

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Hints, and Housewife's

### VEAL

Meat is the mainstay of the meal. Quite aside from its nutritive value, it is important on account of palatability.

Veal which is inexpensive now is mild flavored, tender, and can be used in many ways.

All veal cuts are tender yet veal contains a large proportion of connective tissue which must be softened by long slow cooking. Veal should never be served "rare."

Roasty age heat when cooked in a slow oven at 300 degrees F., allowing 30 minutes per pound. For other cuts meat is used.

Veal is low in fat and fat from pork of beef is usually added for flavor.

### Veal Cuts

- 1 lb. veal steak or chops and 1 inch thick
- 2 tablespoons fat
- 2 tablespoons flour
- 2 cups water
- 1/2 teaspoon salt
- 1 tablespoon chill-sauce

Cut meat in pieces suitable for serving. Dredge with flour. Brown in hot fat. Cover with boiling water. Add salt. Cook 45 minutes. Just before serving stir chili sauce into gravy.

### Curried Veal

- 2 lbs. veal
- 3 cups water
- 1 teaspoon salt
- 1 small onion
- 3 tablespoons fat
- 2 tablespoons flour
- 1 teaspoon curry powder
- 1 cup milk

Sauté onion in fat. Add salt, veal and water. Cook 1 hour. Mix curry powder, add flour to a smooth paste with milk. Add slowly, stirring constantly until thickened. Serve with boiled spaghetti or noodles.

### Barbequed Veal

- 6 slices cold roast veal
- 1 cup catsup
- 1 tablespoon chopped pickle
- 1 tablespoon chopped onion
- 1 teaspoon chopped celery
- 1 teaspoon horseradish

Arrange meat in baking pan. Mix other ingredients and pour over. Heat thoroughly.

### Jellied Veal

- 1 lb. veal
- 1 veal shank about 2 lb.
- 1 teaspoon salt
- 1 small onion
- 2 quarts water

Cook all together slowly until meat is very tender. Remove from stock. Cool and cut in small cubes. Boil stock until reduced to 2 cups. Strain over meat. Turn into moulds. Chill.

### Veal Salad

- 2 cups diced cooked veal
- 1 cup diced cooked potatoes
- 1 cup chopped celery
- 1 teaspoon chopped onion
- 1 cup salad dressing

Mix all ingredients. Chill and serve on crisp lettuce.

### Casserole of Veal

- 2 lbs. shoulder of veal
- 6 small onions
- 6 small carrots
- 1 cup tomato juice
- 1 cup boiling water
- Salt and Pepper

Wash meat. Trim from the bone and cut into pieces. Roll pieces of meat in flour and brown in hot bacon fat. Put meat, vegetables, in casserole. Add tomato juice, boiling water and season with salt and pepper. Cover and cook in a slow oven for at least 1 hour, or until meat is tender.

## Taking Census of The Canadian Arctic

Government officials and others who in the course of their regular activities travel by boat, dog-sled and airplane into the farthest reaches of the Canadian Arctic will act as census enumerators this year, and collect vital statistics of the native and white population without extra cost to the government. To count the Eskimos they will have to visit sealing and whaling camps far out on the Arctic ice-pick, trapping and fishing areas inland, reindeer stations, and trading and missionary posts along the coast and on islands of the Arctic Archipelago. The Eskimos are estimated to number 7,000, but because of their nomadic habits and the vast expanse over which they are spread the census workers are given six months in which to enumerate them.

A new feature is being introduced by the Department of Mines and Resources in connection with this census. Each Eskimo will be given an identification number. Unlike the Indians, the Eskimos have no tribal system, and the identification discs are calculated to facilitate the work of administration.

