

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Hints and Suggestions

Refrigerator cakes are a blessing nowadays to the chief cook and to the family, too, because they insure a delicious dinner climax and still leave plenty of time for Red Cross and other war work. Just make one whenever you find time and put it in the refrigerator until later in the day or until next day for dessert. They're easy treats, too, if you make them with sweetened condensed milk, for it combines like magic with the fruit or other flavor ingredient. All you have to do is to spread the filling between cookies, put the resulting "cakes" away in the refrigerator, and go about the day's activities without further worry over dessert.

Orange Chocolate Refrigerator Cake
1 1/2 cups (15 oz. can) sweetened condensed milk
1/2 cup lemon juice
2 oranges, sections freed from membranes, diced
24 chocolate wafers
Blend sweetened condensed milk, lemon juice and diced orange sections. Stir until mixture thickens. Line narrow, oblong pan with wax paper. Cover with fruit mixture. Add layer of chocolate wafers, alternating in this way until fruit mixture is used, finishing with layer of wafers. Chill in refrigerator 12 hours or longer. To serve, turn out on small platter and carefully remove wax paper. Cut in slices. Serves 8.

Banana Refrigerator Cake
1 1/2 cups (15 oz. can) sweetened condensed milk
1/2 cup lemon juice
1 cup orange juice
1 tablespoon grated orange rind
3 bananas, diced
1 1/2 cups graham cracker crumbs
Blend sweetened condensed milk, fruit juices and orange rind. Stir until mixture thickens. Add sliced bananas to graham cracker crumbs; spread 1/2 of mixture in narrow, oblong pan, which has been lined with wax paper. Cover with alternate layers of sweetened condensed milk mixture and crumbs, finishing with layer of graham crackers and bananas. Chill in refrigerator 6 hours or more. To serve, turn out on small platter and carefully remove wax paper. Cut in slices and serve plain or with whipped cream. Serves 8.

Austerity Dress For Old England

No More Seasonal Style Changes Till After War, it Seems
LONDON, (CP)—Spring in Britain marks the end of seasonal fashion changes in women's clothing until the war is over. Henceforth, Mildred will don "austerity" dress, whether purchased in Mayfair fashion houses or the smallest of bargain shops.

Economy cuts in material and make-up already announced for male suitings, are being worked out by panels of experts in each branch of the textile industry. On presentation of their findings, the board of trade will announce reductions. Chief problem of the board is to plan drastic simplification of styles. At present each of Britain's 1,200 manufacturers of feminine wear out of 30,000 dress makers-up are working to individual designs approved by the government.

Reduce the Pleats
It is considered likely that restrictions to be introduced will call for, in part, reduction of pleats, cinches, tucks, gathers and linings; a regulation maximum width and length for skirts, less fullness of sleeves, banning of unnecessary ornamental and less "wrapover" for coats.

Ships That Sink For Quiet Life

Six Times Torpedoed Old Sailor Insists on Going Back for More

LONDON, (CP)—A 60-year-old merchant seaman who has had six ships torpedoed or mined under him in two wars is still at sea, carrying on somewhere in the Pacific. After the last ordeal, when his ship was shelled and dive-bombed the sailor received treatment for shock at a London clinic, and accompanied he was being kept awake at night. "Can't you send me back to sea, doctor, so that I can get some peace and quiet?" he pleaded. His request was granted.

Just One "X" Voter's Job On April 27

DRO'S Have Instructions to Reject Plebiscite Ballots Not Marked According to Regulations

OTTAWA, (CP)—In marking his ballot in the manpower plebiscite April 27, the Canadian voter is required only to place a cross after the words "yes" or "no" printed in bold type on the paper which will be handed him by the deputy returning officer. Plebiscite officials point out instructions have been issued to deputy returning officers to reject all ballot papers which have not been supplied by the deputy, have not been marked with a cross, have not been marked in either space, have not been marked in both spaces or upon which there is any writing or mark by which the voter could be identified. Instructions to poll officials require them, immediately the poll is closed, to count the number of voters whose names appear in the poll book as having voted. The next duty is to count the spoiled ballot papers and place them in a special envelope with the number indicated. Unused ballot papers are then counted.

Counted Openly
When all ballot papers not in the ballot box have been accounted for, deputy returning officer will empty the box on the table and begin the count of votes cast in the affirmative and negative respectively.

The count is undertaken in full view of the poll clerk and voters acting as agents and there is opportunity for these present to examine each ballot paper. The poll clerk and as many as three witnesses will be supplied with a tally sheet on which they may keep their own score as each vote is called out by the deputy returning officer.

