

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

RHUBARB

To many a Canadian housewife one of the early signs of spring is the appearance of the first tender stalks of strawberry-red rhubarb. Canadian grown rhubarb is now being welcomed in many homes and provides an opportunity for variety in the daily menu. Present sugar restrictions demand more care and attention in the preparation of this spring product.

The Consumer Section, Marketing Service, Dominion Department of Agriculture recommends the following tested recipes:

Raw Rhubarb

- 6 cups rhubarb (Washed and cut into 1-inch pieces)
- 1/2 cup sugar
- 1/2 cup water

Wash and dice rhubarb but do not peel. Place in pan with water and cook over low heat until soft. Rhubarb can be cooked in double boiler without water if desired. When done, remove from stove, add sugar, replace cover and allow to stand until cool. Less sugar is required if added after the fruit is cooked. Corn syrup or honey can replace sugar in equal amounts.

It should be noted that different varieties of rhubarb vary in tartness. Therefore the proportions given are only approximate.

A general rule that might be useful in rhubarb sugar for every cup of raw diced rhubarb:

Rhubarb Foam

- 2 cups diced rhubarb
- 1/2 cup water
- 1 tsp. cornstarch
- 1/2 cup granulated sugar
- 1 tsp. vanilla
- 2 egg whites stiffly beaten.

Cook the rhubarb in water until tender and then add the sugar and cornstarch which has been blended. Cook this until there is no taste of raw starch. Allow to cool. Fold in stiffly beaten egg whites and vanilla. Chill and serve with a custard sauce made from the egg yolks. This will serve 4-6.

Rhubarb Crisp

- 6 cups diced rhubarb
- 1/2 cup granulated sugar
- 2 tsp. butter
- 1 cup flour
- 6 tsp. brown sugar
- 1/2 cup wheat germ

Dice the rhubarb and mix with the sugar. Place in buttered baking dish. Combine the butter, flour, brown sugar and wheat germ and spread the mixture on top of the rhubarb. Bake 50-60 minutes in a moderate oven (350 degrees F.) or until rhubarb is soft and top is golden brown.

Rhubarb Custard Pie

- Four boiling water, over 2 cups chopped rhubarb, add 1/2 tsp. salt, allow to stand 5 minutes and drain off. To the rhubarb add: 1 cup sugar; 1 tsp. butter (melted); 1 tsp. flour; 1 egg yolk (well beaten).

Bake in lower crust. When baked, cover top with meringue made from egg white, beaten very stiff, with 3 tsp. white sugar. Brown in a slow oven.

Rhubarb Juice

Put rhubarb through the food chopper. Measure and allow an equal quantity of water. Let stand overnight. Squeeze through several thicknesses of cheese cloth. Bring to boiling point and add 2/3 cup sugar for each cup of juice. Boil 5 minutes. Use with other fruit juices to make acidulated drinks.

With Mother Ill Youth "Owns Up"

LONDON, (CP) "CIVIL Street" wasn't very exciting for 17-year-old Donald O'Boyle, so he decided to do something about it.

Admitting in police court he had done a "serious thing," he related that he joined the R.A.F. by "swapping" his identity with Walter Blake, 18, who was arrested on an airplane last October. Then for three months Donald roosted the Air Force (and) he owned up to his true name when he learned his mother was ill.

Only, Eileen, one of his seven sisters, knew the secret. His mother thought he had joined the R.A.F. by claiming he was 18. Once in uniform he informed the corporal in charge of the mail that letters would probably be addressed to O'Boyle as well as "Blake."

He faithfully fulfilled his duties until he received a letter from Eileen telling him his mother was ill, and warning him that if he did not tell the C.O. the truth she would write and explain "DONALD" preferred to talk to the C.O. himself.

Next July O'Boyle is 18 and he will be trying to get into the services again—he says "the navy for me, next time"—only, this time, it will be the real thing.



THE NAVY'S HERO

Vice-Admiral P. W. Nelles, R.C.N., Chief of the Naval Staff, whose brief address introduced a series of special feature broadcasts over the National Network of the CBC recently. The programmes, under the title "The Navy's Hero," have been written at Naval Service Headquarters, Information Section, to tell the story of Canada's fast-expanding naval service and its valuable contribution to democracy's part in total war. The next broadcast, "Sailor's Heritage," will be heard coast to coast on Sunday, March 29, 8.30 p.m. EDT, 9.30 ADT.

Victory Garden A Satisfaction When Well Done

Co-operation of Town Gardeners in Latest Equipment One Tip of Writer on Subject

BY PAUL SIMMONS

One of the purposes of the wartime gardener will be to obtain exercise and diversion to compensate curtailment of otherwise normal activities and at the same time serve patriotic and useful ends.

Some may feel that since it is exercise they want, they might as well do the work on their garden by hand. This may prove a mistake unless the garden is very small.

In most cases it is advisable to have the area plowed a handy-man engaged for this also may break up the earth, lay off the rows and ridge them for planting.

