Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

STRAWBERRY SEASON

Canadian-grown strawberries are ready to eat. Large, juicy berries are ripening in home gardens and appearing in store windows. Soon the supply will be plentiful. Of course the first taste must be just strawberries and cream and nothing could taste better, but to make the most of a short season strawberries should be used very often and then, it is worth while trying them in combination with other foods. The Consumer Section, Marketing Service, Dominion Department of Agriculture, suggests the following tested recipes:

Strawberry Custard Pie

3 cups strawberries
2 tablespoons flour
2 eggs
1 cup sugar
2 tablespoons butter
Pastry.

Line a deep pie pan with plain pastry. Crimp the edges attractively. Cut berries in halves. Sprinkle with ¾ cup sugar. Let stand ½ hour. Beat egg yolks until light. Drain syrup from berries. Mix with flour. Stir until smooth. Add to egg yolks. Beat well. Add melted butter. Arrange drained berries in the pie shell. Pour custard over. Bake 20 minutes at 450 degrees F. Reduce to 350 degrees. Bake 45 minutes. Make a meringue with 2 egg whites stiffly beaten and ½ cup sugar. Pile in peaks on pie. Bake 25 minutes at 275 degrees F. or until nicely browned.

Bread and Butter Shortcake

6 thin slices buttered bread
2 cups strawberries
½ cup sugar

Crush berries with sugar. Cut each slice of bread in four pieces. Cover bottom of a bowl with bread. Add ½ of berries, a layer of bread alternate until all is used. Place a saucer over top. Press down. Let stand in refrigerator to chill and set four hours. Serve with cream.

Fresh Strawberry Pie

3 cups ripe strawberries
¾ cup granulated sugar
1 tablespoon quick tapioca
1 tablespoon butter
Pie paste

Line a pie pan with pastry. Sprinkle tapioca in bottom. Cut berries in halves. Sprinkle sugar over top. Dot with butter. Cover with rolled out paste. Slit to allow escape of steam. Bake at 425 degrees F. for 10 minutes. Lower heat to 375 degrees F. Complete baking.

Fruit pies of this type are best if eaten within a few hours of baking.

Strawberry Fluff

2 cups boiling water
½ teaspoon salt
4 tablespoons farina
2 eggs
1 cup strawberries
½ cup sugar

Crush berries. Add sugar. Pour into a mould. Let stand ½ hour. Add salt to boiling water. Slowly add farina, stirring until thickened. Cook in double boiler ½ hour. Pour hot cereal over well-beaten egg yolks. Cook 3 minutes. Fold in stiffly beaten egg whites. Pour over berries. Cool. Chill. Turn out to serve.

Strawberry Rhubarb Appetizer

1 cup chopped rhubarb.
1 cup sliced strawberries
¾ cup sugar

Mix together. Chill thoroughly. Serve in cocktail glasses.

Strawberry Pear Salad

1 cup fresh strawberries
1 cup diced canned pears
¼ cup salad dressing

Chill fruit. Mix with salad dressing. Serve at once on crisp lettuce leaves.

Communal Feeding In London Raids

Plans Evolved for Meals by Thousands in Mobile Canteens

LONDON, (CP) Plans are being evolved for communal feeding on a huge scale in London after severe air attacks. Restaurants and clubs in the West End are being inspected to estimate kitchen capacity for providing soup and hot meals.

Food will be taken in trucks to the restaurants and clubs where it will be prepared during hours that will not disturb normal business. The hot food will be distributed by mobile canteens wherever needed in some cases perhaps miles from London.

MUSIC IN HOME GUARDS

LONDON, (CP) The 54th Kent Battalion has organized the first brass band of the Home Guards and other Guard units are following the Kents' example.

AIR VICE-MARSHAL L. S. BREADNER, D.S.C.
Chief of the Air Staff, Royal Canadian Air Force

What Attracts Man To Woman? Old Qualities

Experts give Their Views and "Old-Fashioned" Attributes More Popular Than You Think

BY ADELAIDE KERR

NEW YORK, (CP) What things attract men to a woman? What qualities drive them away?

If a girl knew the answers they would solve a lot of her problems, I thought, so I put the questions to three New Yorkers who ought to know: Victor Mature, stage and movie actor and current "rave" of New York girls; McClelland Barclay, the artist, who draws beautiful women, and Xavier Cugat, orchestra leader.

They all have known hundreds of lovely women, and here is what they have to say:

That old idea, "Men like them dumb," should be deader than a dodo.

The all-time Rule No. 1, "They love sugar," is healthier than ever.

That old-fashioned qualities seem to be more popular than you might think.

