Of Interest to Women



BY ANNE ALLAN Hydro Home Scanamist THE MAIN COURSE OF FOOD

AND EVENTS Hello Homemakers! 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 those 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. Thoughtful people will not only beanxious to comply with Covernment regulations-they will study equivalent food values of other plentiful Canadian products and also methods of quick cooking to conserve elec-

Where rationing is fashionable it is tion. "How does it affect me?" has only one answer -multiply what you do by 11,000,000 and see if it adds up to 100 per cent, war effort. right spirit is as vital to us as our daily bread and as necessary for vic-

RECTIFES

Vegetable Loaf to cup cooked green pens, to cup cooked green string beans, 14 cur chopped boiled carrots, Da cups milk, Coast Farmers 1 cup soft brend crumbs, in tsp. salt.

14 tsp. pepper, 16 tsp. paprika, 1-egg. Press pens 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 bakingdish and bake in an electric oven (350-450 degrees F.) until firm.

Note: Similar quantities of other left-over vegetables may be used.

Cheese Cutlets

25 cup grated cheese, 2 cups mash ed pointoes, 4 ths. minced pepper, cup cooked Limn or navy beans

(ground), 1 tap. anlt. Combine ingredients and shape the mixture into cuttets-about one-half inch thick. Saute them in a smal amount of hot fat and serve with horserndish sauce.

Creamed-Eggs and Canadian

Hardines 4 ths. butter, & cup soft, stale bread crumbs, I cup thin cream or top milk, force unique in Canada to-day. 2 shard-boiled eggs., & pkg. sardines.

Melt butter, add bread crumbs and cream, and bring to the boiling point; topographical knowledge acquired in there didn't seem any logical reason then add eggs, finely chopped, sardines and seasonings. Again bring to the boiling point on element turned valleys, tapping her resources. "Medium" and serve at once.

TAKE A TIP:

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

Rump' Roust Medium fat)

Cooked Leg of Mutton Smoked Haddock Figur Milk Cornmeal Cheddar Cheese Cracked Wheat String Beans Carrots, Beets, Cabbage Corn Navy Beans Soy Beans Dried Pens Apples Penches Plums Gelatin

repairing tissues and cells; and when the Hope district of the Fraser Val- knew Dunkirk had been a hot spot other foods of high protein content There are men like J Edward Sears, way it goes a new war to win while according to servings

THE QUESTION BOX

Mrs. .1) C. asks: "How can we freshen coconnut"

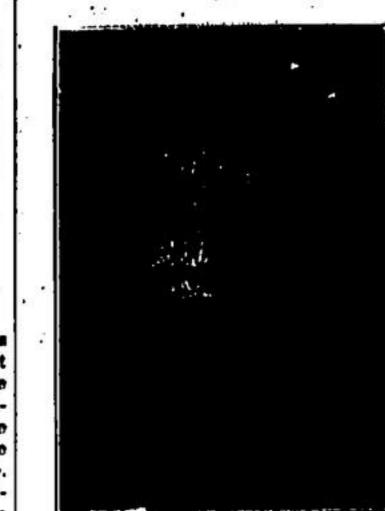
Answer: It may be the new syn thetic cocoanut which may be soaked in milk and then crisped in the oven. Mrs. S. R W asks: "Recipe for a Spice Bran Cookle " Answer:

Molanes Cookies

cup bran, 11, cups flour. & tsp troops. sodá, 1 tsp. baking powder, 😘 tsp.

salt, 12 tsp ginger, 14 tsp cinnamon, ing military officers in Canada have ter all, even the heart of England is . Cream fat and sugar and beat in said will have a major part to play not so very far removed from the egg. Add milk, 'molasses and bran should the Japanese or any other foe sea, which may account for the mel-Sift the dry ingredients' and add ever attempt a landing on Canada's low tone so different from the met-Spread batter very thin in greased western shores. jelly roll pan. Bake in electric oven at 300 degrees F: for 25 minutes. Cool slightly and cut in squares.

