

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

PLANNING FOR "ARMY WEEK"
Hello Homemakers! To-day we're making plans to honor our Canadian Army during Army Week. June 20th to July 5th has been set aside for us to learn all about the work and activities of our Army and something special has been arranged for us each day. Every homemaker can cooperate in paying tribute to the Army during this period.

We suggest that homemakers "say it with flowers" by decorating the house with garden flowers and outside the flag can be unfurled and wave on high to show your spirits will never die. Do plan your household duties so that you will be free to entertain and can visit nearby camps with the family, see the parades and share in the entertainment of Army Week.

On Monday, June 22nd, Soldier Day may be honored by inviting men or women in khaki to your home to enjoy a real, hot, home-cooked meal—sending an extra special parcel overseas. And according to the order of the day, Tuesday we will serve army rationals. Try to reserve the whole week to be consistent with the training of the Army. This is the time for us all to get behind the Army—to show everyone that we are supporting it and proud of it.

SPECIAL SOLDIER'S DINNER
Chilled Fruit Juice Roast Chicken
Giblet Gravy Sage Dressing
New Potatoes Spinach
Radishes Cucumber Slices
Maple Leaf Salad Bowl
Cafe au Lait

SUGGESTIONS FOR OVERSEAS BOX
Molasses Pound Cake
Honey Nut Squares
Crown Oatmeal Cookies

Molasses Pound Cake
2 1/2 cup butter; 1 tsp. cinnamon; 3/4 cup sugar; 1/2 tsp. allspice; 2 eggs beaten; 1/4 tsp. clove; 3/4 cup milk; 1/4 tsp. mace; 1/2 cup molasses; 1/2 cup seeded raisins; 2 1/2 cups flour; 1/2 cup citron, thinly sliced; 1/4 tsp. soda.

Cream, butter, add sugar gradually, eggs, milk and molasses. Mix and sift 2 cups flour with soda and spices; add to first mixture; add fruit dredged with 2 lbs. flour. Bake in electric oven at 350 degrees.

Mother's Blackberry Pie
2 1/2 cups blackberries; 1 tsp. cornstarch; 1/2 cup brown sugar; 1 tsp. butter.

Line a pie plate with crust and brush with white of an egg. Add berries and sprinkle with the sugar and cornstarch mixed together. Dot with butter; cover with upper crust and bake in electric oven at 425 degrees for 10 minutes, then at 350 degrees for 30 minutes.

Honey Nut Squares
1 1/2 cups flour; 1/2 cup honey; 3 lbs. brown sugar; 2 egg whites; 1/2 cup butter; 1 cup coconut; 1/2 cup brown sugar; 1/2 cup walnuts; 1/4 tsp. salt; 3 lbs. flour; 1/2 tsp. vanilla.

Rub the first three ingredients together to make a crumb mixture. Put into a shallow pan and cook in a moderate oven about 10 minutes.

Beat egg white stiff, add honey and brown sugar gradually; beat until mixture peaks; fold in other ingredients. Spread this over crumb mixture and cook 40 minutes in electric oven at 325 degrees.

Take a Tip:
Nerve Army Rations on Tuesday Breakfast

Orange Rolled Wheat Fresh Milk
Scrambled Eggs Toast
Butter Jam Coffee

Dinner
Beef Broth with Rice Baked Ham
Scalloped Potatoes
Buttered Cabbage

Supper
Beef Broth with Rice
Cheese and Potato Salad
Pickled Beets Applesauce
Molasses Cookies Tea

THE QUESTION BOX
Mrs. S. C. asks: "Do you starch pillow ticking to prevent feathers coming through?"
Answer: If feathers work through a tick, remove them and turn the tick inside out. Rub the inside with beeswax slightly warmed. Put in the feathers and sew up.

Mrs. C. P. T. says: "I received a burn when opening a tin can of food heated in the oven—what happened?"
Answer: Always put two small holes in the top of tin and heat in a pan with a little water in it.

Miss M. B. asks: "What will remove indelible ink?"
Answer: Equal parts of ammonia and turpentine then rinse thoroughly.

