

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

THE SALAD BOWL

Not everyone is privileged to watch the first shoots of green coming through in a vegetable garden, but signs of spring in city markets are bunches of crinkly, fresh lettuce, crisp, red radishes, little white scallions, green cress and tender asparagus tips.

There are a few points to be remembered in creating a salad from these fresh foods:

1. Greens should be dry, crisp and cool.
2. The dressing should be thoroughly chilled and added just before serving.
3. If other ingredients are used, they should be cut in attractive small pieces.
4. A green salad should be lightly tossed with a fork, not stirred. A variety of greens may be used. Lettuce is, of course, the common one and green leaf lettuce has more flavor and food value than the bleached varieties. Chinese cabbage, watercress, endive, young shoots of Swiss chard, beet tops, spinach and delicate garden cress are all excellent salad greens.

The variations are innumerable. Sliced radishes, scallions, raw or cooked asparagus, strips of celery and carrot, cubed potatoes, hard cooked egg, crumbled cheese, bits of cooked meat or flaked cooked fish may be blended with any green salad. The amount of these ingredients should be small in proportion to the greens to keep the salad of the crisp rather than heavy type.

Some special salad recipes are recommended by the Consumer Section, Marketing Service, Dominion Department of Agriculture.

LETTUCE ROLL SALAD

- 1 package cream cheese
- 1 cup ground cooked ham
- 2 tablespoons chopped pickle
- Mayonnaise
- 6 large lettuce leaves

Mix cheese and mix thoroughly with ham and pickle. Spread a thin layer of this mixture on each leaf of lettuce. Form into rolls and chill. Cut into one-inch lengths and place three or four of these rolls on a leaf of lettuce. Serve with Boiled Dressing.

LUNCHEON SALAD

- 2 heads leaf lettuce
- 1 hard cooked egg, sliced
- 3 scallions, sliced very thinly
- 1 cup cold cooked potato, diced
- 1 cup cold boiled ham, sliced

Just before serving, shred lettuce. Mix all ingredients lightly, adding French Dressing as desired.

GREEN LETTUCE MOULD (Serves 6)

- 2 tablespoons gelatine
- 4 cup cold water
- 1 cup mild vinegar
- 2 cups boiling water
- 1 teaspoon salt
- 2 cups leaf lettuce (fine shredded)
- 1/2 cup pimiento (finely chopped)
- 1 teaspoon finely chopped onion
- 1/2 cup sugar

Soak the gelatine in cold water five minutes. Add vinegar, boiling water, onion, sugar and salt. Stir until dissolved. Strain and cool. Arrange the lettuce and pimiento in a wet or carefully greased mould. Pour the cooled mixture over this and chill. Serve on lettuce leaves with salad dressing.

FRENCH DRESSING

- 1 cup olive oil
- 1/2 cup vinegar
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon paprika

Put ingredients in a screw top jar. Shake well before using. Keep in refrigerator and shake each time it is used.

BOILED DRESSING

- 1-1/2 teaspoon salt
- 1 tablespoon mustard
- 1/2 tablespoon flour
- 2 tablespoons sugar
- 3 egg yolks
- 2 tablespoons butter
- 1/2 cup of vinegar
- Speck of cayenne pepper

Heat milk in double boiler. Mix dry ingredients and pour hot milk over. Return to double boiler and stir constantly for five minutes. Add egg yolks and stir until thick. Add vinegar slowly if heated it lessens the time. Add butter and stir until dissolved.

THIN WEDDING RINGS IN GERMANY

Hitler's new cutting down on wedding rings. A rapidly diminishing gold supply is one of Germany's troubles. Official decrees, published in the Frankfurter Zeitung, reveal the Reich frowning so short of gold that the German fountain pen may no longer be fitted with gold nibs; that gold is not to be used as a mount for precious stones and even romantic Leisichen's wedding rings must be of no more than a carat gold. Last the bride should be hampered to secure a heavier wedding ring; another decree steps in with another "verboten." For the total weight of metal in the ring is also limited.

Hints on Fashions



Although seen around town in the cool of the morning, the red flannel jacket is also as popular as ever with vacationists. The one sketched gets its new look from four bellows type pockets and a belt which starts from each side of the side seaming. Wear it as shown or slung, sleeves dangling, over your shoulders.

White straw fabric makes the easily packed hat edged and banded in bright red felt.

