

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Home Home Economist

THE MAIN COURSE OF FOOD AND EVENTS

Home-makers! Coming events may "cast their shadows before"—but shortages in goods provide a strange new experience for most of us. Today the dinner table of the average Canadian home reflects these shortages and brings the war close. Now we can admire with more understanding the spirit with which the people of Britain have accepted changing conditions.

The thoughtful people will not only be anxious to comply with Government regulations—they will study equivalent food values of other plentiful Canadian products, and also methods of quick cooking to conserve electricity.

Where rationing is fashionable it is up to us to make it so. The question, "How does it affect me?" has only one answer—multiply what you do by 100 per cent, and see if it adds up to 100 per cent war effort. The right spirit is as vital to us as our daily bread and as necessary for victory.

RECIPES

Vegetable Loaf

1/2 cup cooked green peas, 1/2 cup cooked green string beans, 1/2 cup chopped carrots, 1 1/2 cups milk, 1 cup soft bread crumbs, 1/2 tsp. salt, 1/2 tsp. pepper, 1/2 tsp. paprika, 1 egg. Press peas through a sieve, cut beans in small pieces, then combine all vegetables. Add to them the milk, slightly beaten egg, crumbs and seasoning. Turn into a greased baking-dish and bake in an electric oven (350-450 degrees F.) until firm.

Cheese Cutlets

1/2 cup grated cheese, 2 cups mashed potatoes, 4 lbs. minced pepper, 1 cup cooked Lima or navy beans (ground), 1 tsp. salt. Combine ingredients and shape the mixture into cutlets about one-half inch thick. Sauté them in a small amount of hot fat and serve with horseradish sauce.

Creamed Eggs and Canadian Hardtack

4 lbs. butter, 1/2 cup soft, stale bread crumbs, 1 cup thin cream or top milk, 2 hard-boiled eggs, 1/2 pkg. sardines, 1/2 tsp. salt, 1/2 tsp. paprika, 1/2 tsp. pepper. Melt butter, add bread crumbs and cream, and bring to the boiling point; then add eggs, finely chopped, sardines and seasonings. Again bring to the boiling point on element turned "Medium" and serve at once.

TAKE A TIP:

Percentage Protein Composition in a pound of common foods gives the homemaker suggestions on how to balance the busy worker's menu:

	Per cent
Rump Roast (medium fat)	15.8
Roast Leg of Mutton	25.7
Smoked Ham	23.3
Eggs	14.8
Milk	3.2
Cornmeal	9.2
Cheddar Cheese	27.7
Cracked Wheat	11.1
String Beans	2.3
Carrots, Beets, Cabbage	about 1.0
Corn	3.0
Navy Beans	22.5
Soy Beans	37.1
Dried Peas	21.6
Apples	0.3
Peaches	0.4
Plums	0.2
Gelatin	91.4
Cocoa	21.6

