

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Home-made Meals and Suggestions

VERSATILE LAMB

In recently discussing the ways of using the front quarter of lamb, methods were given for roasting—either the whole front, or the shoulder alone. If the latter method has been followed, why not carry out these suggestions for utilizing the remaining parts of the front (breast, shank and neck) in other tasty dishes?

It's easy to cook lamb, and as all cuts are tender it is not necessary to employ the ordinary methods of cooking less expensive cuts. Practically every part of lamb may be roasted, broiled or pan-broiled, as well as stewed and braised.

Another point! Lamb, in addition to its zest and flavor, its seasonal availability, and its simplicity of preparation, contains essential minerals and vitamins.

With these facts in mind, the Consumer Section, Marketing Service, Dominion Department of Agriculture, suggests the following recipes. In testing them, lamb fat (or dripping) was used successfully wherever "fat" was called for in the recipe.

The popular lamb garnishes—fresh green mint or sparkling mint jelly—are still favorites.

Serve lamb often—it's delicious; it's economical; it satisfies!

Scalloped Lamb

2 1/2 pounds shoulder of lamb
Flour
1/2 cup sliced fresh or drained canned mushrooms (if desired)
1 1/2 teaspoon salt
1 teaspoon granulated sugar
1/2 teaspoon pepper
1 1/2 cups hot water
1 1/2 cups strained canned tomatoes

Trim excess fat from meat, moist in frying pan. Cut lamb into pieces for stew. Roll lightly in flour seasoned with part of the salt and pepper. Sauté minced onion in fat, then add floured meat and cook until golden brown. Turn into casserole. Add mushrooms, salt, sugar, pepper, hot water and tomatoes. Cover and cook in moderate oven 350 degrees F. until meat is tender—about 1 1/2 hours. Remove cover during last 1/2 hour. Serve with boiled macaroni, spaghetti or noodles.

Browned Lamb Stew

2-3 pounds lean lamb (neck, flank, breast or shoulder)
2 tablespoons fat
1 medium onion—finely chopped or sliced
1/2 cup chopped celery
1 cup cubed carrot
4 cups water or
2 cups tomato juice and
3 cups water
1 teaspoon Worcestershire sauce
Salt and pepper

Wipe and trim meat and cut into pieces about 2 inches square. Melt

fat. Cook onion in fat until slightly browned. Add meat rolled in flour and brown in hot fat. Put meat and onion into covered casserole. Add water and tomato juice and simmer for one hour. Add vegetables and cook slowly until meat and vegetables are tender. To thicken stew add flour mixed with cold water. Cook for several minutes, stirring constantly; season with salt and pepper before serving.

Tomato Dumplings

3 teaspoons baking powder
2 cups flour
1/2-1 cup tomato juice
1 teaspoon salt

Sift dry ingredients. Add tomato juice to make stiff drop batter. Combine well. Drop by tablespoons on top of stew. Cover tightly and steam twelve minutes.

Lamb Loaf or Patties

2 pounds ground lamb
1 cup fine bread crumbs
2 tablespoons minced onion
1/2 cup chili sauce
1 1/2 teaspoons salt
1/2 teaspoon pepper
1 egg slightly beaten
1/2 cup milk

Combine lamb with bread crumbs, onion, chili sauce, salt and pepper. Moisten with milk and slightly beaten egg. Pack in a loaf-pan or ring mould. Bake in a moderate oven (350 degrees F.) for 1 hour.

This recipe may be made into delicious individual patties for frying or broiling, by the addition of an extra 1/2 cup milk.

Kidney Sauté

3 lamb kidneys
1 1/2 tablespoons fat
1 1/2 tablespoons flour
1/2 cup tomato juice
Salt and pepper
1 1/2 tablespoons flour

Remove fat and gristle from kidneys. Cut into pieces. Roll in flour. Brown well in hot fat. Add tomato juice. Simmer together for 3 minutes. Serves 3 to 4.

