

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

COOL LUNCHEONS FOR HOT DAYS

Mid-summer brings eating problems and makes difficulties for the whole family, but especially the cook. Heavy, hot dishes are, nourishing often without appeal when the mercury soars. Therefore meals should be well planned so that there is a good food balance. Cool, crisp light foods are appetizing in hot weather.

From the standpoint of preparation it is well to plan ahead, prepare foods which can be left in the refrigerator—foods which require a minimum of heat in preparation, foods which can be made the basis for several meals.

A bowl of crisp vegetables with dressed eggs, bread and butter is easily prepared, cool and appetizing. Radishes, green onions, carrot sticks, celery, cucumber, and tomato in a nest of lettuce make the most simple combination.

A cabbage, if finely shredded and packed in quart jars, sealed tightly and kept in the refrigerator, will be ready to use at a moment's notice. Celery seed added to cabbage salad is an unusual variation.

To make cabbage salad the main dish of a meal add to bits of dried beef, cold boiled tongue, or salmon.

Potatoes cooked in quantity, keep well and form a base of quickly made salad. Celery, cucumber, radishes, dried beef, and pickles in various combinations with potatoes seem to make entirely different salads. A dash of curry powder in dressing for potato salad gives a new tang.

Canned salmon, beef, seal, loaf, tongue, and fish are hot weather energy savers. Canned soups provide the one hot dish which is often important, even in most humid weather.

The following tested recipes are suggested by the Consumer Section, Marketing Service, Dominion Department of Agriculture, Ottawa:

Tongue Rolls

6 slices cold tongue
3 teaspoons prepared horse radish
1 package jelly powder, lemon flavor
Spread horse radish on tongue slices. Roll. Lay rolls in a shallow, flat dish. Prepare lemon jelly powder according to directions on the package. Cool slightly. Pour over tongue. Chill. To serve cut in squares. Serves 6, allowing one tongue roll to each square.

Lamb Mousse

2 cups minced cold lamb
1 cup prepared salad dressing
1 tablespoon gelatin
1 tablespoon mint sauce (optional)
Soak gelatin in water 5 minutes. Melt over boiling water. Add to salad dressing. Stir well. Add mint sauce and lamb. Pour into wet moulds. Chill. To serve cut in squares. Serves 6, allowing one tongue roll to each square.

Devilled Eggs in Tomato Jelly

2 cups tomato juice
1 tablespoon gelatin
3 tablespoons cold water
3 tablespoons salad dressing
1 tablespoon sugar
1 teaspoon salt
2 teaspoons tomato catsup
Hard cook eggs. Cool. Shell. Cut in halves. Remove yolk and mash it with salad dressing until smooth. Roll out egg whites. Place each egg cut side down in an individual mould. Soak gelatin in water 5 minutes. Melt over boiling water. Add to salad dressing. Beat tomato juice, catsup, sugar and salt. Add gelatin. Stir until dissolved. Pour over eggs. When set turn out on lettuce. Serves 6.

Cucumber-Tomato Cocktail

2 cups tomato juice
1 cup cucumber cubes
1 cup watermelon cubes
1 cup raspberries
1 cup cottage cheese
Chill fruit. Arrange in alternate heaps around cottage cheese and lettuce leaf. Serve salad dressing separately. Serves 4.

Melon Salad

1 cup cantaloupe cubes
1 cup watermelon cubes
1 cup raspberries
1 cup cottage cheese
Chill fruit. Arrange in alternate heaps around cottage cheese and lettuce leaf. Serve salad dressing separately. Serves 4.

Fruit Cream

1 cup whipping cream
1 cup crushed fruit
1 cup fruit sugar
Crush fruit. Add sugar. Let stand 20 minutes, stirring occasionally, to dissolve sugar. Whip cream until very stiff. Fold in fruit. Pour into freezing tray. Freeze without stirring.

CHIEF'S DEATH

EASTBOURNE, England—Michael Crowhurst, three, climbed onto an electric railway here and fell on the live electric rail. Then a freight train ran over the spot without touching him. He escaped with severe burns.



