

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Home Economics Editor

VEGETABLE STORAGE IN 1942

Hello Homemakers! There is really great strategy being used in the storage of vegetables these days. So, because you are in the canning mood, don't go overboard and can all your vegetables. Consider first the adequate storage methods available to you.

(1) For root vegetables which will hibernate (such as potatoes, carrots, beets, onions, parsnips and turnips), store in cool cellars, in above-ground mounds, or in under-ground pits. Pumpkins and winter squash can also be stored for several months in these places.

(2) The drying method is recommended to save both jars and fuel. Peas, beans and corn may be blanched, put on a cookie pan and left in the warming oven to dry slowly and thoroughly; or, after the oven meal is taken out of the electric range, turn the switches off and put the pan of seeds or kernels in the oven.

(3) Many fruits and vegetables (cherries, berries, peas, corn, etc.) may be picked, cleaned and put into cartons or suitable containers and frozen in a locker at the cold storage plant in your vicinity.

(4) The pickling or salt curing storage method "puts down" cabbages, cucumbers and peppers.

(5) Tomatoes are best canned by the oven or water-bath method. The oven method helps to keep the vitamin content.

RECIPES

Oven Canned Tomatoes

Select firm, ripe tomatoes. Wash. Blanch by immersing in boiling water for about 1 minute. Plunge into cold water and peel at once. Pack into jar. Cover with boiling water or tomato juice. Partially seal and process 45 mins. in electric oven preheated to 275 degrees.

Home Canned Spinach (Requested)

Pick over leaves carefully. Wash 3 or 4 times, lifting out the greens each time. Shred as for cooking if necessary. Heat in an uncovered kettle with a very small amount of water over "low" heat until wilted. Stir while heating. Pack into pint jars. Add 1/4 tsp. salt to each pint. Cover with boiling water. Partially seal and cook in boiler by water-bath method for 3 hours.

Home Canned Pumpkin (Requested)

Wash. Remove seeds and peel. Cut into 1 inch cubes. Cook in a small quantity of water until soft. Put through a sieve. Reheat to boiling point. Fill pint jars. Seal and process by water-bath method 3 hours.

TAKE A TIP

1. To cook or bake fillets of fish, wring water out of new piece of cheesecloth; then lay fillets on it. Lifting fillets out with the cloth prevents them from breaking into pieces. Rinse the cloth in warm water and it can be used again.

2. To remove fish odor, rub the pan in which fish is cooked with orange or lemon rind.

3. A piece of orange rind put into water in which suet or steam pudding is being cooked will make the pudding roll out of the cloth easily.

4. To clean a stained enamel kettle, cook applesauce or tomatoes in it. These foods may be eaten; there is no danger.

THE QUESTION BOX

Mrs. W. S. asks: "Recipe for tasty salad for wedding for 35?"

Answer: Chicken Salad
3 1/2 cups diced chicken, 3 1/2 cups diced veal, 5 hard-cooked eggs, 4 cups diced green celery, 1 1/2 tsp. salt, 1 cup pepper, 2 1/2 cups peas, 1 cup chopped lettuce, 2 cup minced parsley, 1 cup chopped nuts, 2 cups mayonnaise.

Mix the ingredients together lightly with a fork. Chill in refrigerator. Add nuts if desired after chilling. Carefully stir in mayonnaise.

Mrs. C. M. B. asks: "If a summer cloth dress has been dry cleaned can it be washed afterwards?"

Answer: Yes. But test for washing a belt or pieces off seams. Set color by soaking in salt and water.

Mrs. P. D. suggests: "Let some of your radishes, lettuce, carrots, etc. go to seed and pick when ripe. Do not forget to save flower seeds too."

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

LOBSTERS TRAVEL BY AIR

SYDNEY, N.S. (Canada Atlantic) live lobsters are being sent by Canadian National Express via Trans-Canada Air Lines to reach Montreal and other points, in fine condition for the broiler.



CANADIAN BEAUTY

Dorothy Whyte who has been one of the principal reasons for the success of Montreal's Sunday Night Show (Sundays at 10.15 p.m. EDT, 11.15 p.m. ADT) will be in the audience for the broadcast of July 12. She takes a holiday this date only while Maxine, one of Phil Spitalny's lovely girls, appears as guest star. Just so her fans won't be lonesome, here is a stunning new picture of Dorothy looking very sophisticated and dramatic.

