helmets and respirators, and on a test they have saved 28 minutes in treating "casualties."

Shortage of petrol has caused a rush on bicycles since the war. Women have become such enthusiasts that special fashions in cycling suits have been designed for them. A great part of the British industry's output is, however, produced for export, and manufacturers have formed an export group in association with the newly formed Export Council. In 1938, the last year for which figures are available, Britain exported 576,456 bicycles, of which 159,166 were to countries outside the Empire.

GIFT TO CANADA

Miss Martha Webber, of Ottawa, has sent a cheque of \$10 to the Minister of Finance with the remark that "if it will send one plane faster to the battle field will ease the feeling of being only an onlooker at the agony of our brothers."

SALLY'S SALLIES



Chronicles of... Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE F. CLARKE

Some of the farmers around here are beginning to get worried. You see, there has been such a lot of rain that the spring crops are starting to turn yellow. Farmer had noticed it in our own fields and then, driving through the back country this afternoon, we noticed that this yellow look on the spring grain was pretty general all through this district, although we did think the fields looked greener where the land was more rolling. However, we can still hope for the best and in any case it is a real treat not to have to worry about a water shortage for a change.

Another of our worries is that we have no garden in yet. I expect that, south of a lot of you are already using a lot of good things from your back gardens. But you must remember a small piece of ground in a sheltered spot has a lot better chance to dry out than a larger garden plot which may also be part of a field, which is what we often have in the country. I can tell you when I look at where our garden ought to be, I am jolly glad it isn't because it would have been too wet to get the hoe on it and the ground would have baked as hard as a board.

There is any amount of wild strawberry bloom in the fields and along the fences, so I am hoping this is going to be a real good year for berries. I am wondering how the lilac is in other districts. Generally we have such quantities of lilac when it comes into flower, but this year there is less than I have ever had before. One bush hasn't a bloom at all and the other about a quarter of what it usually has. However, there is enough to scent the garden, so I guess I won't grumble.

Have any of you flower lovers seen a double narcissus? We have them in our garden—just two small clumps of them—and they are lovely. I have never seen this same flower anywhere else myself and it is always a stranger to anyone to whom I show it. I am wondering if it is a hybrid of some kind, because it just seemed to grow itself, appearing suddenly by one year among the daffodils and other narcissi, after all the other varieties had bloomed and died. It has a lovely perfume and a very long stem.

Well, the war news has certainly been a lot more cheering this week, hasn't it? I guess everyone was just about stunned at the surrender of King Leopold of the Belgians. But now we hear that four-fifths of the men who were trapped in Flanders have been evacuated. It doesn't seem quite the disaster it did at first. I remember early in the week hearing, or reading, that H. G. Wells said of the British that "as danger increases, their courage rises." That, I believe, is absolutely true. It takes something to arouse the typical Britisher from his in-born lethargy—but once he is aroused, then let his enemies watch out!

We have been pretty busy in our institute this week. There have been quite a number of interesting things to do, but it does please me to see a nice big bale of stuff go down to the Red Cross and know how much good it is going to do wherever it goes. Sometimes one gets awfully tired doing all this work, but as well as an ordinary work, but whenever I feel that way I try to remember that however tired we women get, we cannot be nearly so tired as the women to whom these quilts and things are going. There is another thing—the more you work the less you worry. For one thing when you are working you have less time to worry, and then again when you are doing war work you feel better anyway because you know you are doing something, however small, that will help someone who may have lost everything.

There are people who are getting quite jittery about the war, and often it just happens that those very people are not doing very much for the troops or refugees. It may be that they neither see nor feel or perhaps it just is that they have not had the time. Nervy people are so apt to themselves or anyone else, and they certainly will not make it easier for us to win the war. The cure for nerves often lies with the people themselves and I am absolutely certain if such persons would take the time to make something, do something to help our war effort, they would soon find they were doing a bale good for themselves. Every tremendously helped to send the Red Cross from our institute I look at it and I marvel that so much work should have been done by one small group of women. And then I think of the comfort it will bring to the sick and the weary and the soul satisfaction I know it has already brought to those responsible for the work.

SURELY NOT!

First Golfer—I know two Scotsmen who were playing golf one day under a scorching sun and one of them had a stroke.
Second Golfer—Yeah?
First Golfer—And would you believe it, the other one made him count it!

