

# Of Interest to Women

## Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

### MEAT DISHES FOR MAY

Here are two main-course meat dishes for May—or for any month of the year for that matter. Beef is a mode and broiled breast of lamb are two delicious reasons why meat still holds the list of main-course dishes. Why not serve one of these for the evening meal tomorrow night? It will please the members of your family—and also delight any anticipated or unexpected guests:

#### BEF A LA MODE

- 4 pounds beef round
- Salt pork lardons
- 2 tablespoons beef drippings
- 1 onion
- 1 carrot
- 1 bay-leaf
- 1 clove
- 1 Parsley
- Pepper and salt

Bind the beef with twine or strips of cloth to make it circular in shape. Lard it with strips of salt pork. Dredge with flour—brown on all sides in the beef drippings. Place it in a kettle with the vegetables and seasonings, half cover with boiling water and simmer until tender (four or five hours). Keep the kettle tightly covered and add more water if necessary. Remove the meat from the kettle, skim off as much fat as possible from the liquid, and thicken the liquid, using two tablespoons flour for each cup of liquid. Serve this as a gravy with the meat.

#### BROILED BREAST OF LAMB

- 1 breast of lamb
- Salt and pepper
- Butter or other fat

This is a very delicious dish, but the broiling must be done carefully. If the fire is too bright, the meat will soon scorch. Turn the inside of the meat toward the fire and broil very moderately; turn the meat often. When done, spread thinly with butter or other fat and season with salt and pepper.

The breast of lamb is sold in meat markets with the foreleg attached; this should be cut off before the piece is broiled, because it is thick in comparison with the rest of the piece and therefore is difficult to cook sufficiently by broiling.

## Brothers Many In One Battery

Thirteen Surnames Among 30 Members of Eastern Ontario "Ack-Acks"

LONDON, (CP). Thirty men share 13 names in a Canadian anti-aircraft battery guarding vital points—near London. The battery, mobilized in Belleville, Nanawane and Cobourg, Ont., claims to have more brothers in its ranks than any other unit of its size in the "ack-ack" command.

There were 23 sets of brothers when the unit was organized. Changes and postings have reduced this number to 13. The battery has nine sets of brothers, including the officer-commanding, 27-year-old Maj. Gilbert Hawitt and his brother Sgt. Bill.

There are three sets of three brothers, the Kennan, Burge and Erskine brothers and the Peares have only stripped them all with four. Sgt. Frank Peare, 1-1/2, Harold and Gers. Fred and Lyle.

## Housing Problem May Bring Booms For Tent Cities

Western Centres, Hard Hit by Shortage, Asked to Permit Return to Pioneer Day Encampments

BY MARSHALL BATEMAN Canadian Press Staff Writer

WINNIPEG, (CP).—Westerners in some localities may go back to the pioneer days, when few houses dotted the prairies, and live in "tent cities" this summer.

From practically all urban centres comes the same report: "The housing situation is acute." Homeowners, many who had their homes sold under them before May 1, have obtained shelter in tourist camps, while others have moved in with relatives and friends.

All through the west, tourist camps are occupied, weeks ahead of the usual tourist season, and many of the occupants plan to stay at the camp sites until snow comes again.

Mayor C. C. Williams of Regina has offered one solution for the housing shortage. He would have city residents settle in nearby towns, where possible, and commute each day to their jobs in the Saskatchewan capital.

The housing shortage cropped up soon after the war started when soldiers' families moved to cities and particularly in industrial areas where increased employment followed a quick expansion in war work.

**Veteran's Claim**  
AL Edmonton, W. (Eddy) Griffin, Canadian Legion executive, claimed landlords have refused to rent dwellings to wives of soldiers serving overseas because they see an opportunity of renting the premises at a higher rental to others.

Several families in the Alberta capital recently applied to civic authorities for permission to put up tents and live in them this summer. Though the tents have not appeared yet, Alfred Farnham, secretary of the Edmonton Trade and Labor Council, predicts the establishment of a "tent city" unless steps are taken to relieve the situation.

In Winnipeg, Alexander Officer, chief inspector of sanitation and housing, said three months ago that the city needed 3,000 additional houses or suites. "Any change since" then is for the worse," he told The Canadian Press, as civic authorities prepared to house "homeless" families in the old relief shelter.