Anne Allan invites you to write to her, (Care of The Acton-Free Press). Send in your questions on homemaker problems and watch this column for replies.



Chronicles of a Ginger Farm

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

Whatever the wild strawberry crop is like in other places it is definitely not good here. "Twice I have visited my usual haunts but on neither occasion was I able to get enough for the fencer in a field where Partner was cutting hay. I hadn't been there long before I heard Partner calling and went over. To see what was wrong. "Nothing is wrong," said Partner. "I just wanted to show you something." And so saying he pointed to the ground near his feet. There I saw a bird's nest but not just an ordinary bird's nest. There was something different about this one. In it there were three eggs, about the size of pullet eggs, and of a light muddy color. There was also a newly hatched bird and it was covered with thick long down—a sort of buffish color. I poked the little thing up and found its beak, neck and legs appeared quite out of proportion to the rest of its body.

"Well," said Partner, "what is it?"
"Do you suppose it's a pheasant?" I asked, although I realized even as I spoke that it was far bigger than a baby pheasant was likely to be.

Partner shook his head. "No," he said, "I saw the sitting bird fly out as I came along—and it was a heron!" We piled hay around the nest so Partner would know just where it was and not disturb on his next round with the mower, and we kept watch for awhile to see if the mother bird would come back. However there was no sign of her as long as we were there. I hope we did not scare her off completely. I wouldn't like those funny little birds to be left without a mother—I should mention the fact that an egg that was piped hatched out before we left the field. Why a heron should make its nest in the middle of a hayfield is more than we can fathom, unless the season has been too wet for its natural haunts to be comfortable.

Well, the war is touching our everyday life a little more closely every week. The reduction in the gas ration is one thing that might be expected and still very generous compared with what people in England, Australia and New Zealand are allowed. A car to most of us has become a necessity for business as well as pleasure but no doubt we shall learn to get along without one when necessity drives us to it. After all a car is not the only means of transportation. We can walk, ride, drive a horse, or sit in a saddle if necessary.

And there's the problem of sugar rationing. And it's glad I am that sugar is being properly rationed. The "honor" system sounds all right in theory but in practice, well, it's just another case of conscientious people bearing the brunt and those not so disposed getting away with what they will. Now it will be share and share alike. And do we need to grumble? We want to win this war don't we? Of course we do but how much are we willing to sacrifice to do it? To go a little shy on sugar is such a small matter.

Before this column gets into print the new budget will have been brought down and I'm thinking that that same budget is likely to make us all sit up and take notice. Well, I guess we shall just have to show the world we can take it on the chin and keep smiling. There is so much we can do without and yet be very far from suffering for lack of material things compared with the rest of the world.

As I write news has come through that Tobruk has fallen and that Vancouver Island has been shelled by an enemy submarine. Depressing news? Yes for the moment. But reverses must not be allowed to make us depressed for very long but rather be accepted as a challenge to greater effort. But we must also remember that in our zeal for work it is wise that pleasure and relaxation must also receive some attention although generally speaking our ideas as to what constitutes pleasure and relaxation need some revision. Change of work is as good as a rest, therefore in changing from one job to another we have relaxation. Rest is not necessarily doing nothing. And pleasure—who can define it? There is pleasure in a garden, in making a garment, in watching children at play, in reading, in music and best of all, in work well done.

OH CORP—MY POOR FEET!
LONDON, (CP)—Britain is taking special care of her troops' feet in the war with 200 chiropodists serving as corporals.

Confidence Grows In Flying Sweeps Over Nazi Europe

Veteran Squadron Leader Breathes Courage and Faith in Victory in Recital of British Air Triumphs

LONDON, (CP)—"Our only wish is to see our offensive gradually increase until the Hun simply can't take any more," said the Squadron Leader.

He told of British air sweeps over enemy territory as casually as if he were describing some unexciting pen-and-ink occupation at home. He was qualified to speak by having taken part in 100 "sweeps" since the start of the year.

"Our Spitfires, armed and ready to look sleek and deadly in their dispersal areas," he began. "The pilots are in their rest rooms playing cards, reading, listening to the radio or the gramophone. The joking and laughing, the discussion of the dispersal area, the general hubbub of a formal voice comes through the loudspeaker.

