

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

BODY FEELS NEED STOKING
During hot weather wise men and women eat moderately as the body needs less fuel than it did on frosty days.

But when the frost is on the pumpkin and the blankets are airing on the line—well, it's time to get those body fires going for winter. More food, and richer food is in order. Ultra-slim dieters had better forget their bathing-suit figures for a while, and build up a little cold-weather fatty tissue.

Here are two good dried Lima bean recipes for autumn dinners. Cooked dried Lima may now be procured in cans at any good grocery. The recipes are easy to follow and the result is very easy to enjoy.

Turkey Pie

(a one dish meal)

- 1 cup cooked, dried Lima
- 1 pound cooked ground beef
- 1/2 pound cooked ground pork
- 1 tablespoon chili powder
- 1 cup ripe olives, pitted
- 2 cups raisins
- 2 cups milk
- 1/4 cup cornmeal
- 1/4 teaspoon salt

Mix all ingredients in order given, turn into a buttered baking pan and bake about 1 hour in a moderate oven (350 degrees F.).

Lima and Ham Loaf

- 1 cup cooked, dried Lima
- 1/2 cup ground ham
- 1/4 cup, chili sauce or catsup
- 2 eggs, beaten
- 1 tablespoon melted butter
- 1 teaspoon minced onion
- 1 cup cracker crumbs
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter

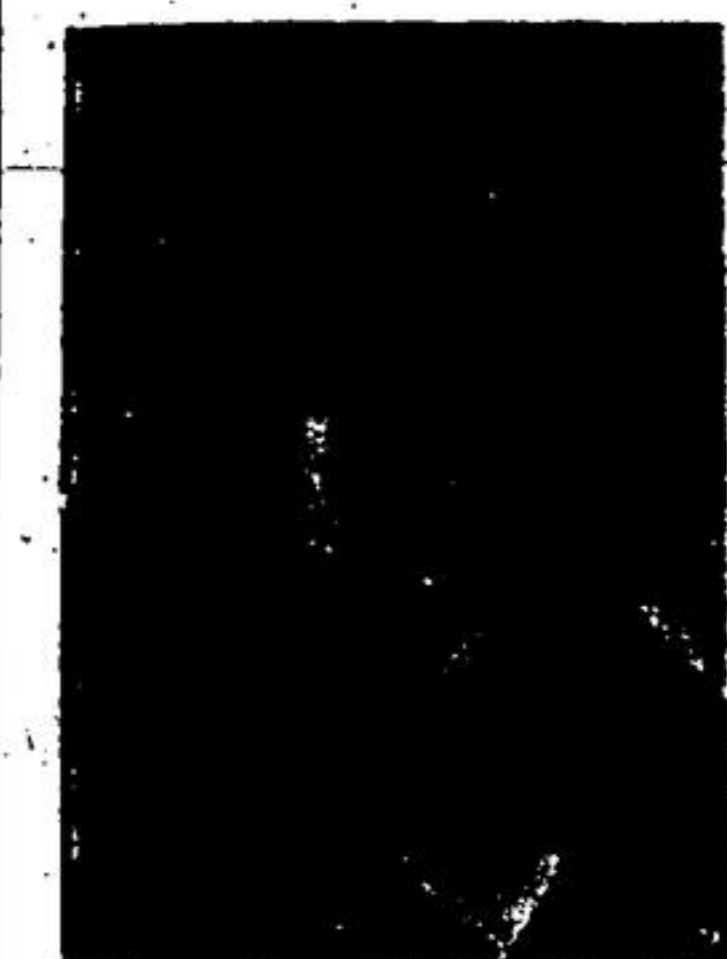
Rub Lima through a coarse strainer. Add ham, chili sauce, eggs, pepper, salt, minced onion, butter and cracker crumbs. Shape into a loaf, place in buttered pan in a moderate oven (350 degrees F.) and bake for 30 minutes, basting occasionally with the melted butter. Serve with brown gravy.

Splendid Orange Peel

- 4 cups orange peel, cut in strips
 - 3 cups sugar
 - 1 1/4 cups water
 - 1/4 cup vinegar
 - 1/2 cup preserved or candied ginger
 - 12 whole cloves
 - 1 or 2 pieces stick cinnamon
- Cover orange peel with boiling water. Boil until tender, changing water twice. Drain. Prepare a syrup of sugar, water, vinegar and spices. Add peel and cook about 1/2 hour until syrup is thickened and peel is well seasoned. Seal in sterilized jars. Yield: about 2 pints.

