

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

### SPRING MENUS

With the advance of Spring comes a natural desire for the foods which appear on the market at this season, and for meals which have a spring-time appeal.

- Eggs in Tomato Aspic
- 1 cup cold water
- 2 cups tomato juice
- 1 teaspoon onion juice
- 1 teaspoon sugar
- 1 teaspoon salt
- 6 deviled eggs

Soak gelatin in cold water. Combine tomato juice, onion juice, sugar and salt. Heat to boiling point. Dissolve gelatin in juice. Half-fill individual moulds with jelly mixture. When partially set, place half a deviled egg, yolk down, in jelly. When jelly sets, add remaining tomato gelatin mixture. Allow to set. Unmould on crisp lettuce. Garnish with water-cress or asparagus-tips. To deviled eggs, remove shells from hard-boiled eggs, cut eggs in half, remove yolks. Mash yolks, season and mix with a little salad dressing. Pack yolk mixture into whites. Serves 6 to 13.

- Rhubarb Sponge With Custard Sauce
- 1 cup cold water
- 2 cups hot, stewed sweetened rhubarb
- 1 tablespoon lemon juice
- 2 egg whites
- Pinch of salt

Soak gelatin in cold water. Add to hot rhubarb. Stir until gelatin is dissolved. Add lemon juice. When mixture is partially set, fold in stiffly beaten egg whites. Serve cold with Custard Sauce made with 2 egg yolks. Serves 6.

### Custard Sauce

- 2 egg yolks
- 2 tablespoons sugar
- Pinch of salt
- 1 cup scalded milk
- 1 teaspoon lemon juice

Beat eggs slightly. Add sugar and salt. Gradually add scalded milk. Cook over hot water, stirring constantly until mixture thickens and coats the spoon.

### Maple Rice Pudding

- 1 cup rice
- 2 cups milk
- 2 1/2 tablespoons cornstarch
- 1 cup maple syrup
- 2 egg yolks
- 2 egg whites
- 1 cup maple syrup

Boil rice in salted water until tender. Scald milk in double boiler. Stir cornstarch smoothly in 1 cup maple syrup and add to scalded milk. Heat milk. Stir until mixture thickens and cook 15 minutes. Add rice and well-beaten egg yolks. Place in buttered baking dish. Beat egg whites until stiff, gradually add the 1 cup maple syrup, and spread over pudding. Bake in a moderate oven (350 degrees F.) until delicately browned (about 15 minutes).

### SPAGHETTI WITH TOMATO-CHEESE SAUCE

- 1 lb spaghetti
- 1 can whole-picked or tomato paste
- 1 onion (sliced)
- 1 cup butter
- 1 cup grated cheese
- Pepper and salt

Cook onion with tomatoes 15 minutes. Rub through a strainer or sieve. Add tomato paste (50 seconds) with salt as much water as melt but for. Add seasoning, the onion-tomato sauce and grated cheese. Cook slowly until cheese is melted, stirring constantly. Boil spaghetti in plenty of salted water until tender. Drain only high quality spaghetti, nutritious and economical. Drain. Place drained spaghetti on platter. Pour the sauce over it, and sprinkle additional cheese over all, if desired.

### RAID VICTIM DIED IN SNOW

SHEFFIELD, (CP) Homeless after an air raid, John Barnes started in a hillyard for a small bungalow on the moorlands of Derbyshire, fractured his leg, dragged himself to a snowbank and was found dead there.

### TIS SKIRTS OFF JOB

LONDON, (CP) When people complained of convoy girls (auxiliary transport services) wearing the trousers uniform continually, the authorities ordered they must change to skirts when off duty.

## Clinch Victory In War Against Enemy of Wheat

Experts Reporting 1940 Results See Ancient Foe Driven From Canadian Farmlands

EDMONTON, Mar. 13 (CP) Dean Robert Newton of the University of Alberta says the stem rust menace has already been definitely beaten. Explaining that 1940 was substantially a "rust year," Dean Newton said the growing of rust-resistant wheats saved farmers in the rust belt—Manitoba and Eastern Saskatchewan—an estimated 50,000,000 bushels, or approximately 25 per cent. While quality in a rust year also suffers, production in 1940 was mostly No. 1.

Grain research authorities said Canada owed much to the work of the Dominion Rust Laboratory in Winnipeg where Dr. Cyril H. Goulden has produced Regent and Remown rust resistant wheats from experiments first started in 1926.

Since distribution of Remown in 1937 Dr. J. H. Craigie's plant pathology staff at the laboratory, and experimental farms, has produced improved strains of these varieties. These new strains are available for 1941 seeding through the Canadian Seed Growers' Association.

