

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

UNUSUAL MEAT DISHES

By BETTY BARCLAY

Here are two recipes for unusual meat dishes—spicy main-course dishes that will be delightful for a change:

PELISH CHUCK STEAK

Inexpensive but Delicious

- 5 lbs. Chuck Roast
- 1 cup vinegar
- 2 teaspoons salt
- 2 teaspoons allspice
- 1 blade mace
- 2 cup bread crumbs
- 1 beaten egg
- 1 onion, chopped

Salt and pepper for dressing. Mixed powdered herbs, thyme, marjoram, sage and savory.

- 1 tablespoon melted butter
- 1 can tomato paste

Cook salt, allspice and mace in vinegar 5 minutes. Pour over roast and let stand (covered) while preparing dressing. Combine remaining ingredients for dressing. Gash the meat deeply and fill the slits with dressing. Remove the meat from the spice vinegar and brown it in fat. Add enough boiling water to prevent burning and an onion stuck with 3 cloves. Cover and simmer until tender (2 to 3 hours). Remove the meat and thicken the gravy with flour. Pour over the meat and serve.

BEEF CHILI CON CARNE

- 1 tablespoon chili powder
- 2 tablespoons butter
- 1 large onion, shredded
- 3 small can pimiento
- 2 lbs. cooked beef
- 2 cups beef stock
- 1 tablespoon salt
- Pinch black pepper

Melt butter and add the shredded onion and chopped pimiento. Fry until brown. Add meat cut into small pieces and cook for 10 minutes. Then add stock and seasonings. Simmer for 1 hour in a frying pan with a tight cover. Garnish with cooked rice.

TURN JACKRABBIT INTO LIVE ASSET

Colorado Farmers Building \$1,000,000 Industry out of One-time Pest

Matheson, Col. (A.P.)—Transforming a liability into an asset, farmers in the great plains region have built a \$1,000,000 industry out of skinning and marketing jackrabbits.

Five years ago in Elbert county, in southeastern Colorado, a dry fall and a mild winter brought an infestation of thousands of rabbits. A survey disclosed that the jacks, which grow to terrier size, destroyed about 2,000 tons of corn annually, amounting to a \$40,000 debit in farmers' budgets. They also competed with livestock for range and forage crops—27 of them devoured as much as a cow.

The Matheson chamber of commerce urged hunters to shoot the pests, but even 100 or 200 hunters a week could not dent the supply. Some rabbits were taken home, frozen and eaten a pot roast flavor.

Many were given to farmers to grind into hog food, rendering carcasses was the beginning of the industry.

Farmers received bulletins from state agricultural colleges suggesting periodic drives on the jacks. A skinning station was built at Matheson and markets for the fur and carcasses were developed. Last year more than 250,000 were killed in drives and treated at the skinning. Farmers were paid one to seven cents apiece and the plant went on a 24-hour shift, employing 45 men.

The Matheson station plans to slip into high gear this summer, filling contracts for a growing market. Fox farms will buy carcasses for about \$30 a ton to pulverize for fox food. Felt hat makers will pay from 45c to \$1 a pound for hides. Last year an estimated \$1,000,000 was paid by hat companies for hides.

Two new markets they open this year.

1. Experiments with canned jack-rabbit meat prove successful, the federal government may add the western bunny to its food cargoes bound for the war scene under the lend-lease bill.

2. Experiment at hatcheries indicate the meat is an ideal fish diet. Trout have been known to grow from one to two inches larger than those on regular hatchery menus and a supply is in demand for use in spawning pools.

THOSE NOISY HONKERS

San Francisco (CP)—Jangled nerves of quiet-loving citizens started action by the California State Automobile Association. Thoughtless strivers who park and honk just to spite one person from among 100 or more in an apartment building have been threatened with legal action.

Chronicles of... Ginger Farm

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

Having got one big job off my chest I can take a big breath and then start another. You see I have just been wrestling with the district war work report, for which I am the misguided convener. With the annual meeting twelve months ahead it is so easy to say "Oh yes, I don't mind doing it at any rate I'll do the best I can!" But time rolls on, the annual meeting draws relentlessly nearer day by day, and you just know that very soon you must get down to business and get out your report. At least you think you will—but then you find you can't. For how can any convener, war work or otherwise, get out any kind of a report when individual reports from the various branches are few and far between. However, three days before the meeting I decided I could not wait any longer. So I gathered together what reports I had received—just about half of them I think—and I set to work. I tabulated the knitting and the sewing; the jam and the donations; and the parcels for soldiers overseas. I started out making the report one way—and decided it was no good. Then I tried another way—that was better. I worked all one afternoon and evening, made up the totals and went to bed thankful that that job was done.