"All pilots will report at 12:40 hours in the Wing Pilot's room. It is now about noon. The card games end. The radio is switched off. The boys troop off to the mess for an early lunch. At 12:45 they're all back in the Wing Pilot's Room. It's all there on the map. Our course is planned. There's no drama about it. It's happened too often lately for us to be excited.

Oh They Go
"Then we're in our Spitfires. The Leader goes off. His wheels come up and the other Spitfires roar up behind him. Thirty or more pilots now depend for their lives on the skill and judgment of the Wing Leader.

"We're at 20,000 feet over France. It's comparatively peaceful and quiet but everyone is watching out. Before you can count, perhaps 10 of them above and two lots of 20 from either side.

"We'll round and round. The air is full of Hun aircraft. No sooner has one of us got his sights on a 10 than he has to pull up or turn because one is on his tail. Then by magic the whole sky is empty again except for a few smoking aircraft going down.

"My number two and I became separated from the remainder of our formation. We start for home and eight to 10 Huns come down to have a crack at the two of us. We turn to fight but there are rather a lot of them. We squirt here and there as often as we can. My number two puts his nose down and streaks for home. He lands with five cannon shell holes in his aircraft. Luckily nothing hit him.

Grim Fights Afoot
"As you turn and twist in combat over France you realize your petrol won't last forever. When you make a dart for home, a Hun will come screaming down on you. He likes things his own way. If he sees you are determined, he gradually cools off.

"We see four Germans stooping peacefully along. They are in nice tight formation. They never know what hits them. Three are destroyed for certain. The fourth is almost certainly destroyed. The Hun I fire at goes down lazily, down and down. There's no smoke, no flames, nothing spectacular. He crashes in a plowed field.

"The sweeps give our boys marvelous training. I've seen the experience of a few combats over France make a complete change in a pilot. He comes to us quiet. After a few sweeps his sense of self-reliance and leadership develop. Soon he is ready to mix it with the best Hun pilot."

Lighter Outfits For High Fliers
Electric Heated Suits to Replace Present Bulky Clothing in Air Fighting

WASHINGTON, (CP)—United States pilots will in the future fly in lightweight electrically-heated suits.

The U. S. Army Air Force has announced that before next winter several thousand electrically-heated flying suits will replace the bulky sheep-skin-lined coats, pants, helmets and shoes with which pilots have had to contend for years.

The new flying apparel, designed by engineers at Wright Field at Dayton, Ohio, is a little heavier than the average man's fall suit. But it will keep him warm at temperatures as low as 60 degrees below zero.

As a result the pilot of a fast pursuit or bombing plane flying at 30,000 feet in sub-zero weather will not be handicapped by a pair of thick leather and wool mittens in operating his radio, firing his guns, or adjusting his 100 or more instruments.

NEW FLYING SUIT
LONDON, (CP)—A new type of safety flying suit embodying a rubber special care of her troops' feet in the war with 200 chiropodists serving as corporals.

The Week at OTTAWA

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

OTTAWA, (CP)—Shelling of a government radio and telegraph station on the west coast of Vancouver Island during the week-end gave heightened emphasis to the speeches of two defence ministers as the conscription debate was resumed this week in the house of commons.

The attack on Estevan Point, first a Canadian anti-aircraft confederation, also centred added interest on conferences at Washington, believed concerned with the possibility of a second front, between Prime Minister Churchill and President Roosevelt. There was speculation that Prime Minister Mackenzie King might go to Washington to take in the talks.

Speaking in the debate on the bill to empower the government to impose conscription for overseas service by order-in-council, Navy Minister Macdonald pointed to Britain to show that men conscripted for service in the naval and air forces had received the same treatment. He advocated conscription for overseas service.

Defence Minister Halston said that the manpower problem was "a green light to the government to go full speed ahead." He said the publicists here as the paths of numerous United Nations leaders appeared by coincidence or design to be crossing at White House Washington.