1940 Yields A Manitoba crop report for 1940 showed that Thatcher yielded an average of 19.2 bushels an acre, Remown 18.8 and Regent 20.3 when almost all rust-resistant were sown. This compared with between 16 and 17 bushels for Marquis over a period of years and "something like five or six bushels an acre" in a bad rust year like 1935, said a Dominion Laboratory official.

In 1940 stem rust made its appearance in Manitoba—Portage, La Prairie and Winnipeg July 3, said a survey by B. Peterson of the rust laboratory. Fields of susceptible wheat were difficult to find. But one Reward field 60 miles north of Winnipeg showed damage of 25 per cent, or more, and resultant weight per bushels of the crop was almost seven pounds lower than rust-resistant wheats of surrounding fields. The report continued:

"Marquis wheat in Winnipeg plots that were protected from rust with sulphur dust yielded 18 per cent more than comparable plots of Marquis which were exposed to natural infection of stem rust."

"At Modern rust resistant varieties outyielded the old susceptible wheats by 30 per cent and at Brandon 12 per cent. Had the wheat acreage in Manitoba been sown to susceptible varieties as in former years it is probable the stem rust would have caused appreciable damage in Southern Manitoba in 1940."

Robert J. Ledingham of the Dominion Plant Pathology Laboratory at Saskatoon in a survey of the Big Beaver District of South Central Saskatchewan last August reported that rust infection on susceptible wheats varied. In two fields infections was 75 per cent with the straw dead and the wheat kernels not yet hard. He doubted if those fields would have been worth harvesting.

In some uncut fields the infection ranged from 20 to 75 per cent. He added the yield and grade in these cases would be reduced. Dr. Craigie estimated 1940 rust potential to have been an intermediate rust year similar to 1925 and 1940.

Yield last year of rust-resistant test plots of Regent and Thatcher were 40.4 and 42.1 bushels an acre in Manitoba compared with 27.4 for susceptible Marquis. Regent resistant to stem rust, heat and covered smut, has been improved in straw, earliness in test weight and appearance of grain. Remown resistant to stem rust, heat and smut has been improved in strength of straw, heat resistance and yield.

Apex developed at the University of Saskatchewan, resistant to stem rust, has been improved to rip in earlier and in strength of straw. Improved Thatcher, originally developed at the University of Minnesota, is purer than the old stock which contained some off-types.

## Meatless Meals One-Plate Menu

OTTAWA, (CP) Inventive housewives frequently have one-plate meatless meals with the entire main course served on each individual plate. It is one way to provide an assortment of nutritious, well-balanced foods. The plan not only reduces serving and clean-up work, but also introduces a novel meal ensemble. And there are flocks of vitamins and minerals in many meatless combinations. With careful juggling, fruits, vegetables, cheese, eggs and fish will help guard the family's health.

## Chronicles of Ginger Farm

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

There are times when the radio seems just about human or something. Take Saturday morning for instance. I was naturally curious to know whether it would be any trouble to find the stations after the shifting ground they had had. So I turned on the radio and immediately an indignant voice said to me, "Are n't you a little late, Gwendol?"

And speaking of the radio, I hope our readers were listening to "Neighbourly News" last Sunday and heard the publicity for the Fair Pass campaign. You know, it is rather funny you never can tell what sort of thing will put you in the news. It may be being president of this or that, or because you're celebrating a silver wedding. Or again, it might even be your obituary, or because you're over ninety. Or it might be nothing more or less than a pair of flat feet. So help me, I never heard of flat feet making front page news before!

But it wasn't only the feet that got publicity. It was also Highway No. 25. Fair Pass readers will remember that editorial two weeks ago in which the editor said, referring to Highway No. 25, "It would be just as easy to walk it, flat feet and all, as to ride on it!" And Andy Clark finishes his broadcast by saying, "I rather think that editor must have had some reason for that remark!"

It'll say he had! Not only are there bumps and hollows from Milton to Acton but the dust is already rising in clouds. Tonight, for instance, I came along the road about 8.30. The night was dark. As I neared home I met a car travelling at a pretty good pace, and would you believe it, I passed our own gate without knowing it because I couldn't see the lane for dust. When the clouds rolled away I found myself quite a few yards past my destination. Another of the pleasures of this road is a hidden bump about halfway between here and town. You can't see it until you are right on it and I'm generally so busy trying to slow a way between the minor bumps that I generally forget the big one until I find myself bouncing off my seat.

Now if this rough road were necessary on account of the war I would do my best to put up with it with-out grumbling, but as long as the Department of Highways continues to spend fabulous sums for unnecessary lighting on the Queen Elizabeth Way, just so long will I keep on grumbling about this dusty, spring-breaking stretch of road which the Department is pleased to designate Highway No. 25. The Queen Elizabeth Way and Highway No. 25 are not the same thing. We might as well call them the Plutocrat and the Peasant of the Highway.

