

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

HONEY RECIPES

Honey made goods are particularly appetizing, tasty and satisfying, besides being distinctive.

Honey is our most easily digested sweet. It also contains valuable digestion-aiding enzymes and the essential minerals. In contrast to other sugars, it has a decided alkaline reaction in the blood.

Use honey to sweeten all beverages, cereals and fresh fruits in baking and preserving. You will be delighted with new flavor sensations and improvement in your general health.

Baking

General proportions: Substitute in your favorite recipe, 1 c. honey for 1 c. sugar and reduce the liquid ¼ c.

Graham Muffins

- ¼ c. white flour
- 3 tsp. baking powder
- ¼ tsp. salt
- 2½ cups graham flour
- 3 eggs
- 3 tsp. honey
- 1¼ c. milk
- ¼ c. butter.

Mix and sift white flour, baking powder and salt. Add graham flour. Beat eggs until foamy, add honey and milk, pour into dry ingredients and mix thoroughly. Fill muffin tins 2-3 full and bake in moderate oven.

Date Bars

- 1 c. flour
- ¼ tsp. salt
- 1 tsp. baking powder
- 3 eggs
- 1 c. honey
- 2 tsp. shortening (optional)
- 1 pound chopped dates
- 1 c. nuts

Sift dry ingredients. Beat eggs until light and add honey and shortening (melted). Add dry ingredients, then dates and nuts. Spread ¼ to ½ inch deep in greased tin and bake in moderate oven. When cool, cut in squares or bars and roll, if desired, in powdered sugar. These cakes improve in flavor after aging for 1 week or more. The shortening should be added if they are to be used immediately.

All-Bean Spice Cookies

- 1-3 c. flour
- ¼ c. shortening
- ¼ c. honey
- 1 egg, well beaten
- 1 c. All-Bean
- ¼ tsp. salt
- ¼ tsp. cloves
- 1 tsp. cinnamon
- 1 tsp. baking powder
- ¼ tsp. soda
- 1 c. chopped raisins

Cream shortening and honey. Add egg, all-bean, sifted dry ingredients and raisins. Drop by spoonfuls on greased baking sheet. Bake in moderate oven about 30 minutes.

Peanut Cookies

- 1 c. butter or substitute
- ¼ c. brown sugar
- ¼ c. honey
- ¼ c. milk
- 2 c. oatmeal
- 2 c. flour
- ½ tsp. baking powder
- 1 c. chopped raisins
- 1 c. chopped peanuts

Cream butter, sugar and honey. Add oatmeal, mixed with sifted dry ingredients, and milk alternately. Add fruit and nuts. Drop on buttered baking sheet and bake in moderate oven 10 to 15 minutes.

Chinese Chews

- 1 c. flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 c. chopped dates
- 1 c. chopped nuts
- 2 eggs
- 1 c. brown sugar
- 1 c. honey
- ½ tsp. vanilla

Mixed dry ingredients, add chopped dates and nuts. Add between eggs mixed with sugar and honey and vanilla. Spread ½ inch deep in buttered pan. Bake 30 minutes in moderate oven. Remove from oven, cut in bars and while warm, press bars into cylinder shape. Roll in sugar or coconut.

Fruit Cake

- ½ lb. butter
- 1 c. honey
- 5 eggs
- 2 c. flour
- 2 tsp. baking powder
- 2 tsp. allspice
- 2 c. pecans or walnuts
- 1 c. almonds
- 1 c. currants
- 2 c. seedless raisins
- 1 c. dates
- 2 oz. orange peel
- 2 oz. lemon peel
- 4 oz. citron
- 4 oz. glazed pineapple
- ¼ lb. candied cherries

Sift flour and measure. Divide flour into two equal parts. To one add baking powder and allspice and

sift twice. Cream butter well. All honey and well beaten egg yolks. Add sifted dry ingredients gradually. Fold in stiffly beaten egg whites. Roll chopped nuts and fruit (except cherries and pineapple) in remaining flour. Add to dough mixture. Add cherries and pineapple. Bake in slow oven 2 to 2½ hours.