## Chronicles of... Ginger Farm

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

It is nice to know that in this constituency we have a federal member of parliament who has the courage and the ability to express an opinion on the floor of the House. And I would still say that no matter what his politics might be, the main thing to my way of thinking, was that Halton's M. P. made himself heard and has thus placed Halton on the political map. Mr. Cleaver made certain recommendations to help farmers help themselves—a sort of penny bank—not to be opened until after the war! To tell you the truth, we did not think the idea very practical at first—that is, as reported in the press. But then Miss Agnes MacPhail clarified the situation very definitely in her Globe and Mail column and after that we began to see daylight.

Apparently Mr. Cleaver wants farmers to have their fair share of the national income but he doesn't want them to have it now, because if farmers have more income they will also have more spending power. And that's where we buy the more we are taxing the output on factories. No doubt Mr. Cleaver is right. We know very well that farmers, as a class, are very free spenders when they have the money. We were not long in finding that much out in the West. After a good year, cars, tractors, new machinery and improvements around the house sprang up like mushrooms. But after a poor harvest that was a different story!

However, too far east is west. To buy unnecessarily, making needless demands on industry, is unpatriotic these days. But still, even a war is no excuse for letting buildings go for lack and ruin. It is simply the economy do neglect routine repairs—a leaking roof could quite easily be the means of spoiling the entire contents of a granary.

And now that Ottawa knows there is such a place as Halton County we are beginning to hope that Queen's Park may also realize that fact. If only someone would plead our cause with the Department of Highways and remind them that Highway 25 really does need a little attention then we should think we were very well represented in parliament. After all it isn't much that we are asking. No. 25 has bridges and all the highway signs—all we need is the road! And we wouldn't ask for floodlights or gas-lights or boulevards with ornamental shrubs and trees. All we ask is a half decent road that a person could drive on without fear of breaking springs or axles. Or that we could walk on without hurting our corns and callouses; or travel in any way at all without getting a free meal of dust and grit thrown in for good measure. Yes, I know there's a war on and if necessary road work should be left. But it isn't being left. I have been along the Queen Elizabeth way enough just lately to realize that as if road work is to continue the Department might at least see to it that there is an even distribution throughout the province. After all, we pay taxes too.

We're still hoping for rain in this district. All we have had since seeding is just a sprinkle. Already farmers are looking around wondering what their cattle will do for pasture. Partner did not turn his cows out until today. He thought as long as he had food he would keep them in and that's what much pasture, of course keeping the cows in is to more work, but rather is, never on to save himself it he thinks the best way is the better way.

It is difficult to think of the waste and destruction, the loss of life and of homes being caused by the forest fires in Quebec and Northern Ontario just now. And so often the start of these fires might be avoided but apparently all the blame should not be laid on smokers, pipe-patrons and campers. Certainly they are very much to blame where carelessness is responsible, but the discarded cigarette butt, or the unguarded camp fire, would not have as much chance to cause trouble if brush were cleared away after lumbermen had been at work felling trees. This is a free country but sometimes we thoughtlessly abuse that freedom. A bush fire such as we have raging now had happened in Germany, and its origin could be traced. I doubt if those responsible would be left to enjoy life for very long. That is if life could be enjoyed in Germany and that I very much doubt!

P.S. HMS Hood has been sunk, that was bad news for us. But now the "Bismark" has been sent to the bottom and that is worse news for Germany. Thank God for the British Navy!

## He Knew The British

Early in the Great War a German squadron under Admiral von Spee sank a squadron of lighter British ships off the Chilean coast. A few days later, in a Chilean port, a group of German women presented the Admiral with a victory banquet.

"Von Spee thanked the donors and then, surveying the flatters, made the discourteous reply: "They will do for my funeral."

"But, admiral, you've had a great triumph," one of the ladies answered.

"Yes," responded the admiral, "but when did Britain ever leave an enemy to his triumph?"

A little later von Spee and his ships were sunk by the British just as he had foreseen.

## ANTIPODES BLACKOUT

AUCKLAND, N.Z. (CP) Blackout of New Zealand's coastal towns, started some weeks ago, will be continued for "adequate reasons" the government orders, despite widespread complaints of the inconvenience entailed.

