

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

EASTER MENUS

Various occasions call for special foods. The wool Easter always suggests... other suggestions... make the attractive menus recommended by the Consumer Section, Marketing Service, Dominion Department of Agriculture.

Suggested Dishes

- 1. Tomato Cocktail
- 2. Mint Jelly
- 3. Peas in potato nests
- 4. Mixed Salad Bowl
- 5. Snow eggs with custard sauce
- 6. Coffee
- 7. Rhubarb
- 8. Baked ham with apple slices
- 9. Baked grated carrot
- 10. Parsley potatoes
- 11. Cabbage and Celery Salad
- 12. Poached Eggs

Peas in Potato Nests

Cook and mash potatoes. Beat until very light and smooth. Drop individual servings on a greased baking sheet making an indentation in top of each and fill with canned peas. Dot with butter. Heat in oven.

Snow Eggs

- 2 cups milk
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons corn starch
- 3 egg whites
- 1 teaspoon vanilla extract

Mix corn starch with 1/2 cup milk. Meanwhile scald remainder of milk in a double boiler. Add sugar. Stir constantly until well thickened. Add salt. Cook 15 minutes, stirring occasionally. Beat egg whites until very stiff. Pour hot custard mixture slowly over eggs, beating until blended. Add vanilla. Pour into egg cups which have been wet with cold water—chill. Serve with custard sauce, made as follows:

Baked Grated Carrot

This method utilizes old stored carrots, with good results. Wash, pare and coarsely grate carrots sufficient to fill a casserole, allow 1 tablespoon water to each cup of carrots. Cover. Bake 15 minutes. Dot with butter—serve at once.

Poached Eggs

6 slices rolled jelly cake
6 peach halves (canned)
1/2 cup whipping cream
2 tablespoons sugar
Arrange jelly cake on serving platter— Whip cream and sugar. Cover each slice of cake with whipped cream. Carefully place a peach half in centre of each slice, rounded side up.

Britain's Biggest Baby Industry

Equips Spitfires With Parts Made From Powder

Shell nose caps are being made in plastic. Great Britain's biggest baby industry is today devoting 75 per cent. of its plant, brains and energy to turning out plastics for the fighting forces.

Out of a plain powder made from phenol and formaldehyde giant presses mould in hard-fused discs, has come a vast range of war material.

infantry equipment, small ship components, the controls and wing sections of the Spitfire fighters.

Lightness, strength and fire resistance are qualities which make plastics particularly useful in aeroplane work.

Despite these demands, the British plastics industry last year shipped abroad no less than £150,000 of its moulding powders. It did it by rationalising itself into a single economic unit for export trade and raw material distribution.

Australia has been the biggest buyer. The main markets have been within the Empire but South America is steadily increasing her demands, particularly for articles made from plastics such as crockery, door handles and similar domestic accessories.

More and more plastics are coming into their own as a substitute for the less strong metals; for example, for cast-iron ball cocks.

Laminated plastics, however, are of enormous strength as their use in the famous Spitfire demonstrates.

Saps Running? We Don't Know The Half Of It

Maple Syrup and Sugar Available All Year Round and Many Goodies Can Come Out of Them

BY GLADYS ARNOLD Canadian Press Staff Writer

OTTAWA, (CP) The call of the sugar bush even penetrates the walls of the buildings on Parliament Hill while "saps run" in general Canadian provinces.

"No product is so typically Canadian as maple sugar and maple syrup," Miss E. L. Elliot, home economics expert in the Federal Department of Agriculture, said. "But most women use it as a dessert with hot breads or hotcakes. Its use as a sweetening agent and flavoring is not known so generally."

Canada's maple sugar industry has wide possibilities, department officials said, not only for domestic use and as a tourist attraction, but economically, for not more than 35 per cent of the stand of maple trees in Eastern Canada is exploited.

"If 80 per cent. exploitation was carried on as in the United States, the crop would exceed 60,000,000 pounds a year, instead of the 26,000,000 pounds it now yields," an official declared.

