

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

### CABBAGE HOT AND CABBAGE COLD

It's cabbage time everywhere, but there are few places where the humble cabbage is used as heavily and as often as in Pennsylvania—particularly those portions of the state where the Pennsylvania Dutch are in the majority.

Here are two cabbage recipes by two of these famous cabbage cooks:

#### Dutch Stew

- 1 egg
- 1 cup vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- dash pepper

Shred cabbage rather fine. Put in sauce pan and sprinkle with salt. Cover pan and place over a low flame and steam until very tender. Beat the egg, add the sugar, salt, pepper and vinegar and pour over the steamed cabbage. Heat for 5 minutes. Serve at once.

#### Cabbage-Filled Peppers

- 6 sweet red peppers
- 1 cup vinegar
- 1 tablespoon salt
- 2 cups vinegar
- 1 tablespoon whole yellow mustard seed

Remove stems and cut off the tops of the peppers and remove the seeds without breaking the shells. Cut cabbage fine as in stew, and add to it the salt and mustard seed. Mix thoroughly and place in peppers, pressing it in tightly. Place tops on pepper cases and fasten them down with toothpicks. Place them upright in stone jar and cover with cold vinegar. Place cover over jar and put away in cool place until ready to use. They may be kept for several months before using.

#### Lemon Butter for Meats

- 2 tablespoons lemon juice
- 3 tablespoons butter
- 1 teaspoon salt
- 1 tablespoon paprika
- 1 tablespoon parsley finely chopped

Blend well. Serve on hot steak, chops or fish. An additional garnish of lemon quarters provides more tartness if desired. (Serves 4)

#### MILK MADE DELICIOUS

Children who refuse to drink plain milk will almost invariably eat ice cream, puddings, rennet-custards and other tasty dishes consisting almost entirely of milk.

Many women complain bitterly about the milk problem in their home. They realize that the children need milk, but insist that neither Hor nor Bertha will drink even a glass for breakfast.

Make milk delicious and your troubles are over. A little sweetening, a little flavoring, one or two additional ingredients and you have a cream, a pudding or a custard that will disappear like magic the moment

it is placed before those rebellious kiddies.

Deserts like rennet-custards may be varied as different fruits and berries appear on the market. Here are two recipes suitable for this particular season. Try them if you have a milk problem in your home or if you want a novel dessert:

### Baked Apple With Rennet-Custard

- 1 cup milk, ordinary or homogenized
- 1 teaspoon vanilla
- 6 apples

**For Strup:**  
1 cup sugar  
1 cup water

- 3 tablespoons red cinnamon candies
- 1 tablespoon lemon juice

Peel and core apples and place in baking pan. Boil the sugar, water and cinnamon candies for five minutes. Add lemon juice. Pour strup over apples and bake at 350 degrees F. for about 1 hour or until tender, basting several times. Place apples in individual dishes filling the center of each apple with strup. When cool, the strup has jellied, make rennet-custards according to directions in package. Pour rennet-custards immediately over the baked apples. Do not move until firm about 10 minutes. Then chill in refrigerator and serve.

### Pear Rennet-Custard with Cinnamon Sauce

- 1 pint milk, ordinary or homogenized
- 6 canned pear halves drained
- 1 cup pear juice
- 1 tablespoon cornstarch
- 1 teaspoon ground cinnamon
- 2 tablespoons butter
- 2 tablespoons lemon juice

Cut pears in tiny cubes and place in 6 dessert glasses. Make rennet-custards according to directions on package. Pour at once over the pears. Do not move until firm about 10 minutes. Then chill in refrigerator. When ready to serve top with cinnamon sauce.

**Cinnamon Sauce:** Blend cornstarch with 1/2 of the pear juice. Heat rest of juice to boiling, add cornstarch mixture and stir until sauce boils and thickens. Stir in cinnamon, butter and lemon juice and cook 1 minute longer. Chill and serve with chilled pear rennet-custards.

## Canada's Hens For Long Trek

### Dominion Poultry Stock Does Well In Other Countries

OTTAWA, (CP) Officials at the Dominion Department of Agriculture's Live Stock Producers division have announced preparation of another small shipment of British Columbia's poultry to a foreign market for breeding purposes.

The birds for export to Buenos Aires are the second such shipment to that city within a year. They are 1941 cockerels, comprising six Rhode Island and two White Leghorn cockerels, and 18 Rhode Island and 12 White Leghorn pullets. Birds were sent recently to South America, South Africa, British West Indies and other countries, and in every case they were found "completely satisfactory" officials said.

