

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Home-Made Ideas and Suggestions

### SANTA CLAUS' CHOICE

By BETTY BARCLAY

Don't let anyone fool you. Kibitz, Kringle or Santa Claus enjoys Christmas dinner after his strenuous night. Here are some recipes for dishes that your particular Santa will relish this year.

#### HAWAIIAN-ALFALFA COCKTAIL

- 2 cups cranberries
- 2 cups water
- 2 cloves
- 1 cup sugar
- 1 cup canned unsweetened pineapple juice
- 1 tablespoon of lemon juice
- Crushed ice
- Maraschino cherries

Cook the cranberries in the water with the cloves until berries burst, at about five minutes. Strain through a sieve lined with wet cheesecloth. Add the sugar and stir over low heat until the sugar is dissolved. Cool, and add the pineapple juice and lemon juice. Pour over crushed ice in glasses. Garnish with cherries cut in circles.

#### LIMA SALAD MANHATTAN

- 1 cup cooked, dried Limas
- 1 cup sliced cabbage
- 1 cup grated Canadian cheese
- Baked or mayonnaise dressing
- 1 cup pickles, chopped
- Mix Limas, cabbage and pickle with dressing. Serve on crisp lettuce leaves and sprinkle with cheese.

#### MINCEMEAT RENNET-CUSTARD

- 1 rennet tablet
- 1 tablespoon cold water
- 1 pint milk
- 2 tablespoons sugar
- 1 cup mincemeat

Set out 4 or 5 dessert glasses. Dissolve rennet tablet by crushing in cold water in a cup. Add sugar and mincemeat to the milk and warm slowly, stirring constantly. Test a drop on inside of wrist frequently. When COMFORTABLY WARM, (120 degrees F.) not hot, remove at once from stove. Add dissolved rennet tablet and stir quickly for a few seconds only. Pour at once, while still liquid, into individual dessert glasses. Do not move until firm—about 10 minutes. Chill in refrigerator.

#### MAGIC CHRISTMAS CANDIES

- 2 squares unsweetened chocolate
  - 1 1/2 cups (1 can) sweetened condensed milk
  - Chopped nut meats or roconut
- Melt chocolate in top of double boiler. Add sweetened condensed milk, stir over boiling water 5 minutes or until mixture thickens. Cool. Drop small spoonfuls of chocolate mixture into chopped nuts or shredded coconut and work into surface. Form into balls. Chill. May be dropped by large spoonfuls into nuts or coconut and formed into rolls. Chill rolls in refrigerator several hours, or longer. Cut in slices.

#### HOLIDAY CHEER PUNCH

Here's a Christmas punch that everybody can enjoy. It's made with decaffeinated coffee, and your guests can linger in the holiday spirit over second and third glasses without worrying over sleeping problems.

- 4 cups freshly made, chilled coffee
- 1 1/2 pints ice cream
- Grated nutmeg

Pour the decaffeinated coffee over the ice cream in a punch bowl or a big mixing bowl, and blend lightly with an egg beater until the ice cream is partly melted. Sprinkle with grated nutmeg. Vanilla coffee or chocolate ice cream combines well with the coffee flavor.

To make decaffeinated coffee by the percolator method, use 1 heaping tablespoon decaffeinated coffee, regular grind, for each 1/2 pint of cold water. Pour cold water into pot. Set percolator basket in pot and put coffee in it. Cover. Let percolate slowly and gently 15 or 20 minutes. (For a 4-cup percolator, use 3/4 cup coffee.)

## Fifty Tons of Christmas Pudding Have Arrived from England in Canada, U.S.A. and the Dominions

Canada has received a goodly share of the 50 tons of Christmas puddings which have now been safely delivered to the Dominions and U.S.A. in ample time for this year's festivities.

They have been going out since mid-summer for they will keep for a year if necessary, and improve in the keeping. One New York buyer has had ten thousand dollars' worth. He bought them not only for Christmas but for Thanksgiving Day.

Americans with British associations began ten years ago buying plum puddings from England and now it is the fashion in the States.

One London baker alone has dispatched 5 tons of them in baskets of special design.