MORE FISH-CONSCIOUS

OTTAWA, (CP)—Canadians have stepped up their consumption of fish since 1935 from 20 pounds to approximately 30 pounds a year, Fisheries Department statistics show.



Chronicles of... Ginger Farm

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

This afternoon I was out mowing the lawn and Partner was busy drawing in hay. No, I am not talking of something that happened a month ago. It was this very day—Thanksgiving Day, 1941. And what a grand day it has been—surely the weather-man must have set a new record for Thanksgiving. But to get back to that hay. It was not hay from the field that Partner was getting, but hay from a stack that he had put up two years ago. At that time the barn was full; the hay was coarse and not too dry, and to get it off the field and out of the way was Partner's main worry. Hence the stack. Since then it has been rained on, snowed on, and the top completely carried away by the wind, so Partner was not expecting any good stuff, but thought it might make rough feed for the young stock. He had a pleasant surprise—the hay was in real good shape—at least quite a lot of it was, and a little extra hay these days is really something to be thankful for. So it looks as if having on Thanksgiving Day was quite appropriate.

Over the week-end I had quite a funny experience. Our son, sent word home he would be here after dinner on Saturday. Came Saturday afternoon, and then the evening, but still our soldier boy did not appear. Partner said: "You don't need to worry... there is nothing to get excited about... something came up in orders and he didn't get his pass, that's all."

Of course I was disappointed, but I knew there was really no cause for alarm, so we went to bed after the late news and hoped for the best on Sunday.

Sunday morning I was in the kitchen making the porridge when I heard footsteps coming down the stairs. Partner was out and I was sure I had heard young John go out. I really began to get a little scared. Of course you have guessed the rest... the hall door opened and there was our son!

"For goodness sake—when did you come in?" I asked.

"About one o'clock this morning. I met a fellow who was going Oshawa, so I went along too just for the ride."

"And then you came home and went to bed?"

"Sure—you wouldn't want me to wake you up that time? Might would you?"

So that was that. And our son Bob was looking well and feeling fine. So far we have not heard one word of complaint about anything or anybody. He likes his officers and he likes the boys, and has been quite satisfied with the food, although he does say almost directly he gets in the house—"Have you got any pie around, Mum?" And I generally do manage to have "pie around" for the week-end, no matter what we go without during the week.

Well, it looks as if Finance Minister Hsley doesn't intend to go in for half measures—that is if these new restrictions about time payments are anything to go by and I think and hope they are. I really believe instalment buying has been the curse of this country. I cannot for the life of me see what pleasure anyone can get out of purchases bought by paying a dollar down and a dollar a week until payments are completed. Of course a person cannot always pay cash—sometimes circumstances make it necessary for things to be purchased whether or not a person is in funds. But to make a habit of it—that is terrible. Generally speaking, it is the unnecessary things that are bought on the dollar down system. Perhaps after Mr Hsley's edict we shall not have to listen to advertising such as we had last winter—"Buy your Christmas presents now and take all the year to pay!"

As a contrast, listen to this—It came in a letter we received from England—"My endowment insurance policy has matured and was paid to me this week and although of course I shall be glad to have it, yet there is only one thing I can do and that is lend it to the government to help win the war as we are continually asked not to spend a bit more than necessary. But I would have liked to have had a little pleasure out of it."

That insurance policy would, I think, be worth about \$3,000—paid for regularly year after year for twenty years, always with the expectation that at maturity it would be a nice little sum to fall back on for some long looked for pleasure or comfort. But you notice there is no complaint—only a very natural regret.

C. R. Morphy, Director of Licensing under the Wartime Prices and Trade Board. All persons manufacturing, handling or selling foods, feeds, clothing, or footwear, must secure a licence before December 1st, 1941.

Knuckle Down To Bacon Job

Farmers and Packers Working
Hard to Fill Big British
Demand

OTTAWA, (CP)—On an average 100,000 Canadian hogs will be killed every week for the next year in order to assure British people their customary ration of bacon and ham.

