

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

May I offer a suggestion to my readers who are scattered over the United States, Canada and many nearby islands. No matter where you are, start the new year by serving at least one new, surprise dish each week. You'll be delighted at the reaction among your visiting friends as well as in your own family circle.

Tasty navel oranges are obtainable everywhere for the next few months. This beautiful Vitamin C-filled fruit is a wonderful alkaline-reaction balancer at any time, but try it in one of the new recipes below and you will be delighted.

**Upside Down Orange Ham Loaf**  
1 1/2 lbs. lean pork shoulder, ground  
1/4 lb. smoked ham, ground  
1 1/2 cups milk  
2 eggs, beaten  
1 cup cracker crumbs, or 1/2 cup soft bread crumbs  
1/2 teaspoon pepper  
Combine all ingredients in order given.

**Orange Glaze**  
1/2 cup butter  
1/2 cup sugar  
1 egg  
1 cup minus 2 tablespoons sifted all-purpose flour  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup orange juice  
1/2 pound pitted dates  
1/2 cup orange juice  
1 tablespoon grated orange peel  
1 cup crushed corn flakes

Cream butter and gradually blend in sugar. Beat in egg. Sift dry ingredients together and add to butter mixture alternately with 1/2 cup orange juice. Mix well after each addition. Spread in greased shallow pan (about 8 x 12-inch size). Cook dates with 1/2 cup orange juice, stirring occasionally, to form a thick smooth paste. Cool slightly, add the grated orange peel, then spread over the unbaked mixture in the pan and cover with crushed cornflakes. Bake in a hot oven (400 degrees F.) about 30- to 35 minutes—or until lightly browned. Cool in pan. Cut into squares. Makes 24 squares.

**BAKED DAINTIES FOR WINTER**  
What is better than a good hot baked dish on a winter dinner table? Use a "battered baking dish" if you wish, or use a "casserole" if you feel particularly high-brow about your Christmas gift. What's the difference, anyhow?

And suppose you decide upon baked Limas of some kind. Use "dried Limas." You'll find recipes for both below. Cooked dried Limas, by the way, may be procured in cans at any up-to-the-minute store. They are delicious when merely heated and a little butter or other seasoning added

—and super-delicious when served as a Baked Lima Puree.

**Baked Lima Puree**  
2 cups cooked, dried limas  
1 1/2 cups milk  
1 minced onion  
1 1/2 cups bread crumbs  
1 egg, slightly beaten  
1/2 teaspoon salt  
1/2 teaspoon pepper

Rub Limas through a coarse sieve, scald the milk, add onion, bread crumbs, eggs, pureed Limas and seasonings. Turn into a buttered baking dish and bake in a moderate oven (350 degrees F.) until firm in centre, about 20 minutes.

**Baked Limas**  
2 cups dried Limas  
1/2 cup dried salt pork  
1/2 cup minced onion  
1 cup sliced carrots  
2 cups boiling water  
2 tablespoons butter

Soak Limas overnight or from 6 to 8 hours in water to cover, then drain. Put salt pork in a heavy frying pan and cook 5 minutes; add onions and carrots and cook until brown. Add to the Limas and mix well and turn into a casserole, add water, then break butter into bits and place on top of Limas. Cover and bake in a moderate oven (350 degrees F.) until tender, about 3 hours.

**COOKIES ARE A WHOLESOME TREAT CHILDREN WELCOME FOR LUNCH**

If the youngsters had a vote, cookies would head the list of delicacies for the school lunch basket. It's easy to keep the cookie jar full, if you make use of this magnificently failure-proof recipe made with sweetened condensed milk. These cookies are full of mineral-rich fruits, and if you co-star them with whole wheat bread sandwiches, a vacuum bottle of malted milk and an orange or apple, you have a well-rounded lunch that's sure to encourage rosy cheeks.

When you pack the lunch boxes, you'll win extra applause if you tuck in a few extra cookies as a treat for friends.

**Magie Macaroons**  
2 1/2 cup (7 1/2 oz. can) sweetened condensed milk  
2 cups shredded coconut  
1 teaspoon vanilla (optional)  
1 cup finely chopped dates, dried prunes or apricots

Mix sweetened condensed milk and coconut. Add vanilla, if desired. Add either dates, prunes or apricots which have been finely chopped. Drop by spoonfuls in greased baking sheet about 1 inch apart. Bake in moderate oven (350 degrees F.) 10 minutes or until delicate brown. Remove from pan at once. Makes about 30.