Anne Allan invites you to write 'The overall load factor of Transfor replies.



MATTIE ROTENBERG

A brondenster whose voice is known women all over Canada makes her portrait bow herewith. Mrs. Rotenerg, who is so energetically active in women's affairs, is a typical Canadian wife and mother who practises able home manager and mother of five lively youngsters, she has found four and a balf days on the Train and up to us to make it so. The ques- time to be a leader in club life and director of a progressive school. She time. He also said they were fed like holds her Ph.D. degree in Physics and kings and that there was plenty of since the war has been attached to food for all. the Department of Physics, University of Toronto. She will be heard life and enthusiasm it makes it so over the National network Friday much easier to have one's boy away November 27 at 4.18 p.m. EDT., 5.18 when one knows he is happy. My p.m. ADT, in the closing broadcast heart just aches for mothers who get of the series, "War Womanpower."

Take Training To Repel Japs'

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

Tactics

cific coast they call them the eyes and

By HERBERT JONES Canadian Press Staff Writer VANCOUVER, (CP) -On the Pa- ropairs to the outfit. Stormy weather

ars of the Army. They-are British Columbia's farmers and fishermen, her loggers and sportsmen, welded now into a force been one that shouldn't be a problem of 15,000 from the province's north- at all. That is, baking bread. Our ern to southern borders under the local baker has been obliged to take banner of the Pacific Coast Militia his delivery truck off the road-ap-Rangers. (liven modern automatic parently it is only the "big fellows" weapons and trained in the art of who can get tires and drivers to carry guerilla warfare, they are a bush on their work-and since I do not feel

Many are veterans of the First therexpense of the " little fellow" I classes. tap. saft, & tap. paprika, '6 tap. Great War, too old now to get into must either buy my bread in towh this one. But in the Rangers they or bake it myself. Well, I baked in are given the opportunity to use the England and again on the Prairie, so years of tishing British Columbia's for not doing it again. There didn't

> They are trained on the theory that used to go at it at all. So-I hunted invasion of Canada's Pacific coast is up recipes and went to work on a would work with the armed forces as have lost its cunning for the first Illa tactics, trap and pick on his forces too stiff! The second was entable bit by bit and block his advance at however, that the first . . . oh well, Per Cent. every turn with blown up roads and the dog has to be fed anyway. There

19.8 rallways. Veteran Commander

trying and I'll get there sometime. The Rangers have grown a lot and! The nine o'clock curfew at .. our learned much since their organization county town had one unexpected relast April under Lt.-Col. T. A. Taylor suit. Instead of ringing a bell they who went overseas as a machine-gun sound the newly-installed fire siren heutenant with the 29th battalion in which I suppose is the same as an airthe First Great War. Wounded he raid siren. When the wind is in the returned as a major and is an experi- right direction we can hear it quite

Weapons have been issued to the tention to it until Partner came Rangers Camouflaged-uniformscare one night looking quite white being issued-and a Ranger school has can't see why they want to let that been Set up at a camp of the Royal thing off every night," he said. Canadian Engineers in the nearby! "Does it worry you?" I asked. take a two-weeks' course

There are men in the Rangers like membering things I wish to Heaven I: 21.6 Jos Thacker and Tom Scott, who could forget Protein is needed for building and have spent most of their 72 years in I didn't ask any more questions meat is scarce at is wise to consider lev and know the country like a book, Teven in the last war. So that's the Reeve of West Vancouver- Muntci- the affects of the old one are with us pality and youngsters like Gordon yet. tembach and Wesley Tribe, 17-year- Last Sunday there was a more olds of Hope Rangers until they get cheerful reminder of the last war

their Army calls

Know Their John These are the men who can show, us in many a long day. There is the army the best spots to ambush a something different about church for anywhere in British . Columbia, bells in the Old Country what it is I . where to lure him into a dead-end can't just explain. For one thing bell valley or where to make a stand be- ringing is an art very often handed hind natural defensive positions im- down from one generation to another. by cup baking fat, by cup sugar, I portant information that otherwise And then again there is something in egg. 1, cup milk, 1, cup molasses, 12 | would be unavailable to the regular the tone of the bells that is lacking