## WAR 25 Years Ago

Jutland Was Fought May 31, 1916, and German Fleet Escaped to Its Base

By H. H. GORDON  
Canadian Press Staff Writer

The great battle of Jutland which blasted Germany's hopes of challenging British sea supremacy was fought on May 31, 1916. Of all the battles of the First Great War on land and sea none has given rise to more controversy than this meeting of the British and German fleets, but the fact remains that afterwards the enemy ships remained bottled up in their home ports until their ignominious surrender in 1918.

Admiral Sir John Jellicoe, who commanded the British Grand Fleet in the battle, the main action of which was fought some 65 miles off the Netherlands coast. The German High Seas Fleet was under the command of Admiral Reinhard Scheer.

Regarded simply as a battle the result was indecisive although the Germans inflicted greater losses than they suffered. The enemy had its greatest success early in the fight when the British ships were without

fuel against the sun. Later in the day and after dark Jellicoe's ships took a heavy toll and inflicted terrible damage on some German ships which however escaped.

Praised by Critics  
Jellicoe's handling of the great fleet has been highly praised by naval critics, most of whom agree that the caution he exercised was advisable under the existing conditions. Throughout the battle he attempted to bring the wary Germans into a decisive action. Admiral Scheer, on his part successfully evaded an all-out battle against a superior force and in the end managed to get through to German ports under cover of dark

ness.

Germany lost a battleship, a battle cruiser, four cruisers and five destroyers, a total of 61,380 tons. British losses were three battle cruisers, three cruisers and eight destroyers, a total of 115,025 tons. 15 officers and men, the British lost 6,097 killed and the Germans 2,545.

## BOMBED NAUTICAL REST

PLYMOUTH, England, (CP) The Royal Naval Rest, known as British seamen for 65 years, is among famous buildings damaged in recent raids on Plymouth. The Capital, the Athenaeum and Plymouth library also suffered. Founded by the late Admiral Westcott, the "Sailors' Rest" of Plymouth and Portsmouth, were always open and hundreds of sailors lodged there nightly.

## BRITAIN'S ROYAL MARINES



The British Royal Marines living up to their motto of "By land and sea" have been in nearly every action in the war with a record of unflinching gallantry. A young marine is seen here getting over a trench and aircraft shell during training.



# Why CANADA MUST BORROW \$600,000,000

A Statement by the Minister of Finance

In money alone, this war is costing Canada in round figures, \$4,000,000 a day. That is three and one-quarter times the daily cost of the last year of the last war. This conflict costs so much more because it is a battle of giant, swift machines . . . as well as of men. And to build other than the very best machines would be futile. They must be worthy of our men.

Canada dare not . . . and will not . . . sacrifice men for lack in quality or quantity of fighting machines. Hence we must produce them on a scale hitherto undreamed of.

To do this, Canada needs now to borrow from her citizens at least \$600,000,000 in addition to the revenue raised by taxes. To obtain this money Canada will on June 2nd offer Victory Bonds.

Fortunately, Canadians have the money to buy these Victory Bonds. This is shown by a greatly expanded

national income and by record savings deposits.

If every person who has savings or who can make payments out of wages or income will invest in Victory Bonds, the Loan will be quickly subscribed. But the wholehearted support of every citizen is necessary.

What Canadians have done before, Canadians can and will do again. Our population was less than nine millions in 1918 and 1919. Yet in November, 1918, our people invested \$616,000,000 in Victory Bonds. Eleven months later, in October, 1919, they invested \$572,000,000. The total subscribed for Victory Bonds in those two loans was \$1,188,000,000. This year, with our population increased to more than twelve millions, the nation that did it before can do it again—and in greater measure.

The terms of the Loan will be announced May 31st. Get ready to buy every Bond that you can.

*J. H. Mulley*  
MINISTER OF FINANCE

Help finish the job!

# Buy VICTORY BONDS