

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Home-made Treats and Suggestions

SUGAR ECONOMY

Less sugar to eat; less sugar with which to cook. What does this mean to Canadian women? Every one will help the war effort, knowing that she is being trusted personally to ration her family's sugar supply.

Most Canadian diets contain too much sugar. Homemakers will be assisting their families as well as their country when they use these recipes suggested by the Consumer Section, Marketing Service, Dominion Department of Agriculture.

Honey Cake

- 1 cup butter
- 1/2 cup honey
- 1/2 cup sugar
- 2 eggs
- 1/2 cup milk
- 1/2 teaspoon vanilla
- 2 cups cake flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt

Sift the dry ingredients. Cream the butter, add sugar gradually, creaming it thoroughly with the fat. Add honey gradually and blend with butter and sugar.

Beat egg yolks and add to first mixture. Add vanilla to milk. Add sifted dry ingredients alternately with the milk, beating just enough to mix the ingredients. Fold in stiffly beaten egg whites. Pour into a tin eight inches square and bake in a moderate oven, about 350 degrees F.

Spice Cake

- 1/2 cup sifted all-purpose flour
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1 teaspoon salt
- 1/2 cup boiling water
- 1/2 cup fat
- 1/2 cup corn syrup
- 1/2 cup molasses
- 2 eggs

Sift together flour, spices, salt and soda. Add boiling water to fat, corn syrup and molasses; blend. Add the liquid gradually to half of the sifted dry ingredients. Beat eggs; stir into the batter. Add remainder of dry ingredients and mix. Half fill muffin tins, well-greased, and bake in a moderate oven (375 degrees F.) for 25-30 minutes. Or pour into a well-greased shallow pan, 12" x 8" and bake in a moderate oven (350 degrees F.) for 45 minutes. If desired, half this recipe may be made and baked in a greased pan 8" x 8" in a moderate oven (375 degrees F.) for 25 minutes.

Oatmeal Drop Cookies

- 1/2 cup fat
- 1/2 cup brown sugar
- 1/2 cup corn syrup
- 1/2 cup milk
- 2 cups rolled oats
- 1/2 cup raisins
- 1 1/2 cups sifted all-purpose flour

- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 2 1/2 teaspoons baking powder

Cream fat, add brown sugar and corn syrup, blending together thoroughly. Stir in milk, add rolled oats and raisins; mix well. Mix and sift flour, salt, spices and baking powder, add to first mixture and beat thoroughly. Drop by teaspoonfuls on a greased baking sheet and bake in a moderate oven (375 degrees F.) for 15-20 minutes. Makes four dozen medium sized cookies.

Wheat Germ Muffins

- 1 1/2 cups flour
- 3 teaspoons baking powder
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 3/4 cup wheat germ
- 1 egg
- 1 cup milk
- 3 tablespoons melted fat

Mix and sift flour, baking powder, sugar and salt. Then add wheat germ. To this add the melted fat, then the beaten egg and milk. Stir only enough to combine. Bake in greased muffin tins for 20 minutes at 400 degrees F. Yield: 20 small muffins.

Jam Pockets

- 2 cups sifted all-purpose flour
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 2-3 tablespoons sugar
- 1 egg
- 1 cup milk
- 2 tablespoons melted fat

Mix and sift flour, baking powder, salt and sugar. Beat egg, add milk. Make a depression in the flour mixture—pour in milk and egg, then melted fat—stir as little as possible in mixing. Turn half the required amount of batter into well-greased muffin tins, add 1 teaspoon of jam to each muffin and cover with the remaining batter. Bake in a moderate oven (350 degrees F.) for 25 minutes. Yield: 24 small muffins.

Vicar Makes Fight For Sunday Dances

Town Education Folks Against It but He Will Carry Question Higher

SWITCH, Eng. (CP) Sunday night dances for service men and women which have been run since the beginning of the war by the Rev. W. G. H. Thomas, Vicar of Needham Market, near here, have been banned by 11 votes to two by a sub-committee of the East Suffolk County Education Committee.

"I shall carry the fight," the vicar said "to the County Education Committee, which has power to override the sub-committee's decision."

The vicar's only supporter was Canon H. S. Marriott, rector of Wilton and ex-serviceman.

Chronicles of Ginger Farm

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

This week, if our Editor will permit, I would like to use this column to make an appeal to the women of this district and to women in other districts too, who happen to be readers of this column.

Many times since this war began women everywhere have said: "I wish there were something more that I could do some way in which I could really help our war effort."

Today we have that opportunity, you and I, and all the homemakers of Canada.

If you heard, or read, the message from Mr. Donald Gordon, you will know he has asked the people of Canada to begin right NOW to lead a simpler life. He said we must learn to deny ourselves in many ways to stay home more and to be satisfied with plainer food on our tables. He stated that a rationing system had already been set up and could be put in operation at short notice if it were necessary.