Call Soy Bean To Heavy Duty In War's Need

Humble Legume from Orient to Bulk Large in Oil Substitutes and Food Production in Canada and U.S.

BY EDWIN R. GREENLAND

COLUMBUS, Ohio, (CP) — It was just a little bean that looked like a pea, and they called it the upstart of agriculture.

Now the little bean, grown in various areas in Canada and the United States, gives baby food and hub caps, pancakes and varnish, celluloid and soap—and a host of other things. And they aren't calling it an upstart any longer. Moreover it's to be a big factor in winning the war. Experts say it is impossible to say just how great a role the soy bean will play in this direction.

Likely we would be doing without a lot of things these days had not a few far-sighted men seen possibilities in the soy bean. They struggled off in the disbeliefs of a skeptical farm belt, back in the 20's and began developing the soy bean oil, that became one of the world's greatest sources of substitutes.

Food Products

The list of commodities which use the oil already is as long as your arm, and contrary to general belief, most are food products. The public picked up an idea somewhere that virtually all the oil flowed from the processing mills to motor plants, the plastics factories, toy shops.

The truth is that last year more than 85 per cent of this highly nutritious oil went into edible products—salad oils, vegetable shortening, margarine. Much of the remainder found its way into paint, varnish, linoleum, ink, soap, foundry core binder, artificial rubber.

That does not account for all of last year's crop, however. Farmers kept much of the yield from a million acres in Canada and the United States for their own use—seed, stock feed, pasture fertilizer. The year before they kept an even greater portion, according to figures at Ohio State University, and still larger amounts in previous years.

For even though the bean became one of the best of money crops, the farmer still did not lose sight of the primary purpose for which the leguminous plant first was planted in north America. He saw in it then a supply of forage for his stock, either preserved as hay and silage or cut and fed green.

With the price of beans getting toward \$2 a bushel, however, experts figure that the percentage of the crop kept on the farm will fall sharply. The average yield last year averaged a bit under 19 bushels. Uncle Sam asked his farmers for a 50 per cent increase in this year's crop.

Really Old Timer

The rise of the soy bean is one of the striking agricultural developments in American history. Back in 1907 only 50,000 acres were planted. Twenty years later that had been increased 10-fold, 35 years later 100-fold.

There has been no letup in research on the bean and its oil. Breeding to meet varied cultural, food and industrial needs now is being conducted by experimental stations, and one agricultural leader remarked that in spite of progress already made, development of the versatile little oval still is in its infancy.

The bean came to America from the Orient, where it grew rather haphazardly for centuries. No one knows just how old it is, nor from whence it grew. It was mentioned in a writing by Emperor Shen, Nung of China back in 2838 B.C. That's as far as it has been traced.

Chronicles of... Ginger Farm

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

Last Wednesday we awoke and found the day had started with a steady downpour of rain, and Partner was all set to cut barley! Well, there wasn't much sense in standing around looking at the weather—nor the barley either for that matter—there was nothing we could do about it. So, since Partner and I both had business in Toronto and had been waiting for an opportunity to go, we took advantage of the wet weather and headed for the city. By 3 p.m. we were through with our business and Partner was ready for home. But I had other ideas. After all you can't go driving for pleasure with a free conscience these days so if business takes you to the city why not get in a little pleasure at the same time and thus make your gas do double duty.

So—"What do you want to do?" asked Partner.

"Go to a show," I replied without any hesitation.

"What show?" inquired Partner.

"Mrs. Minever" I answered with alacrity. "It starts at Loew's today." (You see I had been reading all the write-ups and knew it was supposed to be good.)

Partner agreed but I was awfully scared he might back out when he saw that we would have to line up. However this must have been one of his doleful days for he never said a word! And after all it wasn't too bad—we were waiting only about three-quarters of an hour—not as long as my sister-in-law in England has to stand in line for a bit of meat sometimes.

And now what I can tell you about "Mrs. Minever"? I hardly know for I don't think of it as a show. It is life—the life of ordinary people—day people within easy reach of enemy bombs and bullets. It is not exaggerated in any way, shape or form. The bombing is terrible but not gruesome. The courage of the people in the face of danger is something to marvel at and their nonchalant attitude after the danger is past is typically British. One also gets a pretty fair picture of what the evacuation of Dunkirk meant to those who stayed at home.

