

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

Planning, cooking and serving nutritious meals, under "blackout" conditions, is one of the many difficulties facing housewives in Britain to-day. How to supplement the rationed foods with those more plentiful that will still provide the family with the necessary requirements? How best to cook these foods to preserve the precious vitamins and minerals? How to plan her meals to save time, fuel and labor? These are but a few of the questions that must arise.

To aid the housewives with these problems of maintaining national health and well being, and thus aid Britain in her war effort, many wartime recipes have been collected, published and distributed. From one of these British wartime booklets the Consumer Section, Marketing Service, Dominion Department of Agriculture, has taken and tested the following recipes, and passes them on to Canadian homemakers who are looking for economical food dishes these days:

Lentil Soup
 1/2 pound lentils
 2 carrots
 2 small turnips
 1 onion
 2 tablespoons fat
 2 quarts water or stock
 Salt and pepper

Wash the lentils. Cut the vegetables into small pieces. Melt the fat, stir in the lentils and vegetables. Cook gently for a few minutes without browning them. Add the liquid, bring to the boil, simmer well and simmer for about two hours, or until all the vegetables are tender. Serve the soup either sliced or unsliced.

Note.—A bone from a piece of ham or boiled bacon will greatly improve the flavor of the soup. Put it in with the vegetables and remove before serving.

Stuffed Ox Heart

1 ox heart
 Stuffing
 4 tablespoons soaked bread
 1 1/2 tablespoons chopped suet or melted dripping
 1 tablespoon chopped parsley
 Pinch of herbs
 1/2 tablespoon flour
 1 pint water or stock
 Salt and pepper

Soak the heart for 15 minutes in salt and water. Wash and clean thoroughly. Remove all the blood and cut off the flaps and coarse fat. Dry in a cloth. Fill the cavities of the heart with some of the stuffing and make the remainder into force meat balls. Sew up and steam for 2 hours. Place on a roasting tin with dripping. Put in a hot oven until brown, baste well, then cook slowly for 1 1/2 hours or until quite tender. Lift out and serve with brown gravy, force meat balls, and vegetables.

Note

1.—The roasting may also be done in a strong saucepan on the top of the stove.

2.—A sheep's heart may be cooked in the same way. It requires about 1 hour, but the preliminary steaming is not necessary.

3.—Ox and sheep's heart may also be stewed or braised.

Bubble and Squeak

1 pound cold cabbage
 1 pound cold boiled potatoes

1 small cooked onion
 1 medium sized cooked carrot
 4 tablespoons fat
 Salt and pepper

Chop the cabbage, onion and carrot, and also the potato if not already mashed. Melt the fat in a frying pan, and fry the onion and carrot lightly, but do not brown them. Add the other vegetables and season well. Stir until thoroughly heated. Place an enamel plate on the top of the pan and leave for a few minutes until the mixture has browned underneath. Turn upside down onto the plate, and serve very hot.

Red Cabbage and Apple

1 good sized red cabbage
 1 large apple
 3 tablespoons brown sugar
 1 dessertspoon vinegar
 Salt and pepper

Wash the cabbage and cut it into quarters, removing the hard stalk and ribs. Cook in a very little boiling salted water to which the vinegar and brown sugar have been added. Peel the apple and cut it up and add it to the cabbage. Cook for about 45 minutes or until the cabbage is tender. Drain well and serve very hot.

Oatmeal Biscuits

1 2-3 cups oatmeal
 1/4 cup sugar
 6 tablespoons fat
 3/4 tablespoons flour

Cream fat and sugar till very soft. Mix in the flour and oatmeal. Form into a square and roll out 1/4 inch thick. Cut into squares or fingers. Bake in a moderately hot oven till set.

Raisin Cake

2 2-3 cups flour
 12 tablespoons fat (shortening)
 12 tablespoons brown sugar
 6 oz. raisins
 1 tablespoon marmalade
 1/4 teaspoon mixed spice
 1 teaspoon baking powder
 1/4 cup milk

Mix the flour, spice and baking powder. Rub in the fat and add the other dry ingredients. Stir in the marmalade and milk. Mix well together, and bake in a greased tin in a moderate oven for about 1 1/2 hours.

