

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

FOOD FOR BODY AND BRAIN

Fish has often been called a "brain" food but it's no reflection on your family, I. Q. If you serve it to them often. Rather it is an indication of the high degree of intelligence of the housewife, who realizes the value of fish in the diet. Your family may not need fish to stimulate the growth of their mentalities but they do need it to build strong bodies and acquire robust health. Children's delicate digestive systems require tender, easily digested food, such as fish. Their rapid growth calls for supplies of protein and minerals and vitamins. All of these requirements are fulfilled by including fish in the family menu.

PISH CRISPIES

- 1. tablespoon onion juice
- 2 lb. fish — fillets of haddock, cod, whitefish
- 1 1/2 cups fine, soft bread crumbs
- 1 tablespoon melted butter or fat
- 1 teaspoon poultry seasoning
- Salt and pepper to season
- 3/4 cup milk to mix dressing more if crumbs are drier

Wipe the fish with a cold, damp cloth and cut in servings. Salt lightly. Place on a greased baking pan. Mix the other ingredients to form a dressing and place a mound on each piece of fish. Sprinkle the fish and dressing with finely chopped bacon and bake in a hot oven (450 to 500 degrees F.) until fish is done. This should not take over 10 minutes if the fish is not over one and a half inches thick. The dressing and bacon will brown nicely in the same time. Serve with a Tartare sauce, if wished. Serves 5.

LOBSTER LUNCHEON SANDWICH

For each serving, toast and butter 2 bread slices, 1/2 inch thick. Place on heated serving plate and cover one toast slice with crisp lettuce, sliced tomatoes and sliced dressing. On the other toast slice, mound a well-seasoned canned lobster, salad mixture (flaked lobster with half its measure of finely-cut celery, and thick salad dressing to moisten). Garnish each serving with cucumber pickle in a small lettuce cup. Serve at once. Chopped hard-cooked egg may be added to the salad mixture or the egg might be used as garnish.

STUFFED LOBSTER POTATOES

- 6 medium sized potatoes
- 2 tablespoons butter
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 cup hot milk (approximately)
- 1 can lobster (6 oz.)
- Parsley

Scrub potatoes and rub the skins lightly with melted fat. Bake in hot oven (425 to 450 degrees Fahr.) until done. Cut a slice from the top of each potato and scoop out the inside. Add butter, salt, pepper, and hot milk to drained, flaked lobster. Fill lightly in the potato shells, and return to the oven for 8 to 10 minutes. 6 servings.

LOBSTER WIGGLE

- 2 tablespoons butter
 - 2 tablespoons flour
 - 1 cup milk
 - Salt, pepper, pinch of cayenne
 - 2 cups small cooked peas
 - 1 cup lobster, flaked (6 oz. tin)
- Melt butter, blend in flour, gradually add milk, stir until thickened, add seasonings. Stir in peas and lobster, heat thoroughly, serve on plate. 6 servings.

YOUNG HOUSEWIFE

IN-HIGH-SCHOOL
Edmonton, Oct. 23rd (CP)—Although married and a housewife, Mrs. Helen Mascull, of Edmonton, is determined to finish her schooling and perhaps attend University. She has enrolled at a city high school and attends classes regularly. Mrs. Mascull says "it is exciting and a lot of fun," although she is 10 years older than most of the students. One day she forgot to do her homework and was "kept in" 20 minutes like any other student in the school.

LINK HOUSEWIVES

FOR CONFIDENCE
London, Oct. 23rd (CP)—A "housewives' service," a system which already has won its spurs in Air Raid, Precautions work in London and elsewhere in England, is being organized in the Midland region. Aim of the service is to co-operate with the warships and other A.R.P. workers and to promote a feeling of confidence and neighborhood. Members of the service meet in street groups and take training in A.R.P. and accident aid.

HANDICAPPED

"Let me tell you," the plump wife shouted at her husband, "that it's hard for a woman like me to be brave in wartime."
"I know," retorted her long-suffering husband, "Look at all the chins you've got to keep up."

AT 80 YEARS OLD HER ART'S FAMOUS

Elderly Farmwoman Took to Painting for a Rest and Was 'Discovered'

New York, Oct. 23rd (CP)—In 1938 Anna Mary Robertson Moses, then 76, exhibited strawbery jam and paintings at the Cambridge, N.Y., fair.

"For my strawberries," as Mrs. Moses puts it, "I won a blue ribbon. For my paintings I got the 'razzberry'." Today 34 products of her brush hang in New York exhibition galleries, bringing in as high as \$200 apiece.