If the deputy returning officer discovers in the course of counting that he failed to initial a ballot paper before it was handed to the voter, he is required to attach these initials in the presence of witnesses and the ballot is counted, provided that the deputy is satisfied the ballot was validly supplied by him. The deputy must keep a record on a special form of any ballot paper found in the ballot box and must decide every question arising out of the objection. His decision is final. All the ballots not rejected must be counted and a statement kept by the deputy. The "yes" and "no" ballots will be placed in separate envelopes, then returned to the ballot box by the deputy along with full information of the voting at the poll and is delivered to the returning officer by the deputy.

If ballot boxes are destroyed or lost before delivery, these returning officers are required, within two weeks, to obtain from the deputy in charge a copy of the statements of the poll furnished to voters acting as agents. These statements will be verified by oath and the case reported to the chief plebiscite officer at Ottawa, Jules Costonguay.

Rose Hips For Oranges

Nine British Factories Turn 200 Tons of Them Into Syrup

Two hundred tons of rose hips gathered from the hills of England and Scotland last autumn have been turned into syrup for the older children in Britain who cannot get a regular supply of oranges.

Like the orange, rose hips are a rich source of vitamin C, the anti-scurvy vitamin. Before the war it never occurred to anybody to use rose hips, but when the supply of oranges dwindled a small army of boys, Scouts, Girl Guides, Teachers and Women's Institute members turned out into the lanes with their baskets.

Even housewives who were expert jam makers found it difficult to keep the hip juices out of the syrup and the hips were therefore sent off to jam factories, which have now produced from them 600,000 bottles of syrup. Young children are sipping it with relish at the rate of one teaspoonful a day. Two teaspoonful in the twenty-four hours give all the vitamin C which older boys and girls require.

Britain's Ministry of Health are so pleased with the result that they are hoping for a much bigger collection of rose hips when autumn comes round again.

CONDEMN PROFFITEERS
PORTSMOUTH, (CP) Admiral Sir William Jones, commander-in-chief here has appealed to Britons to take the offensive against "parasites who thrive on illicit dealings while the nation is fighting for its existence."

Chronicles of a Ginger Farm

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

Young John is awfully worried because some of our neighbors are out seeding and Partner isn't. You should have been out on the land today, he said when he came home from school. Partner just smiled and shook his head. You see he had been over the front field during the afternoon and knew it was not really dry enough for working up. Ours is a low lying farm and Partner has found out from experience that it doesn't pay to start seeding before the ground is really ready. However, tomorrow or the next day maybe, will see us at it. It is still pretty cold too for seeding weather. We saw one man start out to the field this morning with an overcoat on!

Next Monday is voting day for the Plebiscite. I hope no one will be too busy, or too disinterested, to go to his or her local polling booth and that everyone will vote "Yes" when they get there. Maybe you don't think this plebiscite was necessary but since it's here the only thing to do—as I see it—is to vote for it and put it right over the top. No, half measures, but a real heavy vote, so that our Federal government may know that Canadian people are in deadly earnest and are ready to go the limit to make Canada's part in this war an all-out effort.

A little while ago I was taking a friend home who had been here for the day and as I came home alone I looked around at the greening country. Everything looked so beautiful, and so full of promise, just as the Creator ordained it. Here are no wrecked buildings, no bomb craters, no deflights in the sky, nothing anywhere to remind us of war—unless it be the occasional drone of a training plane overhead or the sound of target practice in the distance. And then if one stops to consider how different it might be... Surely it is worth any sacrifice in order to keep our country in peaceful hands. The farmers will seed their fields this spring without fear of enemy action. And next spring? Do we ever stop to think about next spring? Do we stop to think that action is needed—not just by the government—but by every one of us if farmers are to go on sowing and harvesting crops for Canada, for Britain and for other peace loving countries. Think of life in Canada with Canadian farmers growing crops for Hitler! You don't want to think of it, do you? No, nor do I. But it is the things we don't want to think about that we must work to prevent. The time has gone by when we need to ask what we can do to help win the war. Every bit of salvage saved is one step forward. Every time we carry a parcel away from the store "just as is" is saying someone's time and labor. Every gallon of gasoline saved is that much more for the fighting forces. And what use we make of what would ordinarily be our spare time is of importance. There is still knitting and sewing to do for those who have suffered so much more than has been our lot. There are Home Nursing Classes and First Aid—Emergency classes that everyone attends if it is all possible. There are savings and means of buying and serving the food we eat to get the best possible nutritional value. All these things we should take in our stride along with our ordinary work. People over in England are doing it and we can too. And we can have our pleasures too. Pleasure as we work. More time out-side being the garden that our tables may be well supplied and as we work we shall unconsciously get our pleasure listening to the song of the birds and watching the buds unfold on the flowering shrubs, and the trees. I think there will be a Te Deum in the hearts of all farm people this spring as they work around outside to think that this is Canada and not France or Belgium, Britain or Singapore.

