

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Helpful Hints and Suggestions

### BEEF SPECIALTIES

How often are you serving some of the beef specialties on your family dinner table?

Beef heart, tongue, liver, kidneys and other specialties all have a high nutritive value and come from the group of moderately priced meats. They are all easy to prepare and have a very low percentage of waste. Knowing this, wouldn't it be wise to include one of the "specialties" on your market list at least once a week?

The following suggestions for serving these good foods are made by the Consumer Section, Marketing Service, Dominion Department of Agriculture.

### Pot Roasted Beef Heart

- 1 Beef heart, 2-3 lbs.
  - Flour, seasoned with salt and pepper
  - 3 tablespoons fat or dripping
  - 2 medium onions, chopped
  - 1/2 sprigs parsley
  - 1 cup boiling water (add more in small amounts if necessary)
  - 1/2 cups bread dressing
  - 1/2 cup diced celery
  - 1 medium carrot
  - 1/2 cup diced turnip
  - 1 whole small onion stuck with 3 cloves
  - Salt and pepper
  - 1 teaspoon granulated sugar or 1 teaspoon molasses.
- Wash heart thoroughly in warm water. Cut away arteries and veins. Dry well inside. Stuff with bread dressing and sew or skewer. Dredge with the seasoned flour and saute in hot fat in the bottom of a heavy kettle or Dutch oven. Add chopped vegetables, whole onion and parsley. Place rack under the meat and add 1 cup boiling water. Carmelize 1 teaspoon granulated sugar until almost black, add 2 tablespoons boiling water to dissolve caramel and add to the meat. Cover and place in an oven of 350 degrees F. and cook until tender—about 3 hours.

### Braised Calves Heart

Allow 1/2 heart per person and prepare in the same way as for Beef Heart. Stuff with a savory bread dressing and skewer with tooth picks or small skewers. Sauté in hot fat in bottom of heavy kettle or Dutch oven. Place rack under meat and add 1-3 to 1/2 cup water. Cover and finish cooking in slow oven (325 degrees) until done (about 1-1 1/2 hours).

### Kidney Creole

- 1 beef kidney
  - 1/2 cup shortening
  - 1 large onion (minced)
  - 1 medium carrot (diced)
  - 1 medium potato
  - 1 1/2 cups tomatoes
  - 2 cups boiling water
  - 1-2 teaspoons Worcestershire sauce.
- Salt and pepper and other seasonings as desired.
- Soak kidneys 1 hour in cold water. Drain and scald with boiling water. Cut away fat, tubes and membranes. Slice and dredge in seasoned flour. Brown in hot fat. Add tomatoes and water and allow to cook slowly for about 1/2 hour. Then add diced vegetables and more water if necessary and continue cooking until vegetables are done. A few green peas or slices of green pepper add to the appearance of this dish.

### Liver Loaf

Cover sliced liver with boiling water and let stand for 15 minutes. Wipe dry and remove any fibrous parts and run through the food chopper. To each cup of chopped liver add 1 cup bread crumbs, 1 egg, 1/2 cup grated raw carrot, 1 tablespoon minced onion and parsley, 1 teaspoon salt, 1/2 teaspoon celery salt, 1/2 teaspoon pepper. Mix well and bake for one hour in greased loaf tin placed in pan of water. This can be served with a tomato or creole sauce.

**Liver with Spaghetti, Canadian Style**  
1 cup beef liver (cubed)  
1/2 tablespoon fat or dripping  
1 cup canned tomato  
2 cups water (more if necessary)  
1/2 cup uncooked spaghetti  
1 cup chopped onion  
1 teaspoon minced parsley  
1/2 teaspoon salt  
Dash of pepper  
2 tablespoons grated cheese optional.

Brown onion in fat, add cubed liver and seasonings. Cook slowly for 10 minutes and then add tomato and continue cooking for 20 minutes. Cook spaghetti in salted water. When done, drain and place on a platter. Pour over it the liver mixture, sprinkle with cheese and serve. This makes four servings.