Discovered last year, New York called her work Americana and gave it a prominent place in the museum of modern art. It was catalogued as primitive American art—pictures of farm turkeys headed for a thanksgiving slaughter, maple sugar in the making and covered bridges alike.

The slender, grey-haired farm woman took to art to rest her back. Widowed 13 years ago, she carried on her husband's farm at Eagle Bridge until her back began to hurt. She was forced to rest and while resting she just tried to do something.

Beverboard substituted for canvas. The artist provided the frames. Sears Roebuck mail order service provided the paints and Mrs. Moses the imagination.

Withal the lady of Eagle Bridge is unimpressed. She's not coming to New York. She's never been before and she's not coming now, paintings or no paintings.

IGNORES TENNIS FOR FARM STUDY

Fourth Ranking 'U.S. Woman Tennis Player Looks to 'Important'

ITHACA, N.Y., Oct. 23rd (CP)—Blond, blue-eyed 18-year-old Helen Bernhardt fourth ranking United States woman tennis player, is ignoring her game to study cows and chickens.

Miss Bernhardt, a freshman in Cornell University's College of Agriculture, and a product of New York City's public courts and neighborhood tennis clubs, thinks it would be nice to manage a farm. Anyway, she says, she has taken the excitement of big-time tennis.

Helen still lives the game, but not to the exclusion of what she considers the more important things of life. She has picked a schedule of study that will leave her little time for tennis. She wants to learn all about cows, chickens, fruit, grain—anything pertaining to agriculture.

Despite her youth she is one of the "veterans" in the competitive field of women's play. She entered junior tournaments at the age of 11. She won the Bermuda tournament last year, defeated Helen Jacobs, former national champion, in straight sets in the Middle States competition and finally the Palm Springs, Calif., matches, admitting she was "a bit scared, playing before all the movie stars."

WOMAN GUARDING U.S.

Harriet Elliott Watches Them—White Uncle Sam Is Busy Buying Guns

Washington, Oct. 23rd (CP)—What the United States housewife pays this winter for her husband's supper may depend largely upon the success "Aunt Hi" makes of a job unique in the professional and industrial progress of women. "Aunt Hi" is Miss Harriet Elliott, only woman on the U.S. National Defence Advisory Commission.

The task of this small, sturdy, blue-eyed Quaker, born 66 years ago in Carbondale, Ill., and transplanted to North Carolina in 1913, is to see that Mr. and Mrs. Average Consumer don't have to pay "out-of-line" prices for food, clothing and rent as Uncle Sam shops for cannon and airplanes.

WAR WINDS BLOW FOR ART'S GOOD

Well-Known Sculptress Sees Culture Mixing on This Side of Atlantic

New York, Oct. 23rd (CP)—Suzanne Silvertown, formerly of Ottawa, sculptress, and sister of the Belgian Minister to Canada, looks at a brighter side of the war picture and finds that with respect to art the conflict has "accomplished in a few weeks what crusading spirits have been trying to do for years."

"It has forced American artists to complete their art education in the United States," she said.

The sculptress, who has done portraits of the Dome quintuplets and many other notables, says that it is only of incidental importance for young artists to see the great art works of Europe. She thinks it more important that a distinctly American art be developed. The way to do that is to keep them on this side of the Atlantic, she says.

FOR CONFIDENCE

"I believe that although this country is young and is claimed to be lagging in the background of centuries of art tradition, it is precisely that youth, that freshness, that enthusiasm which should be allowed to flourish," she wrote.

HANDICAPPED

The greatest benefit which one friend can confer upon another, is to guard, excite, and elevate his virtues—Dr. Johnson.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE P. CLARKE

This week begins the third week in October and Partner and some other farmers around here are still busy! Fall ploughing is also under way but it isn't getting along very fast right here, as our young man was away working nearly all last week. There is hardly a day goes by but what someone rings up and wants to know if he can help out with some job or other. However, last Saturday our Son did get part of a day in at home and managed to get his half-ploughed field nearly finished. This week there is a four-acre field to plough—if he ever gets started.

Partner, as I said before, has been having a slow job alone. In-between while he has also been digging late potatoes, picking apples, cleaning out the barnyard and getting on with various other jobs that accumulate at this time of the year. From what I can see at present we are not likely to eat too many potatoes this year. Ours are terrible but no worse, I suppose, than the average crop in this district. Partner ploughed them out, picked them over and then left more than half of them in the field. There is no sense in putting a lot of rotten potatoes in the cellar, especially when it's a soft rot that's getting them. High there's nothing worse—the thought of them just about turns me sick.