Braised Shoulder Chops

4 or 5 shoulder chops
1 tablespoon fat
1/2 cup tomatoes
1 slice of onion chopped
1 tablespoon flour
3/4 cup hot water
1 teaspoon salt
1/2 teaspoon pepper

Brown chops on both sides, add vegetables, seasoning, and hot water. Place in a covered baking dish and bake in a slow oven (300 degrees F.) until meat is tender (about 1 hour).

Lonely Women Mental Cases

LONDON, (CP) — Loneliness and new and strange work—not air raids—have caused slight mental disorders among women. A leading psychologist said many women suffered minor mental disturbances due to maladjustment experienced in having to change their way of life while others suffered curious phobias after their husbands were posted overseas.

Chronicles of . . . Ginger Farm

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

It isn't exactly a comfortable feeling to open up the morning paper and find that spinal meningitis has broken out in the barracks where our son is stationed—that is, at Newmarket. We were looking for him home this week-end as usual, but he didn't come, nor did we hear from him—the news this morning explains the reason, as leave was stopped early Sunday morning. Meningitis is a terrible thing. I remember during the last war it broke out in the Crystal Palace in London, England, where my brother was stationed, and it was weeks before the quarantine was lifted. However, medical science has made tremendous strides since then so I simply will not let myself do a lot of unnecessary worrying. Isolated cases do occur and this may be just that and no more. One thing is certain everything possible will be done to prevent an epidemic. There is another thing equally certain—the boys that are quarantined are going to feel like virtual prisoners and will be especially glad of letters from home and from their friends. Our boy bought himself a portable radio last time he was home. We thought it was a little extravagant at the time but still, once a boy is in the service you feel you have to make concessions, and now we are glad he has the radio because it will certainly help things along while this unfortunate quarantine is in force.

I was very anxious to get the mail this morning to get further particulars about this price fixing but so far I don't know much more than I did before. No doubt the situation will be clarified before too long. Until it is, all we can do is hope, and wait, and wonder.

The war is really beginning to come home to the everyday person in a way that he and she can understand, which perhaps is all to the good. For instance, young John broke his bicycle the other day, so when I went to town I undertook to get the necessary repairs—a pair of front forks. But could I get them? No, Sir! The night before last I had to have my bicycle forks? We haven't been able to get bicycle forks for months! We had already scolded John for fooling around and getting his bicycle broken so after that I was able to come home and drive the moral home still further: So now my dear boys and girls, if you have bicycles for goodness sake take care of them, for dear knows when or where you would ever get another. And here is another warning—this time to teen age girls and women who have a flare for brightly colored nails. The coloring matter that goes into that gruesome looking nail polish is also needed for war purposes—for which heaven be praised! Surely there are enough blood-stained hands in the world without our having to see them imitated at bridge parties and in fifteen cent stores. Honestly, those crimson, pointed claws just about make shivers run down my spine.

Then we have the people who want hydro installed and can't get it? The idea seems to have got abroad that the reason for this is to save electricity. And of course there is something in that too, but I have been told that the primary reason is because it isn't possible now to get the mercury which is necessary in the manufacture of transformers. In the towns one transformer will do a number of houses but in the country each house must have its own transformer. After hearing this I was curious to know where and how we had previously procured mercury so I looked it up in the encyclopedia. This, condensed, is what I found. "Mercury occurs in a pure state but is found most frequently in sulphide and is mined in that form in California, Austria, Germany, Italy, Mexico, Peru, China, Borneo and other countries. . . it enters largely into making physical instruments and imparts a degree of softness and fusibility to other metals."

I have heard of a number of people recently who have had "huges" and barns wired for hydro and now can't get it. It seems too bad but apparently it is in ways like that that we are going to realize what war means.

Last week there was a bad fire about a mile from here. It was in the day-time and Partner and I went over as soon as we saw it. It was a big farm house and in a little while there was nothing left but the brick walls. It is a terrible thing to watch a home burning. Insurance may cover the loss of a house but it can never replace a home. As I watched the leaping, devastating tongues of flame, and heard the crashing timbers, I thought, "Yes, this is a terrible fire

The Week at OTTAWA

Specially Written for The Acton Free Press by
BY ALAN HARVEY
Canadian Press Staff Writer

OTTAWA, (CP)—The second session of Canada's 19th Parliament has re-opened with fanfare or formality for a sitting expected to be of short duration. The leaders of two opposition parties are absent and no major legislation is in sight.