DESSERTS

Pumpkin Pie

- 1½ c. cooked, sieved pumpkin
- 1 c. honey
- 1 tsp. cinnamon
- ¼ tsp. ginger
- ¼ tsp. salt
- 2 eggs
- 1 c. milk
- ½ c. cream

Mix ingredients and bake in one crust. Top with honey meringue or a layer of honey and then one of whipped cream.

SALADS

Apple Dip

- 4 c. tart apples (cut in pieces)
- 1 c. dates
- 1 tsp. honey
- ½ tsp. lemon juice
- ¼ tsp. salt

Blend honey, lemon juice and salt and mix with the apples and dates. Add mayonnaise and mix thoroughly. Chill, serve on lettuce, garnish with mayonnaise and walnut or pecan halves.

Mothers-To-Be Needn't Look or Feel That Way

Expectancy Dress Trends to One-Piece Outfit and Friends Can Co-operate in "Relays" as "The Day" Looms

BY HELEN FORRIST HALL

Young fathers-to-be seem to be having much to say this year about how their wives shall dress.

They want to be proud of their wives' appearances—with all old-fashioned qualms forgotten—and want them to enjoy their usual active lives. This all ties in with the revolutionary expectancy wardrobes being shown this fall.

Jacket dresses are doing the disappearance act. Young mothers-to-be show a marked preference for the one-piece outfit, usually of dimid or made with softly draped shoulder and bodice and full skirts below sashes or belts. They dislike the butcher-boy styles as being dead give-aways.

These new dresses usually have fitted backs. Front fullness abounds, placed where it is needed, with such tricks as unpressed pleats which un-snap beneath the belt as more room is required. Draw-strings and elastic bands concealed by belts or sashes are important mechanics in the creation of the garments themselves.

Hubby's Choice
The man says, too, that they prefer the little lady in her most becoming color. They don't hold with the idea that a dark color is a good idea because it may make her look more slender—they don't care just so long as she looks pretty. The bright colors are selling, in the costume proper or in the color contrast yokes. Beads, embroideries, velvet bandings or bows, as well as draped shoulders and filled sleeves, carry attention to the upper part of the body and flatter the face. A lingerie collar is labelled tell-tale.

Every woman should realize that looking as beautiful as possible during pregnancy is of utmost importance to her own morale and shows a thoughtful consideration of those about her. Flattering colors, correct make-up and hair-do make people forget her midriff.

Selection Counts

The secret of being beautiful as to clothes lies in selection rather than in price paid. The wardrobe should have one important dress for when the husband's friend comes to dinner or that unexpected invitation arrives. Even if a woman has to get together with other friends and loss in for a dress to be worn in relays by each, toward the end it should be a confidence-giving bit of flattery.

As for evening clothes, stores report a decided upswing in buying and attribute it to improvements partly. The dinner-skirt dress with jeweled buttons, the velvet top poplin dress with taffeta skirt designed in back-wrap side adjustment principle all are good.

Duke of Windsor And South America

A silver cup, bearing the Chilean coat of arms and the Prince of Wales' feathers, has been sent out by the Duke of Windsor to the Jockey Club of Chile, the Club Hípico de Santiago. The trophy, costing \$2,000, has been made by London silversmiths for the winner of the Prince of Wales Classic, a race which was named after the Duke of Windsor when he visited South America. Every year since then a cup, either in gold or silver, has been sent out to Chile from London.

Chronicles of Ginger Farm

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

If you read this column last week you will remember I was a little disturbed because meningitis had broken out in the camp where our son is stationed. However I made myself realize that every care would be taken to prevent any spread of the disease and I also comforted myself with the thought that it was such a large camp that our boy would probably never even have seen the unfortunate fellow who died.

Here is the sequel. On Saturday the quarantine was lifted and son Bob came home. At supper time we were talking and I said to him—"Did you know anything about that young fellow who died? But I suppose you wouldn't!"—I added, thinking it was rather a ridiculous question.

And then came Bob's answer. "Oh yes, he was in the hut next to me!"

