Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

COPY CHEF'S MAGIC AND TOAST CAKE FROSTING

By BETTY BARCLAY

Why don't you take a tip from the chefs, and toast the frosting for your next cake right under the broiler. It's the latest style in luscious frostings. You'll be sure of a creamy smooth triumph if you use these short cut recipes, made with sweetened condensed milk. They are magically failure-proof, so even a bride can produce a toothsome triumph.

COCONUT BROILED ICING

- cup sweetened condensed milk
- 2 tablespoons butter, melted
- 4 tablespoons brown sugar
- 1 cup shredded coconut

Mix sweetened condensed milk, butter, brown sugar and shredded coconut. Spread on cake. Place very low in broiler under slow heat. Broil until icing bubbles all over and the surface becomes light brown. Remove from broiler. Cool. This frosting covers top of loaf cake or about 18 cup cakes.

TOASTED ALMOND FROSTING

- 2½ cups sifted confectioners' (4X) sugar
- cup sweetened condensed milk
- cup toasted almonds, finely chopped

Add confectioners sugar gradually to sweetened condensed milk, beating until smooth and creamy. Spread on cold cake. Sprinkle almonds over top. This frosting covers tops of 2 9-inch layers or top and sides of loaf cake, or about 18 cup cakes.

Note For toasted almonds, place almonds on pan and brown lightly in moderate oven.

SOUTH SEA FRUIT CUP

Combine:
- 2 cups orange sections
- 1 cup fresh pineapple cubes
- 1 cup shredded coconut

With:
- 2 cup orange juice
- 2 teaspoons grated orange peel

Add:
- 3 teaspoon diced, preserved or candied ginger

If available, add one of the following fruits: Cherimoya, Papaya or Sapote. Serves 6.

DRESSINGS FOR FOODS

Salads, like debutantes, are much more alluring when presented with proper dresings. But the salad dressing must taste good as well as look good. Here are three modern dressings that you will find more than satisfactory.

SALAD DRESSING WITHOUT EGGS

- 2 tablespoons butter
- 2 teaspoons sugar
- 1 saltspoon salt and pepper
- 1 teaspoon mixed mustard
- ½ cup cream or milk
- ½ cup vinegar
- 1 tablespoon cornstarch

Combine butter, sugar, salt and pepper, mustard, cream or milk and vinegar, add starch mixed to a paste with a little cold water. Cook over low heat until thickened.

SALADE AU PERNOD

- teaspoon salt
- teaspoon dry mustard
- 1 tablespoon chopped parsley
- clove garlic
- cup small, toasted bread cubes
- 1 cup salad oil
- cup Pernod

Mix seasonings well. Rub bread cubes with cut side of garlic clove. Toss with seasonings. Mix oil and Pernod, add bread cubes, all shake well. Serve on green salad. Approximate yield 1½ cups dressing.

SPICED DRESSING

- tablespoon chopped parsley
- teaspoon chopped chives
- teaspoon mustard
- teaspoon salt
- teaspoon freshly ground pepper
- tablespoons wine vinegar flavored with horseradish
- shallot, finely chopped or dash onion juice
- cup salad oil

Combine ingredients and beat well. Chill. Serve on veal egg or vegetable salad.

CUT "PENS-ACROSS-SEAS"

Sydney, N.S.W. (CP) The Department of Education is discouraging pupils from corresponding with children abroad, saying that pen friendships may get information to the enemy and spread Nazi propaganda.

EAT MORE POTATOES

London (CP) Saying, "We eat an average of only half-a-pound of potatoes a day in Britain," the Ministry of Food is urging Britishers to eat at least three-quarters of a pound a day.

War Prisoners Find Lifeline In Recreation

Some Still Arrogant but Music and Other Activities Tend to Soothe the Nazi Ardor in Foreign Land

BY BOUG HOW
Canadian Press Staff Writer

AN EAST COAST CANADIAN PORT, Feb 26 (CP) Col. Hubert Stethem, the grey-haired, director of internment operations at Ottawa, took a short time out in preparing for the arrival of a new contingent of Nazi prisoners to let a reporter in on facts about the men watching war from behind Canadian barbed wire.