"Mrs. Minever" is, in fact, a screen adaptation of life—I just can't call it a show—that no one should miss. If you are any place where it is shown take time off to see "It" or, if it comes to your home town, don't miss it. And I might add, it has plenty of action to suit the young and adventurous, but will also give them plenty of food for thought.

No where is something you, may not believe—or if you do, you will probably think it ridiculous. A day or two after we had been to Toronto I was working at something I wanted to finish and it may be that I was thinking of Mrs. Minever or it may be that my thoughts reverted to the last war. Anyway I heard the distant wail of a siren and I immediately said to myself—"O darn it—there goes the air raid siren, now I won't be able to get this job done!" And then almost at once I realized it was not an air-raid siren but a six o'clock factory whistle! It seems to me that most of us are getting so used to the thought of war that we are serving an apprenticeship, as it were, for harder times to come. I don't mean to be gloomy but surely it is merely the fringes of war that has touched our lives so far. Except of course in families where the loss of a loved one has already brought home the meaning of war in all its grim reality. We need pictures like Mrs. Minever; we need high-takes—we need to have shortages of what we have regarded as the necessities of life; we need all these things and hardships too to shock us out of an easy complacency; to the realization of the part we all must play in what may well be this, our final struggle, for national and personal freedom.

Monday. Did I have a premonition, I wonder, as I wrote the above lines? It must have been something like that for here we are with drastic tea and coffee rations. Just the very things that will be felt in the lives of almost everyone. But we'll get along and probably be all the better for less frequent imbibing of the cup that cheers. And there are substitutes. Out west people used to roast wheat and barley, grind it and make tea with it. I never got to like it but I didn't have to like it—we could always get tea. But now, well, the time may come when we shall be glad of anything that is wet and acts as a people-urper. Are we downhearted? No! No, no, a thousand times No!

Institute Folk In-Britain to Meet "By Post"

Members of Canadian Patterned Groups Keep in Touch Without Travel — Women's Services in Old Land

LONDON, (CP)—In other years the members of the Federation of Women's Institutes came from one end of the country to the other for their annual general meeting at which current and future business was discussed at length. But not this year—the meeting has been postponed and business is being conducted by post. This step was decided on as a means of avoiding "unessential use of transport facilities."

(Women's Institutes in England were founded by Mrs. Alfred Watt of Collingwood, Ont., who was afterwards president of the Associated Country Women of the World. The British Women's Institutes were patterned on the Canadian Women's Institutes, the well-known organization of the Dominion's rural women from coast to coast.)

Members of the British Institutes will get copies of the annual agenda dealing with such subjects as equal pay with men for equal work done by women, post-war planning for education and housing, part-time work for women and post-war and international friendships. Said one official: "Their replies will help us to gather an idea of what our members are thinking so that we will not be out of touch when the war is over."

Service Girls
Eighteen-year-old Elma Wilson, Auxiliary Territorial Service bombardier from Strathaven, Lanarkshire, has been mentioned in dispatches by the Girl Guides' Association. She was wounded in the leg but nevertheless rescued a soldier who had been even more severely wounded during the bombing of an aircraft station.

Members of the A.T.S. take their hats off when entering restaurants or hotels for meals. The girls of the Women's Royal Naval Service, on the other hand, don't. It just seems to be a practice which grew up of its own accord and the Admiralty, questioned about, says the W.R.N.S. "can do as they please" in this connection.

Women Army Doctors
There are 130 women doctors serving with the Royal Army Medical Corps. They wear its badges and colors, hold the same ranks as men doctors, but they don't look after the troops. Their job is the health of the A.T.S. girls.

At Worthington girls from 14 to 16 are being trained as bicycle mechanics to relieve a labor shortage. Only Chinese girl in Britain's munitions factories is beautiful Tinge Chong-Bingnam from London's Chinatown. Twenty-year-old Tinge has shown her girls friends in the factory how to eat with chopsticks in the shop factory.

He Wasn't Dead
Happiest "widow" in Britain is Mrs. Norah Pritchard. After six messages from her "dead" husband, she is still trying to convince the Admiralty he wasn't lost with the Dorsetshire. Even after the Admiralty gave her papers to draw a widow's pension, she received a cable from her husband saying, "No news of you for some time. Please telegraph me." The Admiralty later admitted it seemed certain Pritchard was alive but until the information had gone through official channels the records would not be changed.

What Are They Building?