**Cabins Popular**  
Tourist cabins were used all winter by soldier families in nearby Fort Garry, and on May 1 when houses could not be found, some Winnipeg families followed suit. Others doubled up. Some put their furniture in storage and moved into rooms.

A city survey recently showed only 72 vacant houses, many in bad repair, for the city of 225,000 persons. It said "twenty-five per cent. of all dwellings are unlawfully occupied by two or more families."

At Yorkton, Walter Bowman, chairman of the Yorkton Tourist Camp Committee, says all the cabins at the camp have been rented to house-brothers who were unable to find homes May 1. Another 50 applicants for cabins have been turned away.

### PRINCESS OFFERS PRIZE

LONDON, (CP). Princess Elizabeth has offered a prize to Welsh school children for the best essay on metal salvage.

## Chronicles of Ginger Farm

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

If we go on at the rate we're going at present this place will soon look like a city salvage dump. Have we been turning out the junk? Partner is busy sorting scrap outside and comes in every once in a while to burn wood away from bits of iron. And in the driving shed he has a box of scrap rubber just small stuff—and the mystery is where it all comes from.

We are trying to gather up as much stuff as we can this week because our Institute is making itself responsible for having the salvage collected. And it is really quite an undertaking. We are making collections from the first ten lots on four lines and also from the cross-roads and a few outlying points and a few other places where we have been asked to have the truck call. The trouble is we don't know whether we shall have one load or six—and it is all coming here to be sorted out!

One thing is certain—a salvage drive is a great incentive to house-cleaning. I am afraid in the past I have been guilty of hoarding things like magazines and papers that have had some particular appeal and with which I have hated to part. But the last few days I have been absolutely ruthless and have tied and sorted a stack of papers that really puts me to shame.

During my sorting orgy I came across a relic of the last war—a piece of scrap metal from a German bomb which came through our roof shed at home during an air raid. It looks innocent enough but I'm glad it came in contact with our coal shed and not my head! However, it just goes to show the importance of even the smallest piece of scrap iron. This piece was only about two inches long—apparently part of an iron button, probably used as a fastener on some kind of implement—and yet it was big enough and deadly enough to kill anyone it might have struck.

We can go to bed early now! Last week we were delighted when the CBC announced that the late news-cast will hereafter be given at 10 p.m. instead of at eleven. Now, when we are getting up extra early and working outside so much, it is hard to keep awake until eleven o'clock. And yet the day doesn't seem complete if we go to bed without hearing that latest newscast. So we say thank you to the CBC for this consideration.

Do you remember, two weeks ago, my telling you a starling was trying to make a nest in our mail box. Well, that same bird kept right on trying. Day after day I pulled a thickwad of hay out of the box and day after day Mrs. Starling would re-build her nest. Sunday, of course, gave her a break so that she got in one day undisturbed anyway. And this week she made the most of it. She not only remade her nest but she laid two eggs in it too. I removed, both the nest and the eggs and placed them in some nearby bushes.

I hope bluebirds are as persistent as starlings because several times a day I see a bluebird hopping around on our back garden. She may have a nest somewhere near and I would like very much to have her stay. The orioles, of course, are back again and I think the original couple have brought their married sons and daughters along with them. There is so much calling back and forth it couldn't possibly all come from two birds.

There are a lot of birds around here this year, including hawks. And as I watch them winging their way over I wonder how many of my chickens will be their victims later on. My perky little chickens that are so interesting to watch—why must there be such things as hawks, skunks, rats and weasels to attack them? The chickens are still growing splendidly and I have lost only one. No more-raise chickens for me. It's a broader stove every year from now on. It is far less work and gives better results.

And speaking of broader stoves there was an auction sale near here a while ago at which a two-year-old broiler stove sold for \$18. It cost \$13 when it was new. I think I read in the paper that prices at farm auction sales were running high. It certainly sounds like it.

### REBUILD ALL HALLOWS

LONDON, (CP). The picturesque little Church of All Hallows in London's East End where "Topsy" played the founder of the II was cleared under rationing regulations and in North America. The church was destroyed by enemy action.

### POTATOES IN GERMANY

STOCKHOLM, (CP). Potatoes, hitherto almost the only rationed food in Germany, have been placed under rationing regulations and in future a maximum of five pounds a person will be allowed each week.