Keep On Producing as You Have Done

Hon. J. G. Gardiner, Minister of Agriculture Says War Effort Does Not Require Rapid Switching from One Product to Another

Canada's Agricultural Policy in relation to its war effort was disclosed by Hon. J. G. Gardiner at some length in discussions in the House of Commons last week. When the war came he pointed out, there was in Canada considerable surplus of most farm products. There was a very large surplus of wheat and even now it is the largest in history. There are also large surpluses of pork and dairy products at the present time.

Mr. Gardiner said that those who have studied the situation estimate that larger quantities of products would be required next summer because of the enlistment of farm hands in the army and other causes.

What should the farmer produce? The Minister of Agriculture, answered this question by these words: "We have been constantly saying, and we think it is the proper thing to say, that the farmers of Canada can best serve the interests of Canada and the interests of the Allies, by continuing to produce those staple products which they were producing before the war started. That is insofar as they were producing wheat. They should continue to produce wheat. Insofar as they were producing different types of live stock, they should continue to do so."

There might be some difficulty in marketing some of the less staple products, such as fruit, even during the later years of the struggle in which we were engaged, the Minister thought. There certainly would be difficulty during the earlier years. But the Government felt that those who had been engaged in the production of staple products should continue because those were the products which were going to be most needed through the war period. "If possible they should try to do it to better effect," he said. "They should try to produce a better product and a little more of that product if they can, but they should not attempt to switch rapidly from the production of one thing to the production of another."

SALLY'S SALLIES



Chronicles of Ginger Farm

Written Specially for The Acton Free Press GWENDOLINE P. CLARKE

These are anxious days for everyone and particularly for those who have people living in the Old Country. It is only natural when we hear by radio of air raids over England and Scotland that we should wonder if our own folk are safe. And even if those we know are spared, we still have to think of the peace of our familiar country being shattered and desecrated by murderous bombs and shells.

To every old country person there is some particular spot that is especially dear—perhaps a little bit of Sussex downs; the hills and peaks of Derbyshire; of Suffolk meadows or it may even be the old familiar streets and suburbs of London—Highgate, Fincham, Rye, Finchley or Hampstead Heath. Yes, "God gave all men all earth to love. But since our hearts are small. Ordained for each spot should prove Beloved over all."

And then we think of the children—the little innocent children—being moved back and forth from one place to another—how is this war affecting them? Shall we in Canada be able to make these little ones happy—to help them in some way to bear the parting from mother and home? At least we can try. We can love them and give for and treat them like our own, for the poor wee souls will need all the loving we can give them.

Yesterday we sent two cables to England—one to Partner's people and one to my married brother, offering a home to any of our young relations that they might like to send over to us. We have no idea whether any of them will come but we feel more comfortable now we have made the offer. If none from our own families arrive then we shall be prepared to take any little strangers who may need a home and make them as happy as we can.

Yes, we in Canada will soon find plenty of work to our hand.

On Monday the budget comes down and here's hoping nobody blows up when its contents become known. I rather fancy there has already been barrels and barrels of gasoline sold just recently in anticipation of an increase in price. Now, isn't that patriotic? If gas should go up—and nobody knows whether it will—but if it should, isn't that extra tax a means to raise funds to win the war? That being so, how shall it profit us to evade the tax?

What was it Churchill said: "I can only promise you blood, tears, toll and sweat!" In each instance we in Canada have been fortunate up to the present, even to casualties. According to the BBC there have been only twenty-one Canadian casualties, and none of these were killed in action.

As regards toll and sweat, we have been clamoring for the chance to work for weeks and months the cry has gone forth, "Why doesn't the Government do something—why don't they speed up recruiting—why don't they make more guns, aeroplanes, tanks and ships?" Well, the Government is doing something now—and for that, glory be—but whatever is done has to be paid for. And so we have the budget—and it is up to us to show how well we can take it.

And here's a thought! Surely the people who have been laboring the government so mercilessly for past inactivity, surely they couldn't be the same ones who have been laying in a supply of this, that and the other against a possible increase in prices when the budget comes down! That wouldn't be logical, would it? And yet—I wonder! Well, the war in France is over—at least one phase of it is over. The peace pact has been signed. "Peace" is what a terrible misinterpretation of the word. Rather should we say, "fighting" has ceased. Now, at last, Britain knows where she stands—with only her own soil to defend—and we all know how bravely she will do it.

Our immediate problem just now is war weather and what to do about the hay. Also the budget has been made known and it is no worse than one might have expected. I haven't a doubt we shall be able to bear up under it.

A little while ago we had a reply to one of our cables. The message ran, "Deeply grateful—matter under consideration." So now we await further developments. The funny part of it is, we have been away from England so long we really don't know how many small relations we have. So we may find ourselves with quite a family, if all goes well.