## Women Untiring in Big Effort of Institutes

### Locals From Coast to Coast Busy with Red Cross and War Work in Widely Organized Way

Written for The Canadian Press by ELIZABETH BAILEY PRICE

Members of the Dedicated Women's Institutes of Canada, numbering 75,000, mostly country women, are exhibiting wholeheartedly in voluntary war work of many descriptions. Grouped in 3,061 branches from coast to coast, they have been loyally co-operating with the Red Cross and raising funds in many ways to assist the country in its emergency and war effort.

Their principal medium of war work has been the Red Cross, with which they have co-operated locally, provincially, nationally and internationally. Everywhere members are loyally and lovingly knitting, sewing, making hospital supplies and clothing for war refugees and victims of air raids in Britain as well as raising money for the Red Cross. Mrs. J. McEwen, Milverton, Ontario, First Vice-President of the P.W.I.C., is the representative on the Canadian Red Cross National War Council.

#### War Thrift Appeals

Finance Minister J. L. Bayne, writing to Mrs. B. F. Gummow, Corresponding Secretary, who had asked what was the best way to assist Canada's war effort, said, "I really believe nothing could be more useful than stimulation of interest in War Savings Stamps and Certificates. Systematic saving on the part of the ordinary citizen of Canada is vital if we are to finance this war, and there is great need to convince people of this fact and to encourage them to invest these savings with the government."

This idea received strong support from the practically-minded thrifty members individually and by branches. Alberta has led the way provincially by purchasing certificates to the value of \$400. A national fund being raised by the P.W.I.C. for a war gift to the Dominion Government has reached \$7,000.

New Brunswick has the most determined Institutes in the country. Last summer after the Dunkerque evacuation they sent \$800 to the Federal Government for the purchase of Bren guns. The same Institutes have since raised further funds for defence.

#### Local Activities

War work funds are being built up by the Institutes by self-denial and benefit efforts. The self-denial contributions are on the basis of 25 to 50 cents per member.

Ontario completely furnished a comfortable recreation room at Camp Borden from its fund and will finance a Red Cross hospital unit for the same.

At last reports Alberta's "war fund" was nearly \$2,000 to purchase "what-ever is urgently needed." Saskatchewan's fund is over \$3,000. British Columbia is collecting now for a special gift to the government.

Sent far afield was the gift of \$75 to the Finnish Maritas, a similar organization, by the Women's Institutes of the Okanagan Valley, B.C.

Madame de Orpenberg, English wife of the Finnish Ambassador to London, reports the money paid the Maritas fees to the Associated County Women of the World and has helped to finance the restoration of a home economics and handicraft school, which was bombed.

Prince Edward Island and Nova Scotia have each contributed a \$1,750 ambulance to the Red Cross. Saskatchewan Homemakers Clubs (similar to the Institutes) have raised \$3,000 for the Red Cross. Of this, \$2,500 was used to buy two bed units for the Canadian Red Cross Base Hospital No. 1 at Taplow, England. At present Ontario Institutes are giving consideration to furnishing a hospital unit at Taplow, the approximate cost to be \$3,000.

#### Food Conservation

The majority of Institute members co-operated in the successful Red Cross food conservation project carried out in Ontario, Quebec and British Columbia. Ontario established 65 canning centres at which 25 tons of jam were made. The women did the work and supplied the cans. British Columbia launched a similar scheme and made seven tons of jam, processing more than 19,000 cans of vegetables and fruit at 32 centres.

The jam is being shipped to England and other products distributed to overseas children in Canada. Red Cross hospitals and wherever it is needed.

#### NEW DESIGNATION FOR CANADIAN ARMY

In future, according to Order-in-Council, the Military Forces of Canada will be designated and described as "The Canadian Army." To distinguish between the former C.A.S.F. and N.P.A.M., which now disappear from use, the terms "Active" and "Reserve" will be applied to formations, units and personnel.

## Chronicles of... Ginger Farm

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

After studying the calendar I have suddenly realized this will be the last issue of 'The Free Press' until after Christmas. That being so, I take this opportunity of wishing you, one and all, a very, very happy Christmas. Yes, of course, this is not quite like other Christmas messages we cannot help being conscious of that black shadow, called war, that is always with us now. But we might as well remember, to our comfort, that the message of Glad Tidings still endures. And will endure to the end of time. And we have so much for which to be thankful. We are still a free people—we also see, on every side, practical evidence of that courage and tenacity of purpose that will keep us a free people. We have a right to be happy and to wish each other happiness—it is one of the principles for which our Empire is fighting. And so, war notwithstanding, I repeat—A Happy Christmas to everyone!

