

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

### THE LUSCIOUS TOMATO

Referring to foods, the sun-ripened tomato grown in this country is a general favorite among Canadians. Its greater popularity during the past few years, evidenced by the large increase in consumption of tomato products, is due in part to an awakened appreciation of the food value of the tomato, as well as to the fact that its uses have become more varied.

The tomato season is now at its height, and while the hot weather continues tomatoes will be served for the most part in salads, and a little later hot tomato dishes will grace the supper table.

The spicy aroma of tomato relish from the kitchen is one of the first signs of early fall, and with the many recipes available housewives will be busy putting away the garden vegetables in the form of pickles and relishes for winter use.

Here are some of the favorite tomato recipes of the Consumer Section, Marketing Service, Dominion Department of Agriculture.

#### Oven Canned Tomatoes

Select firm tomatoes of medium or small size. Wash. Using wire basket or cheesecloth bag, immerse in boiling water 1 to 3 minutes or until skins will slip off easily. Plunge at once into cold water. Pack carefully in hot sterilized jars. Add 1 teaspoon salt for each quart jar. Fill jars with boiling water or boiling strained tomato juice to within 1/2 in. of top. Run sterilized knife down side of jar several times to allow air bubbles to escape. Place new sterilized rubber in position and screw on tightly, then loosen back one-half turn. Put on rack in oven having jars about 1 1/2 inches apart. Process at 275 degrees F. for 35 minutes for pint jars and 45 minutes for quart jars. When cool enough to handle remove from oven and complete seal. Invert jars.

#### Tomato Cocktail

18 ripe tomatoes  
1 cup chopped celery  
1/2 cup chopped onions  
3 sweet green peppers  
1 sweet red pepper  
2 tablespoons salt  
2 tablespoons vinegar  
1/2 cup sugar

Wash and cut tomatoes, but do not peel. Chop the peppers finely. Mix tomatoes, celery, onions, peppers and salt together. Boil for one-half hour. Strain through a coarse sieve. Add the vinegar and sugar. Boil 3 minutes. Seal in sterilized jars.

#### Stuffed Tomato Salad

4 medium-sized tomatoes  
4 hard cooked eggs, chopped  
1/2 cup chopped celery  
2 tablespoons chopped green pepper  
1/2 cup salad dressing  
Salt and pepper to taste  
Cut tomatoes almost through twice,

to form petals, and place in lettuce cups. Combine remaining ingredients, season to taste, and pile on tomatoes.

#### Variations

• Potato salad mixture  
• Vegetable salad mixture  
• Any left-over cold meat, diced  
• Cottage cheese

#### Broiled Tomatoes With French Dressing

6 firm medium-sized ripe tomatoes  
1/2 cup French dressing  
2 tablespoons cracker crumbs  
2 tablespoons melted butter

Cut in thin slices from the top of each tomato. Then hollow them out slightly. Place 1 teaspoonful French dressing in the hollow of each tomato. Combine cracker crumbs and melted butter and sprinkle a little on each tomato. Arrange on a baking pan and broil about 10 minutes, or until the tomatoes are tender. They may be baked at 375 degrees F. for 20 minutes if desired.

#### Chutney

1 1/2 dozen tomatoes  
2 red peppers  
9 onions  
1 1/2 pints cider vinegar  
3 pounds brown sugar  
1/2 pound seeded raisins  
1 ounce ginger  
2 tablespoons salt  
1 teaspoon cloves  
1 teaspoon cinnamon

Chop the vegetables and fruits, add spices, sugar and vinegar, and boil for one hour. Yield 10 pints.

## Found His Age Caught Him Up

### South African Veteran back From Overseas After 18 Months

REGINA, (CP) — Pte. Walter Balthus of Regina, who enlisted a "young 53" has just returned from his third war. After 18 months' service overseas army officials learned he was 60. He was sent back to Canada. He served in the South African War and the First Great War.

## Aussies Using All Wool Yarn

### Required for Troops at Home and Overseas at Present

CANBERRA, (CP) — The supply and development department has announced that every ounce of woollen yarn produced in Australia will be required for the clothing of troops at home and overseas and that no more yarn will be available for civilian purposes.

