

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

You can serve fish two or three times a week to help keep the average cost of protein food down. All the shore dinner favorites are available at budget prices, no matter how far you live from the surfline. If you use the quick-frozen kind. There's not a scrap of waste to quick-frozen fish fillets, for all bones and other inedible parts are removed before quick-freezing seals in vitamins and deep sea flavor, right near the docks where the fishing boats come in. The solid fish fillets are ready to slip into the broiler, skillet or oven just as you take them from their cartons.

If you'll take your menu-planning cue from the sea resort chefs, it's easy to give infinite variety to your menus. Low cost specialties that are famous flavor affiliates of sea food include cole slaw, moulds of tomato jelly on nests of shredded green lettuce, and melted butter seasoned with a little Worcestershire sauce.

Besides being extra-rich in minerals and vitamins, quick-frozen foods are all time-savers. Chores of sorting and cleaning are all done before vegetables are quick-frozen, with all their flavor and high vitamin content sealed in. They take only half as long to cook as other vegetables, too.



Chronicles of... Ginger Farm

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

Well now, wasn't that something! Last week, here we were all ready to start spring seeding. Son at home to run the tractor... and then, instead of running the tractor he had to run the car—to bring coal from town to keep the home fires burning. First it rained—and what a rain—and then, as most of you probably have reason to know—it snowed, and a snowstorm of blizzard proportions, which plugged up roads and lanes and made travelling along the highway anything but a pleasure. And we had chains on the car for the first time this winter. After just one trip to town with them clanging along I said quite definitely upon my return "Well, if I can't go out without chains I won't go at all."

However the weather has really been the least of our worries... fly calves in one week—and two of them twins. As a result the kitchen stove has been so cluttered up all week with extra kettles of hot water that I have hardly had room to boil an egg. One mother cow required two trips from the vet, another took a chill and was successfully given home treatment. So now we think—and we certainly hope—that the worst is over, and by the time we really are able to start spring seeding things should be just about normal at the barn once again.

I might add that four of the five calves are of the male variety and since their span of life is likely to be short lived, finding names for them will be unnecessary. I don't know what Partner intends to do with the little heifer. I must ask him.

Son went back to his camp in Quebec last Friday and the house is strangely quiet without him. Even the radio seems different. We turn it on and we get newscasts, orchestras, quiz programs, special speakers and what-have-you. But when Son was home radio programs were apparently nearly all swing or rhythm. He would turn the dial and it would be—"Whow-bang... whow, bang—whow-o-ow." And Son would say—"There now, listen to that for rhythm! Can't you hear the music in it?" Oh boy that's the real stuff—that's music!

And believe it or not, I began to realize there was some truth in what he said. No, don't get me wrong. I am not in any danger of becoming a swing enthusiast, but I am beginning to realize that after all, music in swing time properly played—is not just a noise as I had previously thought it to be.

Last week was the annual meeting of our Women's Institute and I believe we established a precedent. We had so much business and such an interesting demonstration on Home Nursing that we didn't have time to elect our officers for the coming year! How nice it would be if we could have a lot of business and a demonstration at every meeting and thus evade the election issue indefinitely. I might add I haven't heard any of the present officers express that same opinion.

I wonder what we are going to do about meetings in general—are they necessary or are they a waste of time? What do you think? I again re-emphasize the war is on—I believe there is definitely a falling off in attendance at meetings in the country of almost every organization. Farm women seem to feel they haven't time these days to spend a whole afternoon away from home. They find it a rush to get away and then, if the meeting is at all lengthy, they are worrying to get home to the chores. There is very little pleasure in going out that way and as a result many who stay home. And yet, it seems a pity to be so busy that we cannot take at least one or two let-terooms a month for a little social get-together. And I am also wondering if the feeling of "busyness" isn't partly a state of mind don't misunderstand me. I know farm women everywhere are just about as busy as they can be but I believe most of us have heard and read so much about shortage of help and so on that we have developed a sort of "rush" complex—as a result. We think we haven't time for this and the other so naturally "this" and "that" is pushed to one side. Instead of letting ourselves get rushed why not do a little more planning. Supposing there is a meeting next week let's plan for it ahead of time. If we do then we won't be housecleaning the pantry in the morning with the idea of getting through and away to the meeting in the afternoon. Instead we shall houseclean the pantry the day before, or the day after, and content ourselves with necessary baking or mending the day of the meeting.