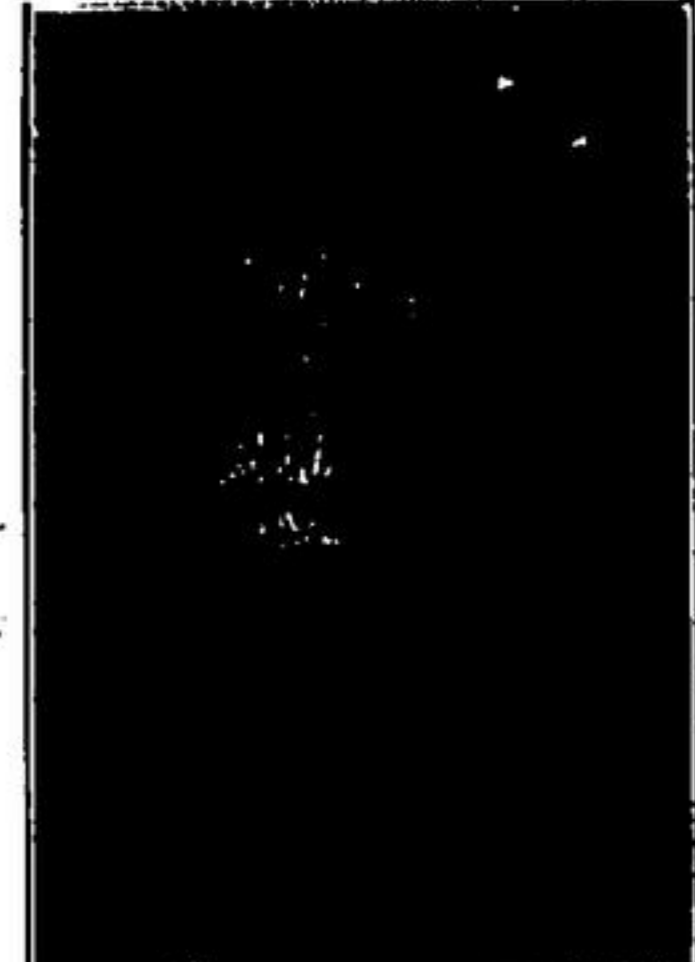
Protein is needed for building and repairing tissues and cells, and when meat is scarce it is wise to consider other foods of high protein content according to servings.

THE QUESTION BOX

Mrs. D. C. asks: "How can we freshen coconut?"
Answer: It may be the new synthetic coconut which may be soaked in milk and then crisped in the oven.
Mrs. S. R. W. asks: "Recipe for a Spice Bran Cookie?"
Answer:

Molasses Cookies

1/2 cup baking fat, 1/2 cup sugar, 1 egg, 1/2 cup milk, 1/2 cup molasses, 1 cup bran, 1 1/2 cups flour, 1/2 tsp. soda, 1 tsp. baking powder, 1/2 tsp. salt, 1/2 tsp. ginger, 1/2 tsp. cinnamon. Cream fat and sugar and beat in egg. Add milk, molasses and bran. Sift the dry ingredients and add. Spread butter very thin in greased jelly roll pan. Bake in electric oven at 300 degrees F. for 25 minutes. Cool slightly and cut in squares.
Mrs. 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.



Chronicles of... Ginger Farm

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

A broadcaster whose voice is known to women all over Canada makes her portrait here. Mattie Rotenberg, who is an energetically active in women's affairs, is a typical Canadian wife and mother who practices the common sense she preaches. Capable home manager and mother of five lively youngsters, she has found time to be a leader in club life and director of a progressive school. She holds her Ph.D. degree in Physics and since the war has been attached to the Department of Physics, University of Toronto. She will be heard over the National network Friday November 27 at 4:18 p.m. EDT, 5:18 p.m. ADT, in the closing broadcast of the series, "War Womanpower."

Coast Farmers Take Training To Repel Japs

With Fishermen and Lumbermen They Form Unique Defence Force Skilled in Guerilla Tactics

By HERBERT JONES
Canadian Press Staff Writer

VANCOUVER (CP)—On the Pacific coast they call them the eyes and ears of the Army.

"They are British Columbia's farmers and fishermen, her loggers and sportsmen, welded now into a force of 15,000 from the province's northern to southern borders under the banner of the Pacific Coast Militia Rangers. Given modern automatic weapons and trained in the art of guerilla warfare, they are a bush force unique in Canada today.

Many are veterans of the First Great War, too old now to get into this one. But in the Rangers they are given the opportunity to use the topographical knowledge acquired in years of fishing, British Columbia's waters, ranging her mountains and valleys, tapping her resources.

"They are trained on the theory that invasion of Canada's Pacific coast is possible. In such an event they would work with the armed forces as scouts, harass the enemy with guerilla tactics, trap and pick on his forces by hit and block his advance at every turn with blown up roads and railways.