Always Available—Consumers seem unaware that maple syrup and sugar is available all the year round. "They eat a great quantity at the sugar season and then forget about it," said Miss Elliot. "But there are many recipes which we have tested which employ the syrup to make delicious dishes."

Throughout Quebec and parts of Ontario and the Maritimes Miss Elliot said that maple sugar is becoming a more important attraction for tourists. In the little villages and towns in many places it is possible to buy boxes and especially prepared baskets filled with small loaves, small hearts or sugar-cut in other attractive shapes. These make interesting gifts to carry home, especially if packed in boxes made of birch bark or handmade miniature log cabins.

At present approximately 50,000 farmers produce maple sugar and syrup and the average crop value is \$3,274,350. "In shipping parcels of food overseas a pound of maple sugar," Miss Elliot said, "is a real touch of home for them."

Many letters have come to the department just now asking how to supply. To fit this request Miss Elliot has prepared a number of recipes where maple is especially successful as a flavoring or sweetening agent.

Just Try These—Three particularly recommended are as follows:

- Maple Syrup Pie: 2 cups maple syrup, 2 egg yolks, 1 cup milk, 2 tablespoons corn starch, Pinch of salt
- Maple Custard: 2 cups milk, 3 eggs, 1 cup maple syrup
- Maple-Apple Pudding: 4 apples, 1 cup flour, 1/2 cup water, 1 tablespoon butter, 1 teaspoon baking powder

Put sliced apples in buttered casserole and pour maple syrup over them. Sift flour with baking powder, melt butter and add cold water. Pour over sifted flour, beat well and spread over the apples. Steam three-quarters of an hour or bake 20 minutes.

Other such recipes may be had free from the Consumers' Section of the Dominion Department of Agriculture.

"I do not object to fair criticism, I believe in fact that our department should be criticized," Hon. C. D. Howe, Minister of Munitions and Supply.

Chronicles of Ginger Farm

Written Specially For The Acton Free Press by GWENDOLINE P. CLARKE

Last Friday our Institute held a social evening in which the lucky number in a raffle for a very beautiful quilt was to be drawn.

"I'll give you one guess," Son answered. "You!" I exclaimed without hesitation. I was right. Against an eight hundred to one chance Son's name had been drawn and the quilt was his! But things often happen that way to him—he has the most uncanny luck. I don't know where he gets it from he certainly doesn't inherit it from either of his parents. Neither Partner nor I have ever won anything anywhere!

This is a lovely quilt—beautifully pieced, embroidered and quilted—in colors green, yellow and white. Of course Son, as yet, does not appreciate its value, or its beauty, and offered to give it to me. But I refused to accept it. "I will take care of it for you," I told him, and perhaps glad to borrow it sometimes but I want you to think of it as yours and some day you will come to appreciate it and be glad you have it. A beautiful piece of work like that doesn't come a person's way every day.

But the quilt coming to our house was not the only surprising thing that happened. I was amazed—and pleased—at the number of people who telephoned and expressed their pleasure and satisfaction at our good luck. It is a warning thing to have one's friends take pleasure in one's good fortune like that and it speaks well for the neighborhood in which one lives. Generally speaking it is easier to sympathize with a person in sorrow than to rejoice in his good fortune.

And now to get back to eggs! My worries in that direction are over. Not only have I found a place to park our eggs but I have also found a very enterprising country storekeeper. I did not know this type still existed, obliging, courteous, and as I said, before, enterprising. A month ago, while storekeepers in the county town were "leaving it to George" this village storekeeper was fixing up a grading station, and, by April 1, when the new regulations came into force he was already up and running. He prepared to park up our eggs three times a week if necessary, and as he runs a general store if I phone my order in he will also deliver groceries and meat at the same time as he gets the eggs. And that's what I call service! I do not mean to suggest that our storekeepers in town lack courtesy or willingness to oblige. They do as much as they can but they have their town custom to consider and any storekeeper will know what that means. A telephone call sometimes gets our eggs three from the same person on the same day. "A parcel of this and a pound of that, and will you please send it round right away." In spite of this consideration on the part of some customers I have noticed that when a storekeeper has to choose between service to a town or country customer, it is the person in town who gets out.

