

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Helen Home Economics
POTATOES PROVIDE ENERGY

Hello Homemakers! Rivalry continues between New Brunswick and Ontario as to which grows the best potatoes. There is much talk of soil, climate and what have you! But the truth is that potatoes are good food whatever province they grow in.

Using potatoes often on your budget menu is a practice based on sound reasoning. The fact is you get a lot for your money when you eat a potato. You see, the potato has much of what the body needs to keep it going—sugars, proteins, calcium, phosphorus, iron and some of the vitamins—it's a potent list. So let's be thankful for potatoes.

English people now serve potato cakes instead of cookies. Again we take a hint from the stalwart British, and suggest new ways to serve potatoes. There are so many potato dishes you could have a different one every day of the year. And to save time and electricity, we recommend cooking enough potatoes for more than one meal and varying the method of serving.

NUTRI-THRIFT MENU

Rolls Oats with Milk
Steamed Peas
Tonat. Coffee Milk
Stuffed Flank Beef
New Turnip Greens
Scalloped Potatoes
Watermelon Cubes
Potato Soup — Crackers
Carrot Salad
Gingerbread Milk

Potatoes With Savory Sauce
4 potatoes, 2 small onions sliced, 4 tbs. fat, 2 tbs. flour, 1 cup milk, 2 tps. salt, 1 tsp. pepper, 2 tbs. chopped sweet pepper, grated cheese.

Paré potatoes and cut into long matchlike strips. Cook them in boiling water until tender. Drain and place in a warm serving dish. Brown onion rings in fat. Add flour and blend, add milk, salt, pepper and sweet pepper. Cook, stirring constantly, until thickened. Pour over hot cooked potatoes and sprinkle with grated cheese.

With Salmon—Omit onions. Blend butter and flour, add milk gradually and cook, stirring constantly. Add remaining ingredients and 1 cup salmon. Pour over potatoes.

Potato Dumplings

2 cup mashed potatoes, 1 cup flour, 4 tps. baking powder, 1 tsp. salt, 2 tps. fat, milk (about 1 cup)
Mix ingredients, roll out to 1/2 inch thickness. Cut dough with a biscuit cutter. Place dumplings close together in a greased steamer over boiling water, cover closely and steam dumplings for 12 minutes. Makes 12 (2-inch) dumplings.

TAKE A TIP

Recipes available for these new potato dishes:

Dutch Stewed Potatoes, Potato Triumph, Steamed Potatoes, Delmonico Potatoes, Potato Pie, Russian Style Potatoes, Hominy Dumplings, Puffy Potato Omelette, Potato Stuffed Sausages, Potato Cakes, Molded Potato Salad, Hot Potato Salad, Sour Cream Potato Salad, Hunter Salad, Potato Chowder, Grated Potatoes.

Liner's Commander Awarded O.B.E.



Captain John Bisset Smith, master of the Canadian Pacific liner, *Empress of Asia*, before the war and her commander when she was bombed and lost at Singapore last February has been made an Officer of the Order of the British Empire, according to word received from London. He is now overseas to take command of another liner. It is assumed that Captain Smith was honored in recognition of his exploit at Singapore, when, although it was impossible to save the *Asia*, he manoeuvred the ship so successfully under bombing that with one exception all crew members but one were saved. Captain Smith had made his home in Vancouver until the *Empress of Asia* was taken over by Admiralty at the outbreak of war.

tato Soup, Sweet Potatoes in Apple Cups, Princess Potatoes, Potato and Cheese Fritters, Potato Croquettes.

THE QUESTION BOX

Mrs. N. H. asks: "In making mint jelly could I substitute canned apple juice for the apple liquid?"

Answer: No, use under-ripe crab-apples or apples that are not "sweet" and wash, cut in pieces (leaving skin and core in), cover with water. Then cook until tender and drain.

Mrs. B. A. suggests: Adding a little lemon juice to the steeped tea to bring out the flavor—a good idea when cream is not used.