Just at present I still find it a little hard to believe Christmas is so close at hand. It took me some little while to make up my mind as to whether I should make a cake this year. I finally decided I would, because I don't really think Christmas cake is an extravagance, as it goes so much further than any other kind of cake. So, about a week ago, I bought all the necessary fruit and that was as far as I got. I could not find enough time between meetings, picking chickens and ordinary work to get my cake made. To make a busy time extra busy, we suddenly got word that the threshers were due to arrive any time. Threshing always means work, but threshing this time of the year is worse than that. Of course the men start late and quit early, so that makes more meals to get. The machine finally arrived, about eleven o'clock Saturday morning. After dinner they threshed the stack, moved into the barn, and were in to their supper by five o'clock—four o'clock Standard Time. Was I ready? Indeed I was! I am prepared for any eventuality these days, and had the potatoes on by three o'clock. It so happened I did not have any help with my meal. I could have done, but I didn't think it worth while. Monday, we shall be at it again, and there will be dinner to get. After that perhaps I shall get my cake done. And there will be the Christmas tree to get! My young nephew, from Toronto, is coming down for the holidays. We don't know yet whether Daughter will be home or not. It may be that she will not be able to get away. Last year I had a feeling that it might be the last Christmas we would all spend together. The time when there is a vacant chair comes inevitably to all families. Children grow up and have interests outside their home—work prevents their home-coming—or they marry and must take it in turn, visiting the home-folk. And right now there is the war. Some of the boys cannot get leave—others are too far away. Whatever the reason, there is that break in the home circle—a break which we feel so much more at this, the best time of all the year.

I hope it won't be that way with too many of you. I hope to most of you Christmas will be a time of re-union and happiness.

At our Institute meeting last week each member was supposed to bring at least one article of clothing suitable for a refugee babe. There was a splendid response—a good many members bringing not one, but several articles of clothing. These things will be parcelled up and sent off to the Salvation Army for distribution in the bombed areas of England. When I saw the lovely big pile of good useful things that had been brought in, it did, my heart good. It was just one more instance of results from a united effort. When a group of women get together and each-brings one article—even a baby's vest—a pair of mitts or a scarf—when all those things are put together, just think what it means.

I had a letter last week from the school friend in England who wanted to send her daughter over here. She did not come because the British government had temporarily suspended schemes for the wholesale vacation of children to Canada. My friend's letter was as cheerful and full of fun as if war was an unheard-of thing, although they apparently spend night after night in their dug-out. Here's what she says:

"As a matter of fact, we have had a pretty hot time here recently. Whoever thought we would sleep in a hole in the ground—that's what we have been doing since the bombing of London! When Horace, Bill and Betty built our shelter, at the commencement of the war, we thought we might have to use it for an odd ten minutes or so, consequently it wasn't made too large—about 8 feet deep, 3 feet long and very narrow. But since we have had to spend night after night

## But Leave Room for the Guests

### It's Just Common Courtesy for Christmas and New Year Parties

By The Canadian Press

Your Christmas and New Year parties can turn out just exactly as you want them if you give them enough thought in advance, says a writer on "common courtesy."

First of all, don't fill your house so full of decorations that you have no room for guests. Then be careful to invite only as many as your home can comfortably accommodate.

If your home is small, don't try a formal party for a large number of people. If you have to ask almost more than the rooms will hold, it's better to serve buffet style than banquet.

Because Yuletide entertainment is expected to be very gay, a hostess should not be bigged down with last-minute details. It is up to her to keep her guests in a merry mood. And her own peace helps, immensely.

#### SHE'S ADMIRAL CLARKE

Chester, England (C.P.)—England's only woman admiral holds sway here as Mayora—Mrs. Kate Clarke. With the Mayora of Chester goes the title of "Admiral of the Dee," and authority over a 20-mile stretch of river. She is entitled to be "piped aboard" a warship and to be given a salute of guns.

In it, and all night, Horace has decided to enlarge it. Since then the wretched weather has done nothing but rain, so that we can't get it finished. Several bombs have dropped in and around our old home, but, fortunately, very little damage done.