I believe there is something in the Rural Post Office regulations that says that rural mail boxes shall not be used for anything other than material sent by mail. Our mail box is being used for quite another purpose or at least it will be unless I take steps to prevent it. One morning when I went for the mail I found a few strips of hay in the mail box, but since our neighbor across the road had been drawing hay I thought possibly some had caught in the box as he drove by. But the amount of hay increased each day and there was also other stuff mixed with it, and a few downy feathers, so I finally realized a bird must have chosen our mail box to build a nest. And I hadn't the heart to destroy it. But this morning I found the birds had been working so hard there was hardly room left for the mail. Then I remembered Starlings had been very busy in that corner last year and starlings are a species of bird that no one wishes to encourage. So I cleaned out the box, fervently hoping that it was a starling's nest I was disturbing and not one belonging to a robin or a song sparrow.

Here's A Town Without Taxes Run by Women

Farmer's Wife Is Mayor and "Benefits" for Municipal Expenses Take Care of Community Needs

BY ESCAR THOMPSON, Associated Press Writer

SPENCER, Tenn., (AP)—An invitation to attend an old fiddlers' contest or to eat a box supper means to residents of this Cumberland Plateau town what an official demand to "pay your taxes" might elsewhere. This innovation in raising municipal revenue got its start in October, 1940, when eight civic-minded women got themselves elected to all the offices of the town government, abolished taxes and started sponsoring "benefits" for municipal purposes. Their plan has worked; there is a surplus in the treasury of more than \$1,000, or about \$2 for each of the community's 508 inhabitants (1940 census), and now "Madam Mayor" and her associates are planning a community building.

"Mountains men always help one another in building houses and things of that sort," said Mrs. J. M. Gordon, the mayor and a middle-aged housewife whose husband is a farmer. "That's the way we intend to build our community house. The stonp has been quarried and the men will put up the building whenever they can spare the time from their work. But we'll probably have to wait until after the war is over to get the heating and the plumbing fixtures."

Abolished in 1940
An epiphany struck on the part of the menfolk after former Mayor J. F. Kell died early in 1940 prompted the women to assume control of the town (county seat of Van Buren county) in the fall elections. "No one seemed to know what was going to become of the city government after Mayor Kell died," Mrs. Gordon explained, "so some of us womenfolk consulted a lawyer and found out what to do."

As a result she was elected, along with Mrs. Laura Cook, chief of police; Mrs. Wanda Powers, recorder; and five council women. At first the men didn't pay much attention to this petticoat administration, apparently thinking the women soon would tire of their administrative duties. But after they abolished the taxes and began accumulating a surplus with their "benefits", nods of approval came from the men.

Banker's Opinion
J. L. Graham, the town banker, summed up what seemed to be the current consensus of the male population when he said of Mayor Gordon's administration: "The ladies are doing fine. They're not going to have any opposition for a second term when they come up for re-election next October, either." There was some question as to whether the mayor actually resided within the town's corporate limits. She and her husband live on a hill overlooking Spencer. But the townsfolk, it seems, just wink at this technicality. Said Graham: "For some time now he has been in the last survey of the city limits, but we sure count it a part of Spencer."

Growing Spices On West Coast

Caraway Seeds and Other War-Scarce Flavoring Gadgets to be North American

PORTLAND, Ore., (CP)—Have you missed those little brown seeds before your eyes when you've eaten beef bread?

These speck caraway seeds that have added such pungent aroma to many bakery delicacies are absent these days because the year has made a definite shortage.

Caraway seeds along with other spices, virtually disappeared from the market after the Nazis took over the central European producing areas. This is where Michael J. Keck, Portland agronomist, hopes to take over. An expert at growing seeds and spices, he will have nearly 45 acres under cultivation this spring. He therefore, space growing, Oregon has been awarded a 4000-acre planting permit under which soon Keck's crop will include caraway, sage, savory, thyme and others.

Most spices are biennial, although savory is an annual and sage is harvested twice a year. Caraway, like dill, has a feathery foliage and grows to three feet in height. Sage is bushy. Thyme seeds are so small that 30,000 make an ounce and that little will seed an acre of ground.

"Growing spices isn't an easy procedure," Keck points out. "Much hard labor is required. Many of the seeds have to be planted in flats in greenhouses and then transplanted to the field. Then I remembered Starlings had been very busy in that corner last year and starlings are a species of bird that no one wishes to encourage. So I cleaned out the box, fervently hoping that it was a starling's nest I was disturbing and not one belonging to a robin or a song sparrow."