The Week at OTTAWA

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

OTTAWA, (CP)—Joint action by Canada and the United States to regulate the crops North American farmers will grow this season emphasizes anew the key role of agriculture in the war.

It is further tangible evidence of widespread changes along the agriculture front for two of the great food producers of the United Nations who will probably become the peacetime granary for Europe's millions.

The two-edged agriculture agreement announced at the week-end by Prime Minister Mackenzie King provides for increased production of oil-bearing crops in the United States and of oats, barley and flax in Canada, as well as smoothing the flow of seasonal farm labor and machinery across the international boundary.

Prime Minister Mackenzie King's visit to Washington this week gave added significance to the inclusion of Canada as a full member of the recently-organized Pacific Council. He represented Canada at the third meeting held Wednesday.

Mr. King joined with representatives of Great Britain, the United States, Australia, New Zealand, China and the Netherlands about the council table in the White House where Pacific war plans are studied, and advanced at the weekly sessions of this new strategy board.

Mr. King termed approval of the joint arrangements one of the "first positive actions on the agricultural front to further closer economic collaboration between the two nations in the common war effort."

"Without changing the existing tariff structure, these arrangements provide for more effective utilization of the joint agricultural resources of the two countries for the production of certain farm products needed in the war effort," the Prime Minister's statement said.

Concentration by Canada on production of oats and barley will assure adequate feed supplies for its expanded livestock program and at the same time permit farmers in the United States corn belt to devote acreage to soybean production otherwise used for feed grains. The joint economic committees, which recommended the production shifts, said, the United Nations face a shortage of imported vegetable oils, particularly in Russia and the United Kingdom. The oils came principally from Far Eastern sources now shut off by Japan.

Canada's 1942 agricultural program is already in line with the new planning. Agriculture Minister Gardiner told the House of Commons in March that in concert with the United States the Dominion is encouraging coarse-grains production so the output of feeds for livestock and animal fats would be expanded. Growers are encouraged to shift wheatland to oats, barley and flax. The flax program alone calls for an increase of three times 1941 output at 20,000,000 bushels.

The section of the agreement which makes possible easy movement of labor and machinery across the border was described by Canadian agriculture spokesmen as a move that will benefit many parts of both countries because harvest usually comes at different times. Machinery which otherwise would be idle will be kept in constant use.

On the political front, the Prime Minister's visit to Washington to participate in the deliberations of the Pacific war council stirs fresh interest in the role that body ultimately may play as a war directional authority of the United Nations.

Australian Confident
Dr. Herbert Vere Evatt, Australian Minister of External Affairs, in the course of a two-day visit to the Canadian capital last week, voiced his views on the need for a new organization to handle war strategy problems of the democratic nations. Such an organization, he said, should see to it that men and munitions were taken in sufficient quantities "to the right place at the right time."

"I believe," he told a press conference, "that we shall completely overhaul the present methods of pooling and allocation as between the governments which may be invaluable in giving us new ideas and new courage for the difficult days that lie ahead."

Being rushed may be a state of mind rather than an actual fact. Figure things out for yourself and see if that isn't so.

ernments so that the strategic authority will itself direct the principle of apportioning of munitions, supplies and shipping by reference solely to the supreme war requirement—defeating the enemy in every crucial theatre of operation.

1,082,000 Women In Trade Unions

Figures Reflected Part They are Playing in War Work for Britain

LONDON, (CP)—The growing part Britain's women are playing in the war is reflected in statistics of trades union membership released by the labor ministry.

There were approximately 6,542,000 members of trade unions in Great Britain and Northern Ireland at the end of 1940, an increase of 312,000 or

five per cent, compared with the end of the previous year. The number of males registered was 5,460,000, an increase of 202,000 or 3.9 per cent; but the number of female trade unionists numbered 1,082,000, an increase of 110,000 or 11.3 per cent.