Coupled with the presence of these dignitaries on this side of the Atlantic was the statement in a radio speech by Lt. Gen. Kenneth Sturml, chief of the general staff and commander-in-chief of the west coast defence forces, that the "big innings" of the army in the present war is coming soon.

It was noted here that Stephen Early, press secretary to President Roosevelt, said speculation regarding a second front seemed "perfectly justified" in view of the third meeting in less than a year of Prime Minister Churchill and President Roosevelt.

Discussion in Commons
And while momentous events seemed in prospect as a result of this meeting there were big doings in the Canadian parliament, too, with a vote approving on Prime Minister Mackenzie King's bill to empower the government if these fit to impose conscription for overseas service.

War services' Minister Thorson told the House the decision of the government is that "it is not in the best interests of the Canadian war effort that conscription for overseas service should be imposed at the present time."

"I submit this decision will bring Canada closer to its real objective than if the government were to act otherwise," he said.

Mr. Thorson said he hoped conscription will never be necessary, but if it ever becomes necessary it will be only the second best method to fulfill the program for Canada's armed forces. More outspoken than any of his cabinet colleagues, Mr. Thorson said he was "making a careful statement of government policy."

Canada's manpower resources were limited and the government might have to consider calling up married men. Last week the calling up age was shifted from 30 to 35 years, an indication the supply of single men and childless widowers is running low, the minister pointed out.

Resources Minister Crows warned that, unless Germany is defeated in Europe, Canada may be forced to merge with the United States as a means of self-preservation. He asked French-Canadian opponents of conscription what hope they would have for maintenance of the constitutional rights they enjoy in Canada, if this

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Toasted Puffed Wheat—Free Glassware
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Heinz Sandwich SPREAD 6 1/2-oz. jar 19c, 17-oz. jar 39c
Keep Your Floors Right With Hawes' Wax 1/4-lb. tin 25c, 1-lb. tin 45c
Toilet Tissue WHITE SWAN 3 rolls 25c

Cleaner SANI-FLUSH For Toilet Bowls tin 15c, 29c
Aylmer Saville ORANGE MARMALADE 32-oz. jar 29c
Bramble, Red Currant or Grape AYLMER JELLIES 12-oz. glass 18c
Christie's ROUND SHORTCAKE each 20c
With Marshmallows CHRISTIE'S ORANGE LAYER each 20c

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NO. 1 COOKING ONIONS 3 lbs. 20c Juliet Valencia ORANGES, Doz. 33c
Fresh Cauliflower, Celery, Turnage, Cantaloupe, Watermelon Special Prices

Fruit and Vegetable Prices Good Till Saturday Night Only
We reserve the right to limit quantities to family requirements

Dominion became part of the United States.
Pull-in-Balls Move
On other fronts in the capital:
1. Elliott M. Little, vocational selective service director, announced Labor has been put on a priority basis. Job permits must be obtained for most forms of new employment and job changes channelled through employment offices.
2. Coupon sugar rationing from July 1 was announced by Donald Gordon, Chairman of the Wartime Prices and Trade Board. The half-pound weekly ration per person will continue.
3. The gasoline ration unit in Ontario, Quebec and British Columbia was reduced from five gallons to four.
4. Hugh A. Mackenzie, director of the Price Board's division of simplified practice, warned Canadians to be prepared to pull in their belts "another notch or two" to keep pace with United States wartime economy and conservation measures.

ARMY WEEK
JUNE 29 - JULY 5
Don't miss this grand opportunity to see our very efficient Army in action and to pay a well-deserved tribute to our gallant men and women in khaki.
SALADA TEA COMPANY OF CANADA, LIMITED

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QUEENSLAND
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Send for Free Recipe Booklet—CROWN CORN SYRUP 5-lb. tin 53c
Orange and Lime—A New Taste Thrill—AYLMER MARMALADE 16-oz. jar 21c

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| POSTS CORN FLAKES pkg. 7c | DEPENDABLE CLASSIC CLEANSER tin 5c |
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Frankford TOMATOES 2 2 1/2 tins 21c
Toasted Puffed Wheat—Free Glassware
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"Cheer up, pal... things could be worse. You ain't been torpedooed yet."

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