Halifax Was First With Post Office

Commemorating the first post office in Canada, a bronze tablet has been affixed to the post office building here. The first post office was opened in 1755, six years after the city was founded. Halifax is noted for its historical associations as well as other tourist attractions, the North West Arm, an aquatic playground, and the public gardens being among these. The de Luxe Canadian National Railway hotel, The Nova Scotian, is built on soil that once formed part of Boston Common. In the days of the sailing ships, vessels would come to Halifax from Boston loaded with earth from Boston Common as ballast and this was dumped where the hotel now stands. Another unique feature of this hotel is that it has no chimney, heat and power being obtained from an outside source.

NOW IN BATTLE DRESS

CAIRO, (CP)—Units of the South African forces, who have been fighting in the Middle East, for nearly two years are now wearing British battle dress for the first time owing to the cooler weather in the western desert where they are now engaged.

Chronicles of... Ginger Farm

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

I was making a call and my friend said—"Wait—I must show you my new hat!"

Now this particular friend of mine is a quiet, little body with very conservative ideas so I naturally expected the hat to be quiet and conservative too. Presently I heard—"Well how do you like it?" I turned, and almost gasped! The hat, perched on top of my friend's head was decidedly modern. It was a small, flat-brimmed sailor, about the size of a top-hat, crown about two inches high and four inches across, made of dark velvet, trimmed with a bright chic bow.

"Well... Well... you are going modern!" I sort of stammered, "that hat is certainly right in style."

"Yes, my dear, that's just what I thought," my friend agreed. "And yet that hat," she went on, "is what my sister Jessie wore forty years ago!"

"This time I really did gasp—"And are you going to wear it?" I asked.

"Wear it? O no," my friend laughed. "I was just fooling you. Here is my hat." And she picked up another hat from the dresser. It was dark, quiet and conservative!

There is a queer thumping noise going on at the front of the house. The noise is the sound of horses' hooves. Perch and Johnny are feeding on the lawn. And speaking of horses I should tell you what I hadn't the heart to mention a few weeks ago. Prince, our dear old big horse, is no more. Prince was a real pet. We took him over with the farm eighteen years ago. At that time he was three years old and full of Old Nick. Too much so at times—at least that is what I thought when I was driving the horse and buggy. His sleek brown coat used to shine like spun silk those days and several times I was stopped and asked if we wanted to sell him. Sell Prince? I should say not! It was Prince who drew the hayfork year after year, loading hay and grain into the mow. It was Prince who stepped doggedly along between rows of potatoes, turnips and garden stuff, as we scuffed the ground. And it was Prince who always persisted in going that one step further at the top of the garden so he could nibble the tips of the branches from the wild cherry trees. It was also on Prince's back that Daughter learned to ride and it was Prince who would come in the trot whenever Daughter rode in sight, hoping she might have an apple in her pocket for him. When Daughter left home, any time she was back one of the first things she did was to visit Prince. They were great pals.

But something happened to Prince and a tendon at the back of one front leg seemed to contract. It gradually got worse and worse until his hoof almost turned under, but yet he did not appear to be suffering except that last winter he would get down and could not get up without help. This summer he ranched the farm at will and seemed quite contented. We hated to part with him but we knew he would never see the winter through. Daughter sent word home—"Don't let anything happen to Prince." But it would have been cruel to keep him. So one day we sent for the truck, and poor, faithful, old Prince was quickly and painlessly put out of business before he left the farm, where he had loved and been loved for so long. So far we haven't dared to mention his going to our daughter.

The Wartime Price fixing has been postponed until December 1. I am sorry about that because I feel the sooner it gets under way the sooner we shall know where we are at. Our egg man tells us the egg market has completely gone to pieces—producers are anxious to sell but dealers refuse to buy except to meet local requirements. Naturally no one wants to get stung. Producers want to sell while the price is good; dealers don't want to buy in case they have to sell at a loss—and so it goes.