Friends, let us show Mr. Gordon that rationing is not necessary. That the women of Canada can, and will, lead the way and make the utilization of food supplies to the best advantage their own special war effort. In this I appeal particularly to the officers and members of the various women's organizations to be found in every community. Church societies of every denomination, Women's Institute, Patriotic League, I.O.G.F., but I don't need to enlarge, you know them all. You know that every society is busy all the time raising money for some worthy cause. Social events are the order of the day and of the night.

Now I'm coming to it, Friends, I ask you, is it reasonable to be consistent in your country, to put on a dance or what have you, for war work of any kind, and then serve a hearty lunch complete with sandwiches, tarts, bread, cakes, tea, coffee, etc. AND BE IT STILL BEING DONE. Not in all societies some, I am glad to say, have already cut down refreshments to not more than one item of food. And why not? Generally speaking, the patrons of these social "do's" are not hungry or ill-fed, but in normal times they have become accustomed to the big spread at these affairs and come prepared to do justice to it.

But these are not normal times and so, as a war measure, I appeal to the officers and conveners of every organization to use your influence, and to show your realization of our country's peril by serving only plain refreshments at all social affairs. If you are a refreshment convener do not ask members for cakes, pies or tarts. It is publicly served as an act of disloyalty. Yes, I know it may be possible for cakes to be sent without any member exceeding her sugar allowance. That isn't the point. It's the principle of the thing. Let us obey the law in spirit as well as in the letter. If we can do with less than our twelve ounces so much the better.

The less sugar we use and the less of a good many other things too, the less shipping there will be. And shipping of such vital importance these days.

Some one must take the lead when changes are made and I would say it is a grand opportunity for the members of women's societies across Canada to live up to the highest traditions of their organizations by showing their readiness to co-operate to the fullest extent in whatsoever sacrifices may be required of us by our government. The Women's Institute has for its motto "For Home and Country." The I.O.G.F., "For God, King and Country." Surely at no time in our history has there been a better opportunity than now to show our loyalty to God, King, Home and Country, privately in our homes, and publicly in our organizations.

It isn't always what we do that is so important, but what it stands for. Serving cake upon occasion will neither win or lose the war. But the presence or absence of cake is a symbol of our willingness or unwillingness to sacrifice personal luxuries for the cause of freedom.

Our boys and girls, heretofore have had the best of everything. We can not expect them to become sacrificial overnight, but once again, the lead they will not be able to follow. And mothers, don't ever worry. The fate of a few good eats isn't going to spoil your youngsters' fun.

Think it out for yourselves. Friends, serve a good old-fashioned spread and you stand to the world that you don't intend to go short of anything until you have to serve a plain lunch and you publicly assert your willingness to move steadily together into the storm and through the storm.

WAR 25 Years Ago

Never Fighting on the Ancre-Somme Watershed Forced Germans Back to Hindenburg Line

Undeterred by severe weather, British troops maintained constant pressure against German forces on the Ancre-Somme battle-front 25 years ago in the First Great War. During the previous six months the enemy had been shaken seriously at the Somme and it was evident preparations were being made for a withdrawal to the strong Hindenburg line.

The first three months of 1917 found Allied troops engaged in hard fighting in the vulnerable Ancre salient. Following successes in the Beaumont Hamel region the 2nd, 10th and 63rd British Divisions started an assault on Feb. 17 that resulted in the capture of strategic points on both flanks of the River Ancre.

From these positions, small detachments and patrols worked forward and the end of the month German defenses had been penetrated over a wide front. Sherrie, Miramont, Warlencourt, Pys and other places fell to the British.

The whole of the Ancre valley and higher ground to the north, including the village of Commeucourt, was taken over. The Germans then attempted to defend a line cutting off the Ancre Salient and covering the villages of Le Fresnoy, Crofflers and Burequy. They were unsuccessful and during the following month fell back on the Hindenburg Line.

February Thaw From the middle of February weather conditions favored the Germans. A thaw set in and roads and fields all over the battlefield were churned into a quagmire. The attacking forces encountered great difficulty in pushing forward while the Germans fell back to a salient on ground and a succession of misty days covered their operations.

During all this period Canada's soldiers were "resting" in the quiet Arras Sector. There they prepared for the great Spring offensive against the Hindenburg Line in which they won undying fame by the conquest of Vimy Ridge.

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No Metal for This Kettle

Potters Even Guide Britain Through Black-Out

Electric kettles of porcelain are now being made in England for the first time.

Many thousands of them are already on the market, for in Britain to-day the demand for electric kettles is as great as it is for the metals from which they are usually made.