The Rangers have grown a lot and learned much since their organization last April under Lt. Col. T. A. Taylor who went overseas as a machine-gun lieutenant with the 29th battalion in the First Great War. Wounded he returned as a major and is an experienced timber cruiser.

Weapons have been issued to the Rangers. Camouflaged uniforms are being issued and a Ranger school has been set up at a camp of the Royal Canadian Engineers in the nearby Fraser Valley where picked Rangers take a two-weeks' course.

There are men in the Rangers like Joe Thacker and Tom Scott, who have spent most of their 72 years in the Hope district of the Fraser Valley and know the country like a book. There are men like J. Edward Sears, Reeve of West Vancouver. Municipalities and youngsters like Gordon Benbach and Wesley Tribe, 17-year-olds of Hope Rangers until they get their Army calls.

Know Their Jobs
These are the men who can show the army the best spots to ambush a Jap anywhere in British Columbia, where to lure him into a dead-end valley or where to make a stand behind natural defensive positions. Important information that otherwise would be unavailable to the regular troops.

These are the men that high ranking military officers in Canada have said will have a major part to play should the Japanese or any other foe attempt a landing on Canada's western shores.

LOAD FACTORS INCREASE

The overall load factor of Trans-Canada Air Lines for the month of September was 83 per cent, the highest on record. In August, it was 81.7 per cent, and in July, 79.3.

FLOUR PICKS UP

Flour picks up elsewhere from other substances and therefore should not be stored near such products as onions and other strong-smelling vegetables.

Party Young Folk Take Look Ahead To Peaceful Day

Delegates to Conservative Convention at Winnipeg Take Platform Planks on Canadian Improvement.

By JAMES MCCOOK
Canadian Press Staff Writer
Ottawa, (C.P.)—Spokesmen for the young Conservatives of Canada say youth delegates will attend the National Conservative convention at Winnipeg December 11 to support policies that will make Canada a better country—urban and rural—for those now overseas to live in and raise families in the future.

Enlistments from the membership of the National Young Conservatives of Canada made a problem in organization representation, said Mr. Christie A. McDonald, national executive secretary, but he added that the representation of young people at the convention will be stronger in proportion than ever before.

Mr. McDonald summarized this way the message young Conservatives at home wanted sent to those on active service:

"While you carry the fight for political freedom to the enemies of democracy—and we have full faith in you to win—we at home shall carry on the fight for political freedom on the home front.

"We shall make this a better country for you to return to, a better country for your families to be raised in. We shall struggle for that new deal which will ensure you and your children social security, freedom from fear, freedom from want, freedom of speech, freedom of religion."

Under its constitution, the Young Conservatives' organization is designed to foster and promote among young Canadian men and women the interests and objects of the National Conservative party and "to assist in the building up and strengthening throughout Canada of associations and clubs of young Canadians, and to coordinate and unite their efforts, and, through this organization and our party to give young Canada an opportunity to take part actively in the further development of our Dominion."

On each convention committee a representative number of young delegates have been placed, officials said. The delegates are of two classes, the first being regular delegates elected by the constituency associations and comprising one-third of the total delegation in this class.

The second group of young Conservative delegates comprises delegates-at-large chosen by the provincial Conservative associations from the ranks of young Conservatives on the advice of provincial executive committees and objects of the National Conservative party and "to assist in the building up and strengthening throughout Canada of associations and clubs of young Canadians, and to coordinate and unite their efforts, and, through this organization and our party to give young Canada an opportunity to take part actively in the further development of our Dominion."

Young Conservatives were active at a Conservative laymen's meeting at Port Hope, Ontario, in September, and the report of this conference is being used as the basis for studies by Conservative groups throughout the Dominion.

Post-War Plans
"The post-war period will be fraught with tremendous possibilities," said Mr. McDonald. "We must give it thought and plan its course now. It is therefore the hope of the National Young Conservatives' executive that study clubs shall become the permanent agency through which co-ordinated thought may reach those who form the policy-making body of our government."

