

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Home Economics Editor  
FIGHTIN' FOODS

Hello Homemakers! As a worker in the home line of defense, isn't it your job to plan Nutri-thrift menus? Of course, making plans is only half the battle—if you abuse cooking principles, you lose the fight.

"Fightin' Food" is baked to conserve vitamins and minerals without changing flavor or appearance. Given good recipes, make sure your baking action is right. Here are some tips to ensure success:

1. Make accuracy your password. People who consistently turn out good foods are not lucky, they are accurate.
2. Good judgment is the next essential. It's nice to have available everything you want, but one seldom has, and good judgment will make the best possible use of what you have.
3. Certainly that a dish is good before it is served is a fine point. Tastes differ and we are saving on sugar, so a nibble would satisfy you that everyone will be happy. Appearance is important—"eye-appeal" food really helps keep up morale at the table.

### NUTRI-THRIFT MENU

Cereal with Raisins, Bran Muffins, Honey, Coffee or Milk.

Mock Drumsticks, Beans—Browned Potatoes, Radishes and shredded Lettuce, Berry Pudding.

Vegetable Omelette, Shredded Greens with Russian Dressing, Cup Cakes with Fresh Fruit.

**Bran Muffins**  
1 cup flour, 1 tsp. soda, 1 tsp. salt, 2 cups bran, 1 cup milk, ½ cup molasses, 1 egg, well beaten (if desired).

Mix and sift flour, soda and salt. Add other ingredients. Bake in buttered muffin tins 30 to 40 minutes in electric oven at 375 degrees. Makes 18 muffins.

**Mock Drumsticks**  
1½ lbs. meat (beef or veal), 2 cups cornflakes, 2 eggs, 1 tsp. salt, ¼ cup water.

Cut meat into six or seven oblong-shaped pieces. Roll and fasten with skewers. Roll in cornflake crumbs, then into beaten eggs and again in crumbs. Brown in melted fat in hot frying pan. Add ¼ cup water, cover and bake in electric oven at 350 degrees for 55 minutes.

**NOTE:** Bake complete meal in the oven, cutting potatoes and beans in small pieces. Place potatoes around meat; use hot water for beans and pudding so that each dish will be cooked in the given time.

**Plum and Apple Jam**  
(Requested)  
3 qts. plums, 6 tart green apples, water, granulated sugar.

Wash and cut plums; wash, quarter and peel apples. Combine plums and apples together and barely cover with water. Cook until fruit is soft. Measure fruit and add sugar in the proportion of 1 cup of fruit to ¾ cup sugar. Bring to a boil with electric element turned to "High" and cook for about 18 minutes or until jam is jelly-like in consistency. Pour into sterile jars and seal.

If plum stones are stubborn to remove, leave them in until fruit is cooked. They will come to the top and may easily be removed before sugar is added.

**TAKE A TIP:**  
1. Remind everyone in your household to use drugs sparingly; screw tops on tightly; use each bottle to the last drop; store in a cool place; place seeds or herbs in bottles and seal tightly.

2. Heat only as much water as you are likely to require to prevent excessive heat in your kitchen and to save electricity.

3. Do not wash fresh fruit if it is to be stored in the refrigerator for a few days; just pick it over and store in a dish without a cover.

**THE QUESTION BOX**  
Mrs. B. H. asks: "How can a paste spot be removed from a green dress and a rust stain caused by an ornament on a beige felt hat?"

Answer: If the green dress is washable, soak in warm water; let dry; sponge with a weak vinegar and laundry lye on a piece of soap to see if color is fast. If dress is non-washable, sponge with carbon tetrachloride.

The beige hat should be taken to an expert cleaner if the spot is large. Iron rust soap must be purchased and used according to directions. A fresh stain may be sprinkled with salt and rubbed with lemon juice.

Miss J. H. asks: "How do you suggest that we take care of zippers—can they be fixed?"

Answer: Slide them carefully and evenly. After taking off a garment,

hang it on a hanger and close the zipper. When pressing a garment, close the slide fastener. They can rarely be fixed, but always take to the store and ask anyway.

