

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Medical Home Economist
CONVOY OF APPLES
FOR HEALTHY

Hello Homemakers! Canada is famous for apples and the apple is king of fruits whether fresh, dried, evaporated or canned—a wholesome food, easily prepared, and jolly good eating at all times.

An apple convoy of several millions has just arrived from the orchards of the country, safely delivered at local market-ports. Full of healthy fighting spirit, these rosy-cheeked soldiers are here to bring us health and help us to balance our food budget.

The apple army will be a big factor on the food front this winter. Here's its duty roster. Sweet apple cider at breakfast... a golden-crusted apple pie for dinner... a steaming platter of apple dumplings to top off the vegetable supper... a satiating during the ten minute morning rest, a juicy and appetizing dessert for the lunch box, and a crunchy bite at bedtime. Quite a list, isn't it?

RECIPES

Apple Cake

1 cup sifted cake flour, 1 1/2 tps. baking powder, 1/2 tsp. salt, 6 tbs. sugar, 2 tbs. shortening, 2 egg yolks, 1/2 cup milk, 4 apples pared and sliced thin, 1/2 tsp. cinnamon, 1 tsp. grated lemon rind, butter. Sift flour, baking powder, salt and 2 tablespoons sugar together. Cut in shortening and mix well. Beat egg yolks, combine with milk, and stir into first mixture. Beat well. Pour into greased shallow pan and cover with apple slices. Sprinkle with remaining sugar, cinnamon and lemon rind and dot with butter. Bake in electric oven (400 degrees F.) about 35 minutes. Serve with Lemon Sauce, for 8.

Apple Fritters

1 egg, 1/2 cup flour, 1 tsp. sugar, 1/2 cup water, 1 lb. melted fat, speck of salt. Beat egg. Add salt, sugar, and water. Add flour, a little at a time, beating well. Then add melted baking fat. Pare, quarter and core apples. Dip quarters in batter and fry in deep fat.

Apple Tapioca

1/2 cup fine tapioca (or sago substitute) or 1/2 cup pearl tapioca, 1 tsp. salt, 3 cups milk, 6 small apples, honey. Cook tapioca with salt and milk in top of double boiler until tapioca is transparent. Core and pare apples. Stick three or four cloves in each. Arrange apples in greased baking dish. Fill cavities with honey and pour cooked tapioca over apples. Bake in a moderate electric oven until apples are tender. Serves 6. If using pearl tapioca or sago, soak in some of the milk for several hours before cooking.

TAKE A TIP:

- 1. For Purcup-Apple-Whip, simply add thick apple sauce to whipped mashed turnips, adding a dash of sugar, salt and pepper.
- 2. Sweet-sour Cabbage: Mix 1 tablespoon vinegar, 2 tablespoons boiling water, 2 teaspoons sugar and 1 tablespoon butter. Pour over boiled cabbage. Makes a difference.
- 3. Make smaller sized pancakes.

JOINS PRESS STAFF



Wells Ritchie, former member of the CBC News Service Staff, has been appointed Press and Information Representative at the CBC National Programme Office, Toronto. Ritchie wrote the first news bulletin after the service was established at 6:30 a.m. on New Year's Day, 1941. He is a Torontonian, has contributed to the New Yorker Magazine, written movie and theatrical columns and for six years before coming to the CBC has been engaged in a variety of serving clients of all kinds—from circus impresarios to symphony managers.

Chronicles of... Ginger Farm

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

November 7, 1942, will surely be a day long to be remembered. The time will come—when we shall look back to that day as the beginning of the end of Nazi domination.—The invincible Rommel on the run! At first the news was almost too good to be true. And then before we could get our breath came further good news—the invasion of Morocco and Algeria by Allied forces—prelude to a second front. Wonderful, heartwarming news to us but think how much more it must mean to the conquered and enslaved peoples of Europe. Did I say "conquered"? That is a mis-statement for they will never be that, as Hitler will doubtless find to his sorrow. Defeated and tricked by superior forces—yes. But conquered—never.