ALSO EFFECTIVE

Bishop—And I suppose you first learned right from wrong at your mother's knee? Candidate for Ministry—No, across my father's.

The Sunday School Lesson

FOR SUNDAY, JUNE 30th

JONAH: THE OUTREACH OF GOD'S LOVE

Golden Text.—Salvation is of the Lord, Jonah 2: 9. Lesson Text.—Jonah 3: 1-10; read also 4: 10, 11. Time.—About 862 B.C. Place.—Nineveh. Exposition.—I. "Preach the Preaching That I Bid Thee," 1-4.

"The word of Jehovah came unto Jonah the second time." It was wonderful grace on God's part that it did.—God does not always give us a second chance when we refuse the first (Num. 14: 40-45). Jonah was simply to preach the preaching that God bade him (v. 2). We are not to preach what prudence dictates or what policy suggests or what pleases the people or what we have reasoned out, or what we think or guess, but simply what God declares. It matters not whether men will hear or forbear (Ezek. 2: 7). We are to preach all God bids us preach (Jer. 1: 17; Acts 20: 27). The Hebrew word translated "preach" means literally "to cry out" or "call out" and sets forth the intense earnestness and insistence that is necessary on the part of the true representative of God. Jonah proved the genuineness of his own repentance by immediately rising and doing as he was told. He went without asking any questions. The great secret of a happy and useful life is doing at once just what God bids us do. Nineveh was a vast and magnificent city (v. 3), but its vastness and magnificence did not atone for its wickedness.

There were many things worth seeing in Nineveh. Jonah did not spend his time sight-seeing, he began at once crying, "Yet forty days and Nineveh shall be overthrown." To some it would have seemed better if Jonah had given a few preliminary discourses on the authority of the Word of God, or in proof of his own prophetic calling, or "on the agreement between his message and current scientific and philosophical opinions," or the argument for the existence and retributive justice of God. If someone had said to Jonah, "We want argument and not mere assertion," he would simply have cried again, "Yet forty days and Nineveh shall be overthrown." The form of the warning itself showed that the fulfillment of the prediction was conditioned upon continuance of sin. Those forty days were days of testing and opportunity for repentance. Forty is always the number of testing and probation in the Bible. This warning was intended in mercy and not in wrath, and so are all God's sternest warnings. The unkindest preacher in the world is the one who slurs over God's warnings and speaks only the smooth things. Warning and opportunity for repentance usually precede judgment in God's dealings (Luke 13: 8, 9). Jonah did not hesitate to appeal to fear and no true preacher ever does.

II. The Repentance of the Men of Nineveh, 5-10.

The first step in Nineveh's repentance was that they "believed God." That is always the first step in true repentance. By believing Jonah, who was God's prophetic messenger, they had believed God Himself (John 13: 26). It always pays to believe God (2 Chron. 20: 20). If there had been any Higher Critics in Nineveh they would have taught the people that Jonah's warning should be taken only as a poem and that they should be on their guard against slavish literalism and must not take Jonah's prediction too literally. They showed they believed God first of all by humbling themselves before Him, "from the greatest of them down to the least of them they fasted and put on sackcloth."

Tidings of Jonah's teaching at last penetrated even to the palace and the king also believed. As mighty a king as he was, he recognized the fact that there was a greater King. Three elements of repentance were set forth in the royal decree: Humiliation of self, prayer, "turn-

ing away from sin. The prayer was to be intense; they must cry mightily unto God; that is the only kind of prayer that counts with God (Jer. 29: 13; Acts 17: 3); R.V.; Romans 15: 30; Col. 4: 12, 13, R.V.). Having humbled themselves and cried to God they were to "turn every one from his evil way." Mere humiliation of self and prayer will effect nothing if there is not a merciful dealing with sin; the very essence of repentance is turning from sin (Leviticus 1: 16, 17). The sin from which we to-day must especially turn if our repentance is to be acceptable to God is the sin of rejecting Jesus Christ (Acts 2: 38-39; 1: 14, 15, 19). The men of Nineveh shall stand up in the judgment with this generation and shall condemn it (Luke 11: 31). One fact gave Jonah's preaching such power, the fact that he was practically a man who had come back from the dead; the fact of Christ's resurrection takes away all excuse for rejecting Him. The purpose of Nineveh's repentance was to induce God, if possible, to repent and turn away from His fierce anger (v. 9), that they might not perish. The men of Nineveh had a bare hope that God might repent and turn from His anger; we have an absolute certainty founded upon God's own Word that if we repent God will turn from His anger toward us (Acts 3: 19; Luke 15: 7, 10).