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

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

## Chronicles of... Ginger Farm

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This week, as you probably know, all women in Canada, with certain exceptions, must register, if they are between the ages of twenty and twenty-four. The purpose of this registration is to make sure that every employable woman of that age is given the opportunity to work at a job for which she is best suited—in Canada—to take her share in the fight for freedom.

In Vichy, France, women between the ages of twenty-one and thirty-five are also required to register, but they must go where they are sent, must work at whatever work is given them. The general interpretation of this order is that French women are to be sent to Germany to work for Hitler!

Could there possibly be a more striking comparison? And of course, the same thing applies to the men.

In Canada to-day there are many worried mothers whose sons have been called. The attitude of both mothers and sons in response to the call varies considerably. Which is no more than one might expect. In a peace-loving country such as Canada, generally speaking, have raised their sons to take their places on the farm, in the factory, or in some profession—not as aggressive soldiers, sailors or airmen. And it is hardly to be expected that mothers can change their attitude overnight. And yet, if Canada is to do her part, a change of attitude is absolutely essential. We who are mothers must see to it that we do not become bottle-necks. We have a part to play.

Let us think this thing out. Supposing you are a mother whose son is of military age and you are hoping and praying that he will not be called, or if he be called that he will not pass. Why do you hope these things? There are so many reasons, aren't there? Quite apart from the fact that Dad probably needs the boy at home you are also worried because you feel that Jim would not be happy in the army. You don't like the thought that he may be sent a long way from home, perhaps to another country; he might be ill and need you, or, and this is a thought you admit only to yourself, he might not come back. Whichever he goes or whatever he does, you somehow have the impression that his life will be in constant danger. Isn't that so?

A lot of our fears may be quite reasonable but yet contradictory if you take a wider view. Your son in the service may sometimes, not always, be in danger for the duration. But, if we win this war, there will come a day when your son, if he is spared, and your entire family, will be normally free from danger. If we don't win this war, then remember, your son, your family, your children's children, will always be in danger. There would be no peace, or happiness, or safety, under Hitler. And the outcome of this war is of greater importance to the young generation than to us who have raised them. It is their future at stake. If we are selfish, misguided personal fears to stand in the way of their going, whenever and wherever they are most needed, then we are living under a delusion. Home life is no longer a safe life, and will not be a safe life until Germany and Japan are crushed.

Not all men are fitted for the services but fortunately many men, rejected as medically unfit are still perfectly able to farm and are badly needed. But, when a boy or man is called, and passes A.I. surely nothing that is, no personal objection should be urged to stop him going. We need to think of it too from the boy's point of view. When a boy is left behind after seeing his chums enlisted or called he may be feeling pretty badly about it. If he is fit that makes it so much worse. If he finally goes, of his own accord or is drafted, it doesn't make it any easier for him to know that his family is worrying about him day and night. Tears and fears never won a battle yet. Courage and a determined cheerfulness as we say good-bye will help our fighting laddies far better than we know. A cheery smile and an aching heart are a combination hard to achieve, but that is our part—the part of every mother whose son leaves home to help win this war. And to those who are left behind? Let us be slow to criticize, quick to sympathize, for to them, serving on the home front may be the harder way. It is not given to every man to serve with the armed forces but, at home or abroad, we all have a part to play, and a war to win.

## Tough for Girls To Salute Right Without Smiling

An Impish Look in Their Eyes, Says an Officer in Western Training Camp Where "CWACs" are Working Hard

VERMILION, Alta., (C.P.)—Capt. Renee Hawels of Victoria, officer commanding the Canadian Women's Army Corps' new training centre here, describes life in the army as "glorious but it isn't all beer and skittles."

"We liken our organization to a machine with each girl as one of the component parts," she said. "All must conform to the rules to make the machine run properly."

"They give up an awful lot to come into the army we feel they gain a great deal more," said Capt. E. L. Mollit of Calgary, one of the staff. "They aren't in the service long before they realize they are being educated to a wider outlook in a vital defence measure. But, I've never yet found a woman who could salute without smiling. Her face may be a grave image but there's an impish light in her eyes."