And Canada's Victory Loan over the top—that also is good to hear. Another step on that long uphill road which we still must climb to reach the summit of the Hill of Victory. Yes, we know the road lies uphill all the way and that we shall find it so to the very end. But we'll get there—never fear—we'll get there. And we shall have companions as we climb. The weak will be helped by the strong and that day "we shall not falter nor fail" but surge forward—all for one and one for all—the men and women of the active battle front and we, the men and women of what must be the Active Home Front.

And now to get back to everyday farm affairs which seem unimportant against the major matters now at stake. Maybe we should emphasize that "which seem" for no one's work is unimportant these days. Every farm is a unit in itself—part of a diversified whole without which the war could not be fought, much less won.

No doubt most farm people feel they have enough problems to face right now, what with lack of fuel and difficulty in getting necessary supplies to keep us going, but there is yet another problem coming up—and O boy, is it going to be a headache! I am referring to income tax returns, the filing of which farmers have hitherto thought themselves exempt. But now the government says every farmer must file income tax returns and that, let me hasten to add, does not mean that every farmer must pay income tax. Filing income tax is one thing, paying income tax is something else again. The forms to be filled out are for the purpose of proving, or disproving, the farmer's financial ability to pay income tax. It isn't really as bad as it sounds. Against what the farmer makes on sales of grain, livestock, dairy and poultry produce, he may deduct the cost of operating expenses that is, cost of feeding livestock, threshing, wages for hired help, cost of new machinery—expenditures for repairs, amount spent on new buildings and fences, or repairs to old, and a certain amount for depreciation of farm equipment. Deductions are also allowed for all kinds of insurance and mortgage payments. So, you see when all such items are taken, off—and I haven't mentioned them all—there might not be much left. What is left is the farmer's net income which must cover living and personal expenses and income tax payments if any.

That is all the government wants to know—the amount of the farmer's net income. The government, so I understand, is working on a simplified form of making income tax returns especially for the farmer and, if I know anything of government accountancy, it isn't likely to be very simple at that! However, I don't really know what's cooking but I thought it might not be a bad idea to bring it to your attention because it would certainly help things along tremendously if on every farm the farmer, his wife, or some member of his family, should get together some sort of record of past receipts and expenditure. Possibly only one farmer out of every ten keeps any kind of accurate record of his business but in the future, if only for his own protection, every farmer would be well advised to keep some sort of financial record best suited to his own needs. It doesn't have to be complicated. I can tell you from experience that accountants kept even on a loose-leaf notebook do better than no accounts at all. I found that out last year—sometimes to my sorrow when I took on the job as enumerator for this ward in the 1941 census.

DETROIT, (CP)—The Michigan equity of Alagan will permit archers to take one deer of either sex during the bow-and-arrow open hunting season, Nov. 1-14.

Credit to Women On Farm Success In 1942 Britain

Work and Inspiration of Land Army Brought Victory to Agriculture and Put Nation Nearer Self-supporting Basis

BY ALAN RANDAL
Canadian Press Staff Writer

LONDON, (CP)—They say a woman's place is in the home but in wartime Britain that's far from fact. It may well be in the factory or field. In the factory women have been a great success. They have done just as well in the field.

To them goes a great share of the credit for making Britain's wartime agriculture a front-line industry functioning at greater pitch and with greater results than at any time in history.

Most tangible evidence of women's part in the field, of course, is the great army of girls and women who form the Women's Land Army. They are to be seen every four through the country and occasionally on city streets when they happen to be city girls who have come home on leave. The army is made up of big girls, short girls, slim girls, fat girls, young girls and older girls, uniformed in overalls or in their green sweaters, Henry Heath hats, brown breeches, knee-length stockings and heavy brogans but, all working to produce food.

50,000 Strong
There are more than 50,000 women in this army now, replacing on farms men who have gone into munitions work or the services. In some cases they fill agricultural spots that were never occupied because at no time has British agriculture produced quite so much as during the season of 1942.

The aim is for still more, perhaps to the point where the United Kingdom feeds itself, though that still is a long way off. "We have many tasks and many trials before us," said Agriculture Minister Ronald Hudson when he addressed representatives of Women's Institutes and praised the part played by women on the farm.