Yesterday we paid out \$6 for laying mash—and that won't last very long. Of course the price has gone up but it may be the last we shall have to buy for awhile because if the price of eggs drops very much our hens will have to go. We don't want to sell them—the Department of Agriculture urged farmers some time ago to winter their yearling hens. We are willing to do that, but we can't afford to keep them at a loss—not with taxes and other obligations that have to be met. If the balance sheet at the end of the year shows a deficit instead of a small margin of profit, what then?

When I think of farming problems I get scared. Not scared for ourselves but scared because I am so terribly afraid the time is coming when there



Derek Prentice, who is frequently heard reading the BBC News at 12:00 noon and 6:45 p.m. EDST, is one of those versatile chaps who seem to be able to crowd an amazing amount of interest and variety into their lives.

WAR 25 Years Ago

Death of Emperor Francis Joseph Occurred Two Years Before Armistice and Break-up of Austria-Hungary

By H. H. GORDON
Canadian Press Staff Writer

Emperor Francis Joseph, first reigning head of the dual monarchy of Austria-Hungary, died 25 years ago as shadows of the impending collapse of his empire took form in the growing strength of the Allied armies.

Throughout a long life the cold, dignified monarch had made the interests of the Hapsburg dynasty his major consideration, but his aims were shattered two years after his death.

It was on Nov. 21, 1916, that Francis, then 86 years old, died at the palace of Schonbrunn, near Vienna. The detailed order of his life was marked even in his last days and early on the day of his death, he was found once more seated at his writing desk.

Francis Joseph succeeded to the throne of Austria in 1848. He reigned during the turbulent period in the history of central Europe and the Balkans and soon after his accession war broke out with Hungary which was subdued with the aid of Russia.

Strong for Absolutism
The Austro-Hungarian state was formed in 1867 following the disastrous seven-weeks war with Prussia when the headship of Germany was decided. From that time the emperor accepted a secondary position in his relationship with Germany.

The murder of his nephew, Archduke Francis Ferdinand, at Sarajevo in 1914 found the aging Emperor unable to play any real part in the foreign policy of his government. It has been said of him that his personal influence was always on the side of peace and had he been younger he might have found some means of averting war with Serbia and the great world conflict that followed.

Throughout his reign Francis Joseph claimed the right of auto-craey and because of this history holds him responsible for acts of repression perpetrated in his name in the early part of his reign. Expediency forced him gradually into the path of constitutionalism, but throughout it all he held undisputed control over the army.

A tragic Life
From the time of the formation of the dual monarchy he was forced to make concessions to the progressive Magyar and although his sympathies were with the German race he held loyally by the compromise of 1867. He stood aloof from political parties and played one against the other, his only regard being the integrity of the monarchy.

Francis Joseph married Elizabeth of Bavaria in 1854 and it was not before they were estranged. Then followed a succession of tragedies. His brother Maximilian perished in Mexico in 1867 and his son Rudolph committed suicide at Mayerling in 1889. The Empress Elizabeth was assassinated at Geneva in 1897. His nephew and heir Francis Ferdinand, although a man of more than average ability, was unsympathetic to the Emperor who passed the closing days of his life with the beautiful actress Katharine Schrratt, his lifelong friend.

will be a shortage of farm products and that will be just as bad as a shortage of tanks or planes. I remember hearing one speaker, lately returned from England, say this: "Bombs will never break the spirit of the British people but there is one thing that might—and that is lack of food!"

Britain needs Canadian produce and if Canadian farmers are to go on producing for Britain they must have prices that will enable them to live and meet expenses in order TO GO ON PRODUCING. We can, and will, do without a lot of things but we must make enough to live and meet expenses—to say nothing of moral obligations such as contributing to the Red Cross and buying War Savings Certificates.

HALF-DAY FOR ACORNS

SPSWORTH, (CP) School children of this Suffolk town are given a half-day off a week to collect acorns for pig food.