Of one thing I am certain, most people in England will try to celebrate Christmas even if they do it in an air-raid shelter!

## Preserve Strain of Breed Cattle in Spite of War

### Shipments of Fine Scottish Stock Dodge Enemy Action and Reach New Prairie Home in Good Fettle

By The Canadian Press

Winipeg, December 10th (C.P.)—German surface raiders and U-boats have failed to halt the war-time shipment of purebred cattle to Canada from Scotland.

Shiny action was responsible for the sinking of one cattle carrier off the Irish coast, but a second shipment eluded the Nazi raiders and was landed safely at an Eastern Canadian port.

The shipment consisted of 27 purebred Aberdeen-Angus heifers, bought by Kenneth McGregor, son of the late J. D. McGregor, former Lieutenant-Governor of Manitoba and internationally famous as a breeder of purebred stock.

The crossing from Scotland took three weeks, but the animals were in fine condition when they landed in Canada. They were quarantined a month at the Eastern port and then shipped to Winnipeg.

Some of them will winter at the McGregor farm at Brandon, Man., while others will be sent to Ada, Minn., where Mr. McGregor operates a large livestock farm.

The cattle come from famous herds in Scotland. There are three head from the herd of the Earl of Rosebery, whose estate is at Galmoy, while others are from the herds of Sir George MacPherson Grant, of Ballindalloch; Col. Norman Kennedy, of Doonholm, and Lt. Col. J. Grant Smith, of Grantown-on-Spey.

Mr. McGregor, whose purpose is to maintain the blood lines and the breeding stock of valuable herds in wartime, plans other shipments in the near future. He hopes to bring a total of 100 head for farms in Canada and the United States.

Well Known Farms  
McGregor farms are famous through-

## out Canada and the United States. Built up by the late J. D. McGregor, the farm at Brandon, 150 miles west of Winnipeg, has had champions at many international livestock shows, and has supplied foundation stock for many herds famous in this continent.

The war-time shipment comes from championship families in the cattle world of Scotland. There are four daughters of Permo of Kinross, a bull that has sired more champion females than any other bull in Scotland in recent years.

Other outstanding sire are represented. There are two daughters of Romanus of Dalrymple, a highland champion, and three daughters of Elmo of Houston, a noted Scottish champion.

In the shipment were heifers from the Witch of Edin family, and from such noted cattle families as the family of Abernethy, Evergreen, Eric, Ballinloch, Loch Ruth, and the Georgina strain, top rankers in Scotland's livestock blue books.



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**REDUCED FARES FOR CHRISTMAS AND NEW YEAR'S**