Actor's Idea

"I don't care whether a girl is tall or short, blonde or brunnette," says Victor Mature, a handsome dark-eyed giant, as we chatted over his afternoon breakfast at the Stork Club. "The kind of woman I like has to have poise. The kind that is real. I hate a loud woman. That doesn't just mean one who talks loudly. I don't like to see a woman wear clothes that call attention to her sex, a dress that is too low-cut or too close-fitting in the hips. But on the other hand, I don't mind bright colors in clothes if they're right.

"What holds a man after he has been attracted to a woman? To know that if he lost everything he had—money, position and everything else—that she would love him still."

McClelland Barclay contributed what he had to say in a rapid-fire telephone conversation between paintings.

"I like a woman who is feminine, who considers herself superior, finer, sweeter than a man, but who still thinks a man is necessary to her happiness," he told me. "The kind who seems to be thinking 'You great big wonderful you! I can't get along without you.' If a man's worth having you can't strong arm him. But how the big animal goes for sugary!"

AS To Dancing

Then I talked to Spanish-born Xavier Cugat, whose band has played while thousands of women danced.

"I hate to see women wear skirts so short they reveal the tendons behind the knee," he said. "And I hate to see them smear their mouths heavily with lipstick, outlining the wrong shape. I like to see make-up that enhances a woman's looks, but gives a fairly natural effect.

"Nor do I like to see women who shake all over when they dance to Spanish music, or smile much at other men, or dance at all when they have had as much as two drinks."

LAST OF CANADIAN TROOPS ARE REMOVED FROM ICELAND TO ENGLAND

With the relief of the Cameron Highlanders of Ottawa by other Imperial troops, Canada's garrison duties in Iceland ended recently. Transfer has been carried out gradually, the Camerons being the last of the force from the Dominion to leave the island for the United Kingdom where they have been absorbed in other formations. The Canadian protective force left for Iceland in June last, after the fall of France, to join a British force established there soon after the Germans invaded Denmark, and it is the first time in the history of the Canadian Army that its troops have been sent to protect the overseas territory of a neutral nation while the mother country is in the hands of a conqueror.

Chronicles of Ginger Farm

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

This week I have some wonderful news, but I am almost afraid to tell it in case it isn't true! However, I'll take a chance. To all appearances the Department of Highways intends doing some work on Highway 25! Just what that work will be I do not know but it will certainly be more than ordinary road grading judging by all the machinery that has gone up the line. Most of it has gone to where there is a big gravel pit and since our boy has already made a tour of inspection I am in a position to say that among the road making equipment there is a caterpillar tractor, trucks, scales and a huge stonecrusher. I think there is more than that but memory fails me. Maybe shock has something to do with it. Our son said a twenty-two wheel truck went by on Saturday taking roadmaking equipment to the gravel pits. Twenty-two wheels it sounds impossible. On Saturday the grader also came up from the base line on one side of the road as far as our gate, turned, and went down the other side of the road. Presumably this stretch of road will be the first to receive attention. Sometime ago I heard that tenders had been let for gravel but I was afraid to believe that story without concrete evidence to back it up. After all these years of bumping around over bumps and hollows and washboard stretches I can hardly imagine what it will be like to have a decent road. However it may be that gravelling is all that will get done this year, so maybe I hadn't better speak too soon, because a freshly gravelled road, while it may be necessary before other work can be done, is not the nicest sort of road to travel.

And speaking of roads I believe I quite forgot to tell you what happened about two weeks ago. I was going to town one morning, taking with me a five-gallon can of cream, full to the brim. Turning off the base line there is a very bad hole which it is rather difficult to avoid. On this particular morning I didn't avoid it and the sudden jolt started the cream can rocking. It was one of those tall cans and it was set a little too far back for me to reach it. And so—over went the can, sour cream and all. It fell down behind my seat so I had to stop the car before I could do anything. You never saw such a mess—I was literally paddling in cream! Cream was also streaming from the car on all sides forming a lovely rich pool of cream on the highway. Thanks to the kindly services of a nearby gas station attendant the car was sluiced out with pail after pail of cold water until the worst of the mess was cleaned up. Then I went down to the nearest garage where I had the mats, seats and floor boards taken up and the hose playing on every nook and crevice of the car for over three-quarters of an hour. And did the flies come around! I began to wonder if I should ever be able to use the car again for the flies and the smell of sour cream. However, the garage man certainly did a good job with the hose and after a few nights with all the doors and windows left open, the poor old car wasn't too bad. On very hot days I can still detect the odor of cream or think I can otherwise there are now no really noticeable after effects. Fortunately there was only a dab of cream here and there on the upholster, otherwise I think the hose would be playing on it yet!

So now, you who read, may possibly realize that I really have some grounds for complaint when I grumble about Highway 25, the rough state of which I consider as directly responsible for the cream can incident. Added to the worry and work of getting the car cleaned out there was also the loss of the cream, which I suppose was approximately four or five dollars and represented a good deal of time and labor for Partner and myself.