## Tall Cowgirls Boss Ranches Dude and Beef

Women Busy in Uncle Sam's Ranging Industry, Aiming for Heavier Cattle for War's Demand

By ADELAIDE KERR Associated Press Writer

Phoenix, Ariz. (AP).—Women grow tall in Arizona. Tall in achievement as well as stature.

Mrs. Abbie Craib Keith of Phoenix is secretary of the Arizona Cattle Growers' Association of more than 1,000 members, the only woman in the West to hold such a position.

Since the Department of Agriculture has requested the slaughter of 20 per cent. more beef to feed Uncle Sam's soldiers, her job now is linked to the country's war effort. She also is interested in the maintenance of Arizona's herd.

"According to last January's Department of Agriculture figures there now are 74,607,000 head of cattle on the nation's farms, the most we have ever had," she said. "We don't want to increase the numbers we can produce enough for war purposes but we are trying to make the cattle heavier," she said.

Mrs. Keith consults with Arizona cattle growers, encourages them to sell closer herd at the same time to keep the herds intact so they will produce as many next year. She urges selling the old and barren cows and keeping young heifers.

Mrs. Keith, a grandmother, has brown hair and sparkling blue eyes which bespeak a lively interest in life. She is Kansas born, but has lived in the cattle country since 1909. She has been in her present job since 1922 and calls it "the most delightful job in the world."

### For Beef Only

Viola McNeil is that rare figure—a big shot woman cattle rancher. (Beef no dudes). She is owner boss of the "Q" Ranch, "not far" from Phoenix and Cherry Ranges. Until last year she also owned the Santa Maria Ranch, where she started with a half interest 14 years ago.

Miss McNeil is dark-haired, youthful-looking, vivacious and one of the most picturesque figures of the cattle country. During the spring roundups and other busy seasons you will find her at the ranch, riding the range, looking for the hands if a kitchen crisis develops, or whipping up a batch of food for the cowhands. But between times you may meet her, smart and suave, the centre of a Phoenix party, peopled with cosmopolitan "sun country" visitors.

### This is a Dude Ranch

Mrs. Virginia Lowdermilk owns and operates one of Arizona's most famous dude ranches Spda Springs—where her father homesteaded years ago. She runs the ranch single handed from barn to kitchen (with the help of cowboys and "three girls") and her own plays hostess to hundreds of dudes, seasoned and otherwise. Gives picnic and rodeos for them, shepherds them around the country, dances, and the Hopi snake dance. Mrs. Lowdermilk loves her work, says: "the most interesting thing about it is, the world comes to your door."

## Khaki of 1914-1918 Has Two Successors in Uniforms of To-day

Khaki in this war is not so heavy as it was in 1914-18 when it weighed about 24 oz. a yard.

It is rather lighter today and some would have it lighter still. Experience of the varying climates in which the fighting forces find themselves has shown, however, that the present weight is the best for general use.

In addition to the new khaki, certain Service uniforms which need not be too roughly used are now being very often made of a cloth got by blending crossbred wool with lower grades of merino. The crossbred sort is tougher and therefore more suitable for uniforms but so much of it was used up in the earlier months of the war that the new blend with the softer merino was tried out, and with complete success.

The Fighting Services of the United States are using 167,000,000 lbs. of the Australian wool reserve established by the British Government in U.S.A., and the amount is about to be supplemented by a further 125,000,000 lbs. of British-owned wool from South Africa.

### "LESE-MAJESTE" MAYBE

HAMAR, Norway, (CP).—A Norwegian who slapped a girl's face for flirting with a German officer was convicted at a military hearing of having "offended Germany" and was sentenced to six months in jail.

## KILLED ON THE ROADS

London (CP).—In the second 12 months of the war, 1,500 children were killed in road accidents in Britain. A government-sponsored special effort is being made to reduce traffic fatalities involving children.

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

## Look Out! A Sick Liver is Dangerous

Do you have persistent headaches and backaches? Are you tormented by rheumatic pains in muscles and joints? A faulty liver is clogging your whole system. Serious ill health may result.