That is why a storekeeper will tell you it is really the country people who are his best customers and keep him going.

Of course with this good service that I am getting from this country storekeeper I shall naturally feel it is up to me to buy my meat and groceries from him when he gets my eggs. And I rather fancy there are others who will be doing the same. Rumors have been going around just lately that it is just possible a grading station "may" be set up in our county town. But if, and when, that time arrives I am afraid many farmers will have transferred their eggs and their custom elsewhere! Of course no one, anywhere, is compelled to set up a grading station. The government doesn't insist on that. It merely says eggs must be graded before being sold. If there isn't a grading station within miles that's the farmer's bad luck. It is rather like telling a man he must learn to swim, but he can go and find his own water!

There now I think I can go and get on with my work. We are in the middle of papering the dining-room or shall be when Partner gets through with his job. While I have been typing he has been scraping creosote out of our six-foot wide chimney. So now wish me luck as I bid you good-bye.

A.R.P. Training Grips Dominion Coast-To-Coast

People In All Provinces First Aid Conscious and Schooling as Civilians to Meet War Emergencies

BY GLADYS ARNOLD Canadian Press Staff Writer

OTTAWA, (CP) SHOULD the war come to Canada or large-scale epidemic sweep the Dominion, thousands of men and women are trained and prepared to meet the situation, Col. A. K. Snell, director of ambulance for the St. John Ambulance Association reports.

Col. Snell, after a two-month survey of the situation from coast to coast in company with a federal Air Raids Prevention officer, told The Canadian Press that in every province he found the people "first-aid conscious." Courses in home nursing, first aid and A.R.P. training were being taken by ever-increasing numbers.

In five provinces, A.R.P. work is officially recognized and approved by the Department of National Defence, said Col. Snell. "These are Nova Scotia, New Brunswick, Quebec, Ontario and British Columbia, but in the three prairie provinces and Prince Edward Island where the work is unofficial training is going ahead just as actively.

For Plain Citizens—"War has undoubtedly made people conscious of the necessity of preparation to meet any and every emergency," said Col. Snell, "but its value and significance as plain citizen responsibility is being recognized."

"I see the day coming, for example, when every person driving a car will be required to have first aid training and perhaps even carry a kit in the car. It's only a common sense."

The St. John Ambulance association began in 1938 to instruct its own personnel in A.R.P. work. In addition to knowledge of first aid, home nursing and civilian emergency work, members were shown how to put out incendiary bombs, handle situations which might arise from sabotage, explosions or possible gas attack.

The association now has more than 4,000 thoroughly trained members, even though 400 men have left to join the active forces," Col. Snell said. "That is 1,000 more than last year. We have 439 Grade One A.R.P. instructors and 150 in the Grade Two class."

Special A.R.P. instruction is divided into 15 technical lectures, material being drawn from A.R.P. instructions issued for actual use in England. Small handbooks, have been compiled from these for Canadian use. At the same time 70,000 first-aid handbooks have been distributed in the past nine months and 100,000 more are on order.

"The phenomenal growth in numbers taking our classes typifies Canadian anxiety to be ready."

Certificates Granted—In 1940, 73,012 St. John certificates and awards were given throughout Canada, an increase of 25,687 over 1939, also a record year. Col. Snell said the increase was more in one year than the total number obtaining awards five years ago.

The number of women prepared and trained for home nursing jumped from 2,826 in 1939 to 8,503 in 1940.

"When you realize this work is voluntarily, that people must give their time and money and have no expectation of remuneration but merely hope to be of service to their country and community, then you may measure its worth," he said.

Col. Snell said he anticipated increases in the association's work in the coming year in connection with the four-month compulsory military training program. Recruits were obliged to have 20 hours' study of first aid and were encouraged to take the St. John training.

