

Of Interest to Women

Menu Hints

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

EGGS ARE PLENTIFUL

Canadians should be using eggs freely at the present time. So many eggs are being laid by the hens that there is more than enough of this food to meet present demand in this country and also to fill any orders that may come from Great Britain.

A piece of sound advice at this time to homemakers who want to make the most of the food dollar, is to take advantage of the good buy eggs are at prevailing prices and to use them freely. Serve them for lunch or supper, alone or in a combined dish as the main course, use them in desserts, and make large fluffy light sponge cakes which can be made of a nominal cost.

Egg cooking is simple, but there is one general rule which should be followed. Always cook eggs at a low temperature, so that they will be tender and palatable. If cooked in water, as in scrambling or to be served in the shell, the water should be kept below boiling point, and this rule should not be broken even when frying eggs, as slow cooking gives best results. In baking egg dishes, a moderately slow oven should be used, and this includes baking the sponge type of cake and meringues.

The Consumer Section, Marketing Service, Dominion Department of Agriculture, reminds consumers that eggs are sold by grade on the basis of quality and size.

The following are a few recipes which can be used to advantage when there is such an abundant supply of eggs on the market.

Scrambled Eggs With Bacon
6 strips side bacon
8 eggs
2-3 cup milk
Salt and pepper to taste

Cut bacon in small pieces and cook in frying pan. Beat eggs slightly. Add milk and season. Pour into pan with bacon and cook slowly, stirring constantly until mixture coagulates. Serve on toast.

Egg and Potato Casserole
4 tablespoons butter
4 tablespoons flour
2 cups milk
4 cups cooked potatoes, cubed
6 card-cooked eggs, sliced
Salt, pepper and paprika.

Melt butter. Blend in flour. Add milk gradually and stir until sauce thickens. Season to taste. Put alternate layers of potatoes, eggs and sauce in buttered baking dish. Sprinkle top with buttered cracker crumbs or grated cheese. Bake in hot oven about 15 minutes. Serve hot.

FAIRY DESSERT
6 egg whites
1 teaspoon baking powder
1 cup fine granulated or fruit sugar
Beat egg whites until stiff. Sift baking powder with sugar and gradually beat into egg whites. Put mixture into two well buttered cake or pie tins and bake at 350 degrees F for 15 to 20 minutes. Turn out.

When cool put together with sliced fruit mixed with whipped cream. Top may be covered with whipped cream. Chill well in refrigerator before serving.

Sponge Cake
5 egg yolks
1 cup cold water
1 cup fruit sugar
1 cup pastry flour
1 teaspoon vanilla
1 teaspoon cream of tartar
5 egg whites

Combine egg yolks, water and sugar. Beat with double dower egg beater for 10 minutes, or with electric beater for 5 minutes. Add fruit sugar several times, and beating. Beat again well with the beater until well combined. Beat egg whites until foamy, add cream of tartar and beat until stiff and dry. Fold this into first mixture, using a spatula. Bake in a large unbuttered tube pan at 235 degrees F for 1 hour.

Nazi Restraints Can't Beat Dutch
Holland Farmers Making "Moonshine" Butter in Washing Machines

NEW YORK, (CP) — Netherlands farmers, whose churns are sealed in accordance with rationing regulations for German-occupied territories, have discovered that washing machines from North America can be used for illicit butter making, according to the Associated Press correspondent in Amsterdam.

Savings For War Means Revisions In Family Menus

Agrarian Department Staffs at Ottawa Questioned on How Best to Aid Belt-Tightening Process

BY GLADYS ARNOLD
Canadian Press Staff Writer

OTTAWA, (CP) — When 100,000 or more housewives put themselves down for regular buying of war stamps and certificates, it means a revision of the family budget and a growth in "food consciousness."

"In fact Canadian women have never been so food conscious before," Miss Laura Pepper, chief of the Consumers' Section of the Department of Agriculture, told The Canadian Press. She pointed to the piles of letters covering her desk. "These are only a few of the hundreds of requests for advice and help pouring in from women from Prince Rupert, B. C., to Summerside, P.E.I."

"I would like information on how to plan healthful yet economical meals," read the one on top of the pile. "They all ask the same question," said Miss Pepper. "The letters include queries on how to make their money allowance for food stretch as far as possible; how to serve simpler meals and more economical foods; requests for recipes and menus suitable for wartime in which Canadian products can be exploited to the limit, and questions on food regulations and how to buy graded foods. The Department has literature dealing with these phases."

