

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

Break away from your usual dessert occasionally and serve something with a "tang" or "zip" to it. Fortunately, not even the war can prevent this, for right in California we grow millions of lemons—probably the best fruit of all so far as that tangy flavor goes.

Here are recipes for a pudding and a stuff that will meet with the approval of family and guests. Try them before you forget!

Lemon Crumb Fudding

- 1 1/2 cups dry bread crumbs
- 2 cups fresh bread crumbs
- 2 cups cold water
- 3 tablespoons lemon juice
- 1 teaspoon grated lemon peel
- 4-tablespoons butter or chopped suet

Soak bread in water, add lemon juice and peel, beaten egg yolks, sugar and melted butter or suet. Bake in moderate oven at 350 degrees F. about 1 hour. Spread with any tart jelly. Beat egg-whites stiff and gradually beat in 4-tablespoons sugar. When blended, spread this meringue over the top and brown in a slow oven. Serve with cream.

Lemon Fluff

- 5 eggs
- 3-tablespoons lemon juice
- 1-teaspoon grated lemon peel
- 1-tablespoon butter
- 1 cup sugar
- 1/2 pint cream

Beat together the yolks of the eggs, sugar, butter (melted), lemon juice and grated peel. Cook in double boiler until sugar is dissolved and it is creamy. While still in double boiler over boiling water, fold in stiffly beaten egg whites and mix well. Remove from stove and chill. Serve with whipped cream.

Traveller Used Gum In Unexpected Way

The delightful old lady traveller has been the subject of possibly as many alleged comic stories as the much-maligned mother-in-law, but every now and then a true incident occurs which puts even the best invented story to shame. Recently one of these old lady travellers made her first air trip on a Trans-Canada Airlines plane. She had ear trouble, she said, and was afraid of the liner's taking off and landing. Supervisory Stewardess Margaret Dixon, of Trans-Canada Air Lines, gave her a package of gum and assured her that if she would chew it there would be no trouble to her ears. The plane rose steadily and all was well but the old lady. She called Stewardess Dixon and shouted she was "stone deaf." Margaret was worried. The old lady could not hear. She pointed to the gum. The old lady pointed to her ears. She had chewed the gum and plugged her ears with it. A minor operation with a hairpin restored the old lady's hearing.



MISS LAURA PEPPER
Director of the Consumer Section,
Department of Agriculture.

Ottawa Tips On Building

Mines and Resources Department Gives Pointers on Wooden Construction

OTTAWA, (CP)—Want to build a house? Here are some pointers from the Mines and Resources Department:

1. In framing a building only dry timber—20 per cent. moisture content or less—should be used. If dry timber cannot be obtained care should be taken that ventilation is provided to dry out the wood after erection. Details of construction which permit moisture to enter or accumulate should be avoided.

2. Buildings should be erected on naturally dry sites. Where this is impossible adequate drainage is necessary to ensure that the ground under the building is dry. In semi-permanent construction where posts or mud-sills are used in contact with the ground only durable species such as cedar should be used. If less durable types of wood are used they should be treated with preservatives.

3. A free space of at least 18 inches should be left between the ground and the floor joists. Openings should be arranged in exterior wall coverings to provide ample circulation of air below floor level.

4. The roof must be waterproof. All exposed wood work should be lightly jointed so driving rains will not permit moisture to enter. The building and seep beneath the wood-work. Painting or other protective coatings should not be applied to green lumber.

5. A vapor seal should be placed on the interior surface of exterior walls in rooms such as laundries and kitchens where there may be an excess of moisture.

ARMY DOCTORS PEP-UP

LONDON, (CP)—Empire army doctors in Britain have gone back to school to keep abreast of medical developments at the British Post-graduate School of Medical Science where latest ideas in surgery and medicine are taught.

Chronicles of... Ginger Farm

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

Isn't it a grand and glorious feeling when you get a big job done after working on it for hours and hours? At least that is the way I feel now that I have put the last stitch in a quilt-top for the Red Cross. It's made up of twenty patchwork blocks—twenty blocks eighteen inches square and dear knows how many patches in each block. But at long last the blocks are done—the next thing is to put them together and get the whole thing quilted. Result—one more warm comfortable quilt for someone whose need of it we can only guess at.

Are we going to have an early spring? What is your guess? We have certainly had some lovely warmish weather just lately but yet there is still plenty of snow to be seen on the mountain and queer looking humps of snow still line the highways and byways looking like so many defunct, snowmen from the distance.

And speaking of roads and snow-drifts—there was a very serious accident last week involving a truck and a car. The car was travelling along a road unfamiliar to the driver and, where, previously, the snow plough in passing had left high banks of snow along either side of the road, hiding from view—or so it has been said—the "stop" sign, at the intersection. The driver of the car, not knowing he was attempting to cross a through highway, drove on, just as a truck on a down grade from the main road also approached the cross-roads. Result, a terrible collision—two people killed and others sent to hospital.