Mrs. R. J. asks: "Recipe for Spiced Pastry?"

Answer: This has been mailed to you direct, Mrs. J.

Anne 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.

HAMP GRAIN DANGER

In view of the delay in harvesting which has occurred in districts of the Prairie Provinces through heavy rains, there may be a temptation to farmers to get on with the harvest and to cut and thresh grain before it is thoroughly dry. This would result in tough and perhaps some damp grain and it would be impossible to handle it at country elevators because of the lack of space. Indeed, it would be dangerous to store it on the farm because of the risk of heating. It would be better to wait until the grain is dry before combining and threshing it.

GENEVA, (C) Waffen S. S. Hitler's police army is asking for recruits in Germany from the age of 17 for its infantry, cavalry, artillery, tank and motorized units.

Chronicles of... Ginger Farm

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

October the first was probably moving day for a number of people. It was moving day for us too—but not on a wholesale scale—we haven't left the farm!

Two days previously Partner and I had been considering ways and means of getting maximum heating results from a minimum of fuel. Generally speaking we have three fires going in this house all winter—one burning coal, one coal and wood, and another all wood.

The cookstove we bought over a year ago has proven itself absolutely tops. It bakes and heats to perfection, is easy to keep clean and is by no means hard on fuel. With it the kitchen was often over-heated and yet, the dining-room adjoining the kitchen, was never really warm—unless we had the box-stove going too. So Partner suggested moving the cookstove into the dining-room. Well, I must confess I balked on that idea at first. I liked our dining-room as it was—I didn't want a semi-kitchen. But then I got to thinking of other things we have been asked to save on fuel... we have been told we must lower our standard of living... and I remember hearing someone say: "You can't have an all-out war effort with peace-time conveniences." So what? Did it really matter, I asked myself, where my cookstove sat? If our dining-room should become a dining-room and kitchen combined was that of any great importance? On the other hand, if moving the stove meant less fuel, less expense, then that was important. So Partner and I reached an agreement—the stove would be moved! No time was set but, once a decision has been reached I like to get things going.

Next day I did a little moving of my own. If our dining-room should become a dining-room and kitchen combined was that of any great importance? On the other hand, if moving the stove meant less fuel, less expense, then that was important. So Partner and I reached an agreement—the stove would be moved! No time was set but, once a decision has been reached I like to get things going.

Next day I did a little moving of my own. If our dining-room should become a dining-room and kitchen combined was that of any great importance? On the other hand, if moving the stove meant less fuel, less expense, then that was important. So Partner and I reached an agreement—the stove would be moved! No time was set but, once a decision has been reached I like to get things going.

I didn't want to ask Partner what he thought about it, you know what men are—if you so much as move a chair from one side of a room to the other, the average man resents it. That being so I got a couple of rollers and with their aid I gently manoeuvred our heavy sideboard out of the dining-room, myself, through the hall and into the big room which we use now for war-work quiltings. There I hope it will stay for the duration.

When Partner came in to dinner he wasn't too well pleased at the change I must admit, but he didn't suggest bringing the sideboard back again!

Next day we moved the stoves. While Partner was milking I got as much done as I could pipes down, reservoir emptied, everything that would move lifted from the stove, even to the handles on the front. They had to come off because with them on the stove was wobbly than the doorway. To cut a long story short the stoves were finally switched around, cookstove in the dining-room, box-stove in the kitchen. And on the next day the stoves were moved. But that too was finally framed up and a fire soon started in the dining-room.

That was three days ago, and now to leave it or not I prefer the present setting to the old arrangement. And as for heat well there is no comparison. So far the cookstove has been in dining-room, kitchen, bedroom, and turning the dial to the living room. Occasionally I have even had to open an outside door. With the stove in its present position it is as if a cozy glow is in the kitchen. Not only that, despite all my previous arguments to the contrary, I also like the look of the stove in the dining-room. It seems to give the room a cozy, old-fashioned, farm home atmosphere. It is not too convenient however, but I don't think I shall get used to that in time and adapt myself to it. At present I go to the stove with the heater after leaving the bed in the pantry, then I walk into the kitchen looking for it on through the pantry, where I prefer to miss seeing it and then start all over again!