Men of 30, 40, 50
PEP, VIM, VIGOR, Subnormal! Want normal pep, vim, vigor, vitality? Try OTCOR Tonic Tablets. Contains tonic, stimulants, appetizer, aids to normal pep after 30, 40 or 50. Get a special introductory dose for only 25¢. Try this aid to normal pep and vim today. For sale at all good drug stores.

For the Modern Hostess
"SALADA"
TEA BAGS

CARROLL'S
Spring
FOOD SPECIALS

Size 60-70
PRUNES 2 lbs. 19¢

Carroll's Best—**ROMAR COFFEE** 1-lb. bag 39¢
Clark's **PEANUT BUTTER** 24-oz. jar 23¢

Weston's "Old Hickory" **SODAS** 100 Biscuits To A Package 1 1/2-lb. pkg. 25¢
Bright's Unsweetened **PIE CHERRIES** 15-oz. tin 16¢
Wholesome Cereal **WHEATLETS** 2 lbs. 9¢
Dried **GREEN PEAS** pound 13¢
Keep a tin on hand—Means No More Clogged Drains **DRANO** tin 31¢
Maple Leaf—"As Pure As Soap Can Be" **SOAP FLAKES** 1/2 pkg. 19¢

Plain or Iodized **SIFTO SALT** 2 1/2-lb. pkg. 13¢

Ready Cut **Macaroni or Spaghetti** 2 lbs. 9¢
Aylmer **Boneless TURKEY** 7-oz. tin 32¢

Aylmer **Tomato Catsup** 2 1/2-lb. tins 11¢

For Super Washes—**SUPER SUDS** 1/2-gal. 22¢
"Keep that Schoolgirl Complexion"—**Palmolive** 2 1/2-lb. Cakes 19¢, 4-lb. Cakes 25¢

Orange and Grapefruit **BLENDED JUICE** 20-oz. tin 16¢
Bruce's **BIRD SEED** 1-lb. pkg. 17¢
Bruce's **BIRD GRAVEL** 2-lb. pkg. 9¢
For Washday—**LAVERENE** Bleach 1-lb. 9¢
Bull **LAUNDRY STARCH** 1-lb. 12¢
Green's **MAPLE SYRUP** 1 1/2-lb. 27¢

Mellin's Cream **SANDWICH BISCUITS** 1-lb. 19¢
For Cakes **CASHEW NUTS** 1/4-lb. 15¢
Bake A Cake With **CORNMEAL** pound 5¢
Bulk Baby **LIMA BEANS** pound 12¢
Christie's Yellow **POUND CAKE** 1 1/2-lb. 25¢
Christie's **LEMON ROLL** each 20¢

Campbell's Vegetable **SOUP** 2 10-oz. tins 21¢

Campbell's Soups **SOUPS** 2 10-oz. tins 25¢
Needle and Chicken or Chicken and Rice
Glasco's **CRABAPPLE JELLY** 32-oz. jar 27¢
Energy Drink **CHOC. MALTED MILK** 1-lb. tin 16¢
Ask How To Get Econo-Meal-File **CRISCO** For Lighter Cakes 1-lb. 25¢, 3-lb. 65¢
Kear's **MUSTARD** 4-oz. tin 27¢, 1 1/4-oz. tin 10¢
Lynn Valley **LIMA BEANS** 16-oz. tin 10¢
2 Full Tablespoons Equal to the Juice of 1 Lemon
Treesweet Lemon Juice 6 1/2-oz. tin 10¢

JUICY SEEDLESS GRAPEFRUIT 5 for 25¢
FIRM, RIPE BANANAS 2 lbs. 23¢
Crisp Green, or White CELERY HEARTS 2 for 25¢
SUNKIST ORANGES MED.-LARGE SIZE, Doz. 33¢
Fresh Cauliflower, Leaf Lettuce, Spinach, Radish, Pineapple, Tomatoes Special Prices
We reserve the right to limit quantities of all goods, to family requirements
FRUIT AND VEGETABLE PRICES GOOD TILL SATURDAY NIGHT ONLY!