These are the men that high rank-, be due to atmospheric conditions. Af-

LOAD FACTORS INCREASE

to her. Care of The Acron Free Press. | Canada Air Lines for the month of substances and therefore should not Britain by refugees from Nazi perse-Send in your questions on homemak- September was 83 per cent, the high- be stored near such products as on- cutions. More than 100 of the inest on record. In August, it was \$1.7% ions and other strong smelling veg- dustries are entirely new to this coun-

from Ottawn.

talic sound we notice in the carillon

Take Look Ahead To Peaceful Day

Chronicles of. .

Written Specially for

The Acton Free Press by

OWENDOLINE P. CLARKE

There was plenty of variety in last

and further affeld. On Wednesday

November 11, when we were all re

mixed emotions, I rather fancy-mail

known he had moved but where to-

that was the question. His airmai

letter told his he was in Vancouver

It is nice to get letters so full of

letters from boys who are not happy

Round pegs in square holes they are

On the farm last week it would

seem we had a small sized winter

have a roof over one's head and

warm fire to sit by. And even out-

side it wasn't too bad after the first

plunge. I shivered every morning at

the thought of going out but once

out I rather enloyed it. Of course

on hand. For instance one of ou

neighbors had the threshing machine

meals, would be hard on, the most

the ones to be pilled.

cheerful disposition.

evidently believes in change

membering the last war-and

time came and there was a

Ginger Farm

Party Young Folk

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

By JAMES MOCOOK Canadlas Press Stag Writer

Ottawa, (C.P.) - Spokesmen for the young Conservatives of Canada say vouth delegates will attend the Natlonal Conservative convention at Winnipeg, December 0-11 to support policies that will make Canada a hetter country urban and juralfor those now overseas to live in and

ratso families in the future. Enlistments -from the membership of the National Young Conservwork's-happenings, both on the farm atives of Canada made a problem it organization representation, said Mr. Christie A. McDonald, national. ecutive secretary, but he added that the representation of young people at the convention will be stronger in from our son. For a week we had proportion than ever before.

Mr. McDonald summarized this way the measage young Conservatives at home wanted sent to those on Quebec to Vancouver the Army II.Q. netive service:

"While you entry the fight for political freedom to the enemies of deni-Bob has always wanted to go West nerney and we have full faith in you and according to his letter, written en to win we at home shall carry on route, he was in no way disappointed the fight for political freedom on the with the trip. He said they were

"We shall make this a better counthat he enjoyed every minute of the try 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."

Objects in View Under its constitution, the Young Conservatives' organization is design: ed to foster and promote among young Canadlan men and women the purposes and objects of the National Conservative party and "to assist in Its suddenness made it very unplease the building up and strongthening ant while it lasted but it was good to throughout Canada of associations and clubs of young Canadians, and to co-ordinate 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 Dodepends a lot on what work there is

On each convention committee a around all week. Threshing was held up first by wet weather and then for plus uncertainty as to threshing

delegation in this class. One of my problems this week has the ranks of young Conservatives on and tires. the ndvice of provincial young Conprovisions to ensure women in both conditioned to carry the necessary like patronizing the "big fellows" at

thing I couldn't remember how I the Dominion.

Post-War. Plans

possible. 'In such an event they trial batch. But alas, my hand must fraught with tremendous peril and feers prepared and arrangements for scouts, harass the enemy with guer- batch was too soft and the second; Donald. "We must give it thought the operation have been completed in fore the hope of the National Young Mrs. Fuller are also ready. . -Conservatives' executive that study The plan for the mobile clinic is as clubs shall become the parmanent follows: the unit leaves Ontario Diis only one thing I can do keep on agency through which co-ordinated vision work centre in Lenside every-

-----WARTIME, RAIL NOTES

Wartime passenger traffic on South African Rallway has averaged plainly but I had really paid little at-125,000,000 passengers each year.