COMMODORE H. E. HEID, R.C.N., Deputy Chief of Naval Staff

Aim At Uniform Health Services In Saskatchewan

Municipal Medical Care Now Given in 97 of 302 Rural Districts and 61 Towns and Villages

BY MARSHALL BATEMAN Canadian Press Staff Writer

REGINA, (CP)—The Saskatchewan Health Services Board, supervising medical services which are one of every five persons in the province, is working for uniform agreements with municipalities, said Dr. R. O. Davison of Regina.

The board urges municipalities to adopt a model municipal physician agreement which requires a doctor to furnish all residents with general services, obstetrical care and minor surgery at no charge to the patients. The physician would receive a salary from the municipality.

Dr. Davison said the municipal medical services "provides incomes to doctors in communities unable to secure adequate medical services by no other means, reduces expense to the individual, is ideal for practice of preventive medicine."

Municipal medical care at present is being given in 97 of the 302 rural municipalities, in addition to 61 towns and villages, while 23 municipalities and 19 towns provide major surgical services. The services are given to 292,771 persons or 21.2 per cent. of Saskatchewan's population.

Agreements Vary—Since 1936 when municipal medical services were first established agreements in various municipalities showed a wide difference in cost and services rendered, continued Mr. Davison.

Doctors engaged by municipalities organize and conduct immunization clinics for pre-school, school age children and others. Every school child is examined at least once a year.

Under the model agreement, the physician furnishes patients with ordinary drugs, medicines and dressings at his first visit for temporary relief and the patients pay for subsequent supplies. The doctor must attend emergency cases, maternity cases or patients who are critically ill at any time. He may make a service charge only when asked to make an unnecessary call.

The average doctor's salary under the municipal medical services was \$3,500 during the last year, excluding many drugs, medicines and dressings at his first visit for temporary relief and the patients pay for subsequent supplies. The doctor must attend emergency cases, maternity cases or patients who are critically ill at any time. He may make a service charge only when asked to make an unnecessary call.

Free Minor Surgeries—It was found, continued Mr. Davison, that 31 of the 95 rural municipalities have inserted some kind of charge such as \$1 for a home visit and mileage rates. But the board, he said, discourages the practice of allowing fees for any type of minor surgery, especially for the removal of tonsils or adenoids.

As an example of work done, Dr. Davison cited one case where the physician received \$1,000 a year, and did service in a municipality of 100 persons evaluated at \$11.70 on the approved schedule of the college of Physicians and Surgeons.

While advocating the model agreement, the board is watching progress of municipal medical services on a case-by-case basis, said Dr. Davison.

On With Ballet Despite Nails

WINNEPEG, (CP)—Looking on the brighter side, Madame Adeline Genee of London, Eng., founder-president of the Royal Academy of Dancing said in an interview here that war has increased interest in the ballet, by emphasizing its health aspect. Conducting academy examinations here personally, she reported the academy is still functioning in London, despite the blitz.

Chronicles of Ginger Farm

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

"What we have been dreading has come to pass. We are out of water! Last week we pumped the well nearly dry and the cistern quite dry. Then Partner and I cleaned the cistern and hoped for the best, pinning our faith to the heavy clouds gathering in the west. And our faith was rewarded. It did rain. And the rain gave us eight inches of water in the cistern and filled every tub, pail and barrel we had around. Thus we were able to keep the cows and chickens happy for two more days. But it was merely a short reprieve. The hot dry weather returned again and this time Partner had to load barrels on to the wagon and drive about a mile to the nearest good creek for water. Thereafter that same trip has been, and will be made every day, and sometimes twice a day, until such time as we get enough rain water to supplement the well supply.