**Chocolate Malted Milk**  
2 tablespoons sweetened condensed milk  
2 teaspoons chocolate malted milk  
1/2 cup water

Thoroughly blend sweetened condensed milk and malted milk. Add water gradually. Beat with beater. Serves 1.

## Chronicles of... Ginger Farm

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

Open fall... green Christmas—and then winter. And what a winter! Sub-zero weather for a week, not a biting wind that found every crack and crevice in the house. And these old country houses, let me tell you, are almost impossible to heat against high, cold winds. Some, of course, are worse than others. Neighbors report having had plants frozen even in rooms where a fire was burning all night and all day. My plants were all right but the sink pipe froze solid and I'm thawed out yet. Every once in a while someone of us will forget and empty the wash basin in the sink and then have the trouble of mopping up the water again. Funny enough, neither of the pumps froze at all.

Some of our neighbors say they have never known their houses to be so cold but ours was not quite as bad as it has been some other cold spells, which isn't to say it was hot! As a memento I have a fine batch of chilblains to carry around and as a means to get rid of them I am wondering which of two remedies to adopt—to run out in the snow with bare feet or to rub mustard ointment on the sore spots. Both remedies I know are good—but I think I'll choose the line of least resistance and try the mustard ointment.

We have a casualty in the house. No, it isn't Partner or young John or myself—it's a hen! A perfectly good hen, laying one egg every other day. It was this way. On the second sub-zero morning Partner went to gather eggs and found a hen hanging by one foot from a laying box. When jumping out of the nest she had evidently caught her claw in a crack in the box and of course had no means of getting free. Partner brought her to the house and we found her foot was badly frozen. So I put Biddy in a box, covered her up and kept her close beside the stove for several hours. The foot gradually thawed out but then we found the flesh was torn, the whole foot badly swollen so that Biddy couldn't put it to the ground.

"Maybe I had better kill her," said Partner.

"No, don't kill her," I begged. "She's such a nice looking Biddy. And she's bright enough—I believe she may get better."

So I did my best to keep Biddy warm and comfortable and several times a day I spread papers on the porch floor and took her out of the box so that she might feed and exercise. The foot certainly looked pretty bad on the second day, and I began to have my doubts as to whether it would get better. But now I see definite signs of improvement. Biddy can put her foot to the ground. Incidentally she needs more watching because now she has got to the hopping around stage she isn't content to stay where I put her. In fact today she flew up on to the porch table. She has also laid three eggs so I am thinking my casualty may eventually be returned to the hen-house.

Why bother—what's a hen worth these days—is that what you say? Well, she isn't worth very much, I must admit. But that isn't the point. There was the poor Biddy, hurt and suffering, and it seemed only decent to do what one could to help her. And then again—why destroy a good healthy bird because she is injured, when the chances are a little care is all that is needed to make her well again?

Rusty is having a fine time these days. I think he is of the opinion that cold snaps are rather a good idea. Generally he has his sleeping quarters outside but while the weather was so cold Partner took pity on him and let him stay in the wood shed at night. Last Friday I ventured out on the road for the first time this week and the first thing I had to do was take the car to the corner for gas and air. Coming back I met Partner. I stopped, opened the car door and Rusty fairly bounded in, absolutely wild with joy. And then he got worried with so many windows to see through. With two front paws on the windshield he looked through the front window; then he jumped to the back seat and looked first from the side window and then from the rear. Turning in at the lane he saw Partner at the barn and set up such a barking he almost deafened me. Partner laughed when he saw him but he wasn't sure giving Rusty a ride was really a good idea. "You may have started something now," he said.

The horses, Perch and Johnny, don't seem to mind the cold weather either. When Partner turns them out to drink and exercise they have one grant time, but they have their own ideas about exercise. They stand

## The Week at OTTAWA

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

OTTAWA, (CP)—The green chamber of the House of Commons may become the scene of one of the most important political assemblies of the year when the 19th parliament of Canada since Confederation opens its third session next Thursday.

Foremost among major topics for discussion and possible pronouncement on policy is manpower—all the question of greatest wartime interest to Canadians and one which the government has been studying intensively in the last few months.

Projected as the measure most likely to be put into effect in this field—perhaps soon after parliament assemblies—is a program calling for extended application of the compulsory principle in the National Resources Mobilization Act and embodying a greater degree of selectivity. Responsible cabinet members have made clear in public speeches that the government is planning some form of selective service.

Government program Whether such a program would extend the compulsory principle to include service overseas is known only to those framing government policy. The present administration is pledged never to enact a measure conscripting Canadians for service outside the Dominion. But some observers feel the course of the war and a growing pressure for such policy may justify a departure from the pledge against conscription given before and immediately after the war started in September, 1938.