The centre is staffed by 150 officers, non-commissioned officers and privates, responsible for the maintenance of each class of 350 trainees who spend four weeks learning the fundamentals of army routine. The first-class of girls came from cities and towns and villages of the west and started training early in August.

At the end of four weeks they are sent back to their military districts for more advanced training before being posted to military depots to replace men for other duties.

In Agriculture School  
The centre is located at the former Alberta school of agriculture in this town, 100 miles east of Edmonton. On arrival at the centre each recruit is given a complete examination by a military physician and is then fitted with uniforms and accessories valued at more than \$125.

Squad drill is conducted daily by Sgt.-Maj. F. N. Purdie, formerly of Edmonton, who confided, "These girls are all right. I can get more honest willing work out of women on the parade ground in half an hour than out of men in half a day."

For the trainee showing the greatest efficiency and best grooming, a proficiency prize is given at the end of her training. Eight silver cups have been presented to the commandant by Vermilion merchants for inter-company and inter-platoon competition as well as for personal neatness on parade.

The girls take 10 and 12 mile marches, come home, shower, have lunch and set out for another couple of hours' drill to be followed by lectures. The training puts weight on the thin ones and slims down the plump ones.

On fine days the girls have lectures under the tree on the lawns. Drill and lectures are usually over at 4 p.m. A 36-hour leave is granted once a month. Sunday is a day of rest and the girls are free after Church parade. A Y.W.C.A. War Services canteen can serve 500 women. A spacious and comfortable lounge is furnished with chesterfields, chairs and maple tables and equipment for table tennis and other sports.

**Few Hero Names For War Babies**  
British Parents Not Abiding by Old Custom of Other Wartimes

EDMONTON, England, (C.P.)—Few Winston, few Franklin Delano, no Stalin, nor Timoshenko. How stylish do change where baby-naming is concerned, says Walter Grimaldi who ought to know.

As register for Edmonton, Grimaldi keeps a record of the names of new babies in one of Britain's largest registration districts. This war is not like others, says he, recalling the fancy handles that once befell unwitting babies when wars put names into the news and lent them high distinction. "This time parents seem to have forgotten that good old wartime custom of picking names for their kiddies from the headlines."

Now, during the South African war, says Grimaldi, it was almost an affront to patriotism not to perpetuate through bestiality upon members of the bawling generation the names of such as Sir Redvers Buller, and Lord Roberts. Youngsters by the dozens grew up answering to Redvers and Bobs. And in the First Great War, fond, patriotic parents called their babies Douglas Haig and Jof free.

But somehow English mothers now, despite the war and the constant reminder of the names of its great and famous, christen in terms of Hollywood. Grimaldi's records are scribbled all over with Marlene, Gretas, Clarks, Tyrones and Judys.

He approves—at least he thinks it's better not to give a baby girl a name that war made famous. "It dates her," he declared. Anyway, Timoshenko Brown would sound funny for a girl.

## Now How Is It Meats on Hoof None in Shops

Canadian Farmer, Housewife, Packer and Butcher in a Four-Sided Argument on War-Time Lack of Live-Stock Products

TORONTO, (CP)—There are cattle and sheep—on a thousand hills throughout the land but the housewife calls a dozen butcher shops and gets the same general apology from all of them, "Sorry, Ma'am, we haven't a bit of fresh meat in the place but we can give you some bacon or cooked-ham or sausages—or something of a similar line."

Where's the beef, veal or lamb—or even the mutton of the good old days? The butcher points to the meat packers, the packers say the farmers aren't sending their livestock in. All the interests in the meat production industry say it's the war, the feeding of the fighting men, the food for Britain business and so on. Meanwhile the Canadian prairies boast the biggest boost in livestock growing for many years.

The butcher calls attention to the number of cattle bought at ceiling prices and sent back for fattening and hints at a "black market." Some packers accuse the farmers of holding back their cattle for a higher price, while farmers argue that government regulations leave them an insufficient margin of profit and threaten next year's production of beef cattle.