## Chronicles of a Ginger Farm

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

"Do you want to see something wonderful?" asked Partner the other night as he came in from milking.

"Of course," I answered, "but what is it?"

"Come outside and you will see," continued Partner.

"So out we went and there were the Northern Lights more magnificent than any display we had seen before. And we have seen plenty of marvellous displays, too when we were living out in the west. I stood spellbound for a minute, then I ran into the house to telephone two friends in case they might be unaware of what was taking place. Beauty like that should be shared, I thought. After contacting my friends I went out again and Partner and I stood watching that glorious sky for fifteen or twenty minutes. We had never seen the Northern Lights rolling up in clouds as they did that night, nor had we seen that peculiar shape effect, the peak of which seemed to be directly over our heads. Partner thought the fleecy clouds of light which seemed to come from nothing and disappear into space looked like confetti as he had seen it during the last war, while I kept wondering if these apparently celestial lights held some hidden meaning. Science, of course, has an answer to almost every phenomena but sometimes one is tempted to discount science and cast about for a more primitive explanation.

One thing we have noticed, our radio has been working better since that wonderful night than it has done for weeks. It was working all right for local stations but occasionally like to get WKDW and for weeks we have not been able to get it at nights because of the terrible amount of interference. Now it is as clear as CHL. And by the way, has everyone realized that we can now get CBY on our radios without any trouble. You know they increased the power of that broadcasting station so now we can get programs which are given only over SBY such as addresses to the Canadian Club many of which we have previously missed because it was impossible to get CBY.

This has been a busy week, so busy in fact, that I did not even get to Acton Fair, a splendid event which I hardly ever miss. However this year I just couldn't make it. There have also been things happening in this district which have been very disturbing. Word was received last Wednesday of the first casualty of the war for this district a young airman, well known and well liked, killed in Action, presumably over Germany. Naturally it is not for me to say what his death meant to his parents, but I can say that his death shocked it was to the district and probably did more than any amount of press news to bring the war home to everyday folk. The thought in everyone's mind seemed to be "This is our community's first casualty, how many more will follow?" A depressing thought no doubt but unfortunately one from which we cannot escape while this war lasts men must fight on land, sea and in the air. And as long as men fight there will be casualties. That fact we have to face and hope for the best.

Another loss to this community was caused by the death of our treasurer. He had been ill for three months and although we knew he was dangerously ill yet because he had lasted for that length of time it was hoped he might ultimately recover. But it was not to be.

Of course I need hardly tell you that with our loss away in the army, thoughts of him have been mixed up with all my work. Since it is all so new to him it is only natural to wonder how he is getting on and I kept looking for a letter every day a letter that never came. As the week went on I concluded he hadn't written because he would be home. From Saturday noon I looked for him and listened for his cheery whistle. But he didn't come. Oh, Sunday I began looking for him again. He will get out about twelve-thirty, I thought and if he is lucky in getting a ride he should be home by two o'clock anyway. Two o'clock and there was still no sign of him. Partner said "Maybe he is walking the highway." That is just what I am afraid of. There might not be many cars coming up from Palmerston. I answered "So then we decided to go along the road a piece, just in case. It was so hot for anyone to be walking, and such a waste of time. So we set out and half-a-mile from home our legs slipped out of a car. Well, and huggs, and very brown. "Who didn't you write?" was naturally one of my first questions. "Write? Well

## Now It's Honey Cheers Keepers Along Prairies

Busy Bees Turning on Cool Milk for Middle West Folk, More and More in Mixed Farming

BY CHARLES GUNNING Canadian Press Staff Writer

WINNIPEG, (CP)—Millions of bees are humming a prosperity song for Western Canada as the fall as higher honey prices and production of a bigger and better grade crop present a rosy picture.

Early estimates by apiculturists indicate that more than 12,000,000 pounds of honey will be taken from western hives this Autumn. Manitoba's yield is expected to reach more than 5,000,000 pounds while it is anticipated that the province will produce 1,000,000 pounds of honey, Saskatchewan and 3,000,000 in Alberta.