Last Friday our Institute catered for Young Canada Night at the Canadian Club. Of course we were privileged to hear the program afterwards and to my mind the most striking part of the program was the opening remarks of the president. He was speaking broadly about recent developments in connection with the war and particularly in regard to the change of policy in Yugoslavia.

"I wonder how many of you," said the president, "that this change of policy was made immediately following our national day prayer. Surely we cannot look upon this fact as mere coincidence. You must also remember," continued the president, "that the evacuation of Dunkirk also followed a National Day of Prayer."

The effect of these few words, surely spoken, was electric. There was an applause, feeling was in the air for that. The reaction of the audience was something to remember. "I have never experienced anything like this before," Miss Ledingham of Exeter, Bower, that is, that the only way I know how to express what took place.

Spring comes to Ontario. We know it by that something that is in the air. There are also daffodils and a tinge of green on the grass that brings the message of spring. And bluebirds and robins are becoming quite common in this district at present because all his hens quit laying because the airplanes scared them so. I have no doubt that is just what might happen and would be more likely than you think. The robins and bluebirds were kept shut up. Of well that's just one more thing for poultry people to worry about. In the meantime, my worry is still that no grading station for eggs has been set up in Milton. Perhaps some of the nearby stations might think it good business to collect eggs just as cream trucks collect cream for the creameries.

## In The Grip Of Berlin And Moscow

Steadily, ruthlessly, the oppressors of Berlin and Moscow are grinding the life out of Poland. Its industrial provinces, nearest to Germany, have been incorporated in the Reich. East of the Bug, the Russian Gopu holds sway forcing thousands of Poles from their homes to the wastes of Central Siberia. Between the eastern and western provinces lies a sort of no man's land, brutally ignored as the so-called Government General, where theoretically the Poles still have some rights left but in reality the Gestapo rules.

In the area incorporated in the German-Heilich-Poznanin-Pomorze-Silesia, Lodz, Kalliz, Plock and Kujawy provinces according to advice received by the Polish Government in London, there is not a city or small town where there have not been mass executions of Poles, mainly drawn from the intellectual classes. Recent detailed estimates confirm in about town of Bydgoszcz alone, over 10,000 Poles have been murdered. Many of them women and children. In the rest of Pomorze the number of people murdered exceeds a further ten thousand and in Poznania province the number is some 15,000. The total number of people murdered by the Gestapo throughout the German occupied area is given as over 70,000.

At Warsaw in the Government General executions were formerly carried out in various parts of the city, for instance in the Selim gardens in the daytime and in full view of the people. Today the chief place of execution for Warsaw and the environs is the locality of Palmira, outside the city. In this place, there are nearly a score of collective graves of people so murdered, in which probably some two thousand people, mainly from intellectual circles, are buried. There are always several trenches, dug by Jewish enforced labor, waiting for the next batch of prisoners. Among those shot at Palmira was the leader of the Polish Socialists.

Through a Polish couple who succeeded in escaping from Soviet Russia by the Eastern route, authentic details confirming all that has been written about the nature of the Soviet deportations from Eastern Poland, have recently come to hand. The couple fled before the German invasion in South-Western Poland, following in the end of 1939 reached Soviet Russia, where they remained until the Spring. Here the Soviet authorities unexpectedly ordered the registration of all who were not permanent inhabitants. The man was arrested, and deported to Dniepropetrovsk, while his wife was carried off to the interior of Russia. At Orenburg, on the Samara-Tashkent line, she happened to find a group of Poles who were also being deported, and travelled with them. The Poles were transported on open trucks, the last truck being equipped by the G. P. U. guards armed with automatic rifles. There was a special wagon for the train, and a separate covered truck for mothers with infants at the breast.

On the journey a great number of the deportees died. The destination, which was not known in advance, was Biskasp-Dala, situated in the famous "Hungry Steppe." From Perovsk all the deportees, including women and children, were driven on foot to Asche-Kul, and on arrival they were told to "establish settlements" along the river Chai. Owing to the exertions of Polish doctors with the party, who had carried hypodermic syringes and serums with them, an imminent outbreak of typhoid among the deportees was checked. The shortage of food and water during the summer heat caused much illness and mortality especially among the children.

Fortunately, the man obtained permission to leave the country for himself and his wife, and found means of meeting the cost of travel. But the journey from Novosibirsk was a continual torture. At station after station they found Polish children pleading for bread. The nightmare ended only when they reached Khabarov.