And what about the well, did you say? Well, all is not well with the well so we have decided to drill deeper. We hope next time they do strike water. If, and when, they do that it will be in rock. Still may not be quicksand but if it acts the same way it might as well be.

Mail Christmas Parcels Now To Forces Overseas

Santa Claus must get off to an early start if our armed forces overseas are to get their Christmas boxes on time. Though that holiday seems far in the distance, to-day is not too soon to start Christmas overseas mailings. The Postmaster-General, Honorable William P. Mulock, advises that gifts should be sent now and during October, the earlier the better to ensure timely delivery. November 10th is the very latest date that parcels may be mailed if they are expected to arrive in time for Christmas. However, parcels are urged not to defer mailing until the very latest possible date but to Mail Early and prevent congestion, and give the postal authorities opportunity to arrange for cargo space aboard ocean vessels. A great influx of mail reaching the Base Post Office around, or after the "deadline" set would result in delivery being delayed, for not only would it accentuate the problem of handling, but of finding sufficient storage space aboard ship because only a limited space is allotted the Post Office in view of the urgent requirements for forwarding munitions and other war supplies.

To further facilitate the problem of providing adequate shipping space for the Christmas mails to the forces, it is suggested, that although the maximum weight of a parcel at reduced rate is set at eleven pounds, senders should voluntarily cut down as far as possible on the weight and size of their Christmas packages. If they do so they will help make more accommodation available for other parcels on the same ship, and give the Post Office the chance to make deliveries in time for all. There is the most vital need of full co-operation by the public, for this year the Post Office expects an all-time record in the overseas volume of military mails will be established and is already preparing in every way possible to handle and expedite the influx.

Greater care than ever before is necessary on the part of mailers, in the preparation of their overseas parcels, in order to avoid delay.

Address all mails in ink, fully, clearly and without misleading abbreviations. Be sure to place return address on cover also include a slip in the parcel bearing sender's address as well as address of parcel. Prepay all mail correctly.

Parcels should be packed compactly enough to resist the pressure of other mails in the sack and the handling in transit. Use strong corrugated containers, not light cardboard boxes, wrap in several layers of thick wrapping paper, and tie securely with strong cord. Do not use Christmas tissue paper for wrapping, or colored ribbons to tie. Parcels may be sewn in strong cotton or similar fabric.

Jams, syrups and any other substance likely to leak and spread, if sent at all, must be enclosed in sealed containers, not glass bottles, surrounded with absorbent material in corrugated cardboard, and securely wrapped and tied. A complete Customs Declaration form should accompany every parcel. Apples, grapes, etc., or any article likely to spoil or become damaged, or to injure postal personnel, or the mails are not acceptable. The mailing of Matches, Safety Matches and Lighter Fluid or any other inflammable substance is strictly prohibited by law.

Citizens, by refraining from writing to our forces overseas that gifts are being sent, until actually mailed, can save much disappointment. Do not disappoint our men by mailing their gifts too late for Christmas delivery.

Peanut Sandwiches Are Nutritious

Never apologize when you serve peanuts and peanut butter. Nutrition experts say they are a wholesome food and a source of several important dietary essentials.

Because peanuts have an average fat content of 40 to 50 per cent, they contribute high energy value and good staying power. Their protein which amounts to about 26 per cent is of high quality. They also furnish valuable quantities of Vitamin B, vitamins E, C, thiamin, and niacin and minerals.

Low protein is available for various uses in sandwiches and snack lunches. For a sandwich filling that is different combine peanut butter with any one of the following: Honey, pickle relish, or finely chopped celery. Make the sandwiches with whole wheat or Canadian Approved Vitamin B-bread. For extra vitamins add to the lunch relish or ketchup sticks celery, a slice of a tomato.

