

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Desserts, Salads and Snacks

WHOLE GRAIN CEREALS

Through the liberal use of Canadian whole grain cereals, flaked, rolled or cracked, the housewife can do much to ensure the good health of her family.

Cereals are an economical source of quick energy and of many valuable minerals and vitamins. It is the vitamin which research workers state is most often lacking in the daily diet, is found in generous amounts in whole grain cereals, especially, oats and rye. Why not plan to use these plentiful foods not only at breakfast but at lunch and dinner too?

The Consumer Section, Marketing Service, Dominion Department of Agriculture, suggests a few tested ways to use up left-over breakfast cereal, as well as other recipes of interest.

General Proportion for Breakfast Cereal

Cereal—1 cup coarse or cracked
Water—3 cups
Salt—1 teaspoon
Time—3 hours

Cereal—1 cup flaked or rolled
Salt—1 1/2 teaspoons
Time—1 hour

Have water boiling in top of double boiler. Add milk and then add cereal slowly. Cook 5 minutes over direct heat, stirring occasionally. Then finish cooking in double boiler.

Soaking cracked wheat in water is found to cut cooking time in half. Remember long slow cooking is most important to the flavor of cereals and it also helps to soften the bran and makes it more digestible. Pre-cooked or "minute" cereals do not require as long a cooking period as mentioned above; but are certainly improved if cooked for more than the prescribed "3 minutes."

Cereal Muffins

2 cups flour
2 tablespoons sugar
2 tablespoons melted fat
1 egg
1/2 teaspoon salt
5 teaspoons baking powder
1 cup cooked cereal
1 cup milk

Sift dry ingredients. Add half of milk to cereal and mix into dry ingredients. Stir in the beaten egg, remaining milk and melted fat. Bake in a moderate oven (350 degrees F.) for one hour to one hour and 15 minutes. Turn out at once on cooling rack.

Whole Wheat Pudding

3/4 cups cooked whole wheat
1/2 cup brown sugar
1 egg
1/2 cup molasses
1/2 teaspoon soda
1 teaspoon salt
1 cup raisins
1 cup milk
3 tablespoons melted butter
1/2 tablespoon boiling water

Mix cereal, sugar, salt, and then add raisins. Add well-beaten egg and milk mixed together, then molasses and melted butter. Add the soda dissolved in boiling water. Turn at once into well greased mould. Steam 1 1/2 hours. Serve with cream or milk.

2 cups white (all-purpose) flour
3 cups whole wheat flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon baking soda
1/2 cup granulated sugar
2 cups milk

Mix dry ingredients; blend thoroughly. Add sour milk and mix well. Place in a greased loaf pan. Bake in a moderate oven (350 degrees F.) for one hour to one hour and 15 minutes. Turn out at once on cooling rack.

NOTE: This bread will be much easier to cut if let stand for 24 hours before using.

Oatmeal Pancakes

1 1/2 cups cooked (left-over oatmeal)
1 1/2 cups milk
1 egg
1 1/2 cups all-purpose flour
3 level teaspoons baking powder
1 level teaspoon salt
2 tablespoons sugar
2 tablespoons melted fat

Mash cereal until free from lumps. Add milk and well-beaten egg. Sift the dry ingredients together and add to the liquid. When well blended, stir in the melted fat. Cook on a hot, lightly greased griddle or iron skillet, pouring mixture on to form pancakes of desired size. When bubbles show through the surface of the pancake and the edges are set and slightly brown, turn and cook on the other side. Serve hot with maple syrup or molasses.

N.B.—Left-over cracked wheat or whole wheat cereal may be used in place of the oatmeal.

PARTICIPATION IN FINANCING WAR

Loans Up \$41,000,000—Strong Liquid Position Shows—Assets Exceed Billion Dollar Mark—Profits Show Little Change

The extent to which the Bank of Montreal is participating in the wartime activity of industry and commerce through its branches in every part of the Dominion is impressively exemplified by its annual statement, issued today, which reveals operations during the past year that in volume are at the highest levels in the history of the institution.

The Bank's resources at October 31st last, the end of its financial year, are shown at \$1,046,531,000, which is an increase of \$85,216,000 over last year, the total assets being the highest shown in any annual statement of the bank in its 124 years of operation. The statement also reveals the liabilities to the public stand at \$269,645,000, leaving an excess over such liabilities of \$776,886,000 which represents the shareholders' equity. How strongly the Bank is entrenched in respect to meeting contingencies is further shown by the total of its quickly available assets, which at \$705,662,000, an increase of \$42,476,000 as compared with last year, are equal to 79 per cent. of all liabilities to the public.