The traditional ceremonies of a re-opening of Parliament were lacking. There was no speech from the throne since Parliament did not prorogue last June but only adjourned, and the session was resumed as if the members had been here all the time.

The business of the coming year will be handled after the formal opening of the new session, probably early in 1942. Before Christmas, however, Prime Minister Mackenzie King was expected to review the war situation and speeches were to be heard from Conservative House Leader Hanson and ministers of departments in closest touch with war activities.

On Monday the report of the Commons war expenditures committee was tabled. Also laid before the parliament was an exchange of notes between Canada and the United States providing for diversion of additional water at Niagara—enough to utilize the full productive capacity of existing power plants on both sides of the falls.

Power Agreement

Mr. King's office announced the power agreement last week and it was submitted to the United States Senate for approval. The announcement said it would be tabled in the Commons "at the first available opportunity" this week.

"The added power is needed to cope with the increase in demand for essential war industry in Canada, and the urgent need for production of essential war materials," said the statement.

Likely to be discussed in the Commons was the government's new anti-inflationary measure involving extending of the wartime wages policy to all industry and application of a price ceiling to the prices of commodities and rates charged for a variety of services.

The wages policy was announced nearly a fortnight ago by Labor Minister McLarty and at the weekend terms of the order, approved Friday at a late afternoon session of the cabinet, were made public.

Only last week key appointments to the administrative organization being formed to handle the new price policy were announced—the Wartime Prices and Trade Board, Hon. J. G. Taggart, Saskatchewan agriculture minister and Chairman of the Bacon Board, was appointed food administrator; and E. G. Burton of Toronto, was named administrator of retail trade.

Harold M. Long, of Montreal, will act as special assistant to Finance Minister Ilsley in setting up the price policy structure and Roy B. Whitehead of Toronto, Chairman of the Ontario Securities Commission, has been loaned to the government to act as deputy administrator of retail trade.

King and Roosevelt

Although the Prime Minister's office called it a "purely personal" visit, much speculation was aroused by Mr. King's trip to see President Roosevelt at Hyde Park, N.Y. Important developments were the result of their two previous meetings.

Among the significant problems deemed likely to occupy the attention of the two leaders were possibilities of a co-ordinated price and wage control system in Canada and the United States, clarification of the existing monetary exchange position, aid to Russia, North American defence and the present crisis in the Far East.

Before his departure the Prime Minister conferred with Premier T. D. Pattullo and Finance Minister John Hart of British Columbia on the transfer of provincial income tax to the Dominion for the duration of the war. Finance Minister Ilsley also had several talks with the provincial ministers but up to the week-end there had been no official announcements on progress made.

ALL ON 2 1/2 ACRES!

"SOMEWHERE IN ENGLAND," (C. P.)—Searchlight men at a lonely post in the Midlands who cultivated 2 1/2 acres of land in their spare time produced in one season eight tons of potatoes, 10,000 cabbages, sprouts and cauliflowers, 500 pounds of carrots, 800 lettuce and other vegetables.

and how sorry we are for the owners. And yet, this is only one fire, but in England there is not one fire but hundreds of fires—thousands of homes shattered and ruined, even as this is, every time there is a raid. And how little we realize what it means. If we did realize wouldn't we spend far more time sewing, knitting and SAVING in order to help those who sometimes are powerless to help themselves? Wouldn't we ask you?

Soup Plates at \$3 Each

High Income Tax Sends English, China Overseas

Britain's rising income tax is having the incidental result of releasing from private collections for wider appreciation overseas and more of the beautiful porcelain of England.

The recent London sale of one private collection disclosed the astonishing fact that the owner was regularly using more than one hundred dinner, tea and dessert services of the finest porcelain. Collections like these are now being eagerly bought up by Australia, Canada, New Zealand, South Africa, South America and the United States.