Women, said Miss Pepper, handle by far the largest proportion of the money spent in Canada and if economies are to be made so that money may be diverted into all important war savings, the women play a large part in it. "The better the home manager, the more that family will have to contribute to war savings," said Miss Pepper.

"Women are all anxious to save, but not at the expense of family health," said Miss Pepper. "The Canadian homemaker is in general very serious and is not interested unless the answers are truly practical. It is rare when a foolish or nonsensical letter comes in to the department."

Lectures and Courses
Organizations such as the Women's Institutes, Home Makers, Red Cross and many others as well as schools and departments of health and agriculture are responding to this wave of food consciousness with bulletins, lectures and courses and many kinds.

Of particular interest to women is information which helps them in their buying. Miss Pepper said. They want to know all about grading and packaging.

The government now regulates the size of cans and packages for instance. There are five standard can sizes and packaged food such as cheese which must come in quarter, half, or pound sizes.

Miss Pepper paid tribute to the good sense and economy of the average Canadian housewife. "They know a bargain when they are getting good value for their money, cleanliness and quality," she said.

New British Steel Gives More Than Double Normal Shock Resistance

A new shock-resisting steel has been produced in England after two years' intensive research. Some years ago the makers introduced a metal combining the strength of high tensile steel with the ductility of mild steel. It was used for many purposes, notably for 8000 railway wheel centres for London's tube trains and for ship's davits.

But whereas it permitted davits to be loaded up to 25 per cent greater than before, now davits made from the new steel for special duties have recently been passed for a further increase of up to 15 per cent loading for the same frame size.

In addition to the properties of the other, the new steel has a yield point of 60 per cent, or more, of the ultimate tensile strength and a resistance to shock of not less than 20 ft. lb. two to three times the normal figure for carbon steel castings of this tensile strength. Uses to which this new shock-resisting steel has so far been put include excavator castings and automatic couplers for railway rolling stock.

ASKS "WHAT ABOUT US?"
CAERPHILLY, Wales, (CP) — Pointing out this town is host to 8000 evacuees from London and other bombed cities, Ness Edwards, M.P., declared this area should have some say in distribution of the Lord Mayor of London's Fund.

Canada's Bees Are Big Asset As Warworkers

Honey Production Is Big Item And Ottawa Experts Cover Wide Ground In Detailing Its Uses

BY GLADYS ARNOLD
Canadian Press Staff Writer

OTTAWA, (CP) — "As sweet as honey" is no idle compliment according to the Bee Division of the Dominion Department of Agriculture, for in honey is to be found the sweetest sugar yet discovered in nature, and Canada is producing millions of pounds of it.

Describing honey producing as a profitable and fascinating enterprise in this country, C. B. Gooderham, Dominion Apiarist, says it may surprise some that 37,819,000 pounds of honey were produced in Canada in one year—1938.

In 1924 there were 82,000 bee-keepers and 282,000 bee colonies with a production of 46,810,000 pounds; in 1939, 27,970 keepers with 406,000 colonies. The average honey production annually over the last ten years was 26,000,000 pounds.

Honey is made of flower nectar and sunlight. Mr. Gooderham assured us Canada's flowers and sunshine make some of the best quality honey in the world.

Many Uses for Honey
To the rural housewife, however, the important question is, "Can we now buy?" Mr. Gooderham says emphatically, "Yes."

Honey is much used in place of jams and marmalade on the breakfast table, but Miss M. L. Heeney, cooking specialist of the Department of Agriculture, has compiled 80 recipes in which honey takes the place of sugar. Says Miss Heeney, "Honey may be substituted for molasses or sugar with delightful results if certain general rules are adhered to carefully, and there are certain advantages in its use."

Cakes and cookies remain moist longer if made with honey. Honey improves the flavor and lengthens storage time. Honey is particularly easy to digest and is especially adapted as a food for children and those suffering from stomach disorders, it is pointed out.