The Canadian War Effort

A Weekly Review of Developments Along the Home Front — Week of May 24th to 31st

SUMMARY

Hitler's Blitzkrieg in Europe has brought rapid expansion to Canada's war plans. In brief, developments during the week are:

1. Rifle battalions for Fourth Division to be created immediately.
2. Five thousand applicants for enlistment in the Royal Canadian Air Force to be called up.
3. Veterans' Home Guard of 3,000 men established.
4. Reserve Companies of veterans to be organized.
5. Estimated that including Third Division, previously announced, expansion will mean addition of from 35,000 to 40,000 to Canada's Armed Forces.
6. War Appropriation of \$7,000,000,000 passed by Parliament.
7. War Savings Certificates and War Stamps put on sale.
8. War purchases by Department of Munitions and Supply and predecessor Boards passed \$300,000,000 worth.
9. Measures to expedite purchases and to acquire materials approved and established by Order in Council.
10. Air Vice-Marshal Croll appointed Inspector-General of the Royal Canadian Air Force. Air Commodore L. S. Broadner appointed to succeed Air Vice-Marshal Croll as Chief of Air Staff.
11. New orders given increase output of Canadian plants to 4,500,000 shells of all calibres.
12. W. F. Drysdale appointed Director of Munitions.
13. Small arms ammunition plants enlarged to capacity of 250,000,000 rounds.
14. Work on explosives and other factories accelerated.

FINANCE

Hon. J. L. Ralston, Minister of Finance, was given a complete clearance on his war appropriation bill of \$7,000,000,000 by both Houses of Parliament. The Bill covers allotments for pay and allowances for the fighting forces, among other things. The militia services required up to March 31st of the current year \$38,865,000, the Naval service, "Something in the vicinity of 140,000,000," to quote the Finance Minister. Estimates for the current year include the Navy, about 100,000,000, the Second Division, about 143,000,000, the Canadian Corps \$45,000,000 and the Third Division \$38,000,000. Savings certificates and War Stamps went on sale throughout the Dominion, and were well received. Strong public support for this means of financing the war was in evidence.

MUNITIONS AND SUPPLY

Mr. W. F. Drysdale was appointed Director of Munitions during the week. Mr. Drysdale, who serves without remuneration, has been Vice-President of the Montreal Locomotive Works since 1932. A mechanical engineer of wide experience, he has seen service in Europe and North and South America. Further extraordinary powers conferred upon the Ministry of Munitions and Supply by Order in Council, enable the setting up of a Government owned commercial enterprise to acquire materials in case of urgency and when it is not deemed in the public interest to call for tenders. This organization will be a corporation, all assets of which will be held by the Minister of Munitions and Supply, who must obtain the approval of the Finance Minister before making such purchases. The power to expend is limited to \$5,000,000 in total.

Canadian plants engaged in the manufacture of munitions now numbering eight in all will be increased to thirteen by the additional orders now placed. The output will be increased from 2,250 shells to 4,500,000, inclusive of 40 millimetre, 18 pounder, 25 pounder, 37 inch, 8 inch and 3.2 inch shells. Canadian plants are also manufacturing corresponding quantities of cartridge cases and fuses. Some sixty different Canadian companies are doing this work. During the week purchases running to more than \$1,000,000 were made of special munition machines, machine tools and other equipment. These are designed to enlarge the production of Canadian small arms ammunition plants by 250,000,000 rounds per annum.

Explosive plants of the Dominion are also being enlarged rapidly and the output of existing plants has been increased materially.

OTHER SUPPLY MATTERS

In the matter of tanks and their supply Mr. C. D. Howe told the public of the difficulties pertaining to production. Not only had the original program undertaken in connection with the British Government to be re-cast at the cost of some delay, but the complications surrounding the task of initiating production in this country are great. For the kind of tank Canada would like to build armor plate 4 1/2 inches thick is required. This can be obtained only in one or two places in the Empire and one or two in the United States. The problem is one of challenging the whole genius of Canadian manufacturers.

During the week ending May 25th, the Department of Munitions and Supply awarded 785 contracts of a total value of \$2,853,953. They included foodstuffs, clothing, naval and military stores, mechanical transport, aircraft supplies and other miscellaneous stores and equipment.