**Case for Farmer**  
Dominion Agriculture Minister Gardiner said the emphasis being placed on shortages of beef experienced in city areas was not fair to the farmer who was holding his own and buying more cattle to supply a larger market next spring. That meant less beef now and more next year—a policy that had been advocated to prevent a repetition of shortage. Mr. Gardiner pointed out that if more beef was required any time in the next two years, it could be secured only by feeding cattle until they are six months or a year older.

Mr. Gardiner declared the Canadian farmer had done a good job and had received less financial consideration than others. It was time the insinuations that he was getting too much for his produce ceased, the minister said. If farmers had to rush their cattle to market at low weights when feed was plentiful they would suffer financially.

**Butchers Have Say**  
A. M. Murdoch, president of the local Retailers' Association said some definite provision should be made to regulate the flow of cattle to market. "The authorities have been saying there is plenty of beef in the country," Mr. Murdoch said. "The only difficulty has been in marketing."

On the other hand, spokesmen for the producer-processing industry's claim there is a shortage in Canada of cattle ready for market. They were of the opinion that breaking the price ceiling and raising the price might bring out some western cattle but would cause no heavy rush to Ontario abattoirs because of insufficient heavy stock. Their reasons for the shortage were the strong exportation of feeder stock to the United States in the first two export periods of the year, coupled with the lack of inducement for farmers to sell.

Stewart Brown, chairman of the Ontario section of the Beef Advisory Board said the Ontario members of the Board were not in accord with the principle of the government's Wartime Food Corporation's new plan to encourage sales of beef cattle. This plan provides that the corporation will be the only cattle exporter and will buy only when Canadian prices fall below certain levels. Meanwhile the newly-launched program to increase sheep-holdings in Ontario and elsewhere has resulted in the holding back for breeding stock of lambs ordinarily marketed.

**Trading With the Enemy**  
Inquiries received from time to time by the Canadian Government indicate that Canadian exporters still do not understand clearly the composition and object of the Canadian List of Specified Persons established under the authority of the Consolidated Regulations respecting Trading With the Enemy. The List of Specified Persons is a published list of firms and persons in neutral countries with whom correspondence or transactions of a commercial, financial or any other nature, without official permission constitutes the offence of trading with the enemy. The list forms an integral part of the machinery designed to prevent enemy countries from obtaining any economic or financial assistance from British Empire or neutral countries.

## Navy Gunners On Freighters

20,000 of Them, Same on Every Corner of the Seas, in Defence Work

LONDON, (CP)—In a big man-decorated office in London's busy West End, theatre and night club district, British naval officers keep tabs on the movements of navy and army gunnery experts attached to merchant ships sailing on the seven seas.

Naval officers and ratings, some of them from the Royal Canadian Navy Volunteer Reserve, and Royal Marines—10,000 strong—are members of the D. E. M. S.—Defensively-Equipped Merchant Ships. Serving with them are 10,000 soldier-sailors, members of the Maritime Regiment. They are at sea months on end, sometimes touching scores of ports. A rash of red dots over a world map in the London bureau indicates ports at which officers have been stationed to visit merchant vessels when they dock, obtain reports from the masters, inspect the ships' guns and the men who man them.

The number of gunners attached to

merchant ships varies according to the size of the vessel. There are many aboard troopships, the exact number a secret for security reasons. Coasters which sail the Straits of Dover under the challenging muzzle of German coastal guns, also carry gunners.

R.N.V.R. gunnery officers have been placed in command of gun crews on larger vessels. Ratings attached to smaller craft work alone, but are subject to the orders of merchant navy masters. "Most of the boys like this life," said a staff officer. "Only rarely is an application made for transfer back to general service. With the freighters they have freedom and they have proved they can be relied upon when an emergency arises."

**SHIPBUILDING IN INDIA**  
India's new shipbuilding industry is already producing corvettes, anti-submarine trawlers, patrol launches and smaller vessels.

CRANBERRA, (CP) From the end of June, 30,000 Australian widows and 21,000 of their children will receive £1,600,000 (\$5,712,000) a year in pensions.

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