The cows, I might add, are far from satisfied. Every time they get a change of water they get annoyed over it, and bawl, and bawl and bawl until the noise of them just drives us crazy. For instance, when they are out in the field, apparently grazing quite contentedly until they catch sight of Partner crossing the yard. Then the bawling starts up again, and back come all the cows to the trough, probably in the hope that Partner has by some miracle filled the trough with a variety of water more to their liking. So they all come around the trough, paddle their noses in the water, sniff discontentedly, finally decide they don't want to drink, but at the same time the cows that are behind and who may be venturing to come forward on a reconnaissance visit.

Of course the amount of milk we are getting goes less and less while the price remains exactly the same. So that's the way it goes, more work, more worry and less income. Think of that, you good people who get your milk out of bottles, and remember that there is a big gap between the cow and the bottle.

Well, the binder has been put away for another year and we had only one costly break—Fortunately we were able to get the repair piece right away so the work was hardly held up at all. Of course getting the grain out is only half the battle. Now we have it to bring in. I feel like giving a whoop every time a load comes into the barn. Looking out over the fields and seeing grain and hay everywhere just about makes me wilt, especially when we are so short-handed. You see we thought for awhile that our boy would be at home because after spending six months at the radio school he flopped on mathematics. If he had to quit we thought while we were in the middle of harvest season a pretty good time. But would that boy be contented on a farm? No chance! He must be where there is machinery of some kind, anything at all so long as it is in the truck or tractor line and where he can get himself plastered in oil and grease from head to foot. So today he has started out with a throwing outfit—not one of his own—just helping another young fellow. And I really believe he is in his glory. One thing is certain he is really doing something useful, he's helping to water and it isn't everyone who could work around a threshing machine—not everyone who would want to. In the meantime we have a young neighbor boy helping us and he is a real good worker, so we are hoping to get along all right.

"Well, we have had our second 'gashless' Sunday and I am wondering how it is really working out. Personally I am in favor of rationing just as I am also in favor of conscription for the boys." By the voluntary system they may leave enough gas, and they may get enough men, but the fact remains that it is conscientious, public-spirited people who will save gas while the thoughtless, pleasure-loving crowd carry on as usual, just as in voluntary enlistment it is the pick of the country who enlist while some others stay home and take advantage of good jobs and high wages. I don't want to make that statement too sweeping. I said "some others" because I know there are young men who want to enlist but realize their jobs to stay where they are if they would help Canada to the best of their ability.

And here is a good joke on Partner. After a particularly heavy day he was just going out to milk. The radio was on and a voice said "If you are a returned man and past military age, here is a way you can help your country." Partner stopped in his tracks, evidently wondering if there really was some place for him at last.

Beloved Figure In Her Village Is Queen Mary

King's Mother Spends her Time Visiting Aged and War-Sick Great Friend of Children

SOMEWHERE IN ENGLAND, (C.P.)—In a little picturesque and prosperous West of England village untouched by bombs or fire, Queen Mary finds quietness and solitude when she isn't comforting the aged and sick or unfortunate victims of war.

The 71-year-old Queen Mother often may be seen mingling with the village children, strolling in the park or driving through the countryside when the air is heavy with the scent of new mown hay or sweet briar. Her familiar grey-clad, erect figure, and equally familiar parasol and walking stick, is loved and respected wherever she goes.

Gardener's Tribute—"You've no idea how Queen Mary is loved down here," a 77-year-old gardener remarked affectionately. "The Queen of the Cotswolds! That's what she is. Here in the West of England she reigns in all our hearts. Ask the children what they think of her. They know."

And they do. "Yes," grinned a chubby-faced schoolboy. "I'm one of the kids who go gardening with Queen Mary. She tells us how to pick dandelions. We also gather wild flowers and she lets us know their names. We have a lovely time."

Sometimes she visits the village school house to inspect drawings and rhythms covering the classroom walls. Most of the pictures represent the Royal Air Force in blue Stiffies bringing down hostile aircraft into the blue sea.

The laundry can wash through the articles of personal clothing, leaving them 70 per cent dry in a few minutes. The usual procedure is to station one of our red centres, collect the clothing from the other centres in a utility Van and get stuff from the local centres to aid the laundry workers. They mark and sort the clothes and help in drying and ironing them. In blitzed areas it is invaluable.

