

# Of Interest to Women



**THE MIXING BOWL**  
By ANNE ALLAN  
Myde Home Seasonal

## IT'S HALLOWEEN!

Hello Homemakers! Pass the doughnuts please! Such specialties as doughnuts, apples, pumpkin tart, cider and popcorn are all that's necessary to remind your friends of fun on Halloween.

**Stay-at-home folks**—that's just about all of us—will enjoy preparing their own party, the informality and the jollity of the kitchen atmosphere. And if some of the men or girls in uniform get late leave, they may come right into the kitchen, too, and make themselves at home. That's when the hilarity starts washing the apples, getting out the popper, bringing up the brown jug of cider—every one helping.

If the weatherman donates a nice evening, then the bonfire is the perfect place to make popcorn, toast, cheese rolls and heat the cider on a crisp Fall evening.

## RECIPES

**Oysters and Tomato Stew**  
2 cups stewed tomatoes, 1 lb. chopped onion, 1 bay leaf, salt and pepper, 3 cups milk, 2 tb. butter, 1/2 dozen oysters, 1/2 tsp. soda.

Combine the tomatoes, onion, bay leaf, 1/2 teaspoon salt and a few grains of pepper in a saucepan. Cover and cook for 10 to 15 minutes. Remove the bay leaf. Scald the milk in a double boiler and add the butter. Cook the oysters in their own liquid in lower part of double boiler over electric element turned low until the oysters curl. Then combine with hot milk. Just before serving stir in the tomatoes which have been mixed with the soda. Six servings.

**Sour Milk Doughnuts**  
1/2 cup corn syrup, 1/2 cup sugar, 2 tb. sour cream or shortening, 2 eggs, 1 cup sour milk, 1/2 tsp. soda, 1/2 tsp. baking powder, 1/2 tsp. lemon extract, 1/2 tsp. nutmeg, 1/2 cups flour (more or less).

Mix the sugar with the cream and add the beaten eggs and sour milk. Sift the other dry ingredients with one cup of flour and add to the first mixture. Add additional flour to make a dough just stiff enough to handle. Toss on a floured board, roll out, and cut. Fry in deep fat (350-375 degrees F.) Drain on unglazed paper.

**Golden Glow Ice Cream**  
1 cup dark corn syrup, 1 cup milk, 1 tsp. salt, 1 tsp. vanilla, 1 cup heavy cream.  
Combine corn syrup, milk, salt and vanilla. Beat cream until thick but not stiff, gradually fold in syrup mixture. Pour into tray of electric refrigerator and set cold control for fast freezing; freeze until firm throughout (1 to 2 hours). Remove mixture to chilled bowl, break in pieces with wooden spoon, beat with rotary or electric beater until smooth but not melted. Return quickly to refrigerator tray and continue freezing until firm. Makes 5 to 6 servings.

**TAKE A TIP:**  
Making Doughnuts  
1. If the fat is the right temperature for doughnuts, an inch cube of bread will brown in 50 to 55 seconds. If too cool, doughnuts absorb fat; if too hot,

they will brown before sufficiently risen.

2. The dough should be soft enough to handle—not too stiff.

3. Do not put too many into the hot fat at once. They should come to the top quickly.

4. Avoid turning more than once, except Sour Milk Doughnuts.

5. Drain doughnuts on unglazed paper.

## THE QUESTION BOX

Miss M. P. asks: "Recipe for a good sauce for boiled spaghetti."

Answer: "Mexican Tomato Sauce"

1 onion finely chopped, 2 tb. baking fat, 1 red pepper, 1 green pepper, 1/2 clove, garlic (optional), 2 tomatoes peeled and diced, 1 tsp. Worcestershire Sauce, 1-2 tb. celery diced fine, salt and pepper.

Cook onion in fat 5 minutes. Add other ingredients and cook on electric element turned low 12 minutes.