The problem of rescication is their own, although authorities encourage it as a safeguard against mental or physical breakdown. Medicine, ball and walking are favorites. Donations of athletic articles usually come from the International Y. M. C. A. Actual war prisoners "do everything possible" to keep in the best of health, always looking for a chance to escape and get back into action.

German prisoners are still "arrogant" but have grown "quieter" since September, the month Hitler's invasion of Britain backfired. Practically all camps have received a piano from the Y, and orchestras are common. A 30-piece German officers' orchestra produces the "finest but of music" Col. Stethem has ever heard. Bear drum, a product of the men, was made of fine linen. A former Italian stage artist, a master of the accordian, is an internee in another camp.

PRINCELY LEADER

German officers have built their own rink in the recreational compound of one camp and have organized two hockey teams. Some got skates from the International Y, others bought their own. The prisoners are generally "very well disciplined". Each camp elects its own leaders, arranges its own setup. One of the better leaders was Prince Friedrich, grandson of former Kaiser Wilhelm of Germany.

"He was a very fine type of man and we were sorry to lose him," Col. Stethem said. He was a good influence in the camp. The Prince and numerous others "who should never have been interned" are now free. Friedrich is continuing his education in England.

A dry canteen is compulsory in every camp, profits going toward recreational purchases. The "proprietor" never handles actual cash. The men draw "camp tickets" against the money credited to them with officials. With these, they purchase shaving supplies, tobacco, and other necessities.

Source of Money

Money comes from various sources, a lot of it from friends in the United States. Interned merchant seamen get small allowances monthly from their companies. Officers are paid by the Reich through an arrangement with London—Voluntarily they have been known to contribute hundreds of dollars to their less fortunate.

Officers must buy their own food and clothes. Food and the facilities to cook it are given the men free. The problem is theirs from then on. Internees organize their own educational programs, choosing learned men from among them to instruct. Seamen take courses in navigation, usually given by the leading officer. Supervising the numerous camps strung across the land is a strenuous job, as Col. Stethem well knows. He labors 14 hours a day, seven days a week.

While Col. Stethem declined to give any information regarding the more important hostages, it is learned from other sources that former Mayor Houde of Montreal has been splitting wood in an Ontario internment centre. Houde is treated the same as any other civilian internee. Reports that he was punished for illegal talk were branded "incorrect".

BOMBAY'S MOONSHINING

Bombay (CP) More than 3 illicit distilleries were discovered in Bombay during the last seven months. Hundreds were arrested, including six women.

10,000 ARMY COOKS

London (CP) In the main cookery schools and 100 emergency training centres, 25,000 cooks have graduated since the war started. The British army now employs nearly 10,000 cooks.

DIES FROM EXPOSURE

Bethesda, North Wales (CP)—David Miles, 20-year-old university student, died in hospital here after he had laid for 25 hours, half-frozen, in a crevice of a mountain.

Dominion's Cows Called to Arms to Win the War

Reinforcements and Better Feeding Needed to Produce Dairy Exports for Britain, Experts Point Out

Winnipeg, February 5th (CP) A prairie university authority declares that more cows and better feed to make them produce at least 722,000,000 pounds of milk more in 1941 than 1940 are needed if Canada is to meet domestic and export demand for dairy products.

Dr. V. E. Graham, of the University of Saskatchewan Dairy Department, suggested better prices as an inducement to farmers to increase production with a margin of profit.

Dr. Graham said increased consumption and reduced production of butter in Canada, combined with labor and feed shortages in Eastern Canada, to complicate the dairy products problem. Further, he said the price of butter was high in comparison with cheese.

This resulted in a tendency to turn milk into butter, with adverse effect on prospects of Canada supplying the required 112,000,000 pounds of cheese to Britain under the trade agreement.

Better Feeding

Dr. Graham said if farmers had the incentive to produce, the increased demand could be partly met by better feeding of dairy herds. But high-priced labor, present prices for cheese, which he said were below cost of production, and feed shortages tended to cause farmers to sell their dairy cows.