The next morning—the day before the Annual—another report came in the mail!—And it was a good one, representing a splendid amount of work. But so did my report. Had I to do my work all over again? No doubt I should have done—and probably would have done—but there wasn't time. My report, incomplete as it is, must stand, and be read at the District Annual with the last received report left out. It is too bad. A little more co-operation and what a different story I would have had to tell.

Yes, my report for the District is ready—such as it is—but I won't be there to give it. There are just three things I should be at tomorrow—the District Annual, a Red Cross tea, and a business meeting. However one of my worries is eliminated—I needn't be wondering now what I shall wear! Perhaps in a little while, none of us will or should be worrying much about what we shall wear. Already clothing is being rationed in England, and I believe Australia is considering adoption of similar measures. In England the shabby suit and the well-worn dress have become badges of respectability. Perhaps we in Canada might voluntarily follow suit. As far as I can see there are just as many silk stockings in evidence. Personally, I haven't bought a pair for over a year but have been buying rayon instead. And I have also come to the conclusion that a clean, well-made cotton dress is good enough for almost any occasion.

There is no use hiding the fact that we are up against a mighty stiff proposition in our efforts to beat the Germans and the less attention we give to "priming" the more time we shall have for war work work of every kind. Knitting, sewing, helping the men on the farm, canvassing, or any other job for which the government or any organization is needing help. There is so much to be done and plenty of us to do it. All we need is for each one to get down to business and each do our fair share in carrying the load. Hot weather is already with us, more or less.

Hot weather when it is so easy after the work of the house is done, to think we can sit down and relax for a while—especially in the cities and towns. But we cannot relax, every minute should find us occupied, taking only such time off for rest as is necessary to keep up our strength and energy. Resting after concentrated work is different from taking it easy. Maybe we think our nerves won't stand this or our strength won't let us do that! Do you remember what Mr. Churchill said—"If any of you happen to feel sorry for yourselves I would advise that you take a trip to Coventry, or Liverpool or Plymouth." And do you know that the chief Medical Officer of Health in London, England, said there had been far less illness among the people in London since the war started than there was before. He said people had been too busy working to think or worry about their own minor aches and pains.

And the same applies to Canada to some extent. Just look around you and you will find it isn't the people who are working hard that do the worrying—it is the people who are worrying about themselves all the time that get the jitters. We all have spells when we wonder if Eng-

land can possibly come out on top next time you get a feeling like that, get busy and do something quick. Go out and gather up a few bones, sort out scrap metal or collect papers. Action is the antidote for nerves. Action, individual and organized action, is what will beat Hitler. And by the way, do you think you haven't got any old bones? Well, I'll tell you where there is a dog you'll find bones. Just look around your back garden and you'll find them. The dog buries them and the plough turns them up, and there they lay looking like stones or bits of wood at first sight.

Cheer up and don't forget—work and don't worry and we'll lick old Hitler yet! Worry and you can't work. Work and you haven't got time to worry! Which is the better way?

MORE FOOD PLOTS

London (CP)—The County Council is making an additional 1,100 garden plots from park property formerly used for football games.

Y.M.C.A. Cars Aid Coventry

Ten of Them on Job With Refreshments for Homeless Folk

Toronto (CP)—Reports from England indicate that ten Y.M.C.A. tea cars did duty in the last Coventry blitz, taking refreshments to the raid sufferers. Two of the cars were on duty while bombs were falling on the city and several times the workers and the people they were feeding had to lie flat as bombs whistled down.

One tea car was wrecked by a bomb falling close to it. Neither the driver nor his helper was injured, but a fireman was so badly hurt that the Y.M.C.A. workers had to remove him to a casualty clearing station as quickly as possible. The driver of the car said: "Bombs fell in the triangle around us. Debris was blown all over us and we felt the hot breath of the blast."

Eight Y.M.C.A. mobile canteens were on duty throughout the following day, and one of the workers said: "It was pathetic to see half-clad women and children coming out of their shelters looking so sadly at the ruins of their homes."

Sixty homeless people were cared for at the Coventry Y.M.C.A. centre

AUSSIES GO SLOW ON PRODUCER-GAS

Government Strong for It but Response of Farmers and Others Doubtful

MELBOURNE (CP)—Development of the use of producer-gas equipment on motor vehicles including tractors has been receiving support of federal

and state governments as a gasoline conservation measure—but public response has been limited, Frederick Palmer, Canadian trade commissioner, has reported.

"During 1940, it was estimated, there were about 800,000 automotive vehicles in Australia and 40,000 tractors," Palmer said. "Despite the enthusiastic support given from all sides to the use of producer-gas units it was estimated that at the end of

1940, only about 4,000 units have been fitted."

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