Mystery of Britain's Biggest War Job

There is much speculation here about the nature of "the biggest construction job of the war" for which Britain's building and civil engineering industries are now being combed for tens of thousands of men.

A week or two ago the Ministry of Labor suddenly stopped the transfer of the Forces of 28,000 working builders, due for enrollment this month. The men have been forbidden to make applications. Their service age has been put up to 41. They are being withdrawn from normal building work at the rate of 100 a day. There is a call for volunteers up to the age of 50. A general staff from the government departments concerned and from the industry itself has now been created to direct operations and they will send off selected men to any part of Britain at a moment's notice.

The job is being speeded up by mass production where mass production is possible with pre-cast concrete units, hollow beam concrete floors, plaster board sheets for ceilings and walls, paint spraying equipment; everything to save labor and get on with the job.

The demand grows for bricks, asphalt, cables, piping. Canada's lumber and jack pine are being Scotland's forests for timber.

What is it all about? "The changing strategy of the war" is the official explanation, and with that, meanwhile, the curious must remain satisfied.

WAR 25 Years Ago

August 4 Recalls Inspiring Words of Leaders After Three Year Conflict

BY J. W. ARMSTRONG

Weather was dismal in England that Saturday, 25 years ago — but hearts were high. It was August 4, 1917 and Britain was observing the third anniversary of her declaration of war on Germany—the First Great War.

Laudatory telegrams shuttled about the Allied world, great men delivered great speeches, devout people knelt in prayer. In the minds of everyone were the Allied troops, including the Canadians, battling Kaiser Wilhelm's legions in the "war to end war."

Victory was in sight and new hope welled up. Confidence was renewed and strengthened by the eloquent British prime minister, Lloyd George, speaking to a distinguished audience in Queen's Hall, London. He likened the war's progress to mountain climbing and declared: "No one has any idea how near the top we may be. A mere crag may hide it from our view, and we are staggered for a moment into a crevice. But we will climb again, climbing with strong limbs and firm purposes; and together we shall reach the summit of our hopes." The "crevice" was a current reverse in Russia.

Redefining Britain's position in the struggle he asked "What are we fighting for?" and answered: "To defeat the most dangerous conspiracy ever plotted against the liberty of nations—carefully, skillfully, insidiously, clandestinely planned in every detail with ruthless, cynical determination."

He asked his listeners to look at the Europe of the day, he reminded them that the might of the British army and navy had been thrown into the struggle. Then he asked them to visualize the Europe that would have been had Britain not added her weight to the conflict. Britain's conscience could not have permitted her to stand by idly.

Canada's Part

In Canada, Prime Minister Sir Robert Borden prophesied union government and said: the anniversary of entering the war brought "proud but solemn memories." Dark days had come and gone, he said, but the future looked bright. He begged that no one relax his endeavor. "Let us today, in Canada close our ranks, nerve ourselves for another year of struggle, and with undiminished hearts concentrate our fullest powers to the cause," he asked.

Another year, of a little more, brought the Allied victory and the armistice of Nov. 11, 1918. But as someone else had foreseen, that was not the end of the story.

On that third anniversary 25 years ago, Lloyd George voiced a determination that the world, now in 1942 approaching another third anniversary, could not sustain. He said, "We have it on the authority of a man in very high position in Germany who said, 'There will be peace shortly, but the war' will be resumed in ten years.' That's the ideal! That's the way they talk! But there must be no next time. Let us be the generation that manfully, courageously, and resolutely eliminated war from among the tragedies of human life."

Maybe You'll Be Switched

Added Hair-Pieces Are an Aid to Getting Back to Granny's Ideas

(By Betty Clarke)
Remember the old-fashioned switch with which Grandma used to embellish her crowning glory? Well, it's back in style again, only now they call it a "band-o-hair" and use it in new and ingenious ways.

If your hairdresser grew too enthusiastic about your new short haircut, you can cover the damage with an obliging hair-piece that exactly matches your own short locks and adapts itself to curls, buns or bangs with equal ease.

Added hair pieces can solve many of your problems. The day you go swimming, with no time to be prettied at the hairdresser's before you don your long skirt for the evening, all you do is pin on curls which look as if they grew from your own head.

STOCKHOLM, (CP) German postal authorities have forwarded to Sweden 10,000 kroner (\$2,500) which has been removed by German censors from United States mail to residents of Sweden.

Men, Women Over 40 Feel Weak, Worn, Old?