Getting the carcasses of those 5,200,000 pigs aboard ship cured, packed and labelled in the right way is the task of the Canadian Bacon Board which handles the export of all Canadian pork products to the United Kingdom.

Hogs come to market in larger numbers during certain seasons of the year than others. The big marketing times are fall, spring and summer. British authorities want regular shipments and last year they asked an average of 70,000 hogs a week. The Bacon Board must plan a storage program so that a reserve is built up against the periods of light marketing.

The operating plan last year will be followed again this year with such modifications as conditions may warrant. Last year a reserve of 30,000,000 pounds of fresh Wilshire sides was built up by the end of February by packers putting a certain quantity of their output into freezers.

Some of this reserve was taken out to maintain shipments during the mid-winter and early spring slack season.

The Board called on Canadians to cut down on pork consumption in order to make more available for export and at the same time cut down on the amount it permitted butchers and packers to sell to the home trade.

AGE NO BAR TO WORK

BIRMINGHAM, England, (C. P.)—Eight women in a war work parade here rode on a truck bearing the slogan: "We are between 60 and 80 and still working. Why aren't you?"

The Big Circus Comes for Week With 100 Acts

TORONTO, Oct. 15th. — All the thrills of the circus will be on again at Maple Leaf Gardens this fall when Col. Bob Morton opens on Oct. 20 for a week's run of afternoon and evening performances with the pick of the continent's entertainers in 100 sensational acts.

This big three-ring circus, considered one of the world's largest indoor shows, will appear again under the auspices of Rameses Shrine Temple. Every year the Shrine Temple Col. Morton shows to Toronto for a charity performance that benefits their benevolent fund and their noted and nation-wide work among crippled, needy and underprivileged children.

This year, however, the scope of the organization has been extended to aid materially in succouring the victims of Nazi ruthlessness in Europe and in furthering Canada's war effort. Stanley Marshall, illustrious Potentate of Rameses Temple, has announced that the proceeds of the circus this year will go, too, to the Red Cross and British Bomb Victims fund, while Col. Morton himself will donate fifty per cent of his profits to these funds and the rest to buying Canada's war bonds.

"The circus is going all out to aid the war effort," said Murdoch L. Martyn, past potentate and chairman of this year's circus committee. "At the same time we must remember our kiddies. The circus is for the children and to help the children. Bring them along and everyone will have a grand time."

As a special treat to the children, Col. Morton has booked Capt. Tiber's famous performing seals who have been popular in the past three years they have appeared here. They will be but one of many animal acts which include Terrell Jacobs' lions and tigers and bears and Harold's sleek Liberty ponies, two of the circus world's outstanding acts.

Clowns and funny men will shuffte through tanbark and sawdust by the dozens to provide a laugh a minute as the three-ring circus goes into action with acrobats, daredevils and dashing aerialists and trapeze artists. Chief among the attractions will be Feejay Ringens who will leap on a bicycle from the rafters of the Gardens to fall into a tank containing four feet of water.

Noteworthy attractions will be Silvers Johnson who takes an ancient jalopy apart to get hoisted in a burst of fireworks, Fusaner the Great in a daring aerial act; the Ward-Bell troupe of trapeze workers; the Dalendo's who thrill from the high trapeze; and the Christy Elephants who dance and strut and form rhythmic pyramids.

TWOFOLD RESPONSIBILITY

The necessity today of more and better skilled places a twofold responsibility on management, according to a report issued today by the Industrial Accident Prevention Association. With the shortage of skilled workers there must be intensive instruction to bring in experienced workers to their highest skill in the shortest possible time. It is suggested that advancement into more skilled work should always be made from among employees of longer experience on jobs which provide good foundations for the higher skills. Attempts should not be made to replace skilled workers by narrowly skilled specialists.

Management's responsibility is, therefore, twofold:

1. Foremen, instructors and experienced workers must assist less experienced workers in acquiring new skills.
2. They should see that employees, who have the desire and capacity for advancement, be not kept indefinitely on jobs requiring skill in single operations.

SEVEN EGGS A MONTH
STOCKHOLM, (CP) Rationing in neutral Sweden now includes eggs—the schedule permitting 750 grammes, or about seven eggs per person each month.

that circumstances make it impossible.

