

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hydra Home Economist

STRAWBERRIES ADD A PIP TO UNIFORM MEALS

Hello Homemakers! The strawberry season is here again—berries are plentiful and tempting, and menfolk are longing for those deep fresh-fruit pies. I mean the old-fashioned kind—tart and flavorful, just oozing with juiciness—Yum!

Strawberries are a tempting dessert for lunch and you can also use them as a topping for a cornstarch dessert for dinner—'twill be adding a pip to your uniform meals.

Ever tried a Sour Cream Strawberry Pie? To 1 1/2 cups of fresh strawberries, add 1 cup of sugar, blended with 3 tablespoons of cornstarch, and then add 1 cup of thick sour cream. Line your pie plate with a rich pastry, turn in the mixture, top with another crust and bake in a hot electric oven at 425 degrees then lower the temperature to 350 degrees. Here's something you may serve with a flourish.

A combination of Ribarb and Strawberries makes another worthy contribution, served between rich, flaky pastry. Mix together 1 cup Ribarb and 2 cups strawberries. Sweeten to taste. We usually use 1 cupful of sugar at least and blend it with a little flour (3 tbs.); sprinkle over the fruit. Roll out the top crust; cut in 1/2 inch strips; roll each strip into a "rope"; coil from the centre of the pie, adding other ropes until the coil fills the pan, making an imitation spring coil. Different!

NUTRI-THRIFT MENUS

- Chilled Fruit Juice
- Poached Egg Toast
- Jelly
- Jellied Chicken
- Potato Salad and Green Onions
- Ten Biscuits
- Strawberry Blanc Manger
- Sausage, Spaghetti, Creole
- Scalloped Vegetables
- Honey Hermits
- Strawberries and Cream
- Milk

- Sausage Spaghetti Creole
- 1 lb. sausage cut in pieces; 1 cup spaghetti, cooked in salted water; 2 cups tomatoes, canned; 1/2 cup onion, salt and pepper—to taste; 2 cups bread crumbs; 1/2 cup grated cheese.

- Cook sausage in a little fat for 15 minutes. Add spaghetti, tomatoes and seasonings; pour into casserole. Mix crumbs and cheese and sprinkle over the top. Bake in an electric oven at 250 degrees for 25 minutes.
- Honey Hermits
- 1/2 cup butter; 1 cup honey; 2 eggs; 2 tbs. milk; 2 cups oatmeal; 2 1/2 cups flour (all-purpose); 1/2 tsp. salt; 2 tsp. baking powder; 1/2 tsp. soda; 1 tsp. cinnamon; 1 cup raisins.

- Cream butter and honey together. Add beaten eggs, milk, oatmeal and sifted dry ingredients, then raisins. Drop by spoonfuls on greased cookie sheet. Bake in electric oven at 350 degrees for 20 minutes.

- Take A Tip
- Our recipes call for standard spoons and 8 oz. measuring cups. The 8 oz. measuring cup is equal in volume to a half-pint wine measure. All measurements must be level.
- 4 tablespoons = 1/2 cup
- 2 cups = 1 pint (16 ozs.)
- 2 pints = 1 quart (32 ozs.)
- 2 tablespoons fluid ounce (oz.)
- 1 square chocolate = 1 ounce
- 1 cup raisins weighs 6 ounces
- 1 cup shortening weighs 7 ounces
- 1 cup uncooked rice boils to 1 1/2 cups



BEAUTY ON THE AIR

A name which represents pleasant memories for concert and radio audiences almost anywhere in Canada belongs to the charming brunette pictured above. She is Frances James, native of New Brunswick, resident of Toronto, and, for the past ten years, a favorite star of the CBC. She is currently featured with other leading Toronto singers and musicians on the weekly musical comedy program, "Curtain Memories," which is produced from the CBC Toronto studios under the direction of George Stewart.

THE QUESTION BOX

Mrs. B.M.D. suggests: Taking good care of the Manila rope clothesline. Clean a dirty clothesline by wrapping it around a washboard and scrubbing it with a brush and soap-suds.