I pity people who have to buy potatoes, unless they know what they are getting. I heard of one man who bought a bag of potatoes the next day his had to bring up a dishpan full of potatoes three times to get enough for dinner!

Would it be in order to look forward to enjoying a brief spell of Indian summer in the near future? Surely we have had our squaw winter. Or do we have to have snow to call it a squaw winter? Snow or no snow, it has been cold enough for any kind of winter the last few nights.

Against the cold spell we tried to be prepared. Thursday night we ran the water out of the tractor and blanketed the car. Friday night we drained both the car and the tractor. And then after dinner on Saturday Partner sent Son to town to get a logging chain welded. After he had gone I said to Partner, "I don't believe that boy put any water in the car. I'll bet anything he never saw it a thought."

Well, I can tell you, I did some thinking after that. I tried to figure out how far a person could drive a dry car without getting a bearing burnt out, or whether the smell would warn the driver before any damage was done. Time went on—half-an-hour—an hour—an hour and a half, and still no sight of the car and its driver. By this time I was sure something or other had burnt out and that Son was waiting to get it fixed. At last he showed up and of course my first question was, "Did you put any water in the radiator?"

"Sure I did—put it in this morning when I filled the tractor," answered Son.

"Thank goodness for that. I was afraid you had forgotten."

"No, I didn't forget, but I had a little car trouble just the same—that's what kept me so long."

Well, although there was no trouble with the radiator that time I didn't want that kind of worry all over again, so off I went to the garage and got my supply of winter antifreeze put in. After all a person might just as well see it first as last and be on the safe side all the time. I also meant to have a few other jobs done to the car, but my goodness, there were cars coming in all the time, and only two men working, so I just hadn't the heart to mention the other work I wanted done. Now I shall have to make another trip, I suppose, as I do like to get the car checked over spring and fall. It is a good investment, I am certain.

Here is another piece of "preparedness" that didn't work out quite so well.

Last Thursday we planned to have a quilting here as our weekly war-work meetings have started up again. Of course it had to turn cold and as there was no heat in the work-room I thought we would set the quilt up in the living-room. We have a Quebec heater in there but it wasn't set up either. As Partner was busy with his hay and Son away, I thought I would do what I could and get Son to help me with the quilt when he came home. So I wrestled and wrestled with those pipes and finally reached the stage when I couldn't do any more by myself. And then it was ten-thirty when Son came home and announced that the theater had been burnt and that he must be off at six the next morning! I didn't say a word to Partner. With the milk on all the chores to do himself, I thought he had plenty. The next morning there was I with some of the stovepipes still apart and one of the

The Canadian War Effort

A Weekly Review of Developments Along the Home Front — October 16th-17th

1. Three thousand tanks, of new type, to be manufactured in Canada. Present plan is for Canadian Government to retain 1,200; remaining 1,800 go to British Government.

2. Major General R. O. Alexander, D. S.O., appointed to administer new Pacific Defence Command.

3. Col. George P. Vandier, Canadian Minister to France, appointed member of Canadian section, Canada-United States Permanent Defence Board. Col. Vandier serves on Board till he returns overseas.

4. Sir George Hillon, Ottawa, appointed Ods-Administrator, under War-Time Prices and Trade Board.

5. Promotion of Brig E. W. Sanson to the rank of Major-General and to command of the 3rd Division is announced by Hon. J. L. Raboin, Minister of National Defence. Mr. Raboin also announces that Brig. Gen. E. de B. Paquet, Director of Intervention Operations since the outbreak of war, will become Officer Commanding Military District No. 4 (Montreal).

6. Premier King announces that the United States, in view of wartime power needs, has agreed to Long Lac and Cqui divisions. This means an estimated 130,000 horsepower increase for Ontario.

7. Premier King, before leaving Ottawa for inspection of East Coast defenses, announces Parliament will sit again on November 5th.

8. Hon. C. W. O. Gibson, Minister of National Revenue, states in an interview that naval guns will be produced in a Canadian plant, one of the largest in the Empire, before the end of 1940. By next year, Mr. Gibson said the Dominion will be producing seven tanks a day.

9. Air Minister C. G. Power declares Canada and the United States are doubling their output of airplanes. By January 1st, there will be twice as many pupils in the Commonwealth Air Training Plan and by June of 1941 three planes will be available for every one now available.