Dr. Graham thought any suggestion requiring reduction of butter consumption in Canada would prove unsatisfactory. He saw the possibility Canada might be forced to import cheese from the United States to meet Canada's commitments.

Before the war, he said, Canada exported 61,000,000 pounds of cheese to Britain. Under the first trade agreement ended last November 30th, Canada exported about 96,000,000 pounds. But this year, Canada required increased cheese production of 15,000,000 pounds and the same increase for domestic butter consumption in addition to possible increased evaporated milk production for export.

Previously farmers protested the pegging of butter by the Wartime Prices and Trade Board at maximum wholesale levels prevailing December 12th as being "unfair" and below cost of winter production.

Minimum Prices

Hon. J. G. Gardiner, Dominion Minister of Agriculture, has announced he would recommend to the Federal Cabinet that a minimum price for butter be established for the summer months. Agricultural leaders, however, asked that the price be set for a full year.

The Federal Minister also said he would recommend that cheese producers receive 15 cents a pound instead of 14, with continuance of present bonuses for quality production.

He announced the recommendations at a conference with Ontario farm leaders, and said that if it became necessary to bring feed into Ontario from Western Canada the Ontario Government should pay part of the cost and look after distribution.

Ontario's Agriculture Minister, Hon. P. M. Dewan, maintained farmers were being called to make unfair sacrifices in the war effort.

GIRL SOLDIERS OF SOUTH AFRICA

Forty-nine South African girls are serving as attested soldiers in East Africa. They are members of the South African Women's Auxiliary Army Services. The girls are under the command of Captain Mrs. E. E. Hanman, wife of a senior officer in the Union Defence Force. The Lady Rangers of the corps, which is called the Cameons, is a partly evacuated boarding school.

SIX WEEKS FOR DESERTION

Colchester, England (CP) For failing to continue in the Auxiliary Fire Service, Patrick Keller, 31, was sentenced to six weeks' hard labor here.

HELLOS IN AUSTRALIA

Canberra, Australia (CP) Australia now has 702,800 telephones, representing a seven-fold increase since 1911 and an increase of 100,000 in the last three years.

FAMILIES IN WAR

Harpenden, England (CP) War or no war, people should be encouraged to have larger families, says Dr. R. A. Fisher, eugenics professor of the University of London.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press by
OWENDOLINE P. CLARKE

Now I can breathe easily once more! You see I have had quite a worrisome time. It was this way. About three weeks ago there was a registered letter, and that letter contained a command for Partner to report for possible jury work on February 24. To a good many men a call to the jury is all right good pay, easy work and nothing to worry about! But for Partner that is another story. With Son away and all the milking and chores to do himself he is kept pretty busy. Not that Son was able to do so very much to help when he was at school, but still he was there, and, could be kept at home to help if the need were urgent. So with this jury job ahead of him Partner was doing everything he could to get a little ahead of the work. But you can't milk cows or clean stables in advance, so we were looking forward to a few days very early rising if Partner's name should happen to be one of those called for the jury.

Partner reported for duty at one o'clock Monday afternoon. At three o'clock he was home again with four dollars in his pocket! He had not been called. Somehow or other that four dollars rankled. At a time when money is so badly needed and often so hard to get, easy money seems almost a crime. Refuse to take it? Well, that would be rather extreme. Partner had another solution. He took the bills out of his wallet and said, as he handed them over to me "If you are going to town tomorrow take this money with you and get a war savings certificate." It was money we had not looked forward to therefore it was money we could well afford to spend. So that was that and now everybody's happy. And am I relieved to think we haven't got to get up in the small hours of the morning for Partner to be away by ten o'clock!

Last week was rather a hoo-doo around here. Last Tuesday I got up about half-an-hour after Partner had gone to the barn and found a column of smoke rising from my wicker chair that sits beside the box-stove. Down between the cushion and the side of the chair I saw what looked like a small ball of fire - just glowing red, not blazing. Pulling the cushion away I found a pair of rayon stockings which I had been darning and left there. How they came to catch fire is a mystery. I can only think a red hot spark flew into the chair as Partner was lighting the fire. It was a mercy I came out when I did. In a few minutes the chair would have been ablaze, as it was tinder-dry.