The grand rain we had last week has certainly made a lot of difference to the spring crop. In my travels around the country I noticed a good deal of the fields are headed out. Ours was a little later than most and has not quite reached that stage yet, although it, too, will be in head in just a few days. The rain isn't helping the hay at all but then that's always the way things go, and since one kind of weather won't suit everything we just have to take the good with the bad and do the best we can in between showers and thunderstorms.

If I did not know our Rusty's habits I might be tempted to think our turnip patch was an ancient Indian burial ground. Nearly every time I feed the chickens I can fill my feed pail on the way back with old bones picked up off the turnip patch. Bones which, if I were not "salvage conscious" I should pass by unnoticed. But I try to go around with my eyes really open as we all must gathering up every rag, every old bone, in an effort to defeat and to foil, that "bloodthirsty guttersnipe, Hitler."

Now Russia has fallen prey to the vengeful Nazi lust, making the going still harder for the British people. But we must not be downhearted but remember always that the greater the danger the greater must be our effort to counteract its effect.

The LETTER BOX

Matachewan, Ont.,
Forestry Branch.

Dear Free Press:

Again I have the opportunity of writing about the Ontario Forestry Branch of which I am now a part, and as I see it. This department is all regulated from the Parliament Buildings in Toronto, and divided up into districts. The part in which I serve, has its district headquarters in North Bay. North Bay district is again divided up into smaller districts, such as Temagami, Latchford, Sudbury, Cobalt, Elk Lake, Swastika, etc., with a chief in charge of each and deputies for outlying sections. Elk Lake is our chief's headquarters, he having three deputies, one in Matachewan, one in Cobalt and one who works out of Elk Lake.

The supplies for our section or district are all ordered through Elk Lake office and are stored there and supplied from there. The chief's home is supplied and maintained and is part of the Forestry Branch property right on the shore of Elk Lake and adjoining the town. In addition to the residence and office there are 3 garages, one for a car, the other 2 large ones to house a 2-ton and 2½-ton trucks. A machine shop, a blacksmith shop are in another big building, another building houses all the boats and canoes with sufficient space to repair and paint any which need it. Then the largest of the buildings is the store house with the tower built on the end.

This tower is built of wood and all sheeted in, the object being to hang the hose to dry and for inspection after each using, otherwise they would mildew and rot. Along one whole end of this building racks are built for storing hundreds of bundles of hose of 100 ft. lengths. After use and drying they have a rolling machine, hand turned which turns the hose into a roll and is tied. Canvas bags are supplied just large enough for 5 bundles each. These when full weigh 50 pounds and is one man's load over a portage or lugging through the bush to a lake or stream to be unrolled for use again.

Then there is the suction hose, a heavy reinforced pipe with metal fittings on each end, one a screen. The man who has the lightest load of hose carries this pipe. A large number of portable pumps are on hand. These are driven with small gas motors attached and weigh about 200 lbs. 2 handles are attached and this is a 3-man load, except over extremely rough places, then 4 men take it. Dozens of cans of gas are kept ready. This is put up in square 3 gal. cans and oil is mixed with the gas at the rate of 1½ quarts to 5 gallons of gas. Two of these cans are put in a tump line sack and is another man's load.

Blankets are there by the hundred and stored in tar lined boxes with lids when in use, they are put up in bundles of 10 pair wrapped in a big canvas supplied for the purpose and tied with a tump line, this bundle is another man's load. Tents of varied sizes are stored in similar boxes. The tent man usually has the dishes also, this is just plates, mugs, knives and spoons.

Then there is the axes and shovels, dozens of each. At one fire I know of 24 of each were taken, how many were used I don't know. Then there is bread, butter, tea, salt, beans, bacon, sugar, and if the fire is large and will require a large number of men, potatoes are on the list. Kickers are used for the large boats, these vary in horsepower from 8 to 22 h.p. each according to the size of boat they have to propel and the current or other power necessary. This means of travel is for lakes and large streams. Canoes are towed for navigation in the smaller streams and convenience over portages.

Travel over land is avoided where possible. Where water travel is not available and there are roads, trucks are used for transportation of it is road and water, canoes are also part of the load. Large staffs of men are not kept steadily employed, just a few regulars, who during spare time are going over all the equipment. This includes drying the hose and rolling, overhauling and cleaning the different motors; cleaning and scouring all the dishes, folding and tieing the tents, washing and drying and re-folding and storing blankets. Sharpening the axes and re-handling those broken; going over the canoes thoroughly for any breaks or punctures, mixing and filling gas cans, etc., so as to leave everything in readiness at a moment's notice of fire. That is always the watchword for a ranger. When a fire breaks out extra men are commandeered from any occupation or profession with all transportation, board and wages paid.