Mrs. D. R. asks: "How should I wash black lace so that it does not lose its color and shape?"
Answer: Wash in a solution of one tablespoon of liquid ammonia to one cup of coffee. Rinse in cool water and spread out on paper to dry.

Miss C. M. asks: "Can evaporated milk be substituted for whole milk in the enclosed milk sherbet recipe?"
Answer: Yes, always use equal parts of water and evaporated milk for whole or pasteurized milk.

Anne Allan invites you to write to her in The Acton Free Press. Send in your questions on homemaking problems and watch this column for replies.

S.O.S.—By Pressing Button

Portable Lifeboat Radio Signals 60 Times Over 200 Miles

Every ship in the British merchant service must now carry an ingenious addition to its lifeboat equipment in the form of a portable wireless transmitter by which anyone can send out a radio distress signal just by pressing a button.

An S.O.S. call is then radiated for two minutes over a distance of more than 200 miles, and the portable transmitter can repeat it 60 and 70 times at intervals of an hour. Long sustained signals are also given automatically so that rescuers can take their bearings to pick up the lifeboat. The transmitter is fitted with a Morse key for a wireless operator.

Although it weighs less than 50 lbs., the transmitter is exceptionally strong and if a ship is sinking can be thrown into the sea where it will float without damage until picked up by the lifeboat.

Out of 24 entries, the device has been awarded a prize of £50 by the Council of the Royal Society of Arts, London.

Chronicles of a Ginger Farm

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

It was last Friday night—or rather early Saturday morning. Partner and I were in bed and fast asleep, and then I awoke to several sounds at once. The radio was going full blast. "For Pete's sake, what's got into that radio?" I heard Partner say. And then he was jumping out of bed and out to the dining-room, which of course was in darkness. I sat up in bed trying to collect my scattered wits but before I had even picked up the fringe, I heard a laugh and Partner said: "Mother—it's the boy!" Well, it didn't take me long to jump out of bed after that and sure enough there was our son—in the flesh, but absolutely soaked to the skin. It was pouring with rain and he had walked from town. Perhaps I should explain that we had supposed him to be in Quebec and had no more thought of seeing him than the Duke of Windsor.

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Cheering Words For the Sowers In Wet Ontario

It's Not Too Late to Plant Grain Say Experts, Despite Province's Wettest May of the Century

TORONTO, (CP)—Faced with retarding effects of the heaviest recorded precipitation for May in Central and Southwestern Ontario in the present century, provincial agrarian experts have come to the aid of the anxious farmer with advice on late sowing of grain under wet conditions.

John D. McLeod, of the crops, seeds and weeds branch of the Ontario Department of Agriculture has it and here's what he says:

"There is still time to sow early maturing varieties of oats, barley, buckwheat and millet. Farmers cannot expect heavy yields, but if good early seed is used on well-prepared seed beds, the surplus 'moisture' will assist in bringing the crop on rapidly and fair yields may be expected. If not, the crop can be cut for green feed."

Buckwheat Tuck

Mr. MacLeod said buckwheat was another important wet weather crop and could be sown up till the end of the first week in July and could be included in rotations for all classes of live stock. As another crop for weeds, it is in a class by itself, he pointed out.

Even in the first week or two of June wide acres of grainlands in some parts of Ontario were under water. The all-time recorded high of rainfall in Ontario for May this year was registered by the weather sharp of the Ontario Agricultural College at Guelph as 7.9 inches. The average rainfall for May over a period of years is 2.98 inches. Up till this year they talked of a previous high record of 5.86 inches in May, 1924.

Counties suffering most from the excessive moisture this spring were Simcoe, Ontario, Victoria, York and Dufferin. Other counties of Ontario's mixed farming areas reported much belated seeding.