The men of Nineveh would have been great fools if they had not acted upon the bare hope and how much greater fool any man is who does not act upon the certainty to-day. What God looked at especially in their repentance was "their works," the fact that they turned from their evil way" (v. 10). When Nineveh turned from their evil way, God turned from the punishment that He was about to visit upon them. As God is unchangeable in character, He must change from the attitude that is acceptable to Him. It may be said that Jonah's prophecy that in forty days Nineveh would be destroyed had failed, but God's predictions of ruin by His own statement are never absolute and unconditional (Jer. 18: 1-10).

REINDEER INCREASING IN CANADIAN ARCTIC

With the number of reindeer in the Canadian Arctic now estimated at about 6,600 head, Canada's reindeer industry has made satisfactory progress in the five years since the original herd of 2,370 animals was delivered from Alaska.

Reports on this year's fawning, received by the Department of Mines and Resources, Ottawa, indicate an increase of about 1,200 fawns to the main herd now on summer range on Richardson Island, a short distance off the Arctic coast. This brings the number of animals in this herd up to approximately 5,000. In addition, the fawn increase of the native herd, located in the Anderson River area, about 150 miles eastward, is estimated at 500 head, making a total of approximately 1,600 reindeer in this herd. The native herd was established in December, 1938, when about 950 deer were transferred from the main herd and placed under Eskimo management subject to government supervision.

Plans have been made for the establishment of a second native herd in the Horton River area, about 100 miles east of the first native herd. Next winter about 800 reindeer will be separated from the main herd at the reindeer station and herded overland for about 250 miles under the direction of the government chief herder, who successfully carried out the transfer of the first native herd. On arrival at their new location, the reindeer will be entrusted to the management of two Eskimos, one of whom has served as an apprentice herder at the reindeer station. Both native herds will be under the supervision of the government chief herder.

RETURNABLE

"Just put that back where you took it from," said the young lady said to the daring young man who had stolen a kiss.

It Makes a Nicer Cool Drink

"SALADA" ICED TEA

ABYSMAL BRUTALITY IN OCCUPIED POLAND

The Polish Government in England pursues its bitter task of assembling evidence of German brutality in occupied Poland. There is no lack of reliable reports which are confirmed by reliable witnesses.

Patients in mental hospitals have lately been treated in the German way. A Polish official statement gives some details of a massacre in Chelm Lubelski, where the Germans decided to requisition the new and spacious mental hospital in that city.

Officials of the Gestapo first ordered all doctors and nurses to leave the building. Those remaining were expelled by force at the point of revolvers. Afterwards the Gestapo police locked the

doors and with their revolvers shot dead all the patients who numbered over 300. The staff of the hospital, drawn up in the street under a heavy guard, heard the despairing cries and groans of the victims with horror, as they were hunted down by the murderers.

Having completed their terrible work, the killers left after stating: "The hospital is vacated. You must immediately remove all corpses, because we shall occupy the building within two hours."

What the Gestapo left—the building it was ascertained that in addition to the 300 patients the Germans shot 49 children; war orphans, who were temporarily given shelter in one of the hospital wards. It has been ascertained that they shot 53 patients in the hospital of Owinska, near Poman, as well as all the patients of the Dziekanowa in Cienstoa.

FOOD MILEAGE

Fueling the household machine is an important item these days. After all on the road of daily life most of us have to get the last mile out of every dollar we spend.

High food mileage means careful buying, thoughtful selection of the foods that not only suit the tastes and physical needs of the family, but the pocketbook as well.

That's the value of advertising. Every week, here in your paper, are presented new and interesting food ideas. New ways of preparing old, reliable favorites. New combinations of the foods the family needs in ways they'll like.

Standard unvarying quality is the outstanding feature of advertised merchandise in general . . . and of food products in particular. Quite a factor in getting high food mileage.

Read the food advertisements in the Free Press . . . they will show you the way to high food mileage

R.C.N.V.R. in Training with the Royal Navy in England



A party of officers of the Royal Canadian Naval Volunteer Reserve are now in training at a south coast depot in England, with other reservists. The training of Canadian naval officers with the Royal Navy does not interfere with their regular duties. The new principle because many of the Dominion's permanent naval officers have undergone training in England. They are trained of exactly the same lines as officers of the Royal Navy. An old German torpedo, Upper Left, makes an ideal seat for some of the officers as they take messages. Bottom Left, a signal. As part of their training, some of the volunteers are shown, Bottom Right, rigging up a whaler, while others are shown, Bottom Left, in training for a gun crew, loading a 4-inch naval gun.