General Rules
In using it these general rules should be followed, said Miss Heeney:

1. Measure honey always in liquid form. If granulated heat over warm water until liquid.
2. One cup of honey is as great in sweetening power as one cup of sugar.
3. Use one-quarter to one-half a teaspoon of soda to each cup of honey.
4. Increase amount of salt by one-eighth to one-quarter of a teaspoon in each recipe.
5. For each cup of honey reduce liquid called for in the recipe by one-third.
6. In ordinary cakes half sugar and half honey may be used, but fruit cakes they are improved if all honey is used.
7. In milk puddings and pie fillings add the honey to the thickening agent flour or cornstarch.

Keeping in Order
Honey absorbs moisture from the air and loses its aroma and flavor rapidly if left uncovered. Rapid granulation is often believed to be a sign of adulteration but on the contrary it is a sign of purity, Mr. Gooderham said.

In blanching honey it should be heated over water at 150 degrees Fahrenheit, not more because excessive heat spoils the flavor and color. Canadian honey is divided into four color categories—white, golden, amber and dark.

The Week at OTTAWA

Specially Written For The Acton Free Press by
BY LLOYD MACDONALD
Canadian Press Staff Writer

OTTAWA, (CP) — With a long Easter adjournment in the offing, members of Canada's wartime parliament divided attention this week between consideration of their own urgent legislative business and doings at Washington.

For in the United States capital a measure sponsored by its proponents as of vital importance to continental defence and long-range aid to Britain was under discussion.

Last Friday, Prime Minister Mackenzie King tabled in the House of Commons details of the Great Lakes-St. Lawrence Basin navigation and power agreement. In Washington, President Roosevelt sent the agreement to Congress for approval with his emphatic blessing.

What happens to the agreement when the United States House of Representatives and Senate put it to the vote will determine whether parliament will be asked to approve it. Mr. King has declared he will not submit it to the legislators until it is passed at Washington.

Parliament probably will adjourn April 9 until April 28. It has been estimated it will be about a month before decision on the agreement is reached at Washington. Thus it seemed likely parliament might be given an opportunity to debate the measure sometime soon after reconvening.

Waterway Provisions
Under the agreement, Canada and the United States undertake an immediate start on the combined inland seaway and power development. The entire project is to be completed by Dec. 1, 1948 unless circumstances make it advisable by mutual consent to alter the speed of the scheme. It is expected the power phase of the scheme could be completed in 1945.

The tremendous power potentialities of the plan are being advanced as one argument for hasty implementation since the increased resources, when developed, would be available for use by defence industries in both countries.

It is planned to produce 2,300,000 horsepower of new electrical energy in the International Rapids section of the St. Lawrence. Under a supplementary Dominion-Ontario agreement tabled Friday by Mr. King, Ontario would be entitled to half this amount.

Adherents of the plan envisage ocean-going vessels docking at the lakehead when some 2,000 miles of 27-foot seaway have been provided through new canals and deepening of the present inland channel from Montreal to Lake Superior.

Estimates of the cost of both power and seaway projects place the figure well over \$300,000,000. The understanding is the cost will be divided about equally between Canada and the United States.

Protecting Towns
The power development calls for building of two dams, a main one just above Cornwall, Ont., and a control dam near Iroquois. Water to be held back by the dams will naturally be partially inundated the towns, and their residents must find new dwelling places. The plan provides for these people however, cost estimates showing substantial sums set aside for rehabilitation of the towns. The general feeling among residents seemed to be that they had been fairly dealt with, but there was some opposition and many expressed sadness at the impending loss of homes and the flooding of the beautiful and historic area.

Sinecure of War
Last Friday the War Appropriations Bill passed second reading in the House and at the start of this week it was taken under consideration again. There is still criticism from the opposition groups and some Liberals of various phases of the war effort. Criticism of aircraft production has been again to the fore. Suggestions were made last week that some provision be given a free hand in aircraft production, but Ministers Minister Howe turned the suggestion down. "The only official could be given a free hand in the spending of public money or in the direction of any branch of war production."

He also gave his assurance that the frequently-attacked Avro-Anson program, under the government-owned Federal Aircraft Limited, was as far ahead as can be expected and was in complete running order.

Wheat Policy
Latest move in the government's wheat policy is a supplementary estimate to provide \$35,000,000 for payments on reduction in wheat acreage under the new plan, and for its administrative needs.

The amount will be used to provide bonuses for farmers who leave acreage in summer fallow or devote it to grains other than wheat as part of the government plan to limit wheat deliveries to 230,000,000 bushels.