Well, really—even though our boy was sitting there alive and well—it was still an awful shock to hear him say that. However, when I heard the true facts of the case I felt better about it. It appears that the young man who died had suffered some kind of injury which caused a hemorrhage of the brain, followed by meningitis—therefore the risk of infection to the rest of the camp was practically nil. Perhaps there are other mothers of boys who will be glad to know about this, as so far, I have not seen anything in the papers about it.

Hasn't this been a wonderful fall? And now it really looks as if we are going to get a little cold weather for a change. And after that, will it be Indian Summer? I wonder.

Partner has finished ploughing—at least, all except the garden. Before he can plough it he must saw up, or otherwise remove a big oak tree which the wind blew down across the top of the garden. We have also started our weekly job of killing, pickling and dressing young roosters. We haven't got very many as foxes and other wild things have depleted our stock very considerably. Which is just too bad, because the birds we have left are the best we have had for several years. Year after year we have been quite worried because no matter what we did we always had a lot of crooked breasted roosters. This year our chickens were housed and fed exactly as before, but we bought the chickens from a different hatchery, one which we knew had a reputation for well bred poultry—R.O.P. and all the rest of it. And would you believe it—we haven't got a crooked breast among the lot. "What's bred in the bone comes out in the flesh" or so they say—but in the case of chickens I would say—the breed in the blood comes out in the bone!

Last Saturday I was in Toronto and do you know I came back most frightfully depressed—whether rightly or wrongly I do not know. My only shopping was garments to wear next to my skin but of course it took me into one of the large department stores. And oh, the crowds! They

were simply milling around the bargain counters, particularly around the "notions," cosmetics and the cheaper class of "ready-to-wear." I said to my sales lady in the underwear—"The store is very busy today." She shrugged her shoulder and said—"Everybody's working now—there is plenty of money to spend!"

Plenty of money, yes—and apparently plenty being spent. I just felt as if I wanted to cry out to some of those people—"Oh please, please think what you are doing. There is a war on—... Right this minute boys are fighting, risking their lives—fighting for you and for me. Don't buy that lipstick... don't wear those sheer stockings... save, save for victory—and for after the war. The government needs your money now—YOU will need it after the war."

Well, maybe the War Prices and Trade Board will supply the answer.

Sunday afternoon we had rather an unusual experience. Two people came to our door—a man and a woman. Each carried a small black book. Then we had praised the time of day, the woman said—"We are two Christian people and we would like to discuss a few religious problems with you. Are you interested?"

"Are you Bible Students?" I inquired.

"Well, I suppose every Christian is a Bible student," the woman answered.

"Are you Jehovah's Witnesses?" was my next question. The man never answered a word but the woman hesitated and then said—"We don't belong to any organization—we are just two Christian people."

By this time Partner had come along. "Look here," he said, "unless you can tell us who you are and what religion you represent we don't want anything to do with you."

"Very well, sir. Good-day, sir."

And our visitors fled and I noticed they walked much faster going out than when they came in. They had also very thoughtfully left their car on the road so it wasn't possible to take their license number.

Good, Christian people... or hirelings for Hitler? I wonder!

Persia's Palace Of Justice

Now Being Equipped by London Engineers

Britain has received from Persia, in competition with Germany, contracts to a total value of £120,000. The largest of them, worth £100,000 is for the Palace of Justice, a building of 4,000,000 cubic feet, for which London engineers are carrying out the heating, ventilating, air-conditioning, hot and cold water and fire-prevention systems, kitchen, laundry and steam and condense equipment and cooking utensils. The building has a hospital, without operating theatre, for which the Medical Supply Association, London, have provided an operation table and sterilizing equipment as up-to-date as any used in London.

Thirty-two miles of electric cable and 5,000 lamps are being used in the equipment of the University buildings by London electrical engineers, among them the existing Faculty of Medicine, the new Faculties of Technique and Law, two large workshops, and a student's hostel and restaurant with accommodation for 1,200 students. Electric power has been brought by underground cable and 4½ miles from Teheran's central power station to the University site. Of all the material so far shipped from England to Persia only about 2 per cent. has been lost by enemy action.