10. Check reveals 25,525 men for military training reported in this war's first compulsory muster. These reported as medically unfit, totalled 2,034. Preparations are now being made to call up the second group for the period of training, scheduled to start November 22nd.

11. Announcement is made that Canada's Government General, the Earl of Athlone, with Princess Alice, will pay social visit to the Hyde Park, N.Y., home of President Roosevelt. Washington officials describe visit as further evidence of friendly relations between two countries.

12. Hon. C. D. Howe announces the immediate construction of yet another major plant in the Canadian War Industries development program. The plant, costing some \$5,500,000, will be erected in southern Ontario and will increase the Canadian output of special alloy steels by thousands of tons monthly.

13. Orders placed by the Government for defence purposes since the beginning of the war now far exceed the half billion dollar mark, according to an announcement made by Hon. C. D. Howe, Minister of Munitions and Supplies. Up to September 30th last, orders placed on Canadian account totalled \$390,371,363, and for British account \$134,266,629. Orders placed since the beginning of October will thus bring the total close to the \$550 million mark.

14. The outbreak of war thousands of Canadians relinquished their civilian posts and went on active service with their various arms. Among those to leave in the early months of the war were several members of the CBC staff, now serving in Canada and overseas. These young men have been granted leave of absence for the duration, and, with CBC staff members now attached to the Overseas Program Unit, form the vanguard of this organization's representation in all branches of military and special war service. Four of them are pictured above. Top left, Capt. C. W. Caldwell, R.C.A.S.C., former Maritime Press Representative, top right, Capt. H. E. Bondeson, R.C.P.S.C., formerly of the Dominion Star, top left, Lieut. W. E. S. Briggs, R.C.N.I., formerly Royal Tour announcer and producer at the Hall's studios, and lower right, Capt. Hamilton Z. Talmer, R.C.A., former of the National Traffic office. Inset are several members of the CBC National Office secretarial staff with samples of knitted articles, which they are forwarding to men on active service.

FOUR MONTHS NIGHT AND DAY SLICING

Of Britain's Half Million Tons of Sugar Beets

Fleets of motor lorries are converging on a town in eastern England, loaded with sugar beet. They are part of the vast productive machine that makes Great Britain able to export sugar-con-

gathering modern agriculture gives way to modern factory technique. Day and night, seven days a week, for upwards of four months, beet roots, sliced paper-thin, are fed to the machines that will convert them into sugar.

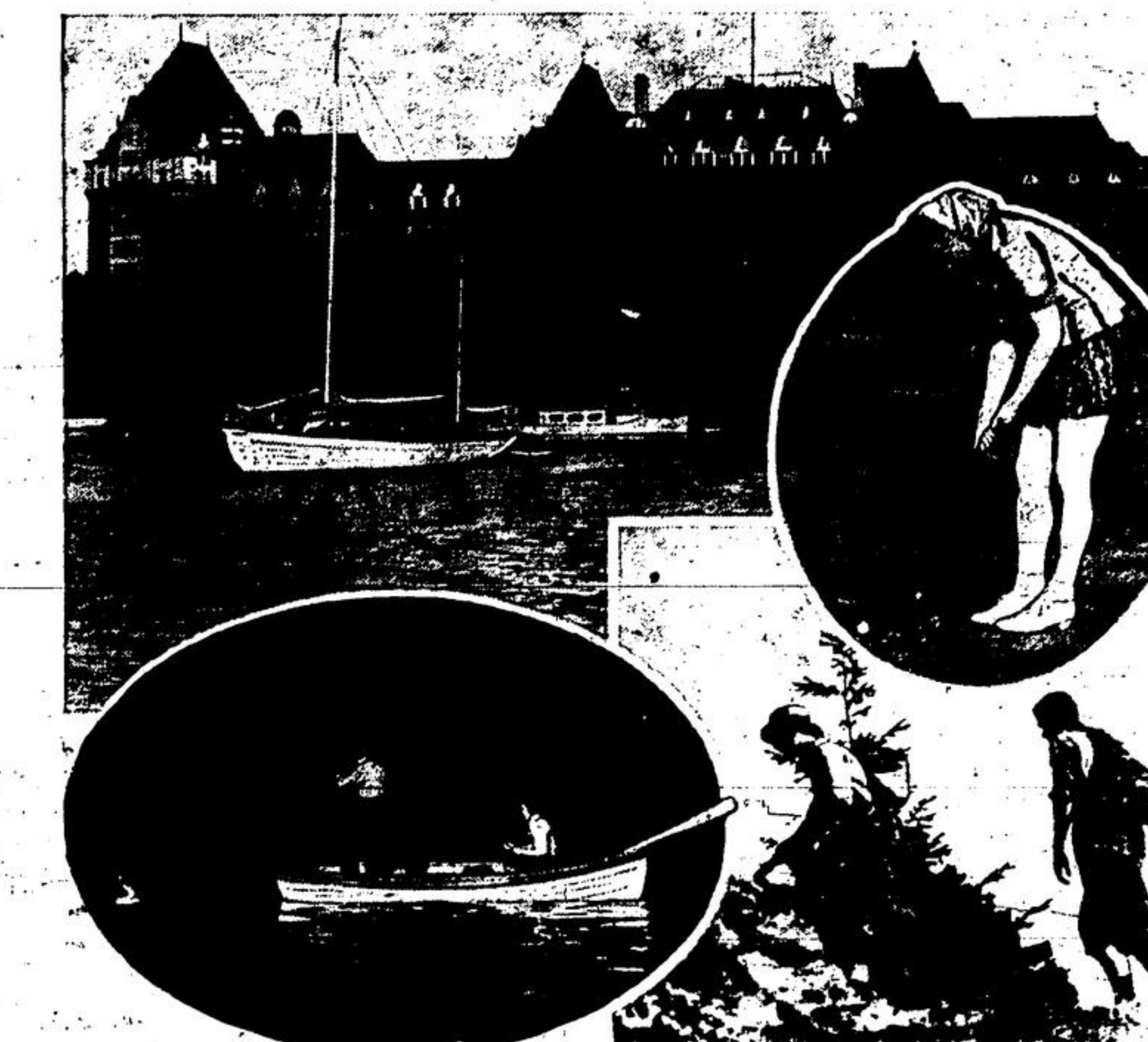
"They have been installed since the outbreak of war; they are the last word in machinery designed especially for war conditions so that every unit throughout the factory can maintain efficient operation for weeks without a shut-down.

