

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

NOURISHING NOVEMBER MAIN-COURSE DISHES

By Betty Barcus

What's that appetizing aroma floating through the air from kitchen to living room? That's an easy one to answer...

The recipes below for stuffed cabbage and southern candied sweet potatoes are real "male" recipes.

STUFFED CABBAGE

- 1 hard head of cabbage
2 cups cooked, diced ham, beef or lamb
2 cups cooked rice
1 egg
1/2 teaspoon mace

Combine the diced ham, beef or lamb with the cooked rice, add egg, slightly beaten, salt, pepper, mace, poultry seasoning, lemon juice and melted butter...

SOUTHERN CANDIED SWEET POTATOES

- 6 sweet potatoes
Butter or butter substitute
1 cup maple or brown sugar
1 cup water

Pare the potatoes and boil until about half done. Drain, and cut in lengthwise slices and lay in a shallow greased pan.

LOBSTER IN THE LUNCH BOX

The fall, and again the problems of fitting the children out for another year of the three R's. Even after their books and clothing have been assembled...

Here is a grand idea of something new. Perhaps you have never before seen in the habit of using lobster to any great extent because Canada never had a surplus supply of canned lobster beef...

LOBSTER SALAD STUFFED ROLLS

- 6 "hot-dog" rolls
1 cup canned Canadian lobster, flaked (6 oz. tin)
1/2 cup finely chopped celery
1/2 cup chopped sweet pickle
1 cup finely chopped cucumber
1 cup Thousand Island or plain dressing

On Italy's Doorstep

Britain Deliver Mediterranean Goods
A billiard table has been delivered to the Samagaria Club in Cyprus by its London makers, a tribute to the respect in which Italy holds Britain's Mediterranean Fleet.

The makers have been exporting billiard tables for a century. One recently recovered from a house in Scotland was originally supplied to an English officers' camp during the Crimean War.

Girl Lookouts Spot Raiders

Keen-Eyed Guides on London Roofs Aid Empire Capital's Defenders

London, November 13th (CP) - Girl roof spotters—and there are quite a few of them in London—claim theirs is the most thrilling job they have ever tried.

Two of them, Margaret Tenyson and Kathrine Christian, keep watch during air raids over the Girl Guide Association building, built 10 years ago with pantries collected from Guides, Brownies and Rangers all over the world.

Margaret and Kathrine are self-trained. When the Alert sounds they dash to the roof and one of them searches the sky with a pair of highpowered glasses while the other keeps watch with her naked eyes.

Women's War Job Repairing Ships

English Sisters Turn in Emergency to Things They Learn in Peace

Somewhere in England, November 13th (CP)—It's no use, men, these women have got themselves into practically every business which men used to monopolize.

Freda and her sister, both wearing men's overalls and bandanas around their curly heads, were surprised to think anyone should think their occupation a curious one for women.

"Daddy was in business as a shipwright long before the war," said 19-year-old Freda, "so the work comes naturally to us."

His Goldfish Assistant

How British Scientist Has Made Potato Parasites Visible

Chief Plant Pathologist F. C. Bawden, of Rothamsted Experimental Station, England, has achieved a scientific triumph.

His collaborator was a goldfish. Studying crinkles and leaf-roll, deadly potato diseases, this investigator secured evidence that they are caused by plant parasites so small that no microscope will reveal them.

The Week at OTTAWA

Specially Written for The Acton Free Press by JOHN DAUPHINEE Canadian Press Staff Writer

Ottawa, November 13th (CP)—The new session of Canada's 18th Parliament has settled down to its principal business in the pre-Christmas sitting.

Some estimates may be submitted before Christmas recess, but it is expected the debate will take up most of the time. Any major legislation the government may want will not be introduced until Parliament reassembles in February.

Another event of the past week—a severe earthquake in Rumania. Oh, but that was nothing to do with Canada, you say. No? I shouldn't wonder that it has more to do with the destiny of Canada than any one thing that has happened so far.

Problems facing western Canada's wheat growers invariably form one subject of debate, and this year the situation is more acute than usual because of the huge surplus and loss of overseas markets because of the war.

And to-day is Armistice Day—ushered in by high winds and rain—probably our share of the atmospheric disturbances caused by the earthquake. We can stand it.

IV. The Reward of Faith, 9, 10. Jesus wondered at the centurion's faith. He had met little faith on earth that to find faith in such a quarter was astonishing.

Some Kind of Record
Durham, N.C. (CP)—Two days after Elizabeth Fisher underwent an appendectomy she taught her Sunday School Class and attended Sunday-School for the 78th time.

Chronicles of a Ginger Farm

Written Specially for The Acton Free Press by GWENDOLINE F. CLARKE

It seems strange that life should go on so quietly for the vast majority of people in Canada, while, in other parts of the world, history making events are taking place day after day.

Think what has happened in this last week. President Roosevelt returned for a third term and we know how the people in Canada awaited the result of that election with unprecedented eagerness.

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The Sunday School Lesson

FOR SUNDAY, NOVEMBER 17th

JESUS' CONCERN FOR LIFE AND HEALTH
Golden Text—I came that they may have life, and may have it abundantly. John 10: 10.

Another miracle takes place in Capernaum, the place that saw so many: This centurion occupied a much higher social position than Jesus, but he recognized the infinite superiority of Jesus to himself (vs. 6, 7).

Those who had told the centurion about Jesus had a large part in this cure. He who witnesses for Jesus never knows what may come of his testimony.

When the centurion saw Jesus actually approaching his house he was overwhelmed by his own presumption in inviting so great a one there, and he sent "friends" to intercept him.

III. The Confidence of Faith, 7b, 8. The centurion had another reason, besides his own unworthiness, why Jesus should not come underneath his roof; it was unnecessary, just a word would do the work.

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Our Compassionate and Mighty Friend, 11-15. Note the many sorrows this woman had known. Note also the tenderness of Jesus. "He saw her."

Wide Markets for Feathers

Canada's War-time Poultry Has New Production Job with Imports Stopped

Ottawa, November 13th (CP)—The poultry in Canada's barnyards has always been valuable for eggs and meat, but now the war has started a demand for another poultry product—feathers.

But Canadian feathers and mattress companies have received big orders for sleeping bags and pillows for the Canadian Active-Serve Force.

Australia's Pop. Canberra (CP)—Latest figures of population in Australia are 7,031,159, an increase of 33,833 since January, 1st.

NOT SO HOW

The recruit was a simple-looking lad from the country, so the sergeant thought he would pull his leg.

Be a Beauty Specialist
There is an ever-increasing demand for MARVEL Trained Operators. Obtain complete professional training in Hairdressing, Marcelling, Permanent Waving, Shampooing, Facial, Body Treatments, Manicuring, under the tutelage of experts in every branch of Beauty Culture work.

Find the Clue to... WINTER COMFORT!
Want to learn how a number of your neighbors are enjoying heating comfort at its snuggest—yet saving money on their fuel bills? Nature herself provided the "clue" to the "mystery" when she created Old Company's Anthracite. She made it the hardest of hard coals!

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