War Marriages? Watch Your Step Experts Suggest

They Face Great Hazards and Mutual Respect, Faith and Love are Big Factors for Success

BY ADELAIDE KERR Associated Press Staff Writer

Should Jane marry Jim before he goes overseas or to some distant army, navy or air centre? All over the continent men and their girls are asking that question.

Dr. Janet Fowler Nelson, Advisor on Marriage and Family Problems to the Y.W.C.A. in New York has an answer. Dr. Paul Dawson Eddy, President of Adelphi College in Garden City, L. I., has another.

"Other things being equal," says Dr. Nelson, who is the mother of three and who has consulted with thousands of young people on wartime marriages, "I say go ahead and marry if you have known each other for some time, know each other's backgrounds, beliefs, behavior at home and at parties and what each wants out of life.

"I trust young love. Loving and being loved steadies a man and a girl. Marriage gives them something to cling to, something to believe in, something to work for in a changing world."

But Dr. Nelson opposes some other kinds of wartime marriages. "There is a great risk in a 'uniform marriage' contracted between a girl and a man whom she has met after he is in uniform, which tends to blur his true personality and put a halo around him. That halo makes it just as hard on a man as on a girl for he is not able to be himself when he sheds his uniform."

"There is scant chance of success in an 'escape marriage,' contracted most often in defence areas by couples frightened and lonely in a world in which they have no definite anchorage."

Dr. Nelson pointed out that wartime marriages face great hazards. Long absence and economic changes after the war were factors, she went on:

"If a wartime marriage is to endure the partners must concentrate on holding, studying and securing the marriage itself, not worrying over a threat to it. Building up each partner's belief in the other's respect, faith and love depends a lot on mutual knowledge of each other."

This Expert Opposes
Dr. Eddy, who has studied the psychology and behavior of thousands of young men and women in his career as a college president, is generally opposed to wartime marriages.

"Wartime marriages have great psychological handicaps," continued Dr. Eddy. "The experiences of the first few months of marriage are the ones out of which marriages are made or broken. Because of the husband's absence that normal period of adjustment is indefinitely postponed. The wife assumes an emotional, psychological and physical life which has no meaning in her actual experience yet which shuts her off from a natural social contact. Add to that the fact that a wartime marriage faces a very uncertain economic future with little preparation."

But there are other questions which Jane and Jim have to take into account. They love each other. If they do not marry before he goes to war, they may face a long period when the hazards of their marriage will be as great as they are now. Because of considerations like that a lot of James and Jims are going to say "Come what may, we'll take a chance."

Tests Prove Value Of Five Year Plan

Results Announced of Rotarian Trials on Small Farms Mixed Crops

OTTAWA, (CP) A five-year crop rotation which has been under test on government stations at Canora, Pelly, Wawona and Yorkton, Sask., for many years has proved its value where farms are small and mixed farming is extensively practised, says the agriculture department.

The farm is divided into five fields, consisting of summer fallow, wheat sown to clover and grass, clover and grass, wheat and oats. "The cropping plan is well balanced with two-fifths of the farm in wheat, one-fifth in oats, one-fifth in summer fallow, and one-fifth in hay," the department said.

Only one crop of clover is taken and then the field is plowed as soon as possible after the clover and grass is removed, usually by the end of the second or the beginning of the third week in July.

By plowing at this time of year, perennial weeds are plowed when in "quite a weakened condition." Further work is done whenever needed to control weed growth through the rest of the season. "By the use of partial summer fallow and one complete summer fallow, weeds have been well controlled on all farms where this rotation is under study," the department said. "The yields have been encouraging."

Famous Trains In Accidents

CREWE, England, (CP) Two famous express trains, the Royal Scot and the Irish Mail, were involved in separate accidents at this railway junction on the same day. The Irish Mail struck the rear of a stationary train and the Royal Scot was delayed four hours when the wheel of a coach became detached while the engine was travelling at 60-miles-an-hour.

You Roll Them Better With
OGDEN'S FINE CUT CIGARETTE TOBACCO