Acreage arrangements have yet to be made but farmers who summer-fallow their wheat fields will be paid

a bonus of \$1 an acre, and a \$2-bonus is given for lands sown to coarse grains.

In addition the estimate provides for payment of temporary officials who will set the plan in motion and other administrative needs.

R.A.F. Expands Its New Words

More Service Brings More Phrases as That Interest

LONDON, (CP) — As the Royal Air Force expands to do its vocabulary. Here are some phrases for the collector of unusual idioms.

If you are so unfortunate as to be disappointed in love or to receive a severe reprimand from a senior officer, then the proper way to describe your state is to say you "have been shot down in flames." When the weather is "future-outlook-unsettled," the pilots prefer to call the report "simply 'ropey.'"

If you have some inside information then you fall in the "real gen." If the news is still more exclusive than it is the "pukka gen." Origin of the word "gen" is doubtful. It may be short for genius, it may come from genuine, or alternatively, from "general information."

There are three degrees of dejection. The first is the stage of being "browned off," the second of being "bussed off," and the third, which means there is no hope, of being "completely chuffed." A beginner in any job is called "an Erk," a contraction of aircraftman.

Famed Hostess Serves Canucks

Lady Malcolm, Daughter of Lily Langtry, Helps in Beaver Club

LONDON, (CP) — One of the distinguished women who serve Canadian soldiers in the Beaver Club, recreation centre for fighting men from the dominion, was herself a few years ago organizer of one of the most popular social events of London.

She is Lady Malcolm, daughter of Lily Langtry, the famous actress, and the social event was the Servants' Ball held at the Albert Hall. She organized it for several years and it became so successful steps had to be taken to bar waiters who were not servants.

Lady Malcolm's husband, Sir Ian Malcolm of Poltalloch, was born at Quebec.

Youth for The Land

LONDON, (CP) — Boys and girls in Britain are clamoring to take a larger part in the defence of their country. In Suffolk they formed the "Youth Service Corps" and applied to Herwald Ramsbottom, President of the Board of Education. The land was the solution Mr. Ramsbottom offered. So, vacation and after-school time will see these youth corps in increasing numbers helping to make British soil more and more productive.

Grassless Grave Tells Innocence

MONTGOMERY, Wales, (CP) — In Montgomery churchyard lies the grave of John Newton, hanged in 1820 for highway robbery. At his trial Newton said he was not guilty and added "If I am innocent grass shall not grow on my grave till 100 years be past."

Since then his grave has remained bare until 1941. Now a thin pattern of grass has appeared, in the shape of a cross.

"EVERYWHERE I GO..."

We know a man who travels across Canada several times a year. He meets and talks with literally hundreds of people of all classes.

"The more people I meet," says he, "the clearer it becomes to me that folks in the main want to be kind and helpful. They're a pretty decent lot."

But for unfeeling courtesy and helpfulness I would pick the men and women in the telephone service. I've yet to find one I wouldn't turn to with perfect confidence in an emergency. They seem to put courtesy first every time. That "voice-with-the-smile" phrase is a matter of actual practice—not just a phrase.

Well, it's fine to hear anyone talk like that. It makes us try all the harder to deserve such praise, especially when telephone service is so vital to the nation at war.

On Active Service
Giving Wings to Words

They Rely on You

For the things that are not given to a fighting man with his uniform... things that are not part of his military equipment... things of the spirit... Canada's fighting sons, wherever they may be, rely on you.

The Government provides them with uniforms, rifles, ammunition—but for comforts—recreations and wholesome opportunity to make their precious moments of leisure a genuine boon... they rely on you.

Of course you help to buy airplanes, guns, ships, tanks—BUT for the things that express to the soldier the affection and thoughtfulness of the folks back home... he relies on you.

Six great national organizations labour unceasingly to provide him with those things.

They can do it only with your money.

Your money started this work—your money is needed to carry it on. The need is urgent. Be generous.

Let the volunteer helper who calls on you carry back your pledge of fullest support for our fighting men.

THE BOYS RELY ON THE FOLKS BACK HOME

If you have not been canvassed—if you are not canvassed—send your contribution to your local committee or to:

National Headquarters—300 Bay St., Toronto, Canada

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