Peanut cookies or a package of salted peanuts can be tucked into a lunch box for an occasional treat.

SPOTS ENEMY PLANES

LONDON, (C) Group Capt. F. H. Bunder, 38 sector commander of a Royal Air Force station, has been appointed head of the Royal Observer Corps, succeeding the retiring Air Commodore A. D. Warrington-Morris.

C.W.A.C. Girls To Help Santa With Overseas

Post Office Staff Will Be Assisted in Handling of Christmas Presents for Canadians in Services Abroad

By JAMES MCCOOK
Canadian Press Staff Writer

OTTAWA, (C) Mail your Christmas presents to the men overseas or on the sea, in the right way and the post office department will treat them as carefully as if they were a maharajah's diamonds.

But the post office says, please mail them before Nov. 10th as long before as possible and see that the package containing them is properly addressed.

"The post office will see that the men get their Christmas mail in good condition, if the public co-operates," an official said. "Remember, the mail should be in the post office before Nov. 10, the address should be clear, and parcels should be securely made up. These things done, we'll see they get them quick."

Army Women Help

This year for the first time members of the Canadian Women's Army Corps will assist the movement of parcels and other mail through the base post office at Ottawa. The base knows the whereabouts of almost everyone in the Canadian Army, and National Defence Headquarters keeps it informed of troop movements, all this information being kept secret within the post office.

This co-operation assists the movement of mail and avoids the necessity of parcels and letters, chasing a man from camp to camp in the United Kingdom or elsewhere.

The usual burst of Christmas cards will be supplemented this year by heavy mailings of airgraphs and armed forces' air mail letters, officials said. In some cases, these messages have been delivered three days after they leave the Dominion. The armed forces' air mail letters, introduced in July, have jumped into popularity, with 150,000 used in July and 250,000 in August. Airgraphs are available both for messages to the men overseas and return. The airgraphs are used by both fighting men and civilians and a total of 62,000 was moved in one week recently.

What They Like

Fighting men usually want cigarettes and tobacco more than anything else in the way of gifts. A cake is a fine thing and a box of candles a treat, but a man can get along without them; the Canadian kitchens do well by him in the way of food and at Christmas the cooks make a special effort.

Lamentations about tobacco began to rise immediately after the first Canadian troops reached the United Kingdom three years ago. The girl who had gone to a couple of shows and a dance with a soldier was quite likely to say, "I'll send you 300 cigarettes a week, for sure."

And then the days passed and there were other soldiers and other work and other interests. The man overseas, like the elephant, didn't forget, and he protested to the post office that he just knew he should be receiving 300 cigarettes a week, and they weren't coming through.

After feeding badly about many such cases, the post office began treating cigarettes and tobacco as if they were registered letters. Officials "know" where they are received, and all along the line there are signatures of those who handled them and passed them. The final signature is that of the mail-orderly of the unit overseas to whom the post office delivered the smokes.

Fire Proof Clothing Is New Possibility

The discovery of a new chemical fire retardant known as "CM" has put into the hands of man another potent weapon to keep fire, his most valued but least trusted servant, in check, according to John Harwood, a chemist, writing in the September issue of C.I.H. (Chemical Industry).

A mixture of all kinds from little bits of fluff, party frocks, sheeted blankets, velvet, padding, down, to awnings, overalls, and military uniforms may be fire-retardant by dipping or spraying them with the chemical, so that, though they may catch fire, they will not burn. Moreover, this chemical newsmaker does not affect the beauty or appearance of fabrics and it does not take an expert of flame to recognize how a new, fire-retardant material is being used.

The most immediate use of this fire-retardant chemical, however, will be in the treatment of soldiers' uniforms and airmen's uniforms, and of textiles for war machines such as tank hatches, civilian use having once again to military demands.