## WAR PROGRESS IN INDIA

NEW DELHI, (CP) When we began India's own assets, there is an enormous supply of man-power and abundance of raw materials, said Finance Minister Sir J. B. K. Rayman in the Legislature. Now, he added, she had also become a great producer of manufactured goods.

port because all his hens quit laying because the airplanes scared them so. I have no doubt that is just what might happen and would be more likely than you think. The robins and bluebirds were kept shut up. Of well that's just one more thing for poultry people to worry about. In the meantime, my worry is still that no grading station for eggs has been set up in Milton. Perhaps some of the nearby stations might think it good business to collect eggs just as cream trucks collect cream for the creameries.

## Getting Hogs Right Weight 1941's "Must"

Spring Pointers From Ottawa Help Canada's Farmers With Problems, Old and New

OTTAWA, (CP) The coming of spring brings many problems to farmers, both in the plant and animal division, and the Dominion Department of Agriculture is working overtime these days to help in solving them.

At this time of year, more and more instruction and advice usually are issued by the Department, and this spring is no exception. In fact, there seems to be more problems than ever.

For example, marketing hogs at the right weight is more important than ever this year, because of the new contract with Great Britain for delivery of 325,000,000 pounds of bacon, 75 per cent of which must be Wiltshire sides of first quality.

Weight of Hogs Hog producers should weigh their hogs from time to time during the finishing period, since it is difficult to estimate the correct weight at market time. "It pays to feed hogs well from the time they are weaned and to market, as soon as they are up to the proper weight and finish," the Department advises. The right weight, they tell you, is between 240 and 210 pounds when shipped, since it costs more in feed to keep them over the 210-pound mark, while underweight hogs are not up to the quality required.

Iodine may not be a "cure-all" the Department admits, but there are a number of diseases common to young animals which can be prevented by its use. Some of these diseases are hairlessness in pigs, a complaint known as "joint ill of foals," and goitre in lambs and calves.

The iodine can be administered by adding a solution of potassium iodide to common salt, and this done, the farmer gets a mixture that "is useful for all live stock."

## Plant Diseases

Animal diseases disposed of, the Department sets to work to improve the health of the young plants soon to appear. Brownheart of turnips, a disease fairly common in eastern Canada, can be combatted by application of borax to the soil before seeding. But be careful, the Department warns, "Borax is harmful when applied in excess amounts." Thirty pounds an acre is enough.

Then, too, tomato plants must be carefully watched in their younger days. The grower is told to check temperature and moisture conditions constantly during the period before the plants are seeded in the field. Best temperature is about 75 degrees Fahrenheit during the day and over 50 degrees at night. Tomatoes are sensitive to soil conditions and a slightly acid soil is best.

Farmers are advised to plan this year's operations with a view to increase production of dairy products of all kinds, since war has increased their value, and to plan their work so they can get along with a "minimum amount of labor."

## Orchids For Air Force

COLOMBO, (CP) A beautiful Ceylon orchid has been named "Vanda Cobber Kane" in memory of the gallant New England air ace killed in the present war.

## Fire-Watcher Compensation

LONDON, (CP) Members of fire-prevention organizations doing at least 18 hours duty monthly will be compensated 45 shillings (\$9.89) a week when injured in the course of duty.

## Pledge for War Savings

# "SALADA" TEA

EYES ON THE SKY



Member of an East Coast anti-aircraft crew scans the sky through one of the many pieces of delicate equipment which make up the modern Ack-Ack battery.

## IS Your HOME IN "A-1" CONDITION?



Is your house sound in structure? Is it protected and decorated inside and out by good paint? Is the roof rain-and-snow-proof? Is your kitchen equipped for light, happy work? Have you a bright, sanitary bathroom?

If you need money for renovations, discuss the matter with our manager. You will appreciate his helpful approach to your problems.

## BANK OF MONTREAL

"A Bank Where Small Accounts Are Welcome" Acton Branch: W. H. CLAYTON, Manager

MODERN, EXPERIENCED BANKING SERVICE... the Outcome of 124 Years' Successful Operation...

"Every duty, well and honestly done, is a contribution to victory." — THE PRESIDENT OF CANADA

## STANDARDIZED FOR EFFICIENCY

A car with Nova Scotia license plates lumps into a service station in Winnipeg. Steam is spouting from under the hood. "Is your water pump," says the mechanic, "We can have a new one on in a jiffy. Won't hold you up long." Only a water pump perhaps assembled in Ottawa or Windsor from parts made in half a dozen different towns, set it fits to a T when the Manitoba mechanic puts it on a car from Nova Scotia.

Uniformity, standardization are big factors in telephone service, too. You can talk practically anywhere, any time, for one reason, because telephone equipment made with meticulous care fits to a T in all parts of the system. Operating methods, are co-ordinated, too, so that your call is put through quickly, and accurately; your voice spans the miles direct to your listener's ear. To a nation at war, such standardization is a great asset.

On Acton Service Calling Meters to Assist