**Virginia Beef Tongue**  
1 beef tongue, fresh or pickled  
1 cup brown sugar  
1 cup stewed cranberries, preserved cherries or preserved gooseberries  
1 cup of liquor in which tongue was cooked



SONGS WILL NOT DIE

Leon Zukert, the gifted young Argentinian whose melodies have been a feature over the CBC networks many times during the past seven years, will direct his orchestra in special arrangements of European folk music when the program, "They Shall Sing Again," returns to the air Monday, January 5 at 8:00 to 8:30 p.m. EDT. The well-beloved songs of many of the people now living in subjugation will provide the motif of the broadcasts.

### SING A SONG OF SUNSHINE

Sing a song of sunshine,  
Sing a song of cheer,  
For all the friends together  
Who welcome the New Year!  
Boys and girls at study,  
Boys and girls at play,  
Are each a whole year older  
Than on last New Year's Day.  
Each a glad year older,  
Each more strong and wise  
To help the friends in feathery,  
The friends in furry guise.  
How they welcome kindness!  
How they need our care!  
Oh, what a rich repayment—  
Their love and trust to share!  
So sing a song of sunshine  
Made by hearts of gold,  
All pledged to scatter sunshine  
Until the Year is old.

### Twenty Years Ago

From the Issue of The Free Press of Thursday, January 5, 1922

1922 blew in. At the annual meeting of Lorne School last Wednesday Mrs. Harry McDonald was elected a member. The other two members are John D. Brown and R. L. Davidson.

Our boy Hiltz, of Ballinacred, evidently lives in the hearts of the people of Toronto, his adopted city. They gave him 21,036 votes for the Board of Control, next to ex-controller Foster who headed the poll.

At the recent Dominion elections the member-elect for Rainy River was Mr. Dougall Kennedy, of Dryden. Mr. Kennedy is a son of the late Paul Kennedy who went from Acton to New Ontario some years ago.

Three very good hockey games were played on the Acton rink during the week. The senior team won from Erin by 2-1 in the first game of the season and Runnymede of Toronto were the winners by the same score in the second game. The Junior O.H.A. team of Milton defeated the local intermediate team by a score of 6 to 1.

The council for 1922 will be composed of Reeve George Barber, councillors Frank Holmes, Hartley Harrison, E. T. Thetford, Jeremiah Bell, Board of School Trustees are James Symon, Robert McPherson, N. F. Moore, Frank Gamble, Neil McDonald, George Mann and the Hydro Electric Commission, George Barber, George Hynds and W. J. Gould.

### BOEN

CUBBERLEY At the home of Mrs. John Parker, Elgin Street, Acton on New Year's Day, 1922, to Mr. and Mrs. James Henry Cubberley, a daughter.

### MARRIED

EARLY-LAWSON On Thursday December 29, 1921, by Rev. J. Wilson, Toronto, Margaret Grant Lawson, daughter of Mrs. H. P. Lawson of Georgetown, to James Arundell Early, son of Mr. and Mrs. Philip Early of Brampton.

### NEWS FROM HOME

Two soldiers were eagerly reading letters from home. Suddenly Bill gave a shout.

"Lummy," he exclaimed, "my son's got three feet!"

"Chuck it!" retorted Tom. "Tain't possible!"

"Strue!" said Bill. "See what my misses says here."

He handed the letter to Tom, who read: "You won't know little Johnny now. He's grown another foot!"

1 cup butter or fat  
1 tablespoon whole cloves  
1/2 lemon sliced

Wash tongue thoroughly and let simmer in water to cover until tender, about 2-2 1/2 hours. Trim root end and remove all skin. Combine other ingredients. Pour over tongue in pan and bake in a hot oven 400 degrees F. for 20 minutes, basting with sauce. Garnish with lemon and parsley.

