

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Vegetable Ideas and Suggestions

### WINTER VEGETABLE DISHES

The so-called winter vegetables should be served regularly in every Canadian home to assure the "two vegetable" in addition to potatoes, the daily quota recommended by authorities on food requirements.

Like other foods, vegetables must be properly cooked and attractively served for maximum nourishment and full enjoyment. Some vegetables such as cabbage and carrots lend themselves to being served raw while others must be cooked to be palatable. The best cooking methods for vegetables, baking and steaming, should be used as often as possible. When boiling vegetables the cardinal rule is to use the smallest amount of water, cover the saucepan and cook until just tender. All vegetables need to be salted while cooking to bring out their flavor, and other seasonings suitable for certain vegetables are sugar, pepper, onion and celery leaves. Left-over vegetable liquid is precious. Serve it hot in sauce, soup and gravies or chilled in tangy vegetable cocktails.

With the many interesting ways of preparing vegetables, the Consumer Section, Marketing Service, Dominion Department of Agriculture believes that variety in vegetable cookery need no longer be a problem.

- Winter Vegetable Plate 1**  
Creamed Cabbage Au Gratin  
Carrot strips Buttered diced beets  
Stuffed Baked Potato
- Winter Vegetable Plate 2**  
Buttered Noodles in Spinach Ring  
Baked Hubbard  
Squash  
Scalloped Potatoes  
Cole Slaw Supreme
- 2 cups finely shredded cabbage  
1 cup diced apple  
1 cup finely shredded carrot  
Mayonnaise  
Salt and pepper.
- Mashed Canadian Turnips**  
1 firm yellow turnip (1 1/2 to 2 lb.)  
2 potatoes, peeled and diced  
1 teaspoon sugar  
Salt and pepper and butter  
Hot milk

Slice, peel and cube turnip. Cook in boiling salted water 10 minutes. Add potatoes and sugar cook until tender; drain and mash. Season with salt, pepper and butter to taste. Add hot milk until mixture is the consistency of mashed potatoes. Beat until light.

- Scalloped Parsnips with Tomatoes**  
1 medium sized onion  
1 tablespoon butter  
2 cups tomatoes  
1 1/2 teaspoon salt  
1/2 teaspoon pepper  
Dash of cayenne  
2 cloves  
1 teaspoon sugar  
3 cups diced cooked parsnips  
1 cup bread crumbs

Saute onion in butter until golden brown. Add tomatoes, seasonings and sugar. Simmer until a smooth sauce is obtained. Place a layer of parsnips in a shallow, greased baking dish, then a layer of tomato sauce, and so proceed until the dish is full, having parsnips on top. Cover with bread crumbs. Brown in a hot oven (450 degrees F.). Serves 6.

## Prelate's Views On After-the-War

### No Peace Conference for Years After Armistice, He Says, and Then Lasting One

Bristol, Eng., (CP) — A heavily armed Britain and conscription for two generations after the war were envisaged by the Archbishop of York, Dr. W. Temple, as necessary if the Allies are to build a post-war world of peace and freedom on a sound basis.

"If you are not going to be pacifists, if you are going to have any force at all, you must be sure you have enough," Dr. Temple said. "It is more disastrous to have insufficient force than to have none at all." Dr. Temple declared that Britain cannot get out of the responsibilities which victory will lay upon her. "Last time we shirked it and America shirked it worse," he said. "We must not shirk it again."

The Archbishop hoped there would be no peace conference until two or three years after the Armistice and that representatives of all nations, including the conquered ones, would attend. "Once this peace conference has opened, I hope it will be told to take its time," he said. "If it takes about 20 years to do its work it will be by that time come to be accepted as, in effect, the federal body of Europe,



THE CAMPBELL SISTERS

The Campbell Sisters are featured on the all-star variety show "Blended Rhythms," heard from 8.30 to 8.55 Tuesday evenings on the CBC Eastern network. Also heard on the programme are Georgia Day, Burt Austin, and Eric Wild's 20-piece orchestra.

## WAR 25 Years Ago

Germany Announced Policy of Unrestricted Submarine Warfare; Kept to Starve Great Britain

BY H. H. GORDON

Canadian Press Staff Writer

Throwing aside all pretence to respect for international maritime laws, Germany decided 25 years ago to adopt a policy of unrestricted submarine warfare. The action was a prime factor in the United States' decision a few days later to sever diplomatic relations with Germany and her subsequent entry into the war against the Central Powers.

Germany announced on January 31, 1917 that as from February 1 all sea traffic within certain areas adjoining Britain, France and Italy, and in the eastern Mediterranean would "Without further notice be prevented by all weapons."

There is little doubt that the program was prompted by the knowledge that Germany had reached the height of her strength in land forces. The growing strength of the Allies on the various battlefronts was recognized and von Bethmann-Hollweg's government finally accepted the German Admiralty's view that intensive submarine activity might prove successful.