"Many families can have their washing done at a moment when it is practically and psychologically vitally important. The dirt that results from being bombed-out must be seen to be believed and an opportunity to get clean is most eagerly welcomed by the homeless. It restores their morale and their smiles immediately."

Wartime Laundry Comes On Wheels

Work Done With Mobile Equipment Invaluable In Blitzed Areas

OTTAWA, (CP)—The "mobile laundry" now in operation throughout Britain due to the initiative of the Women's Voluntary Services of England is serving a purpose almost as important as the mobile canteen.

Describing its operation in a letter written by one of the members of the W. V. S. to a friend in Ottawa, she said:

"The laundry can wash through the articles of personal clothing, leaving them 70 per cent dry in a few minutes. The usual procedure is to station one of our red centres, collect the clothing from the other centres in a utility Van and get stuff from the local centres to aid the laundry workers. They mark and sort the clothes and help in drying and ironing them. In blitzed areas it is invaluable.

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New Features for 1941 Acton Fair

Acton Fair Board desires to Give Advance Notice of Special Features that Will Be Included in This Year's Prize List So that Contestants May Prepare Entries for These Events

Acton Fair Foal Exhibit
Open to boys 20 years and under of Halton County, Erin and Eramosa Townships, 60 points for animal and 40 points for showmanship. Five Prizes amounting to \$15.

Acton Fair Dairy Calf Exhibit
Open to Boys and Girls of Halton County, Erin and Eramosa townships, 16 years and under, 60 points for Animal and 40 points for Showmanship. Prizes of \$10. Calf must be born in 1941.

Acton Fair Beef Calf Exhibit
Same Rules as Dairy Calf Exhibit and Same Prize Money.

QUILTING BEE
Open to All Women's Organizations of Halton County, Erin and Eramosa Townships, Second Day of the Fair. At least Six Quilters to participate. This event will be held on the lawn inside the park gates or in the event of rain in the arena.

Entry of 25¢ should be sent to Mrs. Wm. Braeken, Acton, before September 10th.


Complete Details of These Events in the 1941 Prize List

ACTON FAIR
Sept. 16 & 17 - Two Big Days

If You've Goods to Sell You Have News to Tell

SIGN THE PLEDGE TO

Save Gasoline



50/50 Car PLEDGED TO SAVE GASOLINE

Let Your Car Wear Proudly This Patriotic Sticker!

Go to your friendly neighbourhood service station or your local garageman today. A surprise awaits you. He has changed. He will be as courteous and thoughtful as ever—glad to see you—eager to do anything and everything he can to help you. But he is no longer a gasoline salesman. He is a gasoline SAVER. He will urge you to buy less instead of more. He will point out ways and means of saving gasoline.

He will tell you all about the "50 50" Pledge to cut your gas consumption by fifty per cent. He will invite you to sign. This proud and patriotic sticker for your car will mark you as a member of the wise and thoughtful band of car owners co-operating with the Government to save gasoline.

This is entirely a voluntary movement. It is not rationing. This the Government hopes to avert. But we are faced with a critical shortage of gasoline due to the diversion of tankers for overseas service and to the growing needs of our Fighting Forces.

There is no call for panic—no need for alarm—but this war is being fought with gasoline and we are fighting for our very lives. Sign the Pledge today and continue to save fifty per cent of your gasoline consumption.

It is also vitally important that you reduce the use of domestic and commercial fuel oil.

REMEMBER: The slower you drive, the more you save!

The Government of the DOMINION OF CANADA

Acting through
THE HONOURABLE C. D. HOWE, Minister of Munitions and Supply **G. R. COTTRELL, Oil Controller for Canada**

GO 50 50 WITH OUR FIGHTING FORCES

Pledge myself to go 50/50 with our Fighting Forces by reducing my gasoline consumption by 50%

(Signed) _____

Address _____

Spare and Share your Gasoline for VICTORY!