Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

QUICK BREADS

A more liberal use of wheat from Canada's abundant supply would not only be a patriotic gesture on the part of the homemaker, but would add nutritive value and interest to the daily menu.

The term quick breads is used to designate the type of product in which baking powder or soda is used as a leavening agent and to differentiate between it and the longer rising yeast bread. These quick breads are largely used in emergency on account of the short time required in preparation, for such foods as muffins, biscuits, pop-overs, scones and other cereal mixtures.

The following recipes for quick breads are recommended by the Consumer Section, Marketing Service, Dominion Department of Agriculture:

For these recipes, either whole wheat or white flour may be used.

Baking Powder Biscuit
(Basic Recipe)

2 cups flour
4 teaspoons baking powder
4 tablespoons shortening
2-3 cup milk
½ teaspoon salt

Mix and sift dry ingredients. Cut in the shortening until the mixture resembles fine bread crumbs. Add milk slowly to form a soft dough. Toss on a floured board. Pat or roll to ½ inch thickness. Cut. Bake 12 minutes at 450 degrees F.

Fruit Muffins

2 cups flour
3 teaspoons baking powder
1 egg
1 tablespoon sugar
1 cup milk
4 tablespoons melted butter
½ teaspoon salt
½ cup raisins

¾ cup fresh blueberries, raspberries or chopped cherries, or ½ cup well drained canned fruit can be used instead of raisins.

Beat egg well. Add milk, salt, sugar and melted butter. Add flour sifted with baking flour. Beat until smooth. Drop in small well greased pans. Bake 25 minutes at 425 degrees F. Makes 12 muffins.

Coffee Cake

2 cups flour
4 teaspoons baking powder
6 tablespoons shortening
½ cup milk
1 egg

Topping
2 tablespoons butter (melted)
1 tablespoon flour
4 tablespoons sugar
½ teaspoon cinnamon

Mix topping and set aside. Sift dry ingredients of biscuit mixture. Beat egg and milk. Add melted butter. Pour into dry ingredients. Mix well. Press into well greased round cake pan. Cover with topping. Bake 25 minutes at 400 degrees F. Cut in wedges before removing from the pan. Serve hot. Serves 6.

No More Gorging For Old England

Civic Restaurants Get Fashionable and Everyone Has Equal Rights In Eats

LEEDS, England, (CP) Instinctive dislike of British people for the term "communal feeding" has changed the name of these centres, opening all over England in industrial and bombed areas, to "civic restaurants" or "British restaurants," Sir Walter Womersley, British pensions minister said at the opening of the fourth in Leeds.

This was the 346th in 119 towns, and it was estimated that an average of 35 in 13 towns open each week. A "cash-and-carry system operates so that housewives may take their own dishes or pans, buy dinners and take them home. In addition there is seating capacity for many hundreds in each.

That of Leeds is considered typical of this new restaurant departure in England. Prices range from a light meal at threepence (about 5 cents) to ninepence (about 16 cents).

For ninepence the customer receives, soup, roast beef, potatoes, two other vegetables, pudding with custard and a beverage. There are 15 different variations.

"Some people have an idea that privileged persons can go to elaborate restaurants and gorge themselves on the finest delicacies in the lands," said Sir Walter. "It is not true. They have some clever cooks and chefs, and they make the best of what is available but they only find available what the rest of us do. There's no more gorging in wartime."

Don't Attribute Potato Clouding To One's Cooking.

It's Lack of Minerals In The Tuber Itself and The Soils Should Be In Proper Condition

BY GLADYS ARNOLD
Canadian Press Staff Writer

OTTAWA, (CP) Lack of proper diet affects potatoes as it does human beings. This is the finding of experimental research by Dr. E. Tottingham, associate professor of agricultural chemistry of the University of Wisconsin whose experiments are being studied and developed at the Kemptville, Ont., Agriculture school.

Potato blackening is the bane of not only thousands of housewives, but of growers and marketers too. "Lack of minerals in the tubers causes the formation of free amino acids instead of protein" the scientist explains. "These acids react to form substances which become blue or black pigments after cooking."

This potato depreciation is discovered in widely separated regions in North America. Contrary to popular assumption, blackening is not caused by a disease, the scientists say. "Rather it is the lack of potash and those rarer minerals, borom, copper, manganese and zinc."

In experimenting with different varieties of potatoes they were planted and fertilizers containing different proportions of potash placed in the furrows. It was found that in all varieties of potatoes an increase in the amount of potassium in the soil brought a decrease in blackening. Similar results were obtained in the green houses in synthetic sandy soil to which potash was added.

In unusually dry seasons, or in areas where the soil is dry and rainfall light there is a tendency for potash to be unavailable and more blackening occurs.

How To Tell It

In observing their gardens, potato planters and rural women attending even their own family potato patch may detect the lack of potash or the rarer minerals in the presence of the leaves. When they become bleached and curled this is an indication of this lack. Experiment proves that if potash is added to the soil the situation can be corrected.