Last year, Manitoba honey ranches put 3,670,000 pounds of the sweet product on the market while Saskatchewan bees produced approximately 3,700,000 pounds and Alberta apiculturists about the same quantity as this year. In each province, prices at present are higher than last year. Manitoba honey men are receiving an average of 10 cents a pound over a year ago, Saskatchewan beekeepers also are getting about 10 cents a pound for this season's honey, a gain of about three-quarters of a cent over last year; in Alberta, prices have jumped from seven cents last year to nine cents a pound for bulk honey this fall.

**Warm Days Helped**  
If present prices are maintained and yield-predictions realized the current prairie honey crop will bring beekeepers around 1,500,000 Winnipeg dollars from average during June, July and the early part of August. It is a good flow of nectar for bees from flowers and buds. Busy swarms showed their appreciation by storing greater quantities of honey in hives.

Commenting on honey production, H. E. Wood of the Manitoba Department of Agriculture said a preliminary survey indicated "this year's yield will be much better than was taken off last summer."

Best customer for Canadian honey, except for the domestic consumer, is Great Britain. Already the British government has ordered 5,000,000 pounds of honey from Canada's 1941 yield and has guaranteed a price of 65 shillings (about \$22.25) in Canadian funds) a long hundredweight (112 pounds) for Alberta honey delivered in the United Kingdom, said G. Taylor, branch of the Dominion Department of Agriculture in Winnipeg. Taylor added that about 3,000 pounds of Manitoba honey were sold last year in the United States.

## Rust Cut Yield About 30 P. C.

Thatcher Variety Hit in Manitoba and North Dakota this Season

WINNIPEG, (CP) Yield of Thatcher wheat was cut 25 per cent in Eastern Manitoba and 30 per cent in North Dakota by wheat rust this year, it was estimated here by experts who have been conducting tests at the Dominion rust laboratory.

Tests conducted at the University of Manitoba showed that Thatcher wheat dusted with sulphur as a protection against the rust spores yielded 21 per cent more wheat than unprotected plots, and when allowance had been made for some of the sulphur blowing over the unprotected plants, Dr. Margaret Newton stated, 25 per cent was a reasonable estimate of the loss.

In North Dakota the tests were made by comparing plots of Thatcher wheat with plots of rust-resistant Royal wheat, and 12 separate experiments showed about 30 per cent loss in Thatcher due to rust.

Last serious epidemic of leaf rust in Manitoba was in 1938, when the loss was estimated at about 37 per cent on early seeded Thatcher and 51 per cent on Thatcher wheat seeded as late as May 24. Loss is due to the reduced weight and number of kernels in the head and the killing-off in the late tillers. There is also usually loss in grade.

Because of its high yield and other good qualities, Thatcher has become a favorite wheat in western Manitoba and in Saskatchewan, where rust spores drift in later in the season and cause little damage.

### CALL TO METHODISTS

LONDON, (CP)—The Methodist Church of Great Britain has issued a pastoral address, ending an "urgent" Methodist at home or abroad to play a part and play it nobly in rebuilding a new social order on a permanent Christian basis.

There wasn't anything to write about and I was coming home anyway? Time, apparently, had passed quickly for him.

## Expect Britain Will Have Eggs On "Lend-Lease"

United States as Well as Canada Going Strong on Effort to Feed Old Country This Winter

BY IRVING PERHAMETER Associated Press Staff Writer

WASHINGTON, (AP) With the help of Lend-Lease food from the United States, Britons may get one egg a person weekly this winter.

That is what the United States can send under the Lend-Lease bill "will add enough to the 30,000,000 dozen eggs Canada is sending, and the hard-working hens of Britain are doing, to make the average just that. This was given by British sources as an example of how vital the U. S. Lend-Lease program is going to be to the nutrition of the besieged island. Canada, too, is doing a wonderful job in food for Britain.

It is explained that U. S. Lend-Lease food will be only a small percentage of the total tonnage of British food, but will still be of such vital relation to nutrition as to be almost indispensable.

Milk, both in the evaporated and dried forms, is No. 1 on the Lend-Lease list. Cheese and all other dairy products are next followed by bacon and other meat products, then concentrated vitamin products, vegetables and fruits, both canned and dried. "That's the order," they say.

**Bread Galore**  
"The bread situation in England is lovely," one Briton said. "Right now, the typical British diet is bread, bread and more bread. What we are short of is animal proteins, and with that we should sap the vitality of the people."