## Chronicles of... Ginger Farm

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

### A Happy New Year to you all—and that greeting comes from the bottom of my heart.

We stand upon the threshold of another year—a year which we know without being told has many hardships in store for us. Some of these hardships will be lack of material things but such hardships we can endure with a good grace. A greater ordeal will come in being parted from those we love—husband, sweetheart, son or brother. But "we must smile as we wave goodbye... we must smile as the days go by... That is our part. Some womenfolk have already had these shades of loneliness but in but one thing to do—and that is, go right on smiling.

But in spite of these things—or perhaps I should say, "because" of these things, for without our gallant fighters there would be no happiness anywhere—in spite of the loneliness and heartache; in spite of the tenseness and uncertainty in which we live, there is still room in this world as God made it for happiness and love; for fun and laughter; for the joyous gaiety of little children. So when we wish someone a Happy New Year—don't let it be an empty resetting. Let's put a little action behind it. Let's see what we can do towards making it a happy year by looking for the happy things, the right things, to pass along each day. And it might be a good time to try and understand "the other fellow"—he has his troubles and heartaches too—you and I don't have all the worries in the world! So even if we don't believe in New Year resolutions let's make this one anyway—"I resolve to cultivate a cheerful spirit; to look for happy incidents in life; to remember that even in a war-torn world, 'the blue of heaven is greater than the cloud.'"

And when I say a "cheerful spirit" I don't mean the careless "O why should I worry, we're sure to win," sort of attitude, but the spirit of courageous and cheerful determination that goes hand in hand with the ability to face facts and make the best of them.

And we might find keeping our chin up good exercise—it's good for our posture and good for our spirit too, so let's see what we can do about it. Yes, that's the idea—Keep your chin up!

And now to get back to our own small world—and Christmas. And that's where I begin to laugh. Really, when I look back, the mix-up we were in was too funny.

It was my intention this year to have our Christmas fare as simple as I could but still keep the Christmas spirit flourishing. And then nine days before Christmas I took to my bed with "flu" or something equally agreeable and for awhile I wasn't thinking much about Christmas or anything else. When I did think of it I didn't worry, because our soldier son had been moved to Quebec so we expected neither he nor daughter home for Christmas. Two days before Christmas, being recovered of my malady, I undertook to drive some friends to Hamilton. When I got back, at 8 p.m., there was our son Bob home for five days' leave! And it cost him \$15 to get here! Well, now, did I make the dust fly? Son never bothers much about cake but he does like a real Christmas pudding so straightaway I sat me down and made a batch. While I was doing that Partner went out and caught another chicken, so there, were two chickens to clean and make dressing for instead of one. The next day a trip to town for last minute items, and on Christmas Day there was a dinner fit for a king although a good many of the festive frills were missing. One thing we didn't have and that was a Christmas tree the first time we have missed in eight years.

So—did so much in the short time he was around he kept me gasping. "There were friends to see around home and on Boxing Day he was in Toronto, spending part of the time with an uncle and aunt and part of the time with his sister. Daughter is working on a night shift at the munition plant so he had to sort of catch her between sleeps, as she was working ten hours a day. I was disappointed she didn't get home but I suppose it couldn't be helped. Anyway, I made a separate pudding for her and sent it along so she could at least share a Christmas home fare.

One thing I didn't do this year was send any greeting cards but after what I received I'm beginning to think I should have done.

Young John seemed to enjoy himself. Boy-like he gets quite a kick out of listening to Bob's stories of army life. As for Partner father

and son have a great time comparing notes on army life in this war and the last. They certainly both speak the same language now—and most of it I don't like to hear. But I like to hear them just the same.

Saturday morning Son was on his way again. When we shall see him again none of us can tell. But we are glad to have had this Christmas together anyway. The future can never rob us of the "pleasures of the past."

## Mother's Resolves For Wartime 1942

Lots of Things a Homemaker Can Do to Help Beat Hitler

BY LOUISE WEAVER

For 1942 we Homemakers resolve: To keep up family morale in wartime by keeping up meal and home standards.

To plan meals for steeper nerves, using more liver, kidneys, whole grain cereals and breads, fish, veal and lamb.

To serve plenty of milk for improved health and strength, allowing from three to four cups for each child and two cups for each adult daily.