"It is to the future that we must look, to greater endeavor, to intensification of effort and to the expansion of activities to which we have to set our hands. Country women have a big part to play in ensuring the success of these activities."

Need Teamwork
All dairymen know that at times cows seem to "hold up" milk. Dr. Peterson finds the real reason is the lack of stimulation for the cow to let milk down. All the milk is in the udder, secreted in tiny, honeycomb-like cells (Alveoli) which hold only a fraction of a drop. It will not drain down of its own weight, but must be forced out by the contraction of muscle around the alveoli.

And the contraction of these muscles is a positive action, requiring co-operation from the cow," Dr. Peterson points out. The massage, he says, brings out the hormone and the co-operation follows. Nerve-ends in the skin of the udder start the process.

Dr. Peterson has laboratory proofs in addition to the reports of dairymen and his own practical experiments. He has kept udders from slaughtered cows "alive" in a mechanical heartlung sufficiently long to produce more than a quart of normal milk by using the oxytocin hormone. In other experiments, Dr. Peterson proved the ability of the hormone to get a cow's co-operation. No matter how reluctant the cow has been to respond to the usual milking, when the oxytocin was injected in her blood-stream, she would "let down" the milk.

A new spirit permeates the country side today—new hope, new resolution. It is up to you to see that that spirit burns strongly not only now but for many years to come, not only in war but also in peace. Women can also play a valuable part by seeing that everything possible is used to the full.

There was a time when farmers were hesitant about taking Women's Land Army personnel as helpers. But no longer. Now they take new recruits as fast as they can get them from centres where the girls are trained for the work they are to perform.

Buckwheat Good For More Honey

Then There's Christmas Turkey Feeding to Help With Consumption of Product

STATE COLLEGE, Pa. (CP)—To the average person buckwheat means breakfast pancakes, but in these days of sugar rationing and labor shortage the crop is being used for honey production and economic poultry feeding, says J. W. White, professor of soil technology at Pennsylvania State College.

When the plants are in flower, an acre of buckwheat may supply enough nectar for bees to make 100 to 150 pounds of honey," he says. Buckwheat blooms after clover is gone and before other flowers develop on which the bees may work.

After the grain ripens, it may be used for turkey pasture. "Turkeys doing down" buckwheat is a new, and economical way of harvesting the grain, he points out. According to poultrymen who have tried it, labor is saved and there is a complete utilization of the crop in addition to high replacement of other feeds.

837 MILLION KILLED

LONDON, (CP)—More than 1,000,000 of the 7,000,000 Jews who normally live in the territory under German occupation have been killed by the Nazis, according to the British section of the World Jewish Congress.

Bossy Yields More Milk by Touch System

Midwest Expert Promises 10 Per Cent. Increase With Plan of Massage That Brings Co-operation

BY HOWARD MORGAN

ST. PAUL, Minn., (CP)—Aladdin rubbed a magic lamp and produced wonders, but Dr. W. E. Peterson, dairy researcher of the University of Minnesota, rubs a cow and produces, he says, at least 10 per cent. more milk.

The writer was assured that Dr. Peterson's new principles for milking, which can be duplicated by any dairymen; will startle 99 per cent. of the dairy industry. And he avers that the nation's milk production can be increased 10 per cent. by a simple change in milking methods.

Here is the secret: The cow's udder and teats should be gently massaged for a few seconds before milking is started. If a milking machine is used, it should be put on carefully, so as not to disturb the cow.

If properly stimulated, most cows will "milk out" in three minutes—about half the usual time. The machine in no case should be left on more than four minutes. The cow should not be "stripped" (finished by hand) if not milked in four minutes, as she will develop the habit of being stripped.

Fast Milking
Cows should be trained in milking habits. Older cows with bad habits, such as a slow response to the milking stimulus and prolonged stripping, may be retained in the early part of the lactation period.

Hundreds of Minnesota herds are being milked by the massage-stimulus method, and in every case, he said, production has increased.