In Britain Lend-Lease food is generally sold over the counter of the ordinary grocery store, at prices fixed under criminal penalties by the government and at levels designated to make them available to the poorest people. Cost of transportation and so on prevent any profit to the government. British sources and the Food Ministry's deficit was figured at \$100,000,000 a year. Sometimes prices in Britain are

lower than in the United States. All kinds of U. S. cheese are sold at the same price of about 2 1/2 cents, and eggs when available at from 30 to 35 cents a dozen, depending on grade.

About 600 communal kitchens built by the British government are selling full size meals including meat dishes for about 15 cents.

"With the exception of luxury foods, such as oysters," said one informant, "the size of your pocketbook doesn't change the kind or quantity of food you can eat in Britain. You might pay a lot more for a swank hotel, but you can get only—fancier cooking, not different food."

**Big Job**  
Just how much food is going to Britain under Lend-Lease is something the British here won't talk about, for fear of offending either the U. S. government by disturbing U. S. food markets. But the job is so big that one of the men connected with it said, "It's like studying astronomy. The figures are so large."

One of the other complications is what to do with generous Americans who want to give food for free dis-

tribution. Sometimes such gifts can be accepted, but the donors are told that there is no way of giving food away without discrimination. Usually such food goes to infant, nursing mothers and victims of bombing raids.

When a particular city is bombed for about 15 cents, it is distributed without regard to cost or rationing.

Some of the typical rations now for an individual in Britain are Bacon, four ounces a week, meat of all other kinds, 2 1/2 ounces a week, cheese, two ounces a week, jam, eight ounces a month, fats, two ounces of cooking fat and six ounces of butter or margarine a week, tea, two ounces a week. Eggs were rationed because there aren't just now enough to go around. Milk may be rationed soon, and already is banned from use in tea or in pastries.

Mrs. Margaret Watterson, 13, died after being stung by bees in the garden of her Clarendon home.

## When you entertain



The six-bottle carton

# CARROLL'S

- HERRING 1-lb. tin 11c
- Christie's Creamy Chocolate ROLL 25c
- Christie's Raisin Cup Cakes 6 for 10c
- McCormick's Butter
- SODA Biscuits 2 1-lb. pkgs. 25c
- Green Giant PEAS 16-oz. tin 14c
- Norris Sliced PINEAPPLE 2 16-oz. tins 29c
- Aylmer-Choice TOMATOES 3 15-oz. tins 23c
- Campbell's TOMATO SOUP 2 10-oz. tins 17c
- Libby's Homemade Style PICKLES 15-oz. jar 18c
- Ross-Miller Puppy MIDGETS 2-lb. bag 25c
- GLO-COAT 59c
- JOHNSON'S WAX 59c

## Carroll's Sliced Side BACON 1-lb. package 39c

- 80-90 PRUNES 3 lbs. 25c
- LIBBY'S MILK 16-oz. tin 8c
- Fry's Cocoa 1-lb. tin 31c, 1/2-lb. tin 19c
- DESSERT PEARS 3 15-oz. tins 25c
- JUNKET POWDER 1-lb. pkg. 11c
- ROMAR COFFEE 1-lb. pkg. 39c
- Tea Time Biscuits 1-lb. tin 18c
- OLD DUTCH Cleaner 1-lb. tin 10c
- SUNLIGHT Soap 2 bars 11c
- DISH CLOTH 24c
- IVORY SNOW 24c
- Ivory Flakes 1-lb. pkg. 24c

## For Lunches—Aylmer IRISH STEW 16-oz. tin 11c

- CHOICE EATING APPLES 4 lbs. 15c
- LARGE SEEDLESS GRAPEFRUIT 4 for 25c
- NO. 1 COOKING ONIONS, 10 lb. Bag 35c
- MALAGA GRAPES, Per Pound 10c
- ASK FOR LIPTON'S TEA
- JIF Soap Flakes 22c

## Kellogg's RICE KRISPIES 2 pkgs. 23c



On Sunday morning, September 14th, thousands of Ottawa worshippers gathered on Parliament Hill to attend Holy Mass celebrated for the first time in history under the stone arches of the Peace Tower, and to unite in prayer for the courage to persevere and strength to vanquish the dark forces which seek to blot the earth, as ordained by Government proclamation for the National Week of Reconciliation. The Roman Catholic ceremony saw probably the largest gathering ever to congregate on Parliament Hill. This photo shows a part of the huge crowd. In the background tower Canada's Parliament Buildings.