Mrs. R. W. asks: "What causes a fish sauce to curdle?"

Answer: It is probably the egg whites looking before the mixture is blended. Always beat the hot mixture slowly into the beaten eggs.

Mrs. C. P. and Mrs. J. J. answers on cachemire have been mailed to you direct.

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.

## New Life Leave For Worn Stuff

Knitting Needles Will Help Saver and Here is How to Do It

BY DOROTHY ROE  
You can give that old dress a new lease on life by a little quick work with your knitting needles. It's a new thrift-eraze that's sweeping the country and its possibilities are endless.

For instance: That good tweed dress has been hanging unused in your closet because it's worn under the arms. Get out your knitting bag, choose a contrasting color of yarn and knit a new yoke and sleeves. It will give the dress a smart new look and save it for more years of wear.

How about that old vest your husband never wears? Alter it to fit your own figure, knit a back of bright warm wool and you have a smart topper for a shirt-and-skirt outfit for country wear.

**Some Tips**  
What basic black dress with the tired look can be refurbished with a bright knitted scarf or belt. Or you can fasten a row of snaps where buttons used to grow, put the other side of the snaps on vivid knitted flowers, and fasten your dress with posies.

These are only a few of the conservation recipes that have been developed by an old Swiss yarn firm which intends to see to it that women remain well-dressed despite the wool shortage.

**CRIPPLED CHARITY QUEEN**  
BRISTOL, England, (CP) A crippled little woman of 64, Mrs. Bert Brown is the uncrowned charity queen of Bristol. She spends 12 hours a day distributing toys and comforts to bombed-out and poor children—1000 dolls in a year.

**TRAVELLING SUPERVISOR**  
J. Frank Willis, Supervisor of Feature Broadcasts for the CBC is shown here in the CBC car in which he travelled 10,000 miles last summer, with Engineer Clifford Spens and Author Gerald Saxon, to gather material for "Our Canada." This ambitious new feature series, which will be heard on the CBC National Network Sundays, beginning November 1, at 10:15 p.m. EDT, 11:15 A.D.T. is designed to give a comprehensive picture of the multitudinous factors which have shaped, and are shaping the growth of the Canadian nation.

## TRAVELLING SUPERVISOR



J. Frank Willis, Supervisor of Feature Broadcasts for the CBC is shown here in the CBC car in which he travelled 10,000 miles last summer, with Engineer Clifford Spens and Author Gerald Saxon, to gather material for "Our Canada." This ambitious new feature series, which will be heard on the CBC National Network Sundays, beginning November 1, at 10:15 p.m. EDT, 11:15 A.D.T. is designed to give a comprehensive picture of the multitudinous factors which have shaped, and are shaping the growth of the Canadian nation.

## Chronicles of a Ginger Farm

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

Mitch is sick and very unhappy—and I don't mean Mitch Hepburn either. He may also be sick and unhappy, or he may not be anything of the kind. In any case I wouldn't know. But I do know something about his namesake, who is our very special house-cat and whose nine lives seem somehow to be linked up with the fortunes and vicissitudes of one Mitchell P. Hepburn.

Let me refresh your memory. During the 1934 Provincial election we were given a kitten a little grey Persian kitten and someone asked, "What are you going to name it?" I laughed. "Well, now, suppose we call it after whichever provincial leader is returned to office." So for a few days the kitten's name hung in abeyance. It might get called "Mitch" on the other hand. It might be "George." Well, you all know what happened in 1934 so you also know why our Mitch is called Mitch and not George.

All these years our Mitch has been full of fun and fight, but recently, by some strange coincidence, he has been very much under the weather and on the evening of Prime Minister Heppburn's resignation we thought it was good-bye to our Mitch too. However, he staged a partial come-back and with the special attention he is getting we hope he will finally recover. Why fuss over a cat, did you say? Why not, I ask you? Would you have us just let the poor thing die without making any attempt to save him? We just couldn't do it, any more than we could neglect the young heifer at the barn who has recently become a mother and afterwards required veterinarian attention. Which reminds me we are having a good laugh at Partner's expense.