Early Oats

Talking of seeding and seeds, the agriculture department tells not only how but where Mr. MacLeod adds: "Agricultural representatives in the various counties where there has been excessive moisture have lists where early maturing seed grains can still be obtained. Early varieties of oats include Carter, Alaska, Ajax, Mabel and Daisy. They will mature in 30 to 100 days and should be sown at the rate of 2 1/2 to 3 bushels per acre."

BISHOP IN HOME GUARD

LANCASTER, Eng. (CP) Rt. Rev. Benjamin Pollard, Bishop of Lancaster, preaches what he preaches. The bishop, leading a Home Guard recruiting campaign from pulpit and public platform, is a lieutenant in the local Home Guard.

One Hundred Films For Russia

Five A Week Now Shipped or Flown from Britain

By aeroplane and ship, new film "shorts" are going out to Russia from Britain at the rate of five a week.

In the last two months alone, 64 news reels and 20 short films have been sent off, and a program of 23 specially prepared shorts and news reels is under way a total of more than 100 films for 1942.

Among those which have already left is one showing how production is kept going in Britain's aircraft and munition factories; another how convoy ships work; a third how Britain's armed forces are trained.

A special film, presented as "A Tale of Two Cities," was an outstanding success. It was made from "London Can Take It" and "Target for Tonight" and incorporated the bombing of Moscow. Recently Soviet producers put together 20 British film "shorts" about the war effort and made them into two news reels of 10 films each.

Special films sent to the Soviet are now being done entirely in Russia with Russian commentaries. Among many which are leaving Britain soon are "Four British Airmen" based on the training and fighting of the four airmen who lately received the Order of Lenin for their work in Russia, and "A House in London" about Lenin's house on which a commemorative plaque was recently unveiled.

There are at least 10,000 cinemas in Soviet Russia, not including thousands of clubs and halls which show films and the mobile film units which travel up and down Russia's front line.

The Week at OTTAWA

Specially Written for The Acton Free Press by BY BOB FRANCIS Canadian Press Staff Writer

Debate continues in Commons on the bill to provide power to conscript men for overseas service. Outside the House, there is talk on just what will happen when the final vote on the bill is taken.

Certainly many members on the government side are going to oppose the administration in the vote. Just how many will not be known for many days but Hon. P. J. A. Cardin, resigned minister of transport and public works, has said he expects 50 Liberals to vote with him against the amendment.

Speaking on the amendment Agriculture Minister Gardiner told the House of Commons he saw no immediate need for conscription and expressed doubt of the plan to bring Canada's armed forces up to a strength of 750,000 could be accomplished without resorting to conscription. He said a responsible party government would only bring in conscription for overseas under conditions in which the government institutions of Canada were threatened with destruction.

Rev. T. C. Douglas (C.C.F., Weyburn) said in the House last week he would vote against the bill unless steps are taken simultaneously to conscript wealth and industry. "That may be the C.C.F. viewpoint. Now Democracy Leader Blackmore also called for all-inclusive conscription at the same time as conscription of manpower. Conservative House Leader Hanson, arguing in a different vein, said he would "insist" that a clause be inserted in the amending bill to make action to conscript men mandatory.

Might Be Close

Conceivably although it is not believed in all quarters the Conservatives will vote against the amendment since it is at least a step in the direction of conscription all the opposition groups might line up against the government in the vote on the bill.

If that happened, it would be at best a close thing for the government. With the Quebec Liberals and some from other provinces also opposing the administration, the government would face its first real test in a division since it was elected to power.

Conscription for overseas service actually appears only as a remote possibility following Mr. King's speech in support of his amendment to the Mobilization Act. Instead, the necessity of home defence taking an increasingly important part in the government's deliberations stands out as an important consideration. Mr. King told the House that overseas conscription is not an immediate necessity and may, in fact, never be necessary.

The Prime Minister's statement drew the reply from Mr. Cardin that the government has "betrayed" the people of Quebec. It was Mr. Cardin's first speech in the House since he resigned his dual portfolio of public works and transport last May 11 in protest against Mr. King's introduction of the bill.