In the first two years of war British shipping losses had been offset by the amount of new shipping built or acquired. German naval authorities believed that an unrestricted submarine campaign would reduce Britain to starvation by July 1917. But their calculations were upset by the successful anti-submarine campaign developed by the British navy and the remarkable shipbuilding achievements in the United States.

**Had Big Plans**

German experts estimated that submarines would be able to sink 1,000,000 tons of shipping a month. This figure was never realized, although the menace proved to be one of the greatest ever offered to the safety of the British Empire.

The monthly average of shipping lost by British, Allies and neutrals during the last four months of 1916 amounted to 268,500 gross tons. In Jan. 1917, the figure increased to 282,000 and in February jumped to 464,000. March show 506,000 tons of shipping sent to the bottom. German submarines met with their greatest success in April when 831,000 gross tons were destroyed.

From that month the threat to Allied supremacy on the high seas steadily diminished as the measures taken against the submarines increased in effectiveness. In July 1917 the gross tonnage lost was cut to 320,000. In the first seven months of unrestricted submarine warfare Allied losses amounted to about 4,500,000 tons, equalling the total Allied losses from the beginning of the war to the start of the intensified campaign Feb. 1, 1917.

## Fighting Men Get New Beans

Neutral Sweden Reserves Its 1941 Brown Variety for the Services

STOCKHOLM, (CP) — The entire 1941 crop of brown beans has been reserved for the use of the armed forces of Sweden. The civilian population will have only beans from older crops and some imported beans, the announcement added, this being an alternative to a rationing of yellow peas. It is also announced that effective immediately all baking flour must carry an admixture of flax seed, of potato flour or potato flakes.

## Chronicles of Ginger Farm

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

Well now, how is your sugar supply? Or rather, what is the normal sugar consumption in your house? Have you got it figured out yet? I doubt if there are many people who realize just how much sugar they really do use. I can't say that I do. We generally buy our sugar by the hundred pound bag and we use it until it is gone—and that's all there is to it. Tomorrow I am going to weigh out our week's rations—2 1/2 lbs.—and then I shall know just what we are using. And what a toast of will power and honesty that is going to be, for we have a fairly good supply of sugar on hand right now so there is nothing to stop us using more than our allotted share except our own good faith. But we'll play cricket, never fear. In fact I welcome the news that we in Canada will at least have an opportunity to share some of the inconveniences that Mother Britain has suffered so long. And really, once you get over the first shock, it gets to be more or less of a game seeing how well you can get along, and what you can do, in the way of surprises with your regular ration.

I would imagine this rationing of sugar will undoubtedly put a crimp in the serving of fancy cakes and tarts which have been taken as a matter of course at so many social gatherings—cakes and tarts that just about choke you if you stop to think how little they have in England. Enough, yes, they have enough to keep their bodies functioning properly, but not enough for the little treats that every woman likes to make for her family once in a while—the cake to celebrate a birthday or anniversary, or the dainty delicacy to tempt the appetite of the convalescent. And yet, while rationed supplies are a drawback, yet they have their compensations too. Sometimes you get permission for an extra allowance—in the case of sugar, for canning or for Christmas—and then that extra pound of sugar looks like a million dollars!

I had such an experience last Saturday. Partner and I had been looking over the tires again on our car and we found that we were still using one tire that was in pretty bad shape. I was really quite worried because what is the use of three good tires if the fourth one is likely to blow out any time. So I went to see what our service man could do about fixing things up and was told that, by government order, he was able to sell new tires of a certain size while his stock lasted. The size of the tire for our car was included in the list. Did I buy one? Well, I leave you to guess. I told our mechanic I never parted with money so willingly before. This time last year should I have got any pleasure out of buying a new tire? Not a bit of it—I would have spent the money most grudgingly! So it really looks as if a revaluation of our possessions would be quite in order.

We are getting very happy letters from our soldier son in Quebec. He is very well satisfied with life as he finds it just at present as he has been picked out to serve as driver-mechanic in his division, which means that sometimes he will be driving an army truck and sometimes working in the army garage. Apparently he has already done quite a bit of driving as he says there is plenty of fun driving around in Quebec, because it is nothing but snow and ice—but nothing has happened so far—our son blithely remarks.

Fortunately for myself I have long since given up worrying about the boy and his service driving, although I think he stands a good chance of breaking his neck, any day of the week—but he is in the army now and Partner and I both realize that a certain amount of recklessness is looked for and encouraged in these young fellows who are in the Army Service Corps, for of what use would a driver be in a tight spot if he were the type habitually afraid of taking chances? I don't think we shall hear any complaints about our boy on that score!