It is not for me to say positively how the accident occurred but if the real reason was an account of the "Stop" sign not being clearly visible then it is a terrible thing to have happen on a public road.

Judging from what I have seen on other roads I am inclined to think that there is every possibility that the stop sign may have been hidden from view.

This modern road machinery certainly makes a real job of clearing the roads when they go at it. But of course the snow has to go somewhere, thus the snowbanks get higher and higher with each succeeding storm. In which case I wonder if the operators of the snow ploughs have ever been warned to see that all road signs are left plainly visible after their work is done?

Along this road the huge winged snow plough takes everything in its stride, including mail boxes! And, in winter time, having one's mail box uprooted or decapitated isn't so good. Our mail box has been a casualty twice one this year and one casualty or three years ago. Others along this road have suffered a similar fate.

Another way in which I would say road workers show poor judgment is in leaving big piles of gravel at intersections, in some cases hiding from view oncoming traffic approaching the corner from two directions.

I may be only a woman but I travel the road a bit and I have eyes. And so, in view of what I have seen I would suggest:

1. That "Stop" signs be placed further back from intersections, the same as they are at railway crossings, and thus give drivers on strange roads more timely warning of their approach to a through highway.

2. That road signs be visible at all times.

3. That more care be exercised to avoid hitting mail-boxes and mail-box posts.

4. That no gravel piles be left at intersections.

I might also add that the responsibility for having these things done lies not with the road foreman but with the road committee in charge of the roads. We have township road committees, a County Road Committee, whose job it is to look after the roads in the interests of the taxpayers.

Maybe with the present shortage of rubber threatening a curtailment in motor traffic it would seem I am a little late in making these suggestions but there are still plenty of cars on the road and it will probably be quite a while yet before their number is lessened to any appreciable extent. In the meantime life is precious and the loss of an active man or woman through an avoidable accident is a loss not only to his or her immediate family but a loss to the nation as well.

British Youths Are War-Trained From Childhood

National Movements Prepare Them for Army, Navy, or Air During Boyhood Days in Village, Town and City

BY FOSTER BARCLAY
Canadian Press Staff Writer

LONDON, (CP)—The government, aided by voluntary organizations, is carefully grooming the youth of Britain for war.

In nearly every city, town and village boys between 12 and 18 are acquiring background to the sphere of war life they hope to follow and are ensuring the army, navy and air force of a flow of keen, enthusiastic youngsters who have passed the elementary stage of military training.

Steps to prepare the youth to fight began almost as soon as war started. A National Youth Movement was organized under the aegis of the Board of Education and the Department of Education for Scotland and committees were established to advise the two boards and plan schemes.

From the committees' efforts have risen hundreds of clubs which have been grouped into three categories: those with membership and organization devoted to the service and training of youth; social organizations concerned with the youth but having other activities, and those which give special training such as physical training, handicraft, music and drama.

Youth Organizations Thousands of boys, anxious to learn as much as possible about military life before being called into service, have flocked to organizations providing elementary military training—The Air Training Corps, the Sea Cadets and the Senior and Junior Training Corps.

The A.T.C., the most popular body, has enrolled more than 160,000 youngsters between 16-18, or one-third of the available youth in that age group. The organization, formed more than a year ago to maintain an inexhaustible reservoir of manpower for the Royal Air Force, embraces 1,500 units, including 23 university air squadrons, 7,000 commissioned officers and 12,000 civilian instructors.

Apart from its potential war value the A.T.C., commanded by W. W. Wakefield, former Rugby International player, also has available educational facilities which otherwise would have been denied boys from working class districts. It is teaching them knowledge of skilled trades which will enable them to select a career after the war and is encouraging hobbies which can be developed in conjunction with air training activities.

The Senior and Junior Training Corps provides military training for students of 20 universities and pre-entry training for the army in public and secondary schools.

Continuous Training Training in the Senior Corps, organized by a permanent staff of officers and non-commissioned officers posted from the army and university lecturers who hold territorial army general list commissions, includes a minimum of 150 hours military schooling and 21 days continuous training. The latter course usually consists of camps, technical truck courses or attachments to the army. Each university contingent has infantry units and units of other arms, armored, artillery, signals or medical units.

Object of other Junior Corps is to develop powers of leadership and to give basic military training at a comparatively early age. Training includes instruction in drill, weapon tactics and field intelligence and cadets also attain a certain standard of proficiency in attend classes on technical subjects like survey, signals and intelligence.

The Sea Cadet Corps, believed to be the oldest boys' organization in Britain, has an enrollment of more than 10,000 and is growing constantly. It specializes in signalling and specially selected students are sent to their own training ship, "The Bounty," and from there pass into the Royal Navy or the Merchant Navy.