There is hard reasoning behind Peterson's "massage miracle" and a purpose. The nerve stimulus of the massage causes the pituitary gland to release the hormone (oxytocin) into the cow's blood-stream. In 40 seconds the hormone reaches the udder, and experiments indicate that the hormone is either destroyed or becomes ineffective after five minutes. So milking should be fast.

"And cows must not be stimulated until immediately before milking," the researcher cautioned.

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Hitler Stole The Swastika

The Swastika doesn't belong to Hitler or even exclusively to the "Aryans." It is one of the oldest decorative motifs belonging to mankind and has been used in many lands through countless years. Until recently it was considered an emblem of good luck just as potent as a four-leafed clover.

A Swastika hunt through the galleries of the Royal Ontario Museum will prove this. In the Greek galleries you will find this hooked cross on vases that were made about 800 years before Christ and also on a large bunch of the same period. The motif was carried on in the art of Mediterranean lands and can be seen on a beautiful embroidered curtain that was made on one of the Greek islands in the 18th century.

Chances are pursued through the other galleries more examples will be found on oriental rugs, Indian pottery made in the south-western United States, and worked into the textile and porcelain designs of China.

The Museum's largest Buddha figure has a raised Swastika on its chest. This symbol was also used in the ancient art of Mesopotamia and in view of Hitler's persecution of the Jews, it is interesting to find that in early times it was used in Semitic art.

We may add to Hitler's list of crimes the theft of the motif that he uses on all his banners.

LEAVE 'EM BOMBED
LONDON, (CP)—Unless owners can prove repair is in the public interest, bombed shops may no longer be repaired. Labor and material shortage has caused the decision.



To alleviate the risk of holding ships in the British Isles for maintenance and repair, Canada's today playing a major role in overhauling naval and cargo ships of the United Nations. In naval dockyards many types of stores are housed, ammunition and equipment for Canada's ships of war. The worker in this photo is applying a coating of grease to torpedo tail assemblies. Mechanism in tail sets depth of its course.

CARROLL'S

Aylmer
TOMATO JUICE
3 20-oz. tins 25¢

POSTUM 31c, 51c
Shredded WHEAT 2 lbs. 23c
Aylmer Halves of PEACHES 2 lbs. 27c
Oxo CUBES 1 lb. 23c
Carroll's Baking POWDER 1 lb. 19c

Old Dutch CLEANSER 10c
Waxed Paper PARA SANI 25c
Giant Palmolive 3 lbs. 23c
Master's Dog BISCUITS 2 lbs. 25c
Hawa's Lemon Oil POLISH 1 lb. 15c, 25c

Palmolive or Oxo SOAP 2 cakes 11c

CATSUP Anne Paton 26-oz. bl. 15c
Muffets Quaker 2 pkgs. 17c
CORN Aylmer Kernel 2 20-oz. in Brine 27c
PEAS Frankford Standard 2 16-oz. tins 19c
SOUP Van Camp's Tomato 2 tins 15c
OATS Quick Quaker Large Package 19c
Kleenex pkg. 10c, 25c, 29c

Windsor SALT 1 1/2 lb. pkg. 5c

Vita-B Wheat Germ Cereal 10c, 25c

Creasy MOLASSES 1 1/2 gal. 33c
Clear Leaf Chopped CLAMS 1 lb. 21c
Chicken HADDIE 1 lb. 23c
Aylmer Baby FOODS 1 lb. 7c
Aunt Jemima Pancake FLOUR 1 lb. 15, 35c

Bulk Rolled OATS 1 lb. 5c
MacLaren's Prepared MUSTARD 1 lb. 16c
Silver Ribbon Tomatoes 2 lbs. 15c
Nugget Shoe POLISH 2 lbs. 23c
P. & G. White Naphtha SOAP 3 lbs. 14c

No. 1 P. E. Island POTATOES, Peck 43c
Fresh Washed CARROTS 3 lbs. 10c
Fresh Spinach, Celery, Radish, Tomatoes, Lettuce, Special Prices.

For Juice—Texas Oranges, Doz. 39c
Domestic Apples, 4 qt. 39c

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