Mr. Cardin said there have been attempts to appease and silence Quebec by promises that there would be no conscription, and to appease the rest of Canada by bringing in the conscription-establishing legislation.

Prospect of Vote

With no indication of how long it would be before a vote would be taken on the amendment, forces appeared to be jockeying on the floor of the House into somewhat the same lines they assumed during debate last spring when the plebiscite was authorized, but with the apparent difference that there may be many more votes against the government when the division is held.

Coupled with speculation on the conscription debate is speculation on when Finance Minister Isley will bring down his budget and what it will contain. The indication is that it will be down before the end of the month.

The budget has been delayed this year because Mr. Isley wanted to get the \$2,000,000,000 war appropriation bill and the \$750,000,000 loan bill through parliament first. It seems likely he will present it as soon as it is ready, regardless of whether the debate on conscription is concluded.

Coast Defence

Reports of Japanese landings on the outer Aleutians following the "Japanese raid" on Dutch Harbor, Alaska, concentrated attention on Pacific coastline defence problems. Meeting appointment of Lt. Gen. Kenneth Stuart, chief of the general staff, as temporary commander in the Pacific area, was announced by National Defence Headquarters. He replaced Major Gen. R. O. Alex-

ander, 54, general officer commanding-in-chief of the Pacific area, who becomes inspector-general of the army for Central Canada.

General Stuart takes over the command of the Pacific area to deal with organization plans rising out of expansion of army forces in that command.

General Alexander succeeds Major Gen. T. V. Anderson, 61, former chief of the general staff, retiring after 42 years' service.

At almost the same time came a suggestion from Arthur Slight (Lib. Party) for establishment of halibut barrages to protect Halifax, Esquimalt, B.C., and other strategic centres.

July Call-up

Canadians have been told the army is calling up 15,000 men for training in July, the largest monthly requisition so far. At the same time it is forecast the first lottery in connection with the call-up will be held in August, with the probability that drawings will be made in each service division rather than on a national scale.

On the home front, hard on the heels of the regulation cutting the sugar ration from three-quarters to one-half a pound weekly per person, housewives are warned that preparations for coupon rationing of sugar are being pushed by the Wartime Prices and Trade Board, with the prospect of coupon rationing by July 1st.

WITH LUCK OF NELSON

London (CP) Out cut at Burnham Thorpe, Lord Nelson's birthplace, was used for a plaque which the people of Duxing, Norfolk, had fitted in a motor torpedo boat of the Royal Navy. The "floating folk" adopted the boat.

Honour bound

EA, as you know, comes to us from Ceylon and India, and every man on every boat which carries it to our land is risking his life every day of the trip. We are honour bound to use only what our Government asks us to. Avoid waste and do not use more than your share.

'SALADA' TEA

COMPANY OF CANADA, LIMITED

"No, I say, we can't afford a bigger house—not while our boys need bigger tanks!"

"My husband and the children say that now there's so much money coming in, I should have all the things I've always wanted."

"But I say no thank you! My Freddie gave up his job willingly and lives in a tent. The least each of us at home can do is to go without this and that and buy War Savings Stamps every week so the boys over there will have everything they need for victory."

Buy War Savings Stamps from banks, post offices, telephone offices, department stores, druggists, grocers, tobacconists, book stores and other retail stores.

National War Finance Committee



"That's Private Hogan, Sir. He seems to be taking Army Week pretty seriously."

MERRY ENGLAND

Lewes, England (CP) Sussex villages are to start keeping "Domestic Books" of their own under a scheme proposed by the Association of Sussex Village Halls. Each village will maintain a pictorial and written history of its life, ways and customs.

OFFICE TEA CUT

London (CP) The Food Ministry has announced that the allowance of one pound of tea a week for every 20 persons in groups of office workers throughout Britain has been cut in half. The order does not apply to industrial workers.

You Roll Them Better With

OGDEN'S FINE CUT

CIGARETTE TOBACCO