To serve an egg to each person three or four times weekly.

To serve daily, vitamins C foods—builders of strong bones and teeth—orange, apple, cabbage, tomatoes.

To read labels on all canned goods so as to understand the contents.

To plan a storage spot—outside box, basement cupboard, pantry or cool corner in closet—and to save by buying in quantities.

To avoid repeating rumors.

To avoid long useless telephone conversations.

To take at least 10 minutes a day for meditation. Renting a comfortable chair, will help keep your thinking on an even keel.

To get outdoors daily, regardless of weather. Fortitude is bolstered by physical work.

To cut-out non-essentials in housework and use that time for valuable defence work.

## Try Starting New Year Eve Right On Dot

Being on Time at a Party Counts as Well as at Work or Church and Here are Some Hints

BY MARGARET KERNODLE

A New Year's party is the party where being on time counts as special courtesy just like a bridge date or a dinner engagement; going to work or church.

Only more so because the clock strikes the New Year only once and that is the time to watch the old year out if you want to please your hostess and have the most fun, too.

If you have had the bad habit of being late everywhere you go, this might be the moment to start practising punctuality.

And while you're in the act of making resolutions, you could decide to become a good listener as well as a capable chatterer—that always helps a party along.

Or you could punctuate your conversation with something besides puns. And you might find your funmaking going faster if you pull fewer practical jokes for a change and offer real entertainment.

Make up your mind that you don't have to apologize for bringing a friend. Let him have a chance to show his own integrity and good friendship. Most likely he'll be a good fellow and appreciate your taking for granted that he knows how to take it.

If you bring a stranger to a party, don't try to make him meet everybody at once. Let him have a chance to meet one or two of the crowd at a time even if he only meets a few all evening.

Go to the party with the intention of having a good time. Leave that long face at home even if you have had a hard day. You don't have to broadcast it and try to hide any worries.

### INCIDENT

We knew it wasn't a shortage of gas when the car wouldn't start the other evening, and decided it must be battery trouble. A phone call to the ignition and battery service on a corner just two blocks away produced a mere half-hour wait before the service-truck arrived. After a quick check-up, the garage mechanic agreed on our diagnosis of deficiency in the battery and prescribed a tow to the garage for treatment.

There were also a few jocular remarks addressed to us on the subject of general battery care, and we were feeling that we weren't fit to be entrusted with the responsibility of an automobile by the time the tow-truck was hooked on and the garage man stepped into his cabin to begin the old pilgrimage. At that point there was a long blank silence.

Then he stepped out of the cab looking strangely red under the car lights and said, "Guess I'll have to get a push first. My battery seems to be dead!" Printed Word

## Dollar Wheat As Bull's-Eye Farmers' Aim

Increased Costs Demand Higher Prices than Present Guarantee of 70 Cents, Western Grain Men Say

Spurred by the rising cost of living farmer organizations are rallying their followers in a campaign which is spreading throughout the prairies advocating a higher price for wheat. The government has guaranteed farmers an initial price of 70 cents a bushel, basis No. 1 Northern at Fort William, but producers and their associations say that the price is too low.

In addition to the guaranteed price, farmers have been offered a bonus of \$4 an acre for wheatland left to summer-fallow last spring and \$2 an acre for former wheatland sown to grass or coarse grains. Prime Minister Mackenzie King announced in his recent price control address that extra payments would be made to Western Farmers on the basis of cultivated acreage as determined under the Prairie Farm Assistance Act.

Prices at Farm

Government officials estimated the supplementary payment would be around \$15,000,000, regular payments under the P.F.A.A. about \$10,000,000 and wheat acreage reduction bonuses approximately \$30,000,000.

In Regina, Agriculture Minister Gardiner—estimated—farmers would deliver about 200,000,000 bushels of wheat from their new crop and receive about \$100,000,000 for it, or about 50 cents a bushel at the farm.

He said that wheat policies of the federal government will mean payment to western farmers of 90 cents a bushel for wheat, basis No. 1 Northern at Fort William.