The kettles hold three pints of water and they are shaped to a good design in plaster moulds from liquid clay, specially prepared. After the first "firing" in the pottery kiln the ware is glazed a dark blue and fired a second time at a very high temperature.

A wicker handle and the necessary electric element, flex and plug are then attached. All the work, except the kiln firing, is done by women.

In other directions Britain is using pottery widely to release metals for the war. Chemical stoneware replaces stainless steel for certain types of jam-making plant. Accumulator boxes are made from stoneware instead of porcelain. Electric fires have surroundings of stoneware in place of metal.

Potters are also guiding people through the black-out in the form of tiles with raised ribs which reflect the light. These tiles are being built into kerbs in black and white groups or fixed to doorways, gateposts and those temporary obstructions which arise in the path of the wayfarer.

INDIA IS WARNED LAHORE, India (CP) Premier, H. J. K. has appealed to the people of all India to "speed up war activities to meet any attack on the safety and integrity" of the nation.

LONDON (CP) A thunderstorm which accompanied an unexpected fall of snow caused a minor alarm in many London districts. In one area the thunder was so loud people thought tanks were dropping bombs and rushed to air raid shelters.

Men of 30, 40, 50 PEP, VIM, VIGOR, Subnormal? Want normal pep, vim, vigor, vitality? Try GAYLOR'S Tonic Tablets. Contains iron, aluminum, vitamin elements—aid normal pep after 30, 40 or 50. Get a special introductory size for only 35¢. Try this aid to normal pep and vim today. For sale at all good drug stores.

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SPECIAL — ORANGES MED. LG. SIZE, Doz. 31c

LARGE, FIRM HEAD LETTUCE, Per Head 10c

Also, Fresh Rhubarb, Pineapple, Cauliflower, Onions

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IMMIGRATION TO CANADA REDUCED

Immigrants admitted into Canada in 1941 totalled 6,329 as compared with 11,324 in 1940, a decrease of 47 per cent, reports the Immigration Branch of the Department of Mines and Resources. The 1941 movement of immigrants was the smallest since 1880, when only 6,276 persons were admitted.

Immigrants from the United States

numbered 6,504, accounting for more than half of the 1941 total. English, Irish, Scottish and Welsh immigrants totalled 2,300. One hundred and ninety-four persons of northern European racial origin were admitted. Immigration to Canada was at a low ebb in 1940 and 1941 compared with past years. The peak was reached in 1913 when 400,876 immigrants were admitted. During the first Great War the lowest total reached was 41,845 in 1918. Canadians returning from the United States in 1941 numbered 3,564 compared with 4,099 in 1940.

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KEEP 'EM ROLLING Buy THE NEW VICTORY BONDS

To us as individuals and to us as a nation there is nothing more vital than our war effort. Upon a successful outcome of the struggle is based all our hopes and plans for the future. No other investment therefore, that we can make with our money, holds promise of rewards so rich in security and happiness as does the Victory Loan.

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This offer is good at any Carroll's store. Clip the coupon now. This offer expires Monday night, February 23, 1942.

Bright's Peaches 2 15-oz. tins 25¢

Choc. Graham Biscuits 1 lb. 29c

Water-ice Waters pound 19c

Crisco "For Lighter Cakes" 1-lb. 25c, 3-lb. 65c

Hawes' Floor Wax 1-lb. 25c, 1/2-lb. 45c

Pard Food For Dogs and Cats 2 tins 19c

Kleenex pkg. 10c, 25c, 29c

Silver Ribbon TOMATOES 3 15-oz. tins 20c

Clark's TOMATO JUICE 2 20-oz. tins 15c

Fry's COCOA 1-lb. tin 31c, 1/2-lb. tin 19c

Sure-Lite MATCHES 300s 3 large boxes 23c

Assorted Shades NUGGET SHOE PASTE POLISH tin 10c

Caramel, Choc., Butterscotch, Vanilla Shirriff's Desserts 3 pkgs. 23c

Shirriff's Fruit Puddings 15c tin 25c

Shirriff's "Good Morning" MARMALADE 32-oz. jar 35c

McLaren's NUT-CRUSH 16-oz. jar 27c

Ask for Contact Entry Blank OXYDOL pkg. 9 1/2c, 24c, 65c

Christie's Cake BANANA SQUARE each 25c

Christie's, Southern FRUIT CAKE each 20c

Hawes' Furniture Polish LEMON OIL 1 qt. 15c, 25c

Maple Leaf SOAP FLAKES 1/2 lb. pkg. 19c

Ask for Contact Entry Blank Ivory Soap 1/2 lb. mod. 2/13c

CHOICE CRISP CELERY HEARTS 2 for 27c

SPECIAL — ORANGES MED. LG. SIZE, Doz. 31c

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