He was expecting a call from the Vet, so when the telephone rang I said to Partner, "Will you answer that, it's likely Dr. ..."

So Partner answered the phone and from the one-sided conversation this is what I heard: "Yes, it's getting colder all right. ... Sure, yes, I'm fine—how about yourself? ... Yes, do you think you could take a run out and look at that heifer she calved yesterday. ... What's that? O darn it, I thought it was 'Doc' I was speaking to!"

But it was not "Doc" but our thrasher, asking if we could get ready to thresh on Monday or Tuesday.

So that's another big job ahead of us with its usual ordinary problems. Yes, thrashing is bad enough but it's glad I am we don't have corn cutting. However, I guess there is one thing worse than corn cutting and that is NOT corn cutting that is when you have the corn to cut. I don't know how it is in other parts of the country but in this district there seems to be corn on every other farm just waiting for the corn binder that doesn't come. Apparently there is a shortage of corn binders around.

I don't know how it is in other parts of the country but in this district there seems to be corn on every other farm just waiting for the corn binder that doesn't come. Apparently there is a shortage of corn binders around. I don't know how it is in other parts of the country but in this district there seems to be corn on every other farm just waiting for the corn binder that doesn't come. Apparently there is a shortage of corn binders around.

Well, I guess my wits are doing a little wood-gathering which after all is not so very unusual. Here I am writing this column thinking what I want to say one part of my mind while another part wanders off trying to figure out what I shall feed our thrashers with tomorrow. Can I be sure they will be here for only one meal or had I better get enough meat for two meals, which just takes an moment to have I enough tea saved up from our weekly ration to do for the thrashers, will the fuel oil get here on time? Shall I try and get help or shall I manage alone?

I think I'll do it alone. O boy, excuse me, there's my apparatus boiling over.

It looks cold and dreary outside. I wish I didn't have to go to town. But I must. I'll have to find the stores and get something for to-morrow. And have you noticed, there is getting less and less of everything. One thing is certain, we can't be "chummy" these days either in food or fashions. Last week I ordered two pieces of goods for house-dresses. The material that came wasn't what I ordered at all. One piece was all right the other I was afraid the horses might shy at me if I made the goods into a dress and went down the barn with it on. I sent it back and asked them to send another piece like the piece I kept. This morning all I got was my money back, which served me right, I guess.

LONDON, (CP) Cast iron baskets for coal fires are being replaced by fireclay and will be unobtainable in future.

## War Insurance As It Affects Farm Property

Crop Contents of Building Are Insurable Under Nation's War Risk Scheme, But Growing Crops Not

BY JAMES MCCOOK  
Canadian Press Staff Writer

OTTAWA, (CP)—The government will help those who help themselves in steps to insure against loss due to enemy action in Canada, or due to steps taken to repel enemy action.

The war risk insurance scheme now in effect provides insurance at rates as low as 15 cents a \$100, but in some classifications the rates are available only when co-insurance is taken out. This insurance on which premiums must be paid is in addition to free insurance provided by the government, up to fixed maximum amounts, on dwelling-houses and personal effects.

The property covered in the insurance scheme is defined as "buildings, machinery, fixtures or other structures created or placed upon, in, over, under or affixed to land, and all moveable corporeal property in Canada," and includes chattels, stock-in-trade, foundations and the like.

Property not insurable includes land, growing crops, plants and trees; ships and vessels other than ships being built or equipped in Canada prior to their being completed; machinery, tackle, fishing gear or furniture of ships or vessels; money securities, business documents, evidences of debt, debentures, evidence of title to any property or right or of the discharge of any obligation.