By the way, were you wondering how my tame Biddy was coming along? Well, she is almost back to normal and was returned to the hen-house a few days ago. Previous to that, any time Partner was working around the wood pile we let Biddy do for exercise and then we had such a grand time catching her we thought she must be quite able to fend for herself in the hen-house. So back she went and now all that we ask of her is that she get good and busy and lay an egg a day for England!

## Needn't Worry About Epauletts

Eat Good Food and Forego Pleasure of Pills, U. S. Leader Advises

WASHINGTON, (CP)—Dr. Minnie L. Maffett, who heads 78,000 club-women in the United States, warns

American women against a brass button complex in defence work. "We don't need green shirts or any other colored shirts to work for defence," says Dr. Maffett, a Houston, Tex., gynecologist, who is president of the National Federation of Business and Professional Women. "We don't need to worry about brass buttons and epauletts. Think how much brass it would take to brass-button several million women


anyway. We need to be giving thought to the job to be done—not how we look when we do it. "Most women will make their greatest contribution to defence in health, nutrition and education, by taking courses and using what they have learned in work for their families and their communities. We have sensed the importance of vitamins as a defence factor, but most people are more vitamin-conscious than vitamin-

wise. I believe that \$100,000,000 a year could be saved by eating good food instead of pills."

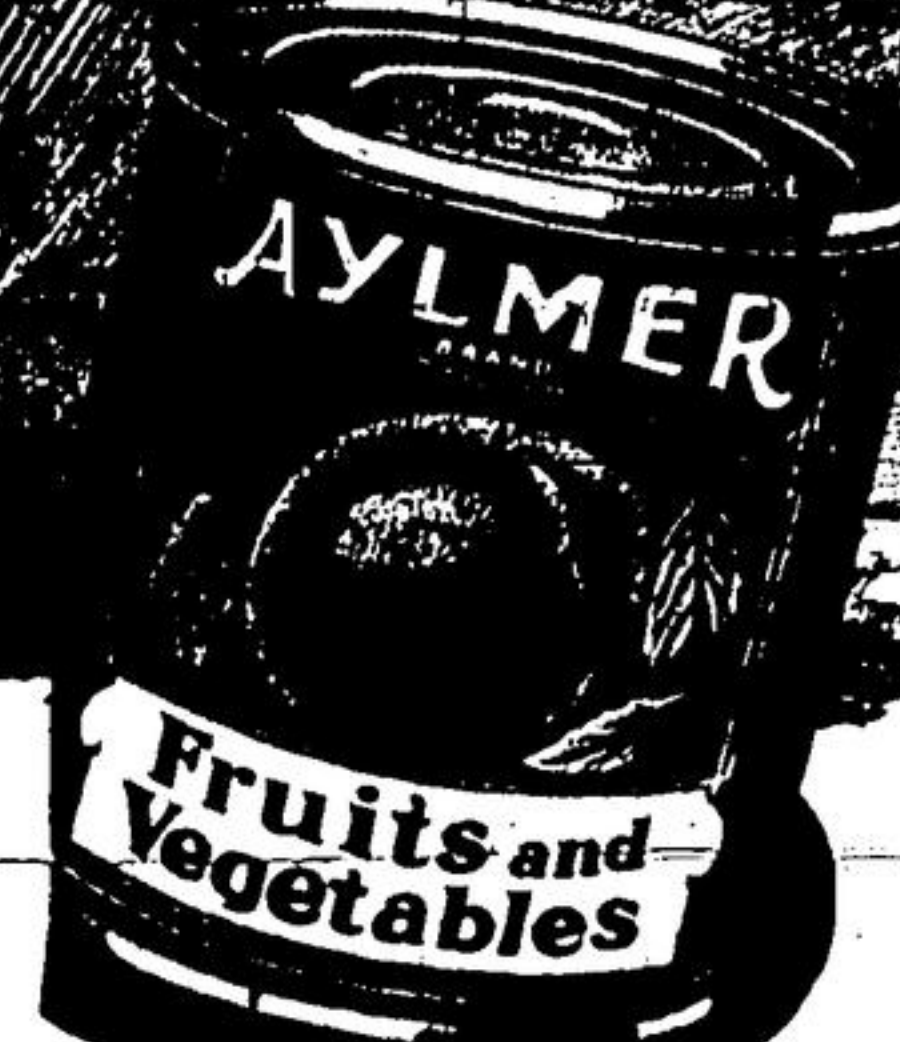
### WHERE STRIKES TABOO

GLASGOW, (CP) — Eighteen bus drivers and four conductresses were each fined the equivalent of \$4.50 for taking part in a strike without having submitted the dispute to the Ministry of Labor.