In addition to the duties mentioned for regular men, if this work is complete they go out cleaning and brushing out portages, building new cabins where necessary and repairing those in need; provide wood supplies where stop-overs are located; visit outlying territories with supplies, once or twice a month where men are stationed alone on patrol or tower duty; where telephones are established the lines have all to be patroled every year and all the interfering brush removed from poles and wires. It is unlawful in this whole territory to have a fire of any kind between May 15 and Sept. 30, without a permit. In case anyone wishes to have a fire they must apply to the nearest Forestry Branch when a man is sent on inspection and if he deems it expedient a permit is issued for a limited time only and in case of danger must notify that branch at once. It is also unlawful for any tourist, sightseer, camper, or cruiser to go into the woods and place without a permit, and must state where he expects to go and for how long.

During the tourist season planes make regular patrols of all the principal lakes and streams to make sure everything is being kept safe, or at least as safe as is possible. Climatic conditions are the greatest factor in bush fires, and so often what would not otherwise be a fire, is one through this cause, a prolonged drouth, whirl winds, and extremely high variable winds which catches just a spark maybe from a chimney, or from a mill or mine smoke stack of maybe a camp fire, that had even been quenched with water and left for out, but was dried out with wind and sun and one little live spark fanned to life, then blows and catches in some highly inflammable substance. Then there is a fire right away and just a few minutes or hours keeps increasing its size.

This spring has been an example which most everyone who read, know all about. Some may and do say it is all carelessness. True, some may be, but a great proportion is not, any more, than houses, barns, garages, stores, factories and churches are burned through carelessness. People after all are just human, and are continually trying for better things and conditions. And that is why the Forestry Branch is operating to try and conserve our forests, first for service, through its use commercially; second, to conserve moisture, which has been proven woodland does; third, as a rendezvous for all our wild life, birds, and foul and animals and last but not least as a beauty spot for those who can and wish to enjoy it.

Life for Rangers is rather a lonesome one being alone so much of the time. But even that has redeeming features if they like to put spare time to good use as I do in reading and writing. Personal duties of course have to be cared for. The inner man must be kept up. Clothing, towels etc., washed, wood cut and split for cooking, etc. A lot of this was new to me for a few days, but I even surprise myself how proficient I'm getting. I won't say I wouldn't like company and give them a royal welcome, but have really ceased being lonesome. And being alone I can do just as I wish with no one being annoyed or chastised either way.

Now once again I must conclude for space sake.

Cordially yours,
R. W. JOHNSON

A sign on a mail box in Campbellville: Bull dog for sale. Eats anything. Very fond of children.

FOR EGGS AND ONIONS

LONDON, (CP) Declaring some dealers were making "enormous profits out of necessities of the people" a London magistrate imposed fines totalling £100 ($445) on three grocers who sold onions and eggs above the war-legged prices.

PACK THEIR OWN SWEETS

LONDON, (CP) With but half-ounce sugar allowances withdrawn from London and other city restaurants the customers are carrying their own saccharin, honey or whatnot, as they did in the First Great War.

Summer Vacations In The Canadian Rockies

Banff, where the movie stars play; Lake Louise, which is numbered among the ten most beautiful views in the world, and Emerald Lake, Yoho Valley, Moraine Lake, Lake O'Hara, Lake Wapta and those other comfortable lodges in the Canadian Rockies have this year made attractive plans to entertain record numbers of American and Canadian holiday-seekers.

During the three-month season, early June to early September, the famous southern section of the Canadian Rockies will hold the stage as Canada's most outstanding holiday ground. A mile above sea level, these resorts offer the ultimate in vacation pleasure. Banff Springs Hotel has a golf course which stands among the foremost on the continent; there are splendid swimming pools at Banff and Lake Louise. From all the resorts there are unlimited possibilities for pleasure trips by motor, horse or on foot. Wild animals roam freely through the great national park and there is a profusion of gay alpine flowers to provide a lovely foreground for the scenic grandeur of the eternal, snow-covered peaks. Dancing, swimming, boating, fishing, camera hunting and tennis are among the regular recreation possibilities. Special events on the entertainment calendar this year are the Stampede, or rodeo, at nearby Calgary, July 7-12; Indian Days at Banff, July 17-20; Alpine Club Camp at Glacier, July 20-August 3; annual outing of the Trail Riders of the Canadian Rockies, July 25-29; annual outing of the Sky-Line Trail Hikers, August 1-4; Banff Golf Week, August 24-30, and Banff School of Fine Arts, August [illegible]

The holiday magic in those famous resort names will be made more familiar throughout the North American Continent this summer. Americans have always made up the majority of visitors to this lovely playground and early season reservations indicate that they will return again in increased numbers. A series of bargain fares and special 21-day excursions to Banff, Lake Louise and other Rocky Mountain resorts, over Canadian Pacific Railway lines, will this year make it possible for many Eastern Canadians to spend inexpensive vacations in the Canadian Rockies, while Western Canadians will in their usual large number spend their holidays in the Rockies.