Well, as if that scare wasn't enough for one day I had to go and sit me down on the ice, just half-an-hour later. I was merely walking from the house to the garage, but half way there I sat! After that I writhed, and finally I limped, and by these easy stages I eventually got back to the house again. After a bit I began to feel my bones and decided I wasn't too badly hurt even if my back did feel as if it had come in contact with a steam roller. So I tried again, and this time I reached the car, but halfway to the place where I was going my left hand and arm began to ache like nobody's business. Presently I couldn't hold the wheel. On my way home I had a passenger who drove the car for me. And that was the end of my activities for a few days. But added to the misery of my aches and pains was the thought of Partner having to serve on the jury. How was I going to help with a sprained wrist and a "lame back" and there wasn't much I could do for the back except sit on a hot water bottle. But I had to do something for that wrist. Cold cloths wouldn't do, cold cloths meant rheumatism. Antiphlogistine that was the stuff. So I poulticed and poulticed and poulticed that wrist every two hours to be exact, and in two days I could use it. Not very well, but a little. In less than a week the swelling was gone, the pain almost little, and most strength coming into the wrist every day. These minor injuries are an awful nuisance but as I kept telling myself only would get much worse than that in an air raid.

During my forced inactivity I turned to reading and one of the books I read was "Insanity Fair" by Douglas Reed. A book that describes Europe between the last war and the present one, and in reading it one is not surprised that this war should have come about. Douglas Reed writes of an England that Partner and I did not know, an England lulled into a false sense of security, an England whose ministers deliberately kept its people in the dark about the rearming of Germany and the sinister designs of the dictator powers. Reading this book it is easy to understand that Hitler thought defeat for his armies would be impossible. But, thank heaven, we know that Hitler underestimated British strength of character. The more one learns of pre-war England, the more one marvels at her present strength and remarkable come-back. And the more one is confident of ultimate victory with Winston Churchill at the helm and each one of us behind him pulling our weight. Not leaving it to the other fellow—but pulling, pulling, for all we are worth. And, although the degree of our strength may vary, the degree of each one's effort should be the same—to the limit of one's capacity.

Close Calls — Five He Wants Another

Four Narrow Escapes Afloat and One Ashore But Sailor Craves More

Somewhere in Scotland, February 19th (CP) Cats may have nine lives but a ship's officer convalescing here after his fourth narrow escape, thinks he has quite a few. Three times he missed death on the high seas and once when a theatre was bombed.

He marked off his first "life" October 19th, 1939, when he was third officer aboard the Rockpool, which won a duel with a U-boat and became the first merchant vessel to sink one. The submarine shelled the ship in the Atlantic, but the Rockpool replied and escaped in a smoke screen. The Nazi re-appeared, started the shelling and the Rockpool replied. The U-boat was sunk and a destroyer rescued survivors.

Life No. 2 went by the boards when a Nazi sander scored a direct hit on a cinema he attended and several people were killed.

The third escape came when a Nazi bomber missed his west-bound ship with eight bombs and then machine-gunned her. On the alarm, he left his cabin to go on deck, minus his shoes. When he returned for them he found the cabin had been wrecked by a shell.

Now he is recovering from exposure after his ship was torpedoed on her way home. He had to jump from the sinking craft but climbed aboard a raft from which he and three companions were rescued after being tossed about for 101 hours in mid-Atlantic.

He wants to risk his fifth life on another ship the moment they release him from hospital.

Silk of Glass

Going Out From Britain to Save World Fuel Supply

Glass silk is now being sent overseas from Great Britain in increasing quantities. The manufacturer exported 250 per cent. more of it last year than in 1939.

It is used for saving heat. Not less than seventy-five per cent. of the heat created each year by millions of tons of fuel is wasted. This specially manufactured glass silk is perhaps the most efficient material for stopping such wastage in domestic equipment, like boilers, pipes and stoves.