Your liver is the largest organ in your body and most important to your health. It supplies energy to muscles, tissues and glands. If unhealthy, your body lacks this energy and becomes enfeebled—youthful vim disappears. Again your liver pours out bile to digest food, get rid of waste and allow proper nourishment to reach your blood. When your liver gets out of order proper digestion and nourishment stop—you're poisoned with the waste that decomposes in your intestines. Nerve troubles and rheumatic pains arise from this poison. You become constipated, stomach and kidneys can't work properly. The whole system is affected and you feel "rotten," head-achy, back-achy, dizzy, tired out—a ready prey for knee and back aches.

Thousands of people are never sick, and have won prompt relief from these miseries with "Improved Fruit-active Liver Tablets." The liver is toned up, the other organs function normally and lasting good health results. Today "Improved Fruit-active Liver Tablets" are Canada's largest selling liver tablets. They must be good! Try them yourself NOW. Let "Fruit-active" put you back on the road to lasting health—feel like a new person. 25c 50c.

### "Stick For Years, In Hospital—Now Fine"

I had a bad case of biliousness and constant head-aches and back-aches. I became so ill I had to go to a hospital. Nothing I tried would help until I started taking Fruit-active. In a very short time my troubles disappeared. Now I have no more headaches or backaches and can do my housework without help. Mrs. K. Tisdale, London, Ont.

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# CARROLL'S

BRIGHT'S SOLID PACK

## PIE CHERRIES

2 15-oz. tins 25¢

Snowcap

### PILCHARDS

16-oz. tin 14c

Weston's Cream Sandwich

### BISCUITS

pound 19c

ORANGE AND GRAPEFRUIT

## MARMALADE

Wetley's 32-oz. jar 23¢

Ask for

### ROMAR

Coffee

1-lb. bag 39¢

—Our Other Blend—

DANDEE 1-lb. bag 32¢

COFFEE

Nabisco

### Shredded Wheat

2 pkg. 23c

Jewel "New Blended"

### Shortening

The Choice of Good Cooks 1-lb. pkg. 19c

Quick Cooking Cereal

### QUAKER OATS

large pkg. 19c

Spaghetti or

### MACARONI

Ready Cut 2 lbs. 9c

Toasted Puffed Wheat Cereal—Glassware FREE

Newport Fluffs 12-oz. pkg. 25c, 12-oz. pkg. 39c

5-STRING

## CORN BROOMS

each 39¢

SAFE, ECONOMICAL

## CLEANSER "BABBITS"

2 tins 9¢

Dr. Ballard's Dog Biscuits

Meaties 2 16-oz. pkgs. 25c

Swift's Cooked Pork

PREM 12-oz. tin 32c

McLaren's Hi-Ho

Puddings 2 pkgs. 13c

Dessert Powders

Junket pkg. 11c

Have-In Oil

Sardines 2 tins 15c

Concentrated

## SUPER SUDS

1-gal. pkg. 21c

New, Condensed

CHIPSO pkg. 9 1/2c 24c, 52c

Reclitt's

BLUEING pkg. 6c

Shoe Paste Polish

2 in 1 Polish tin 10c

Baking Powder

MAGIC 1/2-cup 28c

Aylmer 5-oz.

Catsup 2 tins 11c

Toilet Soap—Made with Pure Olive and Palm Oils

## PALMOLIVE

3 Giant Cakes 25c 4 reg. cakes 23c

AYLMER BLACKBERRIES 15-oz. tin 19c

Tomato Catsup "Tiger" Brand 1-lb. 10c, 17c

TOMATOES "Silver Ribbon" 2 1-lb. tins 15c

CHICKEN HADDIE "Lily" Brand 1-lb. tin 20c

SWANSDOWN Cake Flour pkg. 29c

Grapenuts Flakes 1-lb. tin 2/19c

Carroll's Sliced

### SIDE BACON

lb. 39c

Glo-Coat or Pasta

### Johnson's Wax

1-pint or pound tin 59c

SPECIAL

NEW CARROTS 2 Large Bunches 15c

JUCY NAVEL ORANGES

Large 40c

Medium 29c

Also New Potatoes, Asparagus, Tomatoes, Cucumbers, Lettuce. Special Prices

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

FRUIT AND VEGETABLE PRICES GOOD TILL SATURDAY NIGHT ONLY!

CRISP GREEN OR WHITE CELERY HEARTS 2 for 25

LARGE SEEDLESS GRAPEFRUIT 4 for 25c

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OVER THERE

GIVE TO THE RED CROSS

IN CANADA

## DIG DEEP!