Co-operate on Equipment

Some town and country gardeners keep small two-wheeled walking tractors for cultivating their vegetables. Larger and more costly machines, power operated, are available. In some instances two, three, four or five gardeners might pool resources and buy a small tractor for co-operative use.

If that is done, at least one of the group should be of a mechanical bent because intelligent care lengthens the life of farm machinery of any kind.

All-Summer Crops

Efficient use of garden space requires that the soils be utilized all summer long with one crop following another.

In planning a succession of crops a good rule to remember in this: Do not follow a root crop with a root crop and do not plant two members of the same family in succession on the same land. Example of plant family relationships are radishes and turnips.

Some good combinations are peas followed by late cabbage; radishes by bush lima beans; early beets by string beans; late peas by celery; early carrots by endive; onions by kale.

Preparing the Soil

First, if possible, the land should be broken and perhaps laid off and ridged or bedded in rows at least a short time before planting time enough to get one good rain. Leaf mould and animal manure likewise should be applied in advance of planting, preferably at the time the land is broken or when it is ridged or bedded.

Second the rows should be laid off approximately level following the contour of the grade and not running up and down hill. This washing away of the soil will be prevented.

Whatever the crop, the soil should be pressed firmly around the seed, when plants are put out, around the roots. Rollers for firming the soil are available, or a plank can be used.

Beware of Insects

Don't overlook the danger of insects or plant diseases. Seed dealers carry insecticides and will furnish recommendations for their use.

One question that may bother the newcomer to gardening is the proper width of rows for the various vegetables. This information usually can be obtained from the seed catalogue, the seed package or garden bulletins.

Recommended widths vary, however, and the gardener often can work out his own by visualizing the comparative sizes of the plants. But remember there must always be room to cultivate the plants.

Chronicles of... Ginger Farm

Written Specially for The Acton Free Press by OWEN DOLINE F. CLARKE

Last Friday we had a quilting—it was to quilt the crazy-work quilt that I had been making and I was very anxious to have it done and out of the way so that I might have the following week free and thus have plenty of time to get ahead with my work before our son came home on what may be his last leave. But as to that no one can tell. He had written he would probably get two weeks leave starting about the 23rd of March.

Well, my quilting was here by ten o'clock Friday morning and we had a busy day but we got the quilt done. Saturday morning was wet and windy and none of us at Ginger Farm got up with very much enthusiasm. You know, it was just one of those days and then it all changed! It was just before breakfast and I looked out of the pantry window and saw our son walking towards the house. The day was still wet and windy but what did it matter, for inside the house there was light and laughter. And such energy! It seemed no time at all before our son was into his overalls and had the car thoroughly greased and ready to go. Then he was away to town for chop for his Dad. On returning he announced he had arranged to take some neighbours to Hamilton after dinner, so I went along too. We shopped during the afternoon and I soon found that several small things I wanted were very hard to get. After we had had supper we went to see "How Green Was My Valley" and I have been talking about it ever since. Small wonder this picture was given the Academy Award. Certainly it is the best picture I have seen for some time. It will also have a very special appeal to Old Country people, for the setting is a Welsh Colliery town. There is a good music score for it and almost a natural for Welsh people to sing as to walk and talk. The miners' song when homeward bound after a long day in the damp and dirt of the coal mine. They sing at weddings; they sing to celebrate a birth and they sing in prayer at times of sorrow and disaster.

If you want to see a good show—good acting, a good story, pathos and humor, and not one word that is objectionable or suggestive, then don't miss "How Green Was My Valley." This is one picture that has all the virtues and none of the vices peculiar to the screen.

Officially we have started spring but today there are wild winds and a snow-fall-blowing. We look at the withered wood for it is almost as if green life can ever spring from such desolate vegetation. And the pasture fields what of them? Farmers are particularly anxious about pasture fields this year because many barns are empty, or nearly so, and cattle must be turned out early this year to rustle for themselves. We often see a load of hay going by along the road and that generally means that another farmer has run out of feed. Fortunately we have had enough so far but Partner tells me he almost counts the stalks of hay as he feeds it to the cattle the night and morning. Last month we sold a cow and that helped the worst situation just a little bit. So you see whether spring is early or whether it is late means quite a lot to farmers this year.

Have you got your gas ration book yet or are you among the two-thirds that have not applied? We sent in our application early in March but have not as yet received official permission to apply for our coupons. I am wondering if it has gone astray because some of our neighbors who applied later have been given the go-ahead signal. My what a howl there will be from late applicants if they can't get gas on April 1. It may well be the greatest April Fool's Day in history. Is it possible that some people still don't know that gas is to be rationed? It doesn't seem likely and yet why haven't more applied?

We are more worried about radio batteries right now than either gas or rubber since I heard the other day that the manufacture of dry batteries is to be discontinued. And for those of us who haven't got hydro that means no radio. Oh me, oh my!