Officials said no shortage of stocks to meet civil demands for woollen clothing is expected for 12 months or more, although a shortage of blankets may occur soon since every blanket manufactured now is required by the defence department.

Manufacture of 108 shades of wool is shortly to be discontinued, with only 12 shades permitted in the future.

## Chronicles of Ginger Farm

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

It was August 14 and the last sheaf, and the last of the rakes were safely stowed away in the barn. Harvest was over—all was safely gathered in, "er the winter storms begin," and I don't remember any year when we have been so thankful to have the season's work safely finished. Lack of help and lack of rain has made it a very worrisome sort of summer. But now the worst is over—all we have to think about now is the threshing—and that may not be for a week or two yet.

One day last week we had a nice rain—and while we are thankful for small mercies, and welcome every shower, yet what we really need to put the soil in condition and to help the water supply is one good day's rain every week. We keep switching the cows around from one pasture to another, trying to keep them up in their milk as much as we can, but very soon one field will be as bare as the other and there will be no object or advantage in switching.

Well, well—we never know what we may find on our farm next. We are used to having an occasional visit from one neighbor's horses and pigs, and another neighbor's geese, but yesterday we found a half grown chicken with our own hens and chickens. If it were the same breed as our own we would have been none the wiser but this bird is red while our own chickens are all Barred Rocks. Well, one can chase horses and pigs on their homeward way, and geese will generally go home of their own accord, but how to chase a chicken home well that's another story. Oh yes, and we also had some visiting crows last week a whole lot of young Jerseys. And were they the prettiest creatures? No hardly had the heart to chase them away. They just look at you with their brown limpid eyes, just mildly curious as to what you might expect them to do and why it is you don't exactly welcome their presence. And then our own herd suddenly discovers that strangers have come to visit so they all come down from the field, mooing and bawling and making a terrible row. Whether they are raising their voices in welcome or in protest is hard to say. However, there was no crop out to speak of, so we left the Jerseys alone and towards the end of the day they found their own way home.

What a queer war this is! Former allies joining the enemy ranks; high ranking officials flying back and forth across the Atlantic as if it were no more than a duck pond; the heads of two great nations meeting somewhere at sea and conferences arranged between nations thousands of miles apart. And do you also know that a Roller Skating Corp has also been inaugurated over in England that is for Home Guard. It is estimated that expert roller skaters could travel at thirty miles an hour and be very useful in the event of invasion. Maybe roller skates might be the answer if, and when, we get really short of gas in Canada. But not for this woman "no sir" I never did like roller skates for the simple reason that they never wanted to go the same way as I did. So when we can no longer drive the car I'll be satisfied with feet without wheels. And speaking of gas I wonder how many gallons a day "Lucky-Treter" uses at the C.N.E. and if it is really necessary to have such forms of amusement in wartime. I notice "Lucky-Treter" is advertised as one of the coming attractions at the C.N.E. And what about the Exhibition itself? Apparently the Government thinks it is quite all right for the Exhibition to take place, otherwise they would have stopped it, and no doubt many of the exhibits will be of such a nature as to make the public better acquainted with our war work, both in and out of the services, so we shall be able to go with a clear conscience, providing we do everything possible to save gas, either by making some car do duty for two or by making use of railway and bus transportation.

Sometimes I wonder if some people have ever heard we are supposed to save gas. The speed of some of these drivers! One went by our gate yesterday at about eighty miles an hour I was just getting the mail and the current of air as he passed me almost took the paper from my hand. I wondered how far that fellow had been and how far he was going at that rate of speed.

There is no need for anyone these days to ask what he or she can do to help Canada's war effort. Do you remember in the early days of the war there was so much dissatis-

faction because there seemed to be so little we could do? There was no call for economy anywhere. It is different now. Every egg we eat that is (Grade A) every rasher of bacon we fry, every carton we burn, is that much less for England. Every minute we spend with idle hands, every hour we take for unnecessary work, is time that might have been used for making or knitting for the farces or refugees. Let conscience be our guide and we shall not have many idle moments. And economy should be our watchword.