Further work was expected in connection with the proposed air cadets corps. Minimum strength of these groups would be 50. They would comprise boys between 15 and 18 years and would be organized in many towns and cities.

"First aid training is to be compulsory, just as efforts are made that all personnel of the Royal Canadian Air Force have this instruction," Col. Snell said. "In a plane crash such instruction might save the lives of the injured members of the crew."

FINE INDIAN FIGHTERS—BOMBAY, (C.P.) Dispatches from North Africa tell of the gallant fighting of India's Punjabis in Somaliland when they held a key position against massed Italians. All other British forces relieved them.

War In Kenya

Forty-seven per cent of the soldiers over eighteen and under eighty are in uniform.

Wrecked Italian airmen kept themselves alive for twelve days by eating raw tortoises and drinking water collected in elephants' foot-prints. The Italians were captured by untrained African and Arab with an elephant gun.

Coming back from a raid on Abyssinia, a South African pilot landed in the dark on the back of an antelope. Local operations were delayed as an elephant sat on a land mine and the a buffalo-butted a handman into a tree.

The Masai tribe to whom cattle are currency and cash is nothing much have agreed to sell 1,000 head of cattle to the government.

and aptly namedly devoted to making a gift of fifty cents on each tin as a gift to the War Chest.

INDIA'S FIGHTING GIRLS—NED HELLI, (CP) Before the war India had 5,000 armed motor vehicles, now she has 30,000 and in 1942, 60,000. Sir Jeremy Isaacs, Finance Minister, assured the Central Legislative Assembly.

"No matter what the cost, it is cheaper to be ready too soon and too much than too little and too late." Frank Knox, U. S. Secretary



Flowerpot Flowerpot Island, Georgian Bay Islands, National Park, Ontario, Canada

Have You Been Overlooked?

LET'S MAKE IT A WHIRLWIND FINISH!

("The Boys Rely on the Folks Back Home")

Thousands of firms and individuals, in all parts of Canada, have responded magnificently to this Six-in-One Appeal. But there are other thousands equally ready to help. You may be one who has still to be heard from.

This is an appeal to every Canadian who has been overlooked. We wish for every Canadian, at home, an opportunity to support our men in uniform. The Fund is now well on the way to its objective. That objective definitely can be reached, probably exceeded.

For the sake of "The Boys", let's finish it with a bang that will raise resounding cheers from Coast to Coast!

How You Can Help

If you have not yet been called on by a War Services worker, and if you have not yet sent in your subscription, make up your mind NOW what you are going to do, and do it TO-DAY! Fill in the coupon below and mail it to your Provincial Headquarters at the address

shown. If you know of some friends who have also been overlooked, get them to do the same.

The form is self-explanatory. Simply check on the left in the appropriate place, and if you enclose a remittance, make it payable to Canadian War Services Fund. An official receipt will be sent you by return mail.

Every Dollar Does Its Job

Remember—all monies contributed to the Canadian War Services Fund will be divided in accordance with government-approved budgets, amongst the six organizations embraced in this campaign.

A non-profit corporation with letters patent from the Dominion Government is your guarantee that every dollar that you subscribe will be properly applied to provide comfort, cheer, recreation and needed personal services to our fighting forces—services not provided in any other way.

Your contribution is urgently needed!

Six Appeals in One-GIVE!

MAIL THIS COUPON TODAY!

Provincial Headquarters, Canadian War Services Fund, Room 101, 200 Bay Street, Toronto, Ontario

Name (Mr., Mrs., or Miss).....

Street Address.....

City, Town, Village or R.R.....

Telephone (if you have one).....

Enclosed is \$..... by Money Order for..... as my contribution to your Fund. I Postal note

Please send me in duplicate official pledge card providing for instalment payments, which I undertake to complete and return, subscribing all told the sum of.....

THE ONLY NATIONAL APPEAL FOR OUR MEN IN UNIFORM

CANADIAN WAR SERVICES FUND

Needs \$ 5,500,000