Mr. Gardiner's statement was challenged by J. H. Wesson, President of the Saskatchewan Wheat Pool, who declared that farmers would receive a wheat income, including acreage payments, of but \$110,000,000.

A meeting of officials of the Manitoba, Saskatchewan and Alberta wheat pools in Winnipeg endorsed a resolution which called for \$1 a bushel wheat.

Meetings Held

Mass meetings for farmers in Saskatchewan and Alberta have approved the dollar price sought by the pools. One meeting in Lethbridge, Alta., attracted 700 farmers and business men who approved a resolution calling for an increase in the initial price of wheat to \$1 a bushel basis No. 1 Northern at the lakehead or at ocean terminals.

W. J. Parker, president of Manitoba Pool elevators said 176 meetings of farmers and rural business men are planned in Manitoba before the end of November. The meetings will be addressed by directors of the pool.

"While the meetings are not being called for the specific purpose of asking for dollar wheat, it is likely the matter will come up for discussion," said Parker. "Directors will urge that the price of wheat be given serious consideration."

## Clearing Some Points Unemployment Insurance Plan

From inquiries received by regional and district offices of the Unemployment Insurance Commission, it is evident that many workers think it will be necessary for them to contribute to the Unemployment Insurance Fund for two years before they can draw benefits.

Mr. H. G. Sutfeld, manager of the local Employment and Claims office, explained to-day that this is an error. The Unemployment Insurance Act requires that not less than 180 daily or 30 weekly contributions be made. It is necessary, however, that these be made during the two years preceding the date on which a claim for benefit is made.

Another point concerning which there is some mis-understanding, is to do with workers who may be discharged because of misconduct. Such cases are referred to a Court of Reference composed of representatives of employers and employees with a neutral chairman. After hearing the evidence, the court decides whether or not the insured person shall be disqualified.

An appeal from the decision of the court to the Umpire may be taken at the instance of an insurance officer, or of an association of employed persons of which the claimant is a member. The claimant himself may also make such an appeal if the decision of the court is not unanimous, or if he obtains permission from the chairman of the court. Should an appeal be taken by an association, it is required that the claimant shall have been a member of the association on the date of his discharge and have retained his membership until the date the appeal shall have been made.

If the decision is unfavorable to

the worker, he may be disqualified for a period not exceeding six weeks, beginning on a date to be determined by the court. This court is a semi-judicial body.

One clause in the Unemployment Insurance Act, specifically exempts from any charge of misconduct, a worker who has been discharged as a result of membership in, or any lawful activity connected with, any association, organization or union of workers.

Still another misconception held by many workers is that benefits are determined by "need" as in the case of relief. This is quite incorrect. Unemployment Insurance benefits are paid solely because the worker, while he was employed, paid the required contributions into the insurance fund and confirmed to the other statutory conditions. He has paid for protection against unemployment. Benefits are his as a matter of right.

### WOMEN'S INSTITUTES BUSY

CARLISLE, England, (CP) The Cumberland Federation of Women's Institutes this autumn made 50,000 pounds of jam equal to the ration for 100,000 people.



**GOOD SHOES FOR YOUNG AND OLD**  
"Conveniently Fitted"  
B. D. RACHLIN, Acton

## OPENS PRICE OFFICE



Picture shows Mr. E. G. Burton of Toronto discussing price administration with Mr. Harold McPhillips of London. Mr. McPhillips is opening a regional office of the Wartime Prices and Trade Board in London as Prices and Supply Representative. He is well known as President of the Electrical Branch of the Retail Dealers Association of Ontario. Mr. Burton is Retail Trade Administrator for Canada.

## "THIS IS LONDON CALLING"



(1) General view of the CBC short-wave receiving station at Britannia Heights, near Ottawa, showing building, antennas and surrounding fields. (2) A view inside the station showing front of the Diversity Receivers and Master Console desk. (3) This view, taken from the entrance hallway, shows Diversity Receivers, termination of antenna transmission lines and back of Master Console.