No doubt, as the war goes on, we in Canada shall in time realize that idle money will not get us anywhere, whereas money lent to the government is insurance against the future for ourselves and our children.

Blitz 1942 Pests Right Now in 1941

Flower and Vegetable Gardens
Should be Cleaned Out in
the Fall

OTTAWA, (CP)—Horticulture and agriculture experts warn that gardens should be cleaned up in the autumn as an insect-control measure.

"Clean-up has come to be looked upon as an annual activity by most growers, although the temptation is to put off this chore until spring," the department said in a recent statement. "This delay is a mistake for many reasons but chiefly because it favors survival of different species of destructive insects which normally would be destroyed if crop remnants had been gathered up and burned in the previous autumn."

Many insects in different stages of development hibernate in, or under debris lying on the ground surface in the garden, it said.

In Ontario and Quebec this year the hot, dry summer experienced in 1941 was "very favorable" to rapid growth and development of insects. "As a result, populations have built up to a point far in excess of the normal year," the department said. "Clean-up is, if possible more important than is usually the case and should receive special attention."

Annuals should be pulled up by the roots, perennials cut as low to the ground as may be done with safety, all dead leaves raked up and dead limbs and twigs removed from trees and shrubs.

"Disposal of plant waste in autumn is good garden practice, assists materially in reducing insect populations, and should under no circumstances be neglected," the department added.

Quality Counts Most "SALADA" TEA

For home refreshment

The six-bottle carton

HOUSE CLEANING SALE

H. O. AMMONIA 2 pkgs. 9c
CLEANSER 2 lbs. 9c
Brasso or Silvo 13c, 22c
SOAP FLAKES 4-lb. box 35c
GOLD SOAP 5 bars 22c
Chippo 5c and 10c

IVORY FLAKES or SNOW 1-lb. pkg. 23c

O.K. SOAP 5 bars 14c
An unwrapped Golden Laundry Soap—Regular Size.

KIRK'S CASTLE SOAP cake 5c

PG Laundry Soap 3 bars 14c

Garden Patch Corn 16-oz. tin 10c
FRUIT CAKE 1-lb. 40c
DATE SANDWICHES pkg. 15c
DIXIE BARS Coconut 1-lb. 17c

Haven Brand

SARDINES

3 tins 20c

Stuart's Orange and Grapefruit

MARMALADE

32-oz. jar 24c

Clark's

TOMATO JUICE

2 20-oz. tins 15c

Aylmer

PORK and BEANS

15-oz. tin 5c

Small

WHITE BEANS

1-lb. 4c

RED HEART DOG FOOD

Three Flavors—Fish, Meat and Cheese — 3 1-lb. tins 29c

COCOA 1-lb. tin 14c

SHIRAZI'S LEMON PIE MIX 1-lb. 14c

FRUIT PUDDING 1-lb. 25c

Javex 16-oz. Bottle Makes GALLON of Flavored JAVEL WATER

Frankford or Green Valley

Peas 3 16-oz. tins 25c

LOOK OUT FOR YOUR LIVER

Ask for **ROMAR Coffee**

1-lb. bag 39c

CRISP CALIFORNIA LETTUCE, Head 10c
SWEET RED EMPEROR GRAPES, 2 lbs. 25c
LARGE FIRM CABBAGE, 2 for 15c
FRESH CRANBERRIES, POUND 25c

Also Mushrooms, Cauliflower, Apples and Sweet Potatoes

Fruit and vegetable prices until Saturday night only.

CARROLL'S

"THEY FLY FOR FREEDOM"



The British Commonwealth Air Training Plan, first announced in December, 1939, has expanded very rapidly to keep pace with the urgent demands of the war. It has for several months been turning out thousands of pilots, gunners and observers at about twice the rate originally planned and, with facilities virtually completed, the rate is now increasing.

Each Wednesday at 10:30 p.m. EDST, the CBC presents part of the story of the Air Training Plan in dramatized broadcasts written by Gerald Naxon, with actuality inserts from the training centres.

On Wednesday, October 22 the programme will be based on the work of the Operational Squadron of the R.C.A.F., now doing war service on this side of the Atlantic. It is an outgrowth of the arduous and specialized training period undergone by thousands of young men from all over the Empire and the United States.

In the accompanying illustration a student pilot is learning the fine points from his instructor.