Canadian industry engaged in war contracts responded enthusiastically to appeals by Hon. C. D. Howe, Minister of Munitions and Supply, to speed up their rate of production. All over Canada the response was immediate and unanimous.

conveyed by wire and telephone. Holidays will be cancelled in some plants and others agreed to work on the double shift or overtime plan.

TRANSPORT

Further means of expediting essential work is provided through an Order in Council directing that all works undertaken with the Canadian Air Force in connection with aerodromes be regarded as works of pressing emergency. This enables the Minister to proceed without inviting tenders. Such work, however, has to receive the approval of the Governor in Council.

WITH THE FORCES

News of the safe arrival in England of the No. 112 City of Winnipeg Army Co-operation Squadron was received with satisfaction and much content occasioned by their speedy voyage overseas. This Squadron, the second R.C.A.F. unit to proceed to England, will act as a reserve for No. 110 (City of Toronto) Army Co-operation Squadron, already overseas; Squadron Leader W. F. Harris, commander, No. 112 Squadron.

As indicated by Hon. C. G. Power, plans for the British Commonwealth Air Training Scheme are being accelerated. Announcement was made that Air Vice-Marshal G. M. Croll, A.F.C., Chief of the Air Staff, has been appointed Inspector-General of the Royal Canadian Air Force. Air-Commodore T. S. Broadner, D.S.C., becomes the Chief of Air Staff. He has a distinguished record of service with the R.N.A.S. and the R.A.F. during the Great War, and has been a member of the Air Council since November, 1938. Air-Commodore Broadner has been associated with the Canadian Air Force in a variety of executive capacities since 1920.

Announcement was made that plans have been completed for the establishment of another seven schools for the training of pilots, air observers and air gunners. Elementary Flying Training Schools will be set up at Regina, Sask., Penhold, Alta., and Edmonton, Alta. Service Flying Training Schools will be established at Dunnville, Ont., and at Medicine Hat, Alta. Relief aerodromes for the school at Dunnville will be located at Kohler and at Welland, and for the one at Medicine Hat at Holton and Whittia. St. Hubert Airport, Montreal, has been selected as the site for an Air Observers' school and an Air Navigation School will be established at Rivest, Man. The eye standards for admission to the Canadian Active Service Forces have been considerably lowered. Men wearing glasses will now be admitted into the artillery, infantry and other arms. This will be good news to hundreds who have previously been rejected.

Polish Airmen Fight with Allies

By Dr. Stefan Litauer

The bulk of the Polish air force escaped falling into the hands of the German invaders. The majority of the Polish airmen found refuge in neighboring countries, like Rumania, Hungary, Lithuania and Latvia. Most of them have by now succeeded in reaching the Allies—France and Britain.

The Polish air force has now been formed into two main groups: the fighters in France and the bombers in Great Britain. Over 1,500 officers, non-commissioned officers and men are being trained "somewhere in England."