PICOBAC
Pipe Tobacco
FOR A MILD COOL SMOKE

Repairing Farm Machinery

As a result of the increasing difficulty in obtaining new equipment and replacement parts, it is more important than ever to keep farm machines in good state of repair. The machines in use at present may have to be used much longer than originally intended. This means that they will have to be given more care when in operation, as well as having worn inefficient parts replaced before they cause damage to other parts working near them, says W. T. Burns, Dominion Experimental Station, Melfort, Sask.

Though seldom done, the best time to over-haul the farm machinery is at the end of the season's work. All the troubles which occurred in operation during the summer are fresh in mind and can be corrected. By the following spring most of those may have been forgotten, and it will take more time to do the job right. Work which cannot be done on the farm should be taken to the repair shop in the fall, where it can be done during a slack period. This will obviate delay in the spring, and there is the possibility of getting better work. If

parts which must be replaced are ordered at this time, they will probably be obtained before they are needed for use.

In over-hauling machinery, all bearings, axles, and similar parts subject to wear should be taken apart and examined carefully. Any parts which are not likely to work well for another full season should be replaced. The other parts should be thoroughly cleaned. Particular notice should be paid to the lubricating facilities to see that they are in good order. Parts which run in the ground such as the cultivator, shovels and discs should also be examined. Those that are cracked or badly worn should be replaced, while others may require sharpening to insure the best results for the following season.

While at the end of the season, repairing machinery may not appear to be a particularly attractive work, it will help avoid delays in the field, now that new parts are not as easy to obtain.

CROWDED LONDON

LONDON, (C) Unprecedented demand for lodgings, furnished houses and flats due to return of families to the metropolis, together with some housing shortage, has doubled and trebled rents over pre-war rates.

Make the most of your Tea..

use BOILING water

"SALADA"

CARROLL'S

Thanksgiving

Heinz Tomato KETCHUP 16-oz. bl. 19c
Victory Sweet GHERKINS 16-oz. bl. 21c
Harry Horne's Pancake SYRUP 16-oz. bl. 19c

Queensland Sweet Mixed PICKLES 27-oz. jar 23c

Silver Ribbon Pie PUMPKIN 2 No. 2 1/2 23c
Aylmer Choice PUMPKIN 2 No. 2 1/2 25c
Maple Leaf MINCEMEAT 2 lbs. 27c

Domestic Shortening lb. 19c
Carroll's First Grade Creamery BUTTER pound 38c

Aylmer Choice PEACHES 2 16-oz. tin 27c
Aylmer Bartlett PEARS 16-oz. tin 17c

Carroll's Dandee TEA 1/2-lb. pkg. 37c
P. & C. Naphtha SOAP 3 bars 14c

Old Dutch CLEANSER tin 10c
Princess Soap FLAKES 1/2-lb. pkg. 24c
Concentrated SUPER SUDS 1/2-lb. pkg. 20c

Green Giant PEAS 2 1/2-lb. tin 29c

Carroll's Roman COFFEE 1-lb. pkg. 39c
Ideal Choice Cut Wax Beans 2 16-oz. tin 21c
Del Maiz Corn NIBBLETS 2 14-oz. tin 25c

Silver Ribbon Tomatoes 2 16-oz. tin 15c
Aylmer Red Pitted Pie CHERRIES 12-oz. tin 16c

Monarch Pastry FLOUR 24-lb. bag 81c
Jewel Salad DRESSING 8-oz. jar 17c
30-90 PRUNES 2 1/2-lb. tin 19c

Unsweetened Grapefruit JUICE 2 20-oz. tin 21c

RED TOKAY GRAPES, lb. 17c
FRESH CRISP CELERY Hearts, lb. 10c
Sweet Potatoes, Squash, Lettuce, Apples, Special Prices

JUICY ORANGES Medium, Doz. 29c
EATMOR CRANBERRIES, lb. 31c

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

They Went Across—We Come Across



Courtesy of The Halifax Herald