## Terms and Contents

Other property may be excluded by the terms of contract of insurance or other regulation. Private dwellings above the value of "free" insurance, outbuildings and private garages, with their contents, may be insured for 15 cents a \$100, as may household and personal effects in private personal use wherever located. Farm properties and their contents, including garages, barns, outbuildings, farm implements, autos, livestock and produce may be insured for the same rate.

Churches, hospitals, educational, charitable and religious institutions, libraries, museums and public buildings will receive the 15-cents-a-\$100 rate, if 90-per-cent co-insurance is taken out.

All other property which may be covered will receive a rate of 25 cents a \$100 along with obligatory 90-per-cent co-insurance.

A co-insurance clause is an agreement between the insured and the insurer that if the insured maintains at least a certain amount of insurance the insurer will pay.

So the amount of insurance full up to the amount of insurance in the policy. If the insured fails to carry out his part of the agreement, then the insured has to bear his pro rata share of any loss.

Officials said the government recognized that in certain circumstances the strict application of a 100-per-cent co-insurance clause might cause hardship to persons who had made an endeavor to insure up to full value. The 90-per-cent co-insurance clause allowed such persons to have a margin for contingencies.

The government agent in making out insurance policies is any fire insurance agent duly licensed by a province. The agents will accept a remuneration estimated to cover their out-of-pocket expenses. The insurance companies will accept remuneration calculated to reimburse them their direct outlays, and not to include any charge for overhead, such as office rent and executive salaries.

The government agent in making out insurance policies is any fire insurance agent duly licensed by a province. The agents will accept a remuneration estimated to cover their out-of-pocket expenses. The insurance companies will accept remuneration calculated to reimburse them their direct outlays, and not to include any charge for overhead, such as office rent and executive salaries.

## Do Not Buy Fresh Bacon or Ham During Next Few Weeks

An appeal to the people of Canada not to buy pork, particularly fresh cuts of bacon or ham during the next few weeks is made by the Dominion Department of Agriculture. The reason for this appeal is that Britain may continue to receive from Canada shipments of bacon and ham, so urgently required for military and civilian needs.

The strain of war on the people of British makes "nourishing food more important to them. Proper help can be maintained by steady shipments of essential foods, and one of them is pork in the form of bacon and ham.

Until early in November at least, Canadians can make up their menus with cheese, beans, chicken, turkey, eggs, fish, fresh vegetables and cereals. They can also buy the following pork products which are not needed for export to Britain: pork tenderloin, head cheese, pigs' feet, pigs' knuckles, and pork sausage.

In Canada there is still plenty of a variety of nourishing foods, but it is different in Britain. There, luxury foods are unknown and most staple foods are rationed.

Do not buy fresh cuts of bacon or ham during the next few weeks in order to help Britain to continue to receive agreed-upon shipments.

## She Comes Round Yukon Mountains "When She Comes"

Built for Gold-Rush Days Difficult Yukon Narrow-Gauge Railroad is Re-vamped for Callant Wartime Service

WHITEHORSE, Yukon Territory, (CP)—The White Pass and Yukon railroad, started in the gold rush days of 1898 and since then almost forgotten, is experiencing an over-night comeback.

Mind you, there's no set time schedule for the W. P. and Y. train right now but there's plenty of traffic. A heavy mixed train in this war, effort will take 10 to 20 hours making the 110 mile trip from Skagway to Whitehorse. The best answer to the question of when a train will arrive is: "She'll be coming 'round the mountain when she comes."

Construction of this three-foot narrow-gauge railroad was completed in 1901. The line twists and climbs through scenes of unpassioned rugged grandeur from Skagway, Alaska to Whitehorse in the Canadian-Yukon territory.

**Built in Mines Rush**  
Mining was the life blood of the White Pass and Yukon for many years, but in the days of the depression the general slump reached out to the far north and the historic road fell in place. Business fell off and just before the United States entered the present war, traffic was so light that an Airlines airplane, operating once or twice a week, between Whitehorse and Skagway could handle nearly all the traffic, except for heavy freight.