WARTIME RAIL NOTES

Wartime passenger traffic on the South African Railway has averaged 125,000,000 passengers each year.

Last year the Canadian National System moved more than 45,000,000 tons of munitions of war and other products of industry and agriculture.

United States railroads moved an average of 1 1/2 million tons of revenue freight one mile every minute of the day and night in the first 8 months of 1942.

There are only three trans-continental lines on the North American continent. All three are located in Canada and two are operated by the Canadian National System.

Between 3,000 and 4,000 passengers and freight trains daily enter or leave Chicago, called the world's greatest railroad center.

Under the Union Management Co-Operative Plan in force on the Canadian National Railways 47,000 suggestions have been brought up by the Mechanical Department and Maintenance of Way Co-Operative Committees since the inauguration of the plan. The majority of these suggestions have been accepted.

REFUGEE PRODUCTION

LONDON (CP)—Nearly 30,000 British workers now are on war production in 300 factories established in Britain by refugees from Nazi persecutions. More than 100 of the industries are entirely new to this country.

Scrolls for Men Who Win Honors

Air Training Plan Provides Unique Recognition for Its Graduates

OTTAWA (CP)—Airman who pass through the schools of the British Commonwealth Air Training Plan and go on to win a decoration will receive a suitable memento of their achievement from the Royal Canadian Air Force.

A large scroll, suitable for framing, will be sent to the airman's family as well as to the school and college and to the various stations of the air training plan where the man took his training.

The scroll contains the airman's picture in the centre, surrounded by chains of golden maple leaves. The official crests of the British, Canadian, Australian and New Zealand Air Forces are interwoven with the crests of each country on the scroll, to indicate the joint participation of the four countries in the training plan.

The words "Whom the King honoureth" surround the flyer's picture and underneath it is a draped ribbon bearing the words "British Commonwealth Air Training Plan." The man's name and his official decoration and citation are printed below this.

Canadian graduates of the air training plan have already won several hundred decorations and all these will receive a scroll. In addition to the Canadians, however, the scroll will go as a gift from Canada to British, Australian and New Zealand airmen who take their training in Canada and subsequently win decorations.

Men who win the Distinguished Flying Cross, the Distinguished Flying Medal, the Air Force Cross, the Air Force Medal or any other major award, including foreign decorations, will receive the scroll.

Red Cross Sends Out First Mobile Blood Donor Unit

The Ontario Division of the Canadian Red Cross has added a Mobile Blood Donor Unit which will travel throughout the province to small towns and communities to augment the work of the permanent blood donor clinics. In the past, donors from outlying districts have been driven to and from the nearest permanent clinic by motor car. This method has now become impossible, with increasingly severe restrictions on gasoline and tires.

The first travelling clinic was originally a dental unit and is now reconditioned to carry the necessary equipment to implement local Red Cross Branches with what is required to perform the venepuncture operations. Mrs. Fuller, the technician in charge, has completed a tour of the territory which this unit will cover, and has assisted the branches in getting organized for this task. Services of doctors and nurses have been enlisted, lists of blood donor volunteers prepared and arrangements for giving refreshment to donors, after the operation have been completed in advance. Volunteer staffs trained by Mrs. Fuller are also ready.

The plan for the mobile clinic is as follows: the unit leaves Ontario Division work centres in Leaside every Monday morning. When the day's clinics are over in each stopping place, the technician in charge sends the blood donation and used equipment by express to Toronto. Volunteers prepared and arrangements for giving refreshment to donors, after the operation have been completed in advance. Volunteer staffs trained by Mrs. Fuller are also ready.

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Helpful Bulletin For Dairy Farmers

The modern maker of dairy products must be something of an expert. For example, the buttermaker is required not only to manufacture butter having good workmanship but also to control the composition of his product within narrow limits. The same applies to the cheesemaker and to the dairyman. To all of them a working knowledge of the tests employed in the dairy industry, and they are many, is more or less necessary.