Libya's Mosquitoes

Kept Off Troops by Lingerle Makers' 11,000 Miles of Netting

Millions of yards of mosquito netting for Allied troops in Libya are being made in a factory which in peacetime supplied artificial silk in delicate pastel shades for ladies' lingerie. When the Libyan campaign began, the British Government called for 20,000,000 yards of this netting to protect the troops against the malarial-carrying mosquito, sandflies and other pests. The material had, of course, been produced in Britain for many years by the lace machines of Nottingham, but more than 11,000 miles of it, required "at once or sooner," was a tough proposition. The government, however, was soon relieved of its anxieties, for all the owners of warp-knitting machines in Britain met and undertook to adapt their machinery to the job. The alterations called for careful work by expert machinists and, many—improbable ideas—but one of the first factories to announce its readiness was that of a South Wales firm whose name in peacetime was a household word in artificial silk.

Decorated by Greeks

PRETORIA, (CP)—Two South African officers, Col. B. G. Viljoen and Major J. A. B. H. Terre-Blanche have been decorated with the Phoenix gold cross of Greece for their services to the King of Greece on his visit here.

Discs for Air Raids

NEW DELHI, (CP)—It is proposed that 15,000,000 identity discs will be sold to civilians as part of the air raid precautions in India.

Neutral Irish In Bread Lines

Rationing Starts in May and They're Asked to Eat More Potatoes

DUBLIN, (CP)—The 28 counties of Eire will have to do without bread for 100 days before the coming harvest unless their request to the British government for 20,000 barrels of wheat is granted.

Rationing of bread is to begin in May in an attempt to stop bread queues in Dublin, a feature of life here for more than a month. Police have had to go on duty to prevent disorders in bakers' shops. To spread out dwindling supplies of wheat, Eire's bread is being made from 100 per cent. wheat meal and is dark brown in color. Householders complain it is unpalatable, goes stale quickly and has an extreme laxative effect. (Britain, to save shipping space, is baking bread 85 per cent. wheat meal extraction). Pending introduction of the rationing scheme, the public have been asked to eat less bread and more potatoes. This had led to formation by the "Irish Times" of a league advocating use of bread for breakfast only. "N.B.H.L." or as it is jokingly called, the "No Beer Before Lunch" League, has the backing of the heads of the churches and the millers and the Minister for Supplies, was the first person to join. The government has taken over headquarters and hundreds of girl clerks of the almost defunct Irish Sweepstake organization to issue bread ration books.

Good Packing

LONDON, (CP) Women's Auxiliary Air Force girls packed the parachutes used by the sky troops who raided the Nazi radio location post at Brunauval.

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AYLMER APRICOTS
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COWAN'S COCOA
1/2-lb. tin 14c, 1-lb. tin 24c

DANDEE COFFEE 1-lb. bag 32c
Salad Dressing 32-oz. jar 39c
ROLLED OATS pound 5c
Jewel Shortening lb. 19c
HEINZ KETCHUP 1-gal. 19c
Corn Syrup 5-lb. tin 53c, 2-lb. tin 23c
Monarch Flour 24-lb. bag 84c
Pitted Cherries 16-oz. tin 18c
SUPER SUDS large package 22c
MILDLY PERFUMED ODEX SOAP 4 cakes 25c

GREEN PEA SOUP 20-oz. tin 8c
NOODLE SOUP MIX pkg. 10c
CUSTARD POWDER 5-oz. pkg. 10c
PREPARED MUSTARD 3-oz. jar 16c
Christie's Fruit Leaf each 25c
ANGEL FOOD CAKE each 20c
Cream of Wheat pkg. 14c, 22c
McLaren's Freeze-Easy pkg. 10c
PANCAKE FLOUR pkg. 15c
LEMON OIL 6-oz. tin 15c, 12-oz. tin 25c
FLOOR WAX 1-lb. tin 25c, 5-lb. tin 45c
CAMAY SOAP cake 6c

EVAPORATED MILK 3 14-oz. tins 25c
INFANTS FOODS 4 in 7c
CHICKEN HADDIE 1-lb. tin 20c
PILCHARDS 16-oz. tin 14c, 2 5-oz. tin 13c
KIPPER SNACKS tin 7c
BLACKBERRIES 15-oz. tin 19c
CORNSTARCH 1-lb. pkg. 10c
Newport Fluffs pkg. 25c, 39c
Ivory Flakes or Snow 1-lb. tin 23c
WASHING SODA 2 pgs. 15c
SANI-FLUSH tin 15c, 29c
2 IN 1 SHOE POLISH tin 10c

For Whiter Washes **OXYDOL** pkg. 9c, 24c, 65c

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