Prices vary amazingly. A Worcester dinner set, specially painted for the Prince Regent in Waterloo year by Humphrey Chamberlain, was knocked down for £380. In other days it might well have fetched twice that amount. On the other hand a private collection from Watton Hall, Warrington, went up to £2136. Chippendale (Nanking) decorated in the Low-cost tradition, brings in £3 a piece and, as a good set will run to anything between 110 and 275 pieces, the cost is impressive.

The United States is particularly keen on Crown Derby and old Worcester; and one London dealer is now shipping dinner, tea and dessert services there to the value of \$5,000 worth a month.

Americans used by buy as collectors. To-day they are buying for use. So do Canada, Australia and New Zealand, South America in the remaining market for decorative pieces prized by those who just collect.

Repledge for War Savings

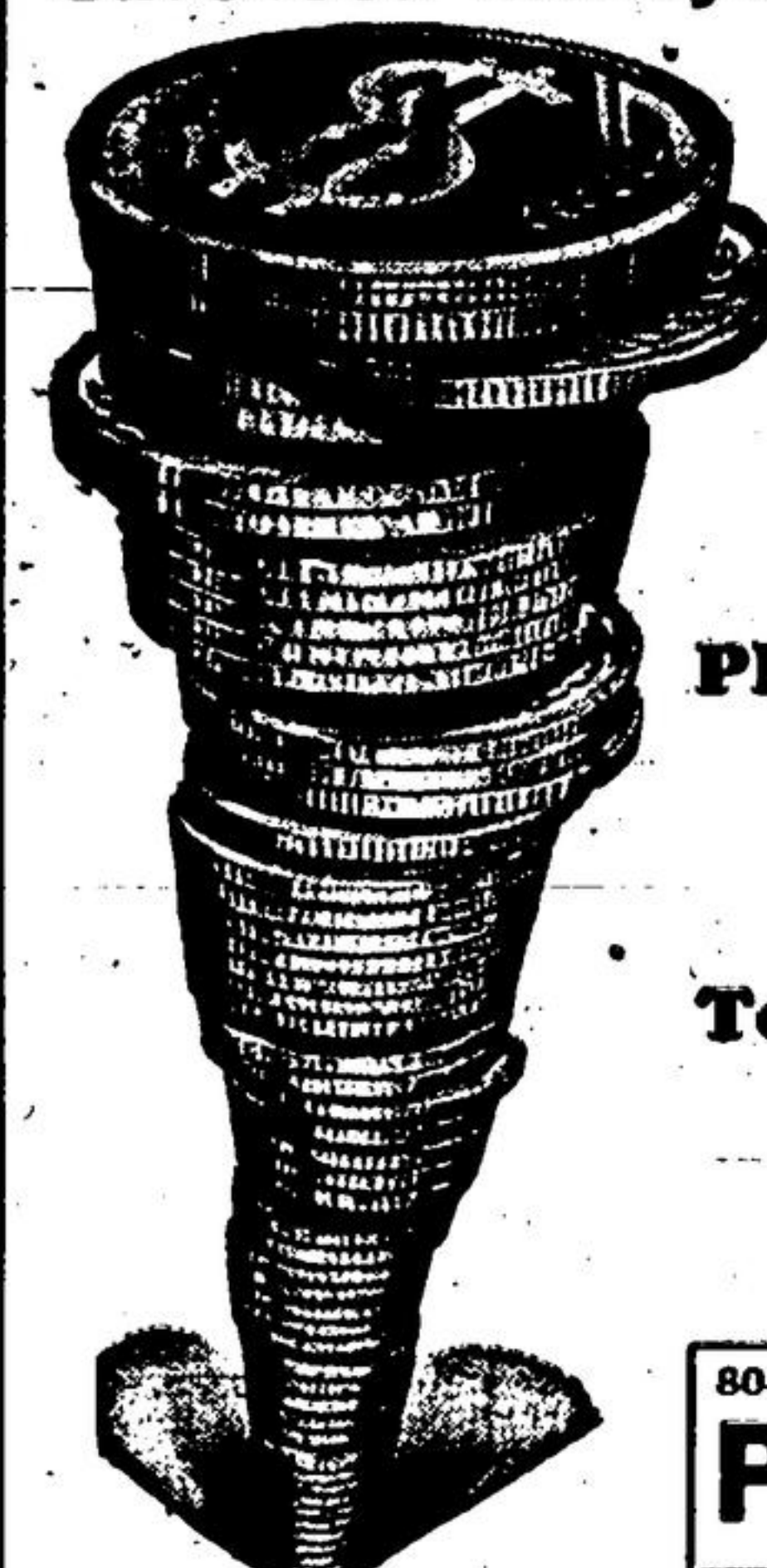
"SALADA" TEA



Easy to carry home
DRINK Coca-Cola

CARROLL'S

Save You Money!



MONARCH FLOUR 24-lb. bag 84c
PEA SOUP Habitant 2 No. 3 19c
VEGETABLE SOUP 2 No. 3 23c

Quick or Regular ROLLED
OATS 4 lbs. 17c

Mallow Layer Christie's ea. 15c
FRUIT LOAF Christie's ea. 25c
DILL PICKLES Lealand 1 1/2-cs. 21c
Shredded Wheat 2 pkgs. 23c
POT BARLEY Pound 5c
PEANUT BUTTER Jb. 15c
BLUEBERRIES 16-oz. tin 20c
PIE CHERRIES tin 16c
CURRANTS 2 lbs. 25c
CUT PEEL lb. 29c
CORN STARCH Canada pkg. 10c

Tomato Juice Aymer 3 20-oz. tins 25c
DOG BISCUITS Master's 2 lbs. 25c
LEMON OIL Hawes' tin 15c, 25c
OLD DUTCH Cleanser tin 10c
SURPRISE SOAP 3 bars 14c
IVORY SOAP cake 5c, 6 1/2c, 10c

80-90
PRUNES 3 lbs. 25c