Full information about these various tests is contained in an illustrated publication issued jointly by the Dominion Department of Agriculture, under the title Farmers' Bulletin No. 55, "The Testing of Milk, Cream, Butter, Cheese, and Dairy By-Products."

Items fully dealt with include the Milk Test Act, the Babcock test, the testing of milk, cream and by-products, the specific gravity of milk, the per cent. solids, not fat, total solids and other features. The Bulletin which is of special interest to those engaged in dairying may be obtained by writing to Publicity and Extension Division, Dominion Department of Agriculture, Ottawa.

NEW SOUTH AFRICA

PRETORIA (CP)—A new South Africa, with great world activities, will be born of the present war and the coming peace; declared Minister of Finance Hofmeyr addressing the inaugural congress of the new Junior United Party.

Fox and Mink Pelts

An official estimate of the number of silver and new type fox pelts and mink pelts from fur farms in Canada which will be available for the marketing season of 1942-43 places the number of adult standard silver foxes on the farms at the beginning of 1942 at 24,770 male and 59,858 female; adult new type foxes, 5,194 male and 7,601 female. The number of standard silver fox pups raised in 1942 is estimated at 145,041; new type fox pups, 24,393; standard silver foxes to be pelted in 1942, approximately, 142,605; new type foxes to be pelted, about 18,018.

The number of adult mink on the farms at the beginning of 1942 is estimated at 34,943 male and 126,108 female; mink kittens raised in 1942, 352,562; and number of mink to be pelted in 1942, 333.

Make the most of your Tea..
warm the tea-pot first
"SALADA"

CARROLL'S
SALE of BAKING POWDER
16-oz. tin 19c
BAKING NEEDS
Silver Star Pastry
FLOUR 24-lb. Bag 67c
Red Glazed Cherries lb. 47c
Rings of Candied Pineapple 2 for 13c
Digestible Shortening Crisco 6-lb. tin \$1.30
Cot Unflavored Gelatine-pkg. 17c

DOMESTIC Shortening 1-lb. pkg. 19c
CUT PEEL Orange, Lemon and Citron 1-lb. 29c
SALT Windsor Rectangular pkg. 1 1/2-lb. 5c
PEAS Aylmer Choice Sieve 4 or 5 16-oz. tin 10c
OATS Tilton's Quick Large Package 15c

A Better Way To a Brighter Day
Lg. Pkg. 21c

PRINCESS Soap Flakes pkg. 14 1/2c, 33c
PARA SANI Waxed Paper 100-ft. roll 25c
KLEENEX pkg. 10c, 25c, 29c
LIGHT BULBS 20, 40 or 60 watt 15c
CATCHUP Libby's Tomato 12-oz. 17c
SHREDDED Wheat 2 pkgs. 23c

Quaker Puffed Wheat
SPARKIES pkg. 7c

Peter Pan Puffed WHEAT 1-lb. pkg. 17c
Newport FLUFFS pkg. 25c, 39c
Quick Quaker OATS 1-lb. pkg. 19c
Aunt Jemima Pancake FLOUR pkg. 15c
Benson's Corn STARCH pkg. 11c
You Don't Need Coupons For Ovaltine tin 39c, 53c, 98c
Habitant Vegetable SOUP 2 cans 19c
Stuart's Minicement 25c
Aylmer Infants' FOODS tin 7c
Arrowax Paste Floor Wax 1-lb. 25c
Dehydrated Champion Dog Food 2 cans 19c
Maple Leaf Soap FLAKES pkg. 18c, 65c

CHOICE MALAGA GRAPES, lb. 15c
FRESH SPINACH 2 lbs. 15c
Also Lettuce, Tomatoes, Radish, Beets, Carrots, Cranberries. Special Prices.
JUICY TEXAS ORANGES, Doz. 39c
Domestic Spy APPLES, 6 qt. 39c

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