The statement, which is published in another column, is in the "easy understandable" form which it has been the bank's practice in recent years to present to the public. This year the explanatory notes which accompany the various tables contain additional information. Thus, instead of merely giving the totals of the deposits and commercial and other loans, these items are accompanied by tabulations showing the totals for Canada and the totals for elsewhere.

Large Increase in Deposits
The deposits this year reach the large total of \$928,387,000, an increase over last year of \$79,522,000, and of the total \$269,110,000 are in Canada and \$119,277,000 elsewhere.

Of the Bank's liquid assets, referred to in the statement as "quickly available resources," there are increases in cash and in Dominion Government and other bonds. The cash and deposits with the Bank of Canada at \$32,785,000, is higher by \$9,721,000 than last year. Notes of the cheques on other banks at \$38,972,000, and money on deposits with other banks at \$54,960,000, show no significant change. Investments in Government and other bonds and debentures amount to \$498,740,000, which is higher by \$36,913,000. It is explained that the greater portion of these investments is in Dominion Government and high-grade provincial and municipal securities which mature at early dates, a statement which indicates that the Bank is continuing its policy of confining its portfolio of investments mainly to short-term securities.

Profits Show Little Change
After payment of Dominion Government taxes amounting to \$2,242,905, the profits for the year were \$3,437,026, being approximately in the same figures as last year. The amount represents a return on the shareholders' equity of 4.51 per cent. After payment of the customary dividend there remained a surplus of \$37,026 to be carried forward to balance of profit and loss account.

Forests Aid War Finance

The forests play an important part in supporting Canada's war finance, reports the Department of Mines and Resources. This contention is borne out by a study of the statistics of external trade in commodities which, with the exception of exports of non-monetary gold, include all materials exported from the imported into the country.

Trade in all commodities, excepting wood, wood products and paper, showed an adverse balance of 193 million dollars in the calendar year 1940. Exports of non-monetary gold, valued at 203 million dollars, offset this deficit and provided a credit balance of 4 million dollars. Trade in wood and paper increased the credit balance by 310 million dollars. These figures show that the favorable balance obtained from wood and paper in 1940 exceeded the value of non-monetary exports by 107 million dollars, and emphasize the significant role the forests and forest industries assumed in securing foreign exchange needed to pay for the vast quantities of war materials which Canada had to obtain from sources outside her own borders.

In addition Canada's forests have provided materials for the construction of thousands of wooden buildings needed for war purposes. They also constitute the chief source of lumber supplies open to the United Kingdom and millions of board feet of Canadian lumber are used annually in boxes and crates necessary to the shipment of war materials.

Chronicles of Ginger Farm

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

Partner came in at noon to-day looking quite white because he was so mad!

The reason was this: Back of our farm runs a single track of the Government-owned Canadian National Railways and along that track great piles of old railway ties were blowing furiously in wanton waste.

Early this summer Partner noticed new ties were being laid down and the old ones piled up alongside the track. So one time when I was going to town Partner asked me to inquire for the station agent if it would be all right for him to bring some of the ties home. Naturally the wood in them was no longer good but old ties make grand firewood, especially for a box stove such as we have.

"The station agent was away on holiday but his substitute said he would write to the gang foreman and make inquiries for us, which he did and the reply came back—"The ties were already spoken for."

I thanked the station agent for his trouble and said if the ties had been promised to someone else that was quite all right. "But," I added, "we just wanted to make sure because we would hate to see them go up in smoke as has so often happened before."

"Indeed, yes," agreed the agent, "we don't want to see anything wasted these days."

Well, having done what we could we let it go at that. There are two fields belonging to neighbors lying between our farm and the track and we thought either one or the other of these neighbors might also have had the idea that old ties would make good firewood.

But the summer went by, and then the fall, and the ties were still there and all we thought was that whoever was getting them was waiting for a black time for the job.

"And now the ties are gone... burned... destroyed... with no one getting any benefit from them at all. And at a time when, through the medium of the press and radio, people are constantly urged to 'Save more and spend less.' We are told to take care that nothing is wasted—bones, rags, papers and old metal must be salvaged. But what of the spikes in those ties—I wonder where they ended up? As for the ties themselves there was certainly enough used in them to have kept us going all winter. Partner says in two piles that he had his eye on there must have been at least eighty to a hundred ties—and there were more piles burning further up the line.

And what of the inflammable material used to set the piles burning? You couldn't fire ties with a few sticks of kindling wood, and coal oil would hardly do it either. It is our guess that gasoline is probably what was used for a job like that if so, more waste.