# CARROLL'S



**AYLMER PEAS**  
2 16-oz. tins 19¢



**AYLMER TOMATO CATSUP**  
5-oz. tin 5¢

Aylmer Choice, Diced <b>CARROTS</b> 16-oz. tin 9¢	<b>Special Aylmer PORK &amp; BEANS</b> 2 20-oz. tins 15¢	
Aylmer Spinach 16-oz. tin 11¢	Special Aylmer—in Brine <b>KERNEL CORN</b> 16-oz. tin 10¢	
Aylmer Tomato Catsup 12-oz. tin 12¢	Special Aylmer <b>PEACHES</b> Sliced or Halves 2 15-oz. tins 25¢	
Aylmer Choice Bartlett Pears 15-oz. tin 17¢	Special Aylmer <b>APPLE JUICE</b> 2 20-oz. tins 15¢	
Aylmer Choice Apricots 15-oz. tin 15¢	Special Aylmer Sieve 3 <b>CHOICE PEAS</b> 2 16-oz. tins 21¢	
Aylmer Tips Asparagus 12-oz. tin 17¢	Special Aylmer Choice <b>TOMATOES</b> 2 2 1/4 tins 23¢	
Aylmer Golden Choice Wax Beans 10-oz. tin 11¢		
Aylmer Rosabud Fancy BEETS 15-oz. tin 15¢		
Aylmer Choice, For Pies Cherries 15-oz. tin 15¢		

Duplex Cream Sandwich **BISCUITS** pound 18¢

All Corn **BROOMS** each 39¢

**Kellogg's Corn Flakes** with FREE Glass Tumbler  
3 8-oz. pkgs. 25¢  
2 12-oz. pkgs. 25¢

**Aylmer Choice Tomatoes** 2 15-oz. tins 15¢  
Aylmer **Tomato Juice** 3 20-oz. tins 25¢  
Aylmer Golden Bantam **Corn** 16-oz. tin 10¢  
Aylmer Tasty **Asparagus CUTTINGS** 2 12-oz. tins 21¢  
Aylmer Mixed **Peas and Carrots** 2 16-oz. tins 25¢  
Aylmer, For Pies **Pumpkin** 2 2 1/4 tins 25¢  
Aylmer **Irish Stew** 2 tins 25¢  
Aylmer **Lamb Stew** 2 tins 27¢  
Aylmer **Raspberries** 15-oz. tin 21¢  
Aylmer **Vegetable Juice** 2 10-oz. tins 19¢  
Aylmer **Jumbo Peas** 2 16-oz. tins 25¢

AYLMER TOMATO, VEGETABLE, CELERY, GREEN PEA, CREAM OF CORN **SOUPS**  
2 10-oz. tins 15¢

**Chocolate Drink**  
Toddly tin 25¢, 45¢  
Between Meals—Drink  
Ovaltine tin 39¢, 98¢  
Aylmer **Succotash** 2 16-oz. tins 25¢  
Hand Cleanser  
Snap tin 16¢  
Bleach  
Laverne Bottle 9¢  
Swift's Pork Specialty  
Prem tin 32¢  
Maple Leaf  
**Soap Flakes** 1/2 lb. 19¢  
A Household Necessity  
Sani-Flush tin 15¢  
Babbitt's  
Cleanser tin 5¢

**Crown Corn Syrup** 2 1/2 lb. tin 23¢ 5 1/2 lb. tin 53¢  
**Canada Corn Starch** 16-oz. pkg. 10¢  
**Mother Parker's Tea** At New Low Prices  
**Mustard Powder** 10¢  
**Salad Dressing** Jewel 25¢ jar 39¢  
**Lemon Pie Filling** Shirriff's 1/2 lb. tin 14¢  
**Marmalade** Good Morning 25¢ jar 35¢  
**Lushus** Shirriff's 3 1/2 lb. tin 23¢  
**Bartlett Pears** Aylmer 2 6-oz. tins 21¢  
**Fruit Cocktail** 15-oz. tin 21¢  
**Pineapple** Aylmer Sliced 15-oz. tin 16¢

**SHREDDED WHEAT** 2 pkgs. 23¢  
Christie's Devil's Food **Chocolate Cake** each 25¢  
**Facial Soap**  
**Woodbury's** 1c Sale 4 cakes 24¢

**Ask for ROMAR Coffee** 1-lb. bag 39¢  
—Also—  
**DANDEE** 1-lb. bag 32¢

**FREE \$100,000** Contest for CANADIANS ONLY  
**IVORY SOAP** Medium 2/13c Large bar 10c

**JUICY NAVEL ORANGES**, Dozen 27¢  
**CHOICE SPY APPLES** 4 lbs. 29¢

**CRISP, FIRM HEAD LETTUCE** 3 for 25¢  
**NEW, GREEN CABBAGE** 2 lb. 19¢

Also Leaf Lettuce, Radishes, Onions, Carrots, Spinach

FRUIT AND VEGETABLE PRICES GOOD TILL SATURDAY NIGHT. We Reserve the right to limit quantities of all goods to weekly family requirements.