In the last few months, this glass silk insulating material, which is unaffected by temperatures up to 900 degrees Fahrenheit, has been shipped from Great Britain to South Africa and Calcutta in the form of blankets, as mattresses to East India (for railway locomotives) and to North-west India (for insulating petrol wagons), in rigid sections to New Zealand, Trinidad and Portugal, and in sheets, for separating the positive and negative plates of electric accumulators, to Canada, New Zealand, Australia, and Eire.

Various other glass silk products have been recently despatched to Arabia and the whole of the insulating material required for the new Bulawayo Hospital and Nurses Home, Rhodesia, will consist of British-made glass silk.

Troops Asked To Skip Farms

Britain Hopes to Save Crops and Pasture by Do's and Don'ts

LONDON, Feb. 26 Damage to pasture and farmland has been minimized by a list of "do's and don'ts" issued by the War Office to officers commanding manoeuvring over Britain's meadowland.

Compensation officers also have been attached to various units to advise corps commanders on areas which should be placed out of bounds and areas in which movements should be restricted. Breeding establishments, paddocks, and plantations are among out of bound areas. Restricted areas include arable land and fields of crops.

The War Office list advises troops not to cut clumps for fire wood, not to turn transports abruptly on arable land, not to drive across crops and not to park vehicles near hedges. To keep to the side of fields and to make no more gap in hedges and fences than are necessary.

SURE OF ULSTER

Belfast (CP) Ulster's position in the British Empire, established by the Government of Ireland Act, will never be altered against the will of the Ulster people, declared Prime Minister J. M. Andrews.

GHOULISH THEFT

London (CP) For stealing rings from fingers of four people killed by bombs, a mortuary assistant was sentenced to three years penal servitude.

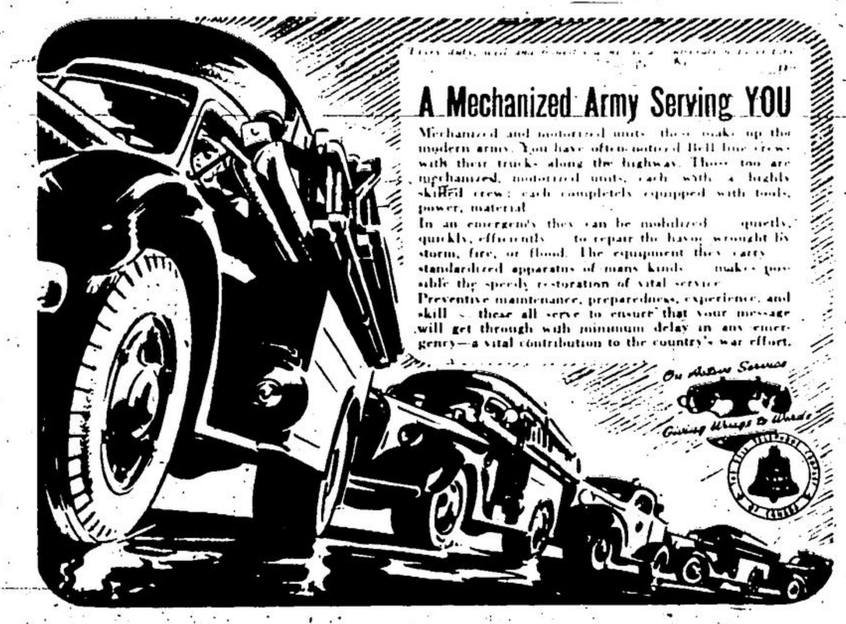
HEALTHY BRITAIN

London (CP) Sir Wilson Jameson, Chief Medical Officer of the Ministry of Health, says that after nearly seven months intensive air attack, there is no sign of serious epidemic sickness in Britain.

KILLED IN BLACKOUT

Wallsend, England (CP) Two workmen returning to their home were killed when knocked down in the dark by a bus during a black out.

"Fishermen's Patrol"

A doughty little ship of the "Fishermen's Patrol" Fleet of the Royal Canadian Navy plows through the heaving Pacific. These small vessels keep constant watch over the bays and inlets of the British Columbia Coast.

"I'm sorry—but I don't know the destination."