Referring again to the beginning of this column in which I said Partner looked white he was so mad. Let it be clearly understood he was not mad, because we had not got the ties he was mad because they were being wasted. Had someone else had the use of them we should have been quite satisfied. It is instances such as this that create so much criticism and thus undermine our national war effort. Waste of public funds and property must be avoided if salvaged by private individuals is to be expected.

Perhaps there is some ruling that old railway ties must be destroyed and neither sold or given away. If there is such a ruling surely it would be in the public interest to have it revoked and some use be made of the ties. It would have meant a lot of work for Partner to have got those ties home they are big heavy things to handle but he would have been quite willing to do the work to get the wood, and any spikes that were salvaged. Oh well, I suppose it is no use talking.

Before I write again we shall know the best and the worst about the wartime prices. From the way Mr. Gordon spoke I imagine it is going to come pretty hard on farmers and business men alike until the thing gets properly underway. Well, Britair showed us how to take it now; we are going to have the opportunity to show that we can take it too! There must be sacrifices—that much is perfectly obvious—and if there is equality of sacrifice we should have little or no complaint. We think Mr. Gordon is a good man for the job and what a job!

The Week at OTTAWA

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

OTTAWA, (CP)—Announcements are coming thick and fast these days from the Wartime Prices and Trade Board in the last-minute flurry of activity connected with the government's new price control scheme.

As the board applies finishing touches to the price-collaring program which goes into effect Monday, Dec. 1, Canadians are learning new details of the vast administrative machinery required to handle it.

General price control admittedly is an experiment in Canada. Therefore announcements of policy changes, maximum prices, any exceptions to general orders and new appointments to the administrative branches are bound to be frequent and to continue even after next Monday, the effective date.

Some of the prospects were foreshadowed last week by Donald Gordon, deputy governor of the Bank of Canada, just a day after his appointment as Chairman of the prices and trade board. In a forthright statement of policy he said a list of maximum prices is to be issued based on cost of merchandise. These would have to be observed even if the effect is to reduce prices below the level of Sept. 15 to Oct. 11.

Under the price-fixing plan maximum prices charged for goods and services by any person or firm during the base period of Sept. 15 to Oct. 11 are the maximum prices at which he will be allowed to sell.

Affecting Farm Prices
The price colling on agricultural products and fish is to be handled in somewhat different fashion from the general run of commodities and services. Instead of the prices charged by the individual farmer or fisherman during the base period, the price will be governed by the highest level reached is recognized from Sept. 15 to Oct. 11.

Maximum prices of such commodities as milk, butter, cheese and eggs are to be fixed by the board. It was intimated officially that some action can be expected to see that producers' interests are protected so far as possible, from any attempt to force down the price of their commodities because of the colling which applies on processed goods, agricultural or otherwise.

Mr. Gordon followed up his statement of policy with a radio address in which he warned that certain businesses would suffer, some perhaps severely. He urged Canadians to forget any reasons which might be advanced why the program would not work and "remember only that it must work, for there is no alternative except disaster... there will be by this board no pussyfooting or halfway measures," he said.

Trade Minister MacKinnon has announced the British Food Ministry has agreed to purchase 120,000,000 bushels of Canadian wheat. The sale is in the form of futures and makes a total of 240,000,000 ordered by the United Kingdom this year.

Quantities of Canadian wheat have already been sent to Russia and this latest sale to Britain arouses speculation that part of the purchase may go to the Soviet.

Promotions are announced for chiefs of staff of the three armed services in keeping with the service of the officers and the growing responsibilities of the positions. Rear Admiral Percy W. Nelms, Chief of Naval Staff, becomes Canada's first Vice-Admiral; Maj. Gen. H. D. G. Crear, Chief of General Staff, becomes Lieutenant-General on a level with the Canadian Corps Commander, Lt. Gen. A. G. L. McNaughton; and Air Vice-Marshal L. A. Broadner, Chief of Air Staff, becomes Air Marshal. Brig. K. Stuart, Vice-Chief of General Staff, is promoted to rank of Major-General.

It was announced this week that Gen. Crear had been appointed to command the 2nd Canadian Division overseas in place of Maj. Gen. Victor Odlum, who goes to Australia as High Commissioner. Gen. Crear reports from Lieutenant-General to Major-General to return to overseas service. He spent some months in England as senior Canadian combatant officer immediately after the outbreak of war and prepared for the arrival of the First Canadian Division returning to Canada he became chief of staff at Ottawa.

ADEQUATE FEED SUPPLY

Feed grain requirements for 1941-42 will be somewhat higher than for the previous season, partly due to an increase in the numbers of livestock and also to earlier and heavier feeding, says the Current Review of Agricultural Conditions in Canada. When wheat is taken into consideration, supply to meet these requirements are adequate, but the shortage in some areas has necessitated Government assistance in distribution. One of the most important measures taken has been the agreement to pay freight charges on Western grains and mill-foods moving from the head of the Lakes and Armstrong to points in Eastern Canada.