In experimenting with a fertilizing salt containing the rare manganese, Borom zinc and copper elements, it was found that even though the potash was low, the potatoes did not take on the unsightly bluish or greyish tinge which becomes black after cooking.

While it is popularly imagined that picking the potatoes before they have reached full maturity, or their storage in warm, poorly ventilated places is responsible for the blackening, these have little if any influence, Dr. Tottingham says.

"If the potato gets a proper mineral diet, most important of which are potash and borom, they will be white and attractive," he says.

Jam From Powder

By New Storage Processes for Empire Fruit

Empire countries with crops of fruit held up by lack of shipping will be interested in the new storage processes of chemists at Bristol University Research Station.

The work was originally designed to meet the problem of Britain's own surplus fruit, but, with the cessation of imports, the results are now available for Empire producers.

Surplus apples are economically stored, with great saving in space, in the form of apple juice and apple treacle. Natural sugar makes this product extremely sweet, and it is a valuable substitute for sugar in all forms of household cooking.

Soft fruit, plums and apples are reduced to a dry fine powder, useful for food processing. Plum powder can be made into jam at any time of the year.

In their work on blackcurrant syrups, the experts have found that, after a long period of storage, there was present, in some cases, double the amount of Vitamin C (a preventative against scurvy) as in fresh citrus juices. The shortage of Vitamin A has also drawn attention to the need for using all surplus carrots, and a powder is now being extracted commercially in plant normally used for the spray drying of milk.

MILK IN BRITAIN

In Great Britain the use of milk, condensed milk, and milk powders is prohibited in the manufacture of biscuits, bread, buns, pastries, rolls, scones, and other similar articles, ice cream, sweetmeats (including chocolate and other sugar confectionery), synthetic cream, and soft and cured cheese. The order is meant to conserve the milk supply to the consumer.

Chronicles of Ginger Farm

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

Last week I had a happy time trying to get this column worked in with my other work. This week I had it ready on Thursday but did not mail it, and by Saturday it was so out of date I just popped it in the fire instead of in the post office. So now I am no further ahead than I was before.

Each week I think "Well, when we get the next few days over things will be easier!" And then some sort of unexpected job turns up and away we go again. Last Tuesday we had a great time hunting rats and caught seven! Wednesday I had to make a hurried trip to Hamilton. Thursday Partner had a good big order for seed barley and I stayed home from our Institute meeting to help him put it through the fanning mill. Friday I took chop to the mill—and waited two hours for it. Saturday I went to an auction sale in the afternoon—and the week was gone. On one of my trips to town I bought paper to paper our son's bedroom but when I shall get it done dear only knows. Another nice little extra job these days is washing the cream separator as with five fresh cows in all at once we naturally have more milk than our quota calls for. And next week I must go to the city—I shall be walking in my bare feet if I don't. You see I have a very special pair of feet that require a special kind of shoes and a special kind of cheque to pay for them!

We have been getting quite a bit of English mail lately, for which we are very thankful, even though the news therein was not of the best. However it is such a relief these days to know your friends are still alive that other things they may tell you don't seem so very important. Bombs were dropped in the street near Partner's home and the house was badly damaged, but not beyond repair. Fortunately mother and sister-in-law had moved to another district and were thus unharmed. From quite another part of England I got word that German dive bombers machinegunned people in the streets of the city where my brother and his family live. It was the first letter I had received from my sister-in-law for a long time. Not because she had not written but because she had been putting "Perth County" on the address to me. I suppose she knows someone in Perth and had got the two mixed up. The last time a letter did reach me Gussie—I mean my sister-in-law was awfully worried because she had such difficulty in getting a maid. In this last letter she doesn't even mention the subject so I suppose by this time she has come to realize that a maid, in war time, is a person she must learn to do without. One part of the letter reflects what we know to be the spirit of the people of the British Isles. And here I quote "The enemy has done everything possible to scare us but we intend to fight and stick it out to the very end. We have been working like mad to make all the machines we require. This is a war of speed and if we do not have the very utmost help now, Heaven help us."

And here is news from a cousin in Suffolk. "At home they had a terrifying experience last week. Two land mines were dropped and exploded near "The Broom" (a farmhouse Partner and I know well). "Mum says it was absolutely terrible. "The Broom" is now nothing but a shell. From end to end of the village damage was done. Roofs blown off, windows broken and ceilings down. But no one was hurt not even a pig so that's a miracle!"

Partner's mother says "I am very thankful you are all out there because there is not much peace here. The siren goes once or twice nearly every night but we have been saved up to now. The town people take no notice and business goes on as usual. The Homeguards are no good work Sundays, as well as evenings after they get home from work. We are able to have a friend in sometimes to a nice cup of tea and bread and butter because of the parcels from Canada. "Tea" and "butter" are both underlined.

And this is from Partner's sister "We were very pleased with the onion salt. Someone could make a fortune with it here as most people are without onions and, as one woman said to me in the butcher's shop "What is the good of bones without onions?" I wish you could send your eggs over here, we pay 2½d each (5c) and 4d (8c) each in the winter. We pay 4½ a pint for milk (9c). But we have been very fortunate so far. Uncle Tom is always asking if we have enough to eat and is surprised that we do so well. It has been such a cold spring. I have just been out in the woods picking primroses but it was too cold to enjoy it so I picked up firewood and brought it home with me instead."