Members of CBC Staff On Active Service



At the outbreak of war thousands of Canadians relinquished their civilian posts and went on active service with their various arms. Among those to leave in the early months of the war were several members of the CBC staff, now serving in Canada and overseas. These young men have been granted leave of absence for the duration, and, with CBC staff members now attached to the Overseas Program Unit, form the vanguard of this organization's representation in all branches of military and special war service. Four of them are pictured above. Top left, Capt. C. W. Caldwell, R.C.A.S.C., former Maritime Press Representative, top right, Capt. H. E. Bondeson, R.C.P.S.C., formerly of the Dominion Star, top left, Lieut. W. E. S. Briggs, R.C.N.I., formerly Royal Tour announcer and producer at the Hall's studios, and lower right, Capt. Hamilton Z. Talmer, R.C.A., former of the National Traffic office. Inset are several members of the CBC National Office secretarial staff with samples of knitted articles, which they are forwarding to men on active service.

Divots or Daisies, Grilse or Tennis, Victoria Has Them All in The Winter



Christmas dinner in an open flower garden, picking roses in January, playing golf on perfectly kept courses in February, plucking violets in March... that is the sort of thing that makes the southern end of Vancouver Island famous as Canada's Evergreen Playground, the only Canadian resort where warm-weather holiday activities are possible in mid-winter.

The almost complete absence of snow in and around Victoria is no myth, no product of a freak winter. "Normal" temperatures, are: November 49, December 46, January 42, February 45, March 50. Pretty nice when compared to the chill that descends on the rest of Canada during these dark months.

Nor is this a new thing. Victoria's reputation for splendid seaside courts, tennis, lawn bowling, fishing and yachting has been enjoying the same mid-winter weather for years and years. The only difference now is that thousands of Canadians and Americans have learned about this marvelous climate and Victoria has become a very busy winter resort. This year is expected to be busier than ever because Canadians are barred from participating in the good old-fashioned ways of winter holidays in the United States and Americans are given a ten per cent bonus on their holiday money if they spend it in Canada. Reason enough for the unprecedented interest being shown in the West Coast city as a holiday

All through the winter Victoria has every type of summer sport and entertainment. The major sports event is the Empress Winter Golf Tournament, which will be held this winter from March 6 to 15 with dozens of valuable prizes at stake. The most important holiday is Christmas, which is celebrated as the world's famous Empress Hotel and Americans are given a ten per cent bonus on their holiday money if they spend it in Canada. Reason enough for the unprecedented interest being shown in the West Coast city as a holiday