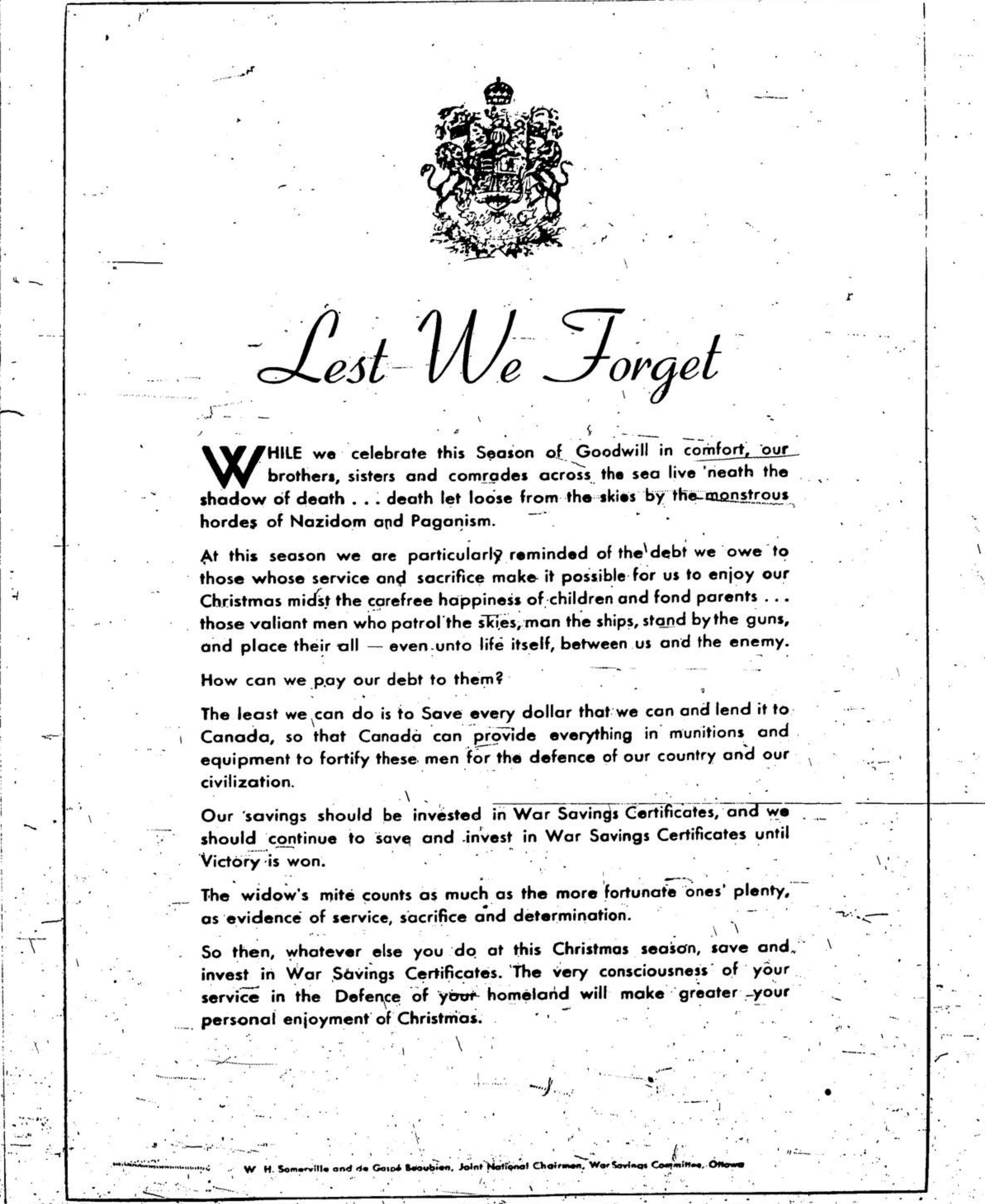
**FARE AND A QUARTER**  
Christmas: Going Monday, Dec. 25 to Wednesday, Dec. 25 inclusive. Return Limit: Leaving destination not later than Midnight (E.S.T.) Thursday, Dec. 26.  
New Year's: Going Monday, Dec. 30 to Wednesday, Jan. 1, inclusive. Return Limit: Leaving destination not later than Midnight (E.S.T.) Thursday, January 2, 1941.

**FARE AND A THIRD**  
Good going: Friday, Dec. 20 to Wednesday, Jan. 1, 1941 inclusive. Return Limit: Leaving destination not later than Midnight (E.S.T.) Tuesday, Jan. 7, 1941.

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**CANADIAN NATIONAL**



**Lest We Forget**

WHILE we celebrate this Season of Goodwill in comfort, our brothers, sisters and comrades across the sea live 'neath the shadow of death... death let loose from the skies by the monstrous hordes of Nazidom and Paganism.

At this season we are particularly reminded of the debt we owe to those whose service and sacrifice make it possible for us to enjoy our Christmas amidst the carefree happiness of children and fond parents... those valiant men who patrol the skies, man the ships, stand by the guns, and place their all—even unto life itself, between us and the enemy.

How can we pay our debt to them?

The least we can do is to Save every dollar that we can and lend it to Canada, so that Canada can provide everything in munitions and equipment to fortify these men for the defence of our country and our civilization.

Our savings should be invested in War Savings Certificates, and we should continue to save and invest in War Savings Certificates until Victory is won.

The widow's mite counts as much as the more fortunate ones' plenty, as evidence of service, sacrifice and determination.

So then, whatever else you do at this Christmas season, save and invest in War Savings Certificates. The very consciousness of your service in the Defence of your homeland will make greater your personal enjoyment of Christmas.

W. H. Somerville and de Gaspé Beaubien, Joint National Chairman, War Savings Committee, Ottawa