What is life without a radio? It would be quite a nasty jar to go without a motorcar. But life without a radio? It almost makes me giddy!

How would we know of soap and things? That give to work such magic wings? Or penicillin that banish ill? And save us from countless doctor bills?

Letters from the Far East from an Acton Sailor

Herb. Dron of the Navy Tells About the Bazaar of Arabia

Somewhere in Arabian Sea, Mr. A. Dills, Editor and Publisher, "The Acton Free Press"

Dear Sir:

Another land of the "Far, Mysterious East" visited, a three-day sojourn there, and away to sea again, Arabia, the land of great desert and burning sands, Aden a scattered city built among the rocks and mountains, the bay, full of ships of all descriptions from crack European liners, huge cargo steamers, dhows, sampans, tugs, motor launches and various row boats, the natives with their various colored turbans, their white (at least at one time) shirts and colored saris, they are the men from India, the swarthy haired African, some dress but no head gear, and various other races, the Indians, some of whom I have talked to mostly speak good English, and seem to be an intelligent race, yet they cling to their old customs. The followers of Mohamed, who carry their prayer mats to work with them, and around sunset, those that wear shoes, which are very few here, take them off, unroll their prayer mats and from 15 to 20 minutes they interrupt their labors to say their prayers, which to us who never have seen anything like it is quite a ceremony.

Part of them are said standing, then they get on their knees, touching their foreheads to their mats, and complete their prayers kneeling, facing a certain star. No matter where they are, or how many foreigners (to them) are around, or how some of the ignorant stare, and some even laugh and make fun of them, they pay no attention during or after. Now that is what I would call true devotion. How many of our so-called Christians would go through the same ceremonies, under the same circumstances? There are lots of motor cars here too, but I never saw a work horse, they use a camel, the one with a single hump, look odd, but they look intelligent, too, whether they are or not I don't know.

One thing I do believe is that your steady readers would love to visit some of the places I have. It's a hell of a paradise, the bazaar and one of their main items is silk, Chinese and Japanese mostly, and cheap. Can you imagine buying pure silk at 4 annas a yard? There are 16 annas to 1 rupee, and 13 rupees to 1 pound sterling, which is about \$1.33 (so 4 annas would be about 7 cents). Then there are silk dresses and everything else you can think of that runs from 60 cents to about ten dollars at the very highest and also lovely Persian and Arabic rugs from 10 to 30 rupees each. I guess I had better not mention any more about silks and bargains or the Canadian Navy will be swamped with applications for enlistments from the opposite sex. Well there are thousands of naval men (war time sailors) who never see these countries, but on merchant ships, and old tankers you see lots of the world, for the world is their market.

Everything is different here in the East to what it is in the West, even at night the stars seem brighter and there seems to be far more stars here than we see at home, and here they go practically to the horizon, some very large and bright stars. In these waters I do not sleep in my cabin, but sling my "Me" on the poop deck under the gun platform, and this is winter down here. So I have been noting the stars a lot of late.

Also the sun here goes down very quickly. As it nears the horizon you can see it moving. As the east tip of it disappears you see a green flash above, and in a very few moments after it is dark, very little twilight in these parts.

Since I left Halifax last June I have received one Free Press, at least, and none since, I have also received but very little mail. Anyway I was beginning to get hot under the collar about the firm not forwarding mail, and now I understand it has been missing in and following us from port to port, so what I expect we shall shortly catch up to it. Boy!

How would we follow "Road of Life" "The Cruise" 29th year of front line strike?

And what a beautiful thing "would be" it would never miss heart swing!

Oh take my gas, my tires, my car. My savings too, are yours at par. But if the best of these must go. Oh leave me, please, my radio!

How would we know of soap and things? That give to work such magic wings? Or penicillin that banish ill? And save us from countless doctor bills?

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levo me mail is one big item, in this life, but I sure have missed your Free Press and I am hoping to get them all in the near future. It keeps me in a personal touch with life in the home town, which even private correspondence can't do. Of course the story of our mail chasing you might be a "cover up" story, as I know some of the crew have not received any mail since leaving England last March, and some of them from places that were besieged after they left. It is pretty hard on those boys, not knowing if they have homes or families left to go to or not, and they are doing a good job at sea. Without merchant sailors England would not survive. Of course without Britain's navy the merchant sailor could not survive, one to deliver the goods, and one to protect them, but you would think if an English firm was putting their all in the war effort they would consider that one important item would be to do their best to see that their crews received all their mail as soon as possible, for that is vital to the morale of the men, risking their lives every day at sea, not only for England, but for the owners of their ships.

Mr. A. T. Brown may be interested to hear that I have procured some very nice stamps down this way. One is a used stamp of Yemel, travels by Camel Boat. Now try and find that one in your "Scott's". And now I must close.

Yours sincerely,
H. V. DRON, A.B., A.A.I.C.
P.S.: I sent you a bundle of papers few days ago.

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