The National Parks of Canada

Among Canada's greatest tourist attractions are her National Parks, areas of outstanding beauty and interest which have been set aside by statute for public use. Originally established to maintain the primitive beauty and wonders of the landscape, they are also conserving the native wild life of the country and preserving sites of national historic interest. As recreational areas, too, their value is immeasurable, for they provide, in ideal surroundings, unequalled opportunities for the enjoyment of outdoor life.

Canada's national park system was instituted more than fifty years ago when a small area surrounding hot mineral springs at Banff in the Rocky Mountains was set aside in 1878 as a public possession. Other additions in the region formed the nucleus of the great chain of national playgrounds which now stretches across the Dominion from the Atlantic Coast of Nova Scotia to the Selkirk Mountains in British Columbia.

In these areas may be enjoyed the attractions of majestic mountain ranges, snow-capped and forested high hanging glaciers, beautiful valleys; sparkling lakes, sandy beaches, tumbling streams, green forests, and picturesque stretches by the sea. As wild life sanctuaries, the national parks are also serving as vast outdoor museums, where the fauna and flora may be seen and studied in its natural state.

The national parks of Canada represent a great natural resource which, with reasonable care, cannot be depleted by use. They are also an important economic asset in war time both from the standpoint of the health of the nation and as an attraction to American tourists who bring with them dollars much needed for Canada's war purchases in the United States. It is estimated that more than half the total population of the United States travel for recreation, education and enjoyment each year. In a vast wave they spread over the North American continent, visiting their own great national parks, national monuments, and historic shrines. Many include in their itinerary the counter part of these places of interest in Canada—where they are sure of a friendly welcome.

The usefulness of the national parks as pleasure and health-giving resorts is becoming more and more recognized. This is evident from the rapid growth in attendance during the past few years. With a Dominion-wide system of these national playgrounds and an ever-growing volume of vacationists becoming national park conscious, substantial increases in the numbers of visitors to the parks may be expected in the future.

LONDON, (CP)—Since the war began life-boats of the Royal National Life-Boat Institution have rescued 4,131 lives, the same number as in the whole of the 1914-18 war.

It's in the Bag!
NEW! AT YOUR HYDRO SHOP

Repledge for War Savings

"SALADA" TEA

So refreshing with lunch

DRINK Coca-Cola

TELEPHONE TIPS FROM A FIGHTER PILOT

A fighter pilot must keep 48 basic factors in mind. These are technical flying matters, apart from battle tactics. And he must also remember other things—for instance how to talk on his aircraft telephone; he always speaks clearly and concisely.

With telephone lines carrying an extra heavy load directly concerned with Canada's war effort, you can help telephone workers maintain good service by adopting fighter pilot telephone technique. When your telephone rings, answer promptly, and don't waste time by saying "hello"—instead give your name immediately. Speak distinctly, directly into the mouthpiece, and be sure to replace the receiver on the hook when you have finished your conversation.

Your co-operation will help us to provide fast, accurate telephone service for a nation at war.

On Active Service
Giving Things a Hand

ACTON HAS A LONG WAY TO GO

to meet its war weapons pledge of a Naval Gun a month for the duration

Don't wish for a short war GET BUSY and SHORTEN IT!

73% Look at the job ahead of us—There's only a short while to go to make our Naval Guns spring to life.

LET'S PULL UP OUR SOCKS and PUT UP OUR DOLLARS!

Only a short time left. But there is still a long way to go to reach our objective in the War Weapons Drive. Don't let's bog down in the home stretch. Don't let our community fail because you haven't done your share. We must all put everything we have into this effort. More regular purchases of War Savings Certificates mean more weapons for our forces. Don't let them down. It's our responsibility. See that everybody does his part. Push the sale of War Savings Certificates wherever and whenever you can.

ACTON WAR SAVINGS COMMITTEE

Double Your Pledge to Buy WAR SAVINGS CERTIFICATES REGULARLY