Plucking \$8,000 from Britain's Hedges

Rose-Hip Syrup Instead of Orange-Juice

Between now and December, countrywomen, Boy Scouts, Girl Guides and schoolchildren are searching Britain's hedgerows and commons for the rich annual crop of hips, the bright-red fruit of the wild rose. It is hoped that 500 tons of hips will be gathered, to be turned by manufacturers into a syrup, twenty times richer in Vitamin C—which gives resistance to disease—than orange juice, now very scarce. This quantity will meet the requirements of 2,500,000 babies for a year, allowing 15 drops of syrup a day, for each child. An ounce is enough for one month.

The syrup manufacturers will pay two shillings per stone for the hips, so that the gatherers, apart from maintaining the health of Britain's babies, will learn something like £8,000 for their organizations—all from fruit which normally goes to waste.

Countrywomen with experience of jam and jelly making will be producing their own syrup, and they are also making an excellent table jelly from hips and apples, using windfalls, crates or even peelings. It has a fine color and a delicious flavor, and will help to keep the grown-ups fit.

FLAMING HOME GUARD

LONDON, (CP)—Woe to German invaders—Britain's home guard is now equipped with flame throwers and guns that fire glass shells which break on hitting their objective.



When you entertain



The six-bottle carton

CARROLL'S

Libby's Week

FREE
Fruit Juice Glass with
KELLOGG'S PEP
2 pkts. 25¢

AMMONIA
H. O. Powdered 3 pkgs. 13¢

BROOMS
All Corn. each 39¢

PICKLES
Libby's Green Tomato jar 19¢

PEAS Green Giant 2 16-oz. tins 27¢

MILK Libby's Evaporated 16-oz. tin 8¢

BEEF Libby's Sliced Dried jar 25¢

Kidney Beans Libby's 2 tins 25¢

DEEP BROWN BEANS Libby's 2 tins 19¢

Pork and Beans Libby's 2 No. 2 1/2 tins 25¢

BISCUITS Cream Sandwiches lb. 19¢

PUDDING Christia's Fruited each 30¢

DATE LOAF Christia's each 15¢

Libby's TOMATO JUICE 3 20-oz. tins 25¢

Libby's Home-style PICKLES 15-oz. jar 16¢

Libby's BEANS WITH PORK 3 20-oz. tins 25¢

Libby's Tomato CATCHUP 14-oz. btl. 15¢

Libby's Prepared MUSTARD 6-oz. jar 8¢

POTTED MEATS Libby's 2 tins 19¢

Ask for

ROMAR

Coffee

1-lb. bag 39¢

FLOOR WAX Hawes tin 25¢, 45¢

GRAPEFRUIT JUICE

TRINIDAD SWEETENED 20-oz. tin 10¢

RITZ BISCUITS 2 pkts. 29¢

OXYDOL pkg. 9 1/2¢, 24¢, 65¢

JIF FLAKES lg. pkg. 22¢

Cowan's Cocoa tin 15¢, 25¢

LIPTON'S TEA Various Prices

CUT PEEL BULK lb. 29¢

SIDE BACON Sliced lb. 39¢

MAGIC BAKING POWDER 16-oz. tin 28¢

SOAP FLAKES Maple Leaf lg. pkg. 19¢

IVORY SNOW lg. pkg. 23¢

y's Cooked

PAGHETTI

3 15-oz. tins 25¢

FRESH MALAGA GRAPES 2 lbs. 25¢

JUICY FLORIDA ORANGES Doz. 32¢

CHOICE GREEN CELERY HEARTS Bunch 10¢

NO. 1 ONTARIO APPLES 4 lbs. 25¢

Also Fresh Spinach, Tomatoes, Beets, Carrots, Lettuce

Fruit and Vegetable Prices Until Saturday Night Only

ON FIELDS OF ENGLAND



Peace and war seem to merge in this photo of a Canadian tank on exercises in one of the smooth meadows of England. The tank is a light cruiser, of the type recently issued to the Canadian Brigade.