Want Normal Pop, Vm, Vitality?
Do you feel tired, nervous, irritable, unable to get things done, lack of energy, loss of interest in life, etc.?
If so, you need a tonic. Dr. Williams' Pink Pills for Pale People will give you the strength, vitality and energy you need. It is the only tonic that builds up the blood, the source of all life and energy. It is the only tonic that is pure and safe. It is the only tonic that is guaranteed to give you the results you want. It is the only tonic that is sold in every drug store.

Indian Takes One Look, Then Heads Back to Bush

This community is on the main line of the Canadian National Railways near Minaki, one of the most delightful holiday spots in the country, but passing trains never tempted Joe Strong, 62-year-old Indian guide, to climb on board and go see a city. But recently he decided to visit a grand-daughter living in Winnipeg. News-papern men asked him his impressions of city life. "Too many people in too much of a hurry," was Joe's comment. To that he added "Too noisy, pavements too hard, hurt feet."

Joe saw the trading floor and wheat pit of the Grain Exchange and the scene baffled him. "I never heard anything like it in my life." Bitterness restrained him but he thought wild animals had more dignity than city folk, and he thought businessmen looked better on hunting trips. As fast as he could Joe took a train home to the wilderness quiet and a pair of nice, soft moccasins.

DUEL WITH BUB

LONDON, (CP)—An R.A.F. Sunderland flying boat of Coastal Command returned to base punctured with more than 100 holes after a duel over the Bay of Biscay, first with a submarine which it damaged with bombs and gunfire and then with a four-engine Focke-Wulf Kurier.

FIND STRANGE CACHE

KINGSTON, England, (CP)—Food officers here are trying to find out who put this good food in a pig food bin: a whole loaf of bread, three nearly whole loaves, one pound slab of chocolate, two ounces of butter, half a pound of tea, a bag of flour, a packet of cereals, many biscuits and half a pound of liquorice all-ports.



Quality Counts Most "SALADA" TEA

GOOD FOOD Low Prices

Silver Ribbon	Tomatoes 3 14 1/2-oz. tins	19c
	NEW PEAS Aylmer Slice 8	16-oz. tin 18c
	MAYONNAISE Carroll's	8-oz. jar 22c
	RAINBOW CAKE Christie's	2lb. 20c
	BUTTER TARTS	2 for 6c
	GHERKINS Sweet	14-oz. jar 21c
	APPLE JUICE Allen's	3 36-oz. tins 23c
Quaker	Cornflakes 2 pkgs.	15c
	PUFFED WHEAT Quaker	pkg. 7c
	MARMALADE C & B	32-oz. jar 31c
	SPAGHETTI Cut	2 lbs. 9c
	ROMAR COFFEE	1-lb. 39c
	ASPARAGUS Tasty Cuts	2 12-oz. tins 25c
	SARDINES Oak in Tomato	1g. tin 21c
Kellogg's Rice	KRISPIES	pkg. 12c
	DOMESTIC Shortening	1-lb. 19c
	BAKING POWDER	Carroll's 16-oz. tin 21c
	KEEN'S MUSTARD	tin 10c, 27c
	QUAKER MUFFETS	2 pkgs. 17c
	INFANTS FOODS Aylmer	tin 7c
	CRISCO	tin 25c, 65c
Choice Aylmer	PEACHES 2 15-oz. tins	27c
	CHERRIES Aylmer Red Pitted	16-oz. tin 18c
	BLACKBERRIES Aylmer	1-lb. 19c
	FLY-DED SPRAY	16-oz. tin 27c
	LIGHT BULBS	each 20c
	SHOPPING BAGS	each 3c
	BALLARD'S MEATIES	2 lbs. 25c
H.O. Powdered	AMMONIA	pkg. 5c
	CLEANSER Carroll's	tin 5c
	CHIP&O	pkg. 9c, 23c, 52c
	IVORY SOAP	bar 6c, 2 bars 19c
	MAPLE LEAF	pkg. 65c, 18c
	2 IN 1 Liquid WHITE	each 14c
	CHEMICO	tin 15c, 25c
	GLO-COAT Johnson's	tin 59c

Large Seedless 4 for 25c Fresh, Crisp, GrAPeFRUIT (Cery Hearts, Bunch 10c

JUICY VALENCIA ORANGES, Dozen 35c
Also Fresh Plums, Peaches, Canteloupes, Tomatoes, Corn—Special Prices!

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

CARROLL'S