Get Fair Hens With New Coat Spring Coming

And With It There May Be Longer Dresses, Says One Fashion Writer With Eye to Future

BY HELEN FORRINT HALL, Associated Press Fashion Editor
The new winter coats look like lots of elegant fabric and like lots of money, though it isn't necessarily so.

The chemise coat is about the latest one to appear, with fabric swirling gracefully from girth, comfortable shoulders. It may be all one color of wool, combined suede and wool or on two tones of wool. It may have fur tuxedo revers, trim or lining. But it's here, an smart woman who don't lump or bunch it in but let it go hung.

The wrap-around coat, minus button, snap or other fastener, is another important bulk of fabric. It looks awkward for closing and is frequently tied on with a sash to slip it snugly at the waist and emphasize that extravagant use of cloth. We wouldn't know whether these styles are looking forward to a time when we may have no metal for button moulds, hooks, eyes and snap fasteners, or whether it was just time for newcoat silhouettes.

The long torso coat, the basque coat, the slender-back coat, the trim, skirted blouse-give variety to the most interesting coat scene in years. And while ties and tunics are good, the swooping hemline may influence the skirt length of next Spring's coat lengths. A wise woman will see to it that there's a fair hem in her new coat, just in case she buys a spring dress to go beneath her winter coat.

CANADIAN WOOL RECORD

Production of shorn wool in Canada reached a new peak in 1941. The preliminary estimate for the Dominion is 14,212,000 pounds as compared with 13,922,000 pounds in 1940, and the previous high of 14,027,000 pounds in 1932. The number of sheep shorn in 1941 is estimated at 1,925,300 with an average yield per fleece of 7.5 pounds compared with shearings of 1,860,500 sheep in 1940 and an average yield per fleece of 7.4 pounds. Nova Scotia, Ontario, and British Columbia were the only three provinces in which the number of sheep shorn was not increased.



CARROLL'S

Lynn Valley Peaches 2 1/2 lbs. 23¢ Fry's Cocoa 1 1/2 lbs. 19¢

AYLMER TOMATOES 2 15-oz. tins 15¢

CUT MIXED PEEL pound 29¢
RED GLACE CHERRIES 1/2 lb. 12¢
Pineapple Rings Assorted 2 for 13¢
MARASCHINO Cherries 3-oz. jar 15¢
SEEDED LEXIA RAISINS lb. 15¢
BLEACHED RAISINS lb. 19¢
CURRANTS Australian 2 lb. 25¢
CINNAMON or CLOVES ea. 4¢
CRISCO 1-lb. 26¢, 3-lb. 69¢

BAKING POWDER Carroll's Own 16-oz. tin 17¢

CORN FLAKES Quaker 2 pgs. 15¢

TENDER LEAF TEA 7-oz. pkg. 41¢
MARMALADE "Good Morning" 2 1/2-oz. 35¢
APPLE FRUIT LOAF each 15¢
SILVER PRIDE CAKE each 20¢
Golden Brown Sodas 2 1/2-oz. 19¢
ROMAN MEAL Dr. Jackson's 1 1/2-oz. 29¢
BACON Sliced, Side lb. 39¢
PARA SANI Waxed Paper pkg. 25¢
CORN Del Maiz Cream Style 16-oz. tin 10¢

Maple Leaf LARD 2 1-lb. pgs. 27¢

TOMATO JUICE Bright's 3 2 1/2-oz. tins 23¢

PEANUT BUTTER McLaran's 2 25-oz. jar 25¢

Ask for LUX TOILET SOAP each 6¢
AROMAR CLASSIC CLEANSER 2 tins 9¢
Coffee JIF SOAP FLAKES 1/2-oz. pkg. 22¢
Manyflowers Facial Soap each 4¢
HANDY AMMONIA 1-lb. bag 5¢
OXYDOL pkg. 9 1/2¢, 24¢, 65¢
FELS NAPHTHA SOAP 2 cakes 15¢
POLIFLOR WAX lb. 29¢, 49¢
KLEENEX pkg. 10¢, 25¢, 29¢

CRISP, FIRM HEAD LETTUCE 2 for 15¢ TEXAS SEEDLESS GRAPE FRUIT, 1 1/2-oz. Size 5 for 25¢
LARGE, DELICIOUS EATING APPLES 4 for 15¢ CHOICE CRANBERRIES, lb. 25¢

Also Fresh Spinach, Beets, Carrots, Radishes, Tomatoes—Special Prices

Fruit and Vegetable Prices Until Saturday Night Only