But then came Pearl Harbor, Alaska and the great north-west became advanced battle areas. The governments of Canada and United States perceived that communications to and from Alaska must be improved. The Alaska highway was started and the W. P. and Y. made an overnight comeback.

Rolling stock was at a premium as long wartime trains rattled through lofty canyons from Skagway to Whitehorse. The traffic was just too heavy. Officials of the road scurried about the entire continent to obtain additional equipment. Finally they succeeded in obtaining a few box cars and flat cars from some narrow gauge lines in north-western United States. A locomotive works agreed to construct a limited number of small yard engines.

Shortly examined with traffic, the road is experiencing a difficulty common in many parts of Canada and the United States at the present time. Lack of trained personnel. The line has never had a very large permanent staff and the new rush has brought on a serious labor shortage.

So sleep are the grades some times five locomotives puff and point up over the lofty passes with 19 cars. Occasionally, locomotives are dropped just when approaching the summit of White Pass. Then, the remaining engine has to take one car at a time over the hump. Because of extreme temperatures it is necessary to leave wide spaces between the joints of the rails to take care of expansion and contraction in sudden weather changes.

**Quartzite Pebbles For Ore Grinding**  
SWIFT CURRENT, (CP) Hon. W. F. Kerr, Saskatchewan Minister of Natural Resources said recently in a six-ton shipment of hard round pebbles known as quartzite has been sent from Duncuirn, 21 miles southwest of here, to an Eastern Canadian flotation plant to be used as a substitute for steel balls in grinding ores.

Large deposits of the pebbles have been found in Cypress Hills in Saskatchewan and previously only small quantities were sent to intermediate industrial plants. Before the war the pebbles were obtained from Norway and Sweden.

Plastics are doing a man-made war job and are contributing mightily to war victory, according to an article by Ian Standish in the September issue of C.I.L. (Vol. 1).

Fast burners, lenses for gas masks, parts for periscopes, tanks, ships and airplanes, and miles of compass, tubing, leather, soles and transparent glass, and many other things are only a few of the many war materials being manufactured from plastics in Canada's oil-wells.

The plastic being made for warships may eventually replace metal for plumbing in the home but that together with many other contributions to better living that plastics will make, must wait until after the war.

Plastics are doing a man-made war job and are contributing mightily to war victory, according to an article by Ian Standish in the September issue of C.I.L. (Vol. 1).

Fast burners, lenses for gas masks, parts for periscopes, tanks, ships and airplanes, and miles of compass, tubing, leather, soles and transparent glass, and many other things are only a few of the many war materials being manufactured from plastics in Canada's oil-wells.

The plastic being made for warships may eventually replace metal for plumbing in the home but that together with many other contributions to better living that plastics will make, must wait until after the war.

Plastics are doing a man-made war job and are contributing mightily to war victory, according to an article by Ian Standish in the September issue of C.I.L. (Vol. 1).

Fast burners, lenses for gas masks, parts for periscopes, tanks, ships and airplanes, and miles of compass, tubing, leather, soles and transparent glass, and many other things are only a few of the many war materials being manufactured from plastics in Canada's oil-wells.

The plastic being made for warships may eventually replace metal for plumbing in the home but that together with many other contributions to better living that plastics will make, must wait until after the war.

Plastics are doing a man-made war job and are contributing mightily to war victory, according to an article by Ian Standish in the September issue of C.I.L. (Vol. 1).

Fast burners, lenses for gas masks, parts for periscopes, tanks, ships and airplanes, and miles of compass, tubing, leather, soles and transparent glass, and many other things are only a few of the many war materials being manufactured from plastics in Canada's oil-wells.

The plastic being made for warships may eventually replace metal for plumbing in the home but that together with many other contributions to better living that plastics will make, must wait until after the war.

Plastics are doing a man-made war job and are contributing mightily to war victory, according to an article by Ian Standish in the September issue of C.I.L. (Vol. 1).