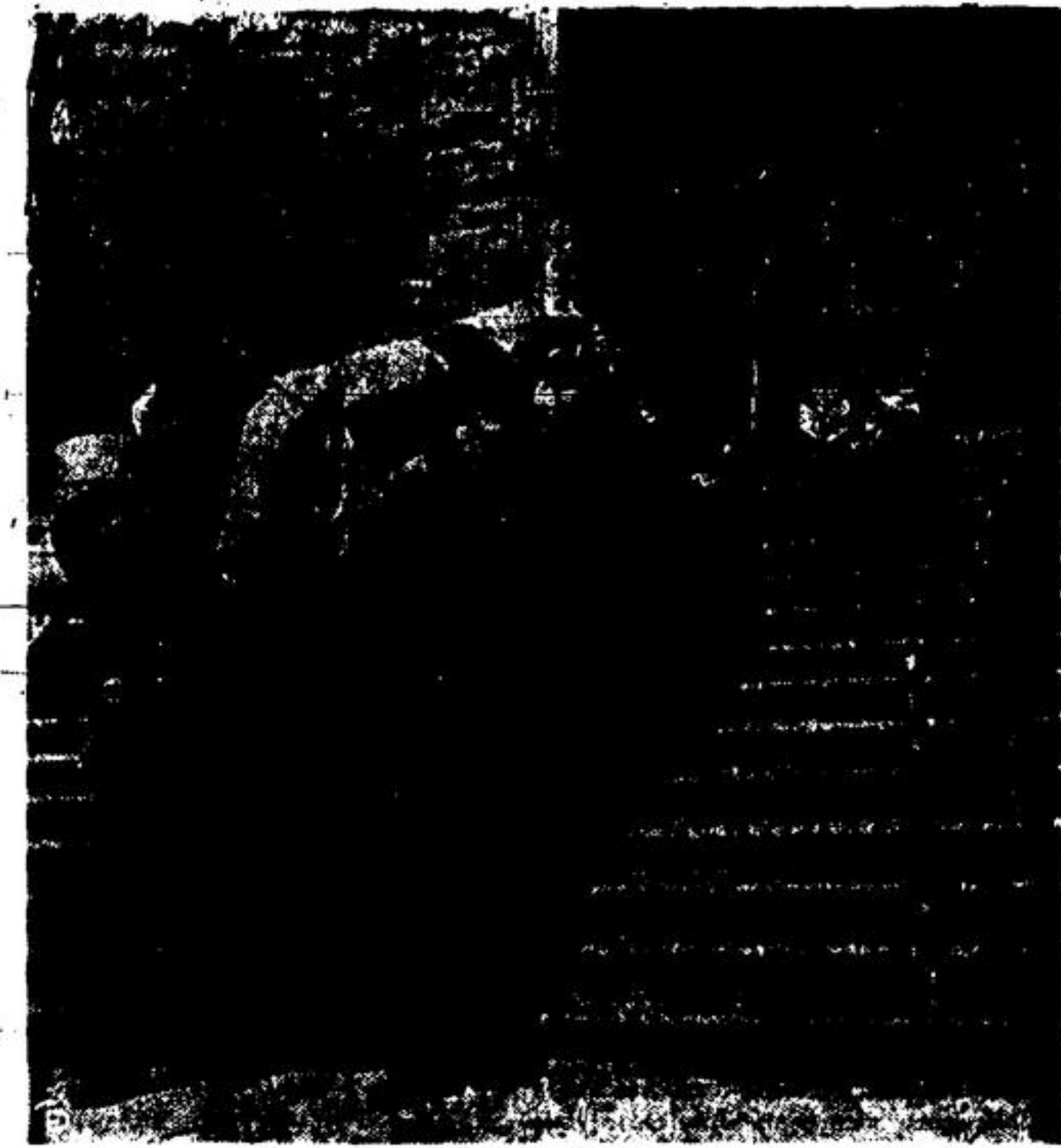
Among them are pilots of world fame who have flown the Atlantic, on long distances to the Far East and who have been concerned in many other exploits in the air.

The Polish air force in Great Britain wears British Royal Air Force uniforms. The only distinction which makes them recognizable as Poles is a little arm badge with the inscription "Poland," similar to that worn by Canadian airmen.

The Polish air force containing a great majority of trained pilots, observers and ground personnel, is undoubtedly a considerable contribution to the strength of the Royal Air Force. The spirit of the Poles is indomitable; their only desire is to get into the air and to strike at the Germans.

Blended For Quality "SALADA" TEA

At Funeral of Canadian Army's Adj.-General



Soldiers, civilians and airmen took part in the funeral procession of Major-General H. H. Mathews, Adjutant-General of the Canadian Army who died in Ottawa. The funeral procession is shown here leaving All Saints Church, Ottawa.

Governor-General Inspects Canadian Troops



The Earl and Countess of Athlone photographed when they reviewed the Canadian troops stationed at Aldenhot, England. At the right is Major-General McNaughton, in command of the Canadian Overseas Force. The Earl and Countess will shortly sail for Canada, where the Earl will assume his duties as Governor-General.

Helpless Refugees Reflect Nazi Terrorism



This French mother and child, left, have seen war in all its fury. They are pictured as a refugee couple in France after having fled along with thousands of others in constant fear that at any moment they would become the targets for Nazi aerial machine gun-

ners, in sleep, a little hood-headed French child, carried by a foot-sore and weary mother. Right, finds escape in the land of dreams from the horrors of war. Slung over the mother's shoulder is a gas-mask container.