## WOOD SEASONING-SPEEDED UP

Wartime demand for dry lumber has given great impetus to the seasoning of lumber in dry kilns, reports the Forest Products Laboratories of the Department of Mines and Technical Surveys. The scarcity of certain types of stock has necessitated the speeding up of the seasoning process to such an extent that even hardwoods are being kiln-dried directly after being sawed from the log. In some cases lumber is now being fabricated into furniture and other commodities a few days after it leaves the mill.

Wood used indoors in Canada must be dried to a point far below that attained in the air-seasoning yards; because of atmospheric conditions in heated buildings during the winter season. Formerly it was the custom with many species of timber to store the green material in yards or sheds for a period of from one to two years, followed by a further storage of one to three years in the shop in which the wood was to be worked. With the development of the dry kiln, trade practices for most species required air-seasoning of the lumber in yards or sheds for at least a year before kiln-drying. The next step in the evolution of dry kiln practice was a gradual shortening of the air-seasoning period before kiln-drying.

Today kiln design and practice have been improved to such an extent that hardwoods may be dried in from eight to twenty days after sawing—the time depending on the species and the sizes of the lumber. Control equipment in dry kilns has been improved so that during the drying period the moisture content of the lumber is known at all times, enabling the operator to attain the exact moisture considered desired. The wood dried in such kilns may be conditioned so as to permit it being cut up without any trace of working of the wood, the quality of the lumber not being affected by the rapid kiln-seasoning.

## Souvenir Show Cash for Tank

LONDON, (CP) — Six boys who make up the "Mellonian Gang" have sent Lord Beaverbrook \$100 to help pay for a tank. In a letter to the Minister of Supply, they explained that they raised the money by an exhibition of souvenirs of other wars which they collected in their own homes. They gave their names as "Scud" Parking, 13, "Flash" Underwood, 12, "Chippy" Wood, 13, "Mucker" Perkins, eight, "Squint" Masters, nine, and "Stiff" Cannell.

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## WARM WEATHER Hints

Green Giant, Fancy

**PEAS** 2 15-oz. tins 27c

Lachine Cut

**WAX BEANS** 9c a tin

Heinz

**BABY FOODS** 3 tins 25c

Aylmer or Bright

**TOMATO JUICE** 3 20-oz. tins 25c

Queenland Sweet Mixed

**PICKLES** 27-oz. jar 23c

Norris Sliced or Cubed

**PINEAPPLE** 2 16-oz. tins 29c

Catelli's Cooked

**SPAGHETTI** 2 20-oz. tins 29c

**AYLMER CATSUP** 12-oz. tin 12c

**Campbell's Tomato Soup** 2 tins 17c

**Quaker Puffed Wheat** 2 pkgs. 15c

**SMITH'S MARMALADE** 16-oz. jar 19c

**CHERRY de LUXE CAKE** each 15c

**BRAZIL FRUIT CAKE** each 20c

**SILVER COW MILK** 3 10-oz. tins 25c

**KKOVAH Jelly Maker** 2-pkgs. 25c

**WHOLE PICKLING SPICE** lb. 23c

**CHAMPION DOG FOOD** 2 tins 19c

**KEEN'S Mustard** tin 14c, 24c, 48c

**ALLEN'S APPLE JUICE** 2 20-oz. tins 17c

**CANADA CORN STARCH** 2 pkgs. 19c

**2 in 1 WHITE POLISH** tin 14c

**KLEENEX** Package 10c, 25c, 29c

**OXYDOL** Package 9c, 23c, 63c

**CAMAY SOAP** 2 cakes 11c

**IVORY SOAP** 2 cakes 13c or 19c

**LUX SOAP FLAKES** pkg. 10c, 23c

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**NUGGET SHOE POLISH** 2 tins 23c

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George Drew, Ontario Conservative leader, is pictured with his wife and three-year old son, Edward, as they saw him off at Malton Airport, Toronto, on his flight to England. Col. Drew took the American Clipper plane from New York for Lisbon and London. He told New York reporters: "It is a fact-finding survey on subjects that have a bearing on our problems, in war conditions, methods of dealing with social problems and plans for post-war reconstruction."

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