Fast burners, lenses for gas masks, parts for periscopes, tanks, ships and airplanes, and miles of compass, tubing, leather, soles and transparent glass, and many other things are only a few of the many war materials being manufactured from plastics in Canada's oil-wells.

The plastic being made for warships may eventually replace metal for plumbing in the home but that together with many other contributions to better living that plastics will make, must wait until after the war.

Plastics are doing a man-made war job and are contributing mightily to war victory, according to an article by Ian Standish in the September issue of C.I.L. (Vol. 1).

Fast burners, lenses for gas masks, parts for periscopes, tanks, ships and airplanes, and miles of compass, tubing, leather, soles and transparent glass, and many other things are only a few of the many war materials being manufactured from plastics in Canada's oil-wells.

The plastic being made for warships may eventually replace metal for plumbing in the home but that together with many other contributions to better living that plastics will make, must wait until after the war.

Plastics are doing a man-made war job and are contributing mightily to war victory, according to an article by Ian Standish in the September issue of C.I.L. (Vol. 1).

Fast burners, lenses for gas masks, parts for periscopes, tanks, ships and airplanes, and miles of compass, tubing, leather, soles and transparent glass, and many other things are only a few of the many war materials being manufactured from plastics in Canada's oil-wells.

## THUNDERBIRD TOTEM



Sergeant Clifford Hicks, of London, Ont., one of the R.C.A.F. pilots now standing guard in Alaska, poses for this picture with the Thunderbird Totem which the unit has selected as its official good luck piece. U. S. and Canadian airmen work together for the defence of the northern outpost.

## Buy Victory Bonds—Now

## CARROLL'S HALLOWEEN

**Fearman's Pure LARD 2 1-lb. pkgs. 27c**

**Halloween CANDY KISSES 15c**

**Black and Orange JELLY BEANS 23c**

**DANDEE COFFEE 32c**

**Silver Ribbon PUMPKIN 2 No. 3/4 tin 23c**

**Jewel Salad DRESSING 39c, 17c**

**Libby's Tomato CATCHUP 12-oz. tin 17c**

**Frankford New Pack PEACHES 2 16-oz. tins 27c**

**Aylmer Choice TOMATOES 2 No. 2 1/2 tins 25c**

**Quaker QUICK OATS 1 lb. pkg. 19c**

**Princess SOAP FLAKES 1 lb. pkg. 24c**

**For a Whiter Wash OXYDOL 1 lb. pkg. 9c, 23c**

**Aylmer Sieve 4 or 5 PEAS 10-oz. tin 10c**

**Large, Tender PRUNES 1 lb. 15c**

**Bright Tomato JUICE 8-oz. tin 9c**

**Aylmer Apricots 10-oz. tin 16c**

**Libby's Prepared Mustard 1/2 lb. 10c**

**Digestible Shortening CRISCO 1 lb. tin 65c**

**Palmolive or Old SOAP 2 1/2 lb. 11c**

**Carroll's Own CLEANSER 5c**

**Aylmer Irish STEW 2 1/2 lb. tins 25c**

**Assorted Glazed FRUITS 1 lb. tin 10c**

**Wegstaff's Cut Mixed PEEL 1/2 lb. tin 16c**

**McLaren's Soup's On 10c**

**Saniflush 15c, 29c**

**Van Camp's New Pack TOMATO SOUP 2 10-oz. tins 15c**

**Primer Edward Island Potatoes, No. 1, Pk. 43c**

**COOKING APPLES, 6 Quart, Domestic 39c**

**Texas Seedless PEPPERS 5 for 29c**

**WASHED CARROTS 3 lbs 10c**

Also Fresh Tomatoes, Lettuce, Celery, Grapes, Sweet Potatoes—Special Prices

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

**PICOBAC Pipe Tobacco**  
FOR A MILD COOL SMOKE