Whatever the decision, the question of conscription for service abroad is generally expected to be raised by opposing members. Some indication of the Conservative party stand was given by its new leader, Rt. Hon. Arthur Meighen, when he said in Toronto at the week-end:

"Can you exaggerate the absurdity of bringing in conscription to train men to serve where the war cannot be won and leaving to sweet will, to the caprice of the potential soldier, the whole duty of service where alone the war must be fought and must be won?"

Mr. Meighen's broadcast contained an appeal for national government and a declaration that the Conservative party is prepared "to share the burden of office."

Mr. Meighen is seeking election to the House of Commons in the York South by-election Feb. 9. Two cabinet ministers also seek election Feb. 9—Labor Minister Michel and Justice Minister St. Laurent.

**War Financing** Another important issue for the forthcoming session will be war financing. It is expected Finance Minister Islay will request a precedent-shattering war appropriation far in excess of the \$1,300,000,000 voted for the fiscal year ending March 31.

Finance minister is involving further taxation and further cuts on private spending also are forecast. Some indication of the extent to which Canadians will be asked to assist in war financing was given when Finance Minister Islay announced that Canada's second victory loan, starting next month, will be for \$600,000,000. The first victory loan last June had the same objective and cash subscriptions totalled \$170,959,950.

Under an order-in-council issued by Fisheries Minister Michaud, persons of Japanese origin are forbidden further issue of fishing licenses, must not fish in Canadian waters or serve on Canadian fishing boats. More details of government policy in dealing with approximately 25,000 Japanese living in Canada are expected shortly.

From two branches of the Canadian armed forces, meanwhile, came indications of growing strength. Air Minister Power announced total enlisted strength of the Royal Canadian Air Force at the end of 1941 was more than 100,000. And in Halifax Defence Minister Eaton-told an informal press conference 6,700 men joined the army in December alone—an increased recruiting rate he attributed to the Canadian stand at Hong Kong. United States entry into the war and an intensified recruiting campaign.

The Defence Department announced the Winnipeg Grenadiers and Quebec Royal Rifles, the two Hong Kong garrison regiments, will be reconstituted in the Canadian (Active) Army, receiving reinforcements that will fit them for other battles at home or abroad.

## Glamor Girls Of Hollywood Will Hold On

War's Advent May Play Hob With Makeup and Hair-Dos but They May Change Even for Better

BY ROBBIN COONS HOLLYWOOD (CP)—The war already is taking tentative pot shots at the movie's symbol—the glamor girl. But don't worry. The little lady's defences are strong, and she'll come through just as neatly coiffured, just as appealingly awaited, just as girlishly voluptuous as ever—or as the movie censor will allow.

She might even undergo a startling change for the better. As her men and hairdressers and wardrobe behind-the-scenes creators, make-up designers, face war-created shortages of certain materials, the glamor girl just might get away from the Hollywood stereotyping machine which makes her and her sisters look alike.

**Toothpick Hairpins** Hairdressers already are learning that toothpicks make a fair substitute for hairpins. They're beginning to think about soaps too. Many shampoos have coconut oil bases, and coconut oil comes mainly from

the Philippines where people are busy on other matters now.

Hair lace, which comes from Bavaria, also is not coming. This lace is the only material which blends perfectly with the skin—it's the base of wigs, and so far all substitutes look phoney in closeups. Much of the hair used in wigs has come from Japan to be bleached and dyed to the colors needed. Once hair came from France, Belgium and other European countries, but that stopped some time ago.

The wardrobe department where people whip up creations for stars to wear are going to have to struggle along without some of their pet materials. Even wool is a likely scarcity.

**Maybe Last** In "Tales of Manhattan" Rita Hayworth wears a silver lame gown which it is said may be the last of the type on the screen. Such metal cloths are obviously doomed for the duration. On "Holiday Inn" Marjorie Reynolds had a gold-headed gown which couldn't be duplicated—the beads were from Czechoslovakia and there weren't anymore around.

"We'll use what we can get," is the designing motto. Some of them were cheered by American invention which already has substituted for formerly imported fabrics. And they're all resigned to the absence of silk and silk stockings.

LYMINGTON, England, (CP)—Two soldiers were killed and seven injured when an army truck struck a telegraph pole.

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And why shouldn't they? This advance picture of the new "winning set dress" shortly to be issued to Canadian soldiers shows "what the well-dressed young man will wear" when his hard day's training is over and the soldier's back.

(Canadian Army Photo)