HOSPITALS MERGE LONDON, (CP)—Two London children's hospitals, the Princess Elizabeth of York Hospital and the Queen's hospital have decided to amalgamate. The new body will be named the Queen Elizabeth Hospital for Children.

Men of 30, 40, 50

PEP, VIGOR, SUBNORMAL? Want normal pep, vim, vigor, vitality? Get Ostrin Tonic Tablets. Contains Tonic, Stimulant, Astringent, and Side to normal pep after 30, 40 or 50. Try this aid to normal pep today. For sale at all good drug stores.

SWEET CAPORAL
Cigarettes
"THE PUREST FORM IN WHICH TOBACCO CAN BE SMOKED."

We Can All Be Waste Wardens

Ingenuity is not confined to the male of the species. Give a woman an old shoestring and a hank of yarn and she can whip up anything from a new hat to a bathroom rug in less time than it takes to say Mr. Schlegelgruber.

Home sewing is coming into its own again as the women join up in the army of waste wardens, and roll-cover the fun of nanking something new and fluttering out of something old and drab.

Here are a few ideas for conscientious waste wardens: sow colored flowers from the dime store on a cord to make a bracelet, a head-band or a lei. Save bits of colored yarn and embroider the brim of a felt hat to match your sweater.

If your coat lining is frayed around the bottom, bind it with grosgrain ribbon. Make a pinafore out of last year's cotton dress. Make country dresses of unbleached muslin with full dirndl skirts, bright applique.

Eggs For Britain To Be Shipped Dried

Canadian eggs for Britain are to be shipped from now on in dried powder form instead of in the shell, the Special Products Board has stated. The change will make no difference in the contract prices for export eggs in 1942, nor in the demand for all the top quality eggs that can be made available for Britain. The bonus of 3 cents per dozen on Grade A eggs to producers will be continued. Exporters will continue to offer eggs to the Special Products Board, but the eggs will be shipped for drying as directed by the Board.

The Board emphasizes that this change in the method of shipment does not reflect any change in the demand for Canadian eggs for Britain. The decision to accept Canadian eggs in dried form instead of in the shell has been made to meet the request of the British Ministry of Food.

Supreme in Quality
"SALADA" TEA



Although the soldiers refer to their head gear as "tin hats" these helmets are actually made of fine grade steel and are subjected to exacting tests. This batch is part of the production of a big Canadian plant which in peacetime specializes in cooking utensils.

CARROLL'S

WETHEY'S ORANGE AND GRAPEFRUIT MARMALADE 32-oz. jar 23¢

Allen's APPLE JUICE 2 20-oz. tins 15¢

WETHEY'S ORANGE AND GRAPEFRUIT MARMALADE 32-oz. jar 23¢

Allen's APPLE JUICE 2 20-oz. tins 15¢

BRIGHT'S RED PITTED CHERRIES 2 16-oz. tins 29¢

Allen's APPLE JUICE 2 48-oz. tins 35¢

Shredded Wheat 2 pkgs. 23¢

MACARONI 2 pounds 9¢

KLEENEX 1000 other uses 10c, 25c, 29c

JERGEN'S SOAP 2 cakes 5c

SPECIAL! SEEDLESS RAISINS From Australia 1 pound 10¢

AYLMER FRENCH CANADIAN PEA SOUP 20-oz. tin 8c

Our Best Blend ROMAR COFFEE 1-lb. bag 39c

AYLMER VEGETABLE JUICES 2 10-oz. tins 19c

Concentrated SUPER SUDS 1 lb. 22c

Davis GELATINE 2-oz. pkg. 19c

No-Rub Liquid AEROWAX pint tin 29c

TOILET SOAP MADE WITH PURE OLIVE AND PALM OILS Giant Size 2 for 19¢ Reg. cakes 4 for 25¢

Ready to Serve in 5 Minutes! Cream of Wheat pkg. 14¢, 22¢

Christie's Silver Pride Pound Cake pound 20c

Aunt Jamima Pancake Flour pkg. 15c

Cardinal Cream Biscuits Sandwiches lb. 19c

FIRM, RIPE TOMATOES, lb. 21c

CHOICE No. 1 COOKING APPLES 3 lbs. 25c

CRISP HARD LETTUCE 2 Heads 19c

JUICY ORANGES Large Size, Dozen 39c

Also Fresh Pineapples, Spinach, Radishes, Celery

We reserve the right to limit quantities of all goods to family requirements.

FRUIT AND VEGETABLE PRICES GOOD TILL SATURDAY NIGHT ONLY!

Jap Offensive Cuts Supply Lanes



Supply lines to embattled United Nations in the South Pacific have been lengthened, because of the many-pronged Jap offensive. Map shows routes American ships must follow, indicates Allied bases, and shows extent of Japanese penetration.

CHIPPENHAM, Eng. (CP) Admission to a dance in this Wiltshire village was a piece of scrap metal for the Ministry of War scrap metal drive.