Kellogg's RICE
Krispies 2 pkgs. 23c
Beehive Corn SYRUP 5-lb. tin 53c
Ask for ROMAR Coffee 1-lb. bag 39c

McCormick's BUTTER ROUNDS lb. 17c

Aymer Tomato
CATSUP 12-oz. tin 12c
Catell's Cooked SPAGHETTI 2 28-oz. tins 27c
Silver Ribbon TOMATOES 4 14 1/2-oz. tins 25c
Lyon Valley PEACHES 2 18-oz. tins 21c

SPECIAL JUICY FLORIDA ORANGES, Doz. 35c
SPANISH ONIONS 2 lbs. 13c
CRISP GREEN LEAF LETTUCE 2 Large Bunches 15c
LARGE TEXAS GRAPEFRUIT 6 for 29c

Also Fresh Radishes, Spinach, Celery
Fruit and Vegetable Prices Until Saturday Night Only

CBC Farm Commentators Discuss Problems



CBC Farm Broadcast commentators from across Canada will open National Farm Radio Forum in Toronto, November 10, at 9 p.m., E.D.S.T. The occasion which brings the Farm Commentators to Toronto will be the first national meeting of members of the two-and-a-half-year-old Farm Broadcast Department. Commentators to be heard in the opening broadcast will be Pergus Mutrie (left top) from British Columbia, Hugh Boyd (lower left) from the Prairies, Don Fairburn (top right) from Ontario, and Ralph Marven (right centre) from the Maritimes. Neil Worlock (left centre) and Supervisor of Farm Broadcasts Orville Shugg (centre) are co-authors of Farm Radio Forum and are responsible for developing this radio technique which operated successfully last winter in Eastern Canada. Armand Berube (lower right) directs the destinies of the French network farm broadcast, Le Revue Rural, from Montreal. Monsieur Berube will attend the conference of the Farm Broadcast Department, but since there are as yet no Farm Forums in French Canada he will not take part in the opening broadcast.