One thing we notice in all four letters a closer bond of friendship than ever before. People who had drifted apart now want to know what each other are doing. Any little treat that comes to one person is shared with others. Hitler may lay waste a thousand homes but houses in ruins serve only to bring together the people of those homes in a unity of unselfishness and love.

News has just come through of the reported capture of Rudolf Hess? Can it be true and if so what does it mean? What was he doing? This was is not without its startling, dramatic events and the unfolding of this latest mystery is one we shall follow with interest.

Go To Museums For New Styles

Fashion These Days Gets Back To Art and New Prints Show It

NEW YORK, (CP) Any little cotton frock you buy is likely to be a museum piece or related to one. Fashion this year is art and the designers go to museums and galleries for it.

The august Metropolitan Museum in New York unbent to the fashionable trend and permitted a show of fashions inspired by Pennsylvania Dutch folk-art in its Early American wing. Pretty models pranced against a background of art for art's sake.

PEACEFUL WATER TOO

Almost three-fourths of the 4,000-mile boundary line between Canada and the United States is on water.

Nazi Trade Trick

Gives Lancashire Big Turkish Order

Behind a shipment of cotton piece goods now on its way to Turkey lies a story of British ingenuity in outwitting unfair German competition.

Three years ago a British textile firm heard from one of their colonial agents that German export groups were marketing a line of cotton prints at prices from 10 to 40 per cent. below the cost production in order that the Nazis might pile up foreign exchange.

Undeterred by this competition, which was subsidised by Hitler, the British firm set to work and produced a similar line, the first shipments of which went to the Colonies a few weeks after the outbreak of war. Overseas customers pronounced the goods admirable and far superior to Germany's.

Samples were offered elsewhere, and following the commercial agreement between the United Kingdom and Turkey, so much business was obtained in the first fortnight of this year from the latter country that the order books had to be closed.

Instabul experts quickly refuted the Nazi claim that Lancashire is no longer able to meet German competition in this class of cotton textiles, and, following the first shipment, some 20,000 pieces are going to Turkey over the next month or so.

Important business has also been booked for two other markets.

MASS PSYCHOLOGY

LONDON, (CP) Nervous disease specialists have advised the government it is possible to treat up to 40 patients at a time by mass psychology, giving them courses of eight 20-minute lectures and effecting cures.

Britain's Women Smart Mechanics

Married Ones Among the Best Workers on Munitions and Aircraft

LONDON, (CP) They call them "Bevin's young ladies" and the rugged Minister of Labor and National Service is surely proud of them. They have simply mobilized in tens of thousands for the munition plants and aircraft factories to take over the jobs of men released for fighting services.

"The men thought them little more than additions to the factories interior decoration, but now they respect them as efficient co-workers," a special correspondent of a London daily writes.

Making a comprehensive tour of the "Spitfire factories" this correspondent said that managers told him that women can now do at least 70 per cent of the work, "and will probably be able to do even more as they are trained."

Questioning one woman whose job is to go over newly made petrol tanks with duster and vacuum cleaner before they pass the assembly door, she said about her work, "It's a bit like housework really you must keep things polished up and shining." A household of school-age children, a husband in the army, this mother confided, "It makes me feel quite a chicken again to be going out to business and it's helping my man in the army too."

The manager of one British factory said, "It is quite true that our married women are among the best workers. It's the psychological factor, they really feel they are helping their husbands and sons who are manning anti-aircraft guns or flying planes."

Stinging Nettles

At £50 A Ton For Britain's Export Trade

Stinging nettles, bane of British farmers, are to be converted from a national liability into a source of war funds.

During the coming summer, about 100 tons of the common stinging nettle (Urtica Dioica) will be required for the production of the green pigment chlorophyll.

This is used both medicinally, as a nerve tonic, and or coloring soap and other products. One of the largest firms of manufacturing chemists in Great Britain has installed new plant and will more than double its output of chlorophyll.

In pre-war days most of the world's supply of chlorophyll came from Germany and Switzerland. The arrangements being made in Britain will not only ensure the home supplies, but will provide a surplus for export to other countries now cut off from normal sources of supply.

Collection of the nettles, which have to be dried before they are sent to the factory, where they are worth £50 to £70 per ton, will be carried out by the Women's Institutes of Britain, Allotments and Boy Scout troops. These organizations are also being asked to collect other wild herbs for the distillation of drugs and essential oils.

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It is a *different* war this time. When we licked the Hun before, men were recruited here to train in England, to fight in France. Now you are recruited and *trained here*; then go Overseas to join the stalwarts holding battle positions on the shores of Old England, or wherever the call demands.

The Canadian Active Army requires men for Artillery, Engineers, Signals, Armoured Cars, Tanks, Infantry, Transport and Supply, Medical, Ordnance and other branches of the Service. The Army is prepared to teach many trades, and to train you to efficiently handle Canada's weapons of war.

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