System moved more than 65,000,000 plng By this time the blood has been tons of munitions of war and other Fraser Valley where picked Rangers; "Worry me? Every time the blame products of industry and agriculture

thing blows I'm back in Dunkirk reaverage of 11, million tons of revenue freight one mile every minute of the day and night in the first 8 months

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

the ringing of church bells. It was the best thing the radio had brought Between 3,000 and 4,000 passengers and freight trains daily enter 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 in Canada, which may quite possibly Mechanical Department and Maintenplan. The majority of these suggesttions have been accepted.

REFUGEE PRODUCTION

British workers now are on war pro-Flour picks up odours from other duction in 300 factories established in

Scrolls for Men Who Win Honors

Air Training Plan Provides Unique Recognition for Its Graduates

lan Air Force.

The scroll contains the airman's chains of golden maple leaves. official creats of the British, Canadian, Australian and New Zenland Forces are interwoven with creats of each country on the scroll, to indicate the joint participation of the four countries in the training

The words "Whom the King honoreth" surmount 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 decora-

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

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

Red Cross Sends Out First Mobile Blood Donor Unit

The Ontario Division of the Canrepresentative number of young del- adian Red Cross has added a Mobile egates has been placed, officials said. Blood Donor Unit which will travel The delegates are of two classes, through the province to small towns the first being regular delegates el- and communities to augment the ected by the constituency associations work of the permanent blood donor and comprising one-third of the total clinics. In the past, donors from outlying districts have been driven to The second group of young Con- and from the nearest permanent servative delegates comprises dele- clinic by motor car. This method has gates-at-large chosen by the provin- now become impossible, with increascial Conservative associations from ingly severe restrictions on gasoline

The first-travelling clinic was origservative associations. There are innity a dental unit and is now reequipment to implement local Red Young Conservatives were active Cross Branches with what is required at a Conservative laymen's meeting to perform the venepuncture operaat_Port Hope, Ontario, in September, tions. Mrs. Fuller, the technician in and the report of this conference is charge, has completed a tour of the being used as the basis for studies territory which this unit will cover, waters, ranging her mountains and seem to be, but there was! For one by Conservative groups throughout and has assisted the branches in getting organized-for this task. Services of doctors and nurses have been en-"The post-war speriod will be listed, lists of blood donor voluntremendous possibility," said Mr. Mc- giving refreshment to donors, after and plan its course now. , It is there- indvance. Volunteer staffs trained by

> thought may reach those who form Monday morning. When the day's the policy-making body of our gov- chaics are over in each stopping place, the technician in charge sends the blood donation and used equipment by express to Toronto. Volunteer women drivers from Leaside pick up the consignment at Union Station and take the blood to Leaside work centre, where it is processed. Equipment is again sterilized, returned to Last year the Canadian National the work centre and packed for shipprocessed and is loaded on the truck and delivered to the Connaught Laboratories, where the drying and pro-United States railroads moved an cessing is accomplished. The equipment is taken on to the station and expressed to another branch on the

itinerary of the mobile unit contact person in that town is notified and receives the shipment and delivers it to the local Red Cross Branch The mobile unit carries an emergency equipment in case weather conditions should delay rail transpor-

The unit reutrns to Toronto each week-end The Red Cross Society will expand the mobile blood donor unit service by additional vans when this plan has been proven and as the need

WOMEN BUILDING SHIPS

IONDON, (CP) Shapbuilding is tal become the No 1 war industry for ance of Way Co-Operative Commit- women in the next few months, authtees since the inauguration of the proties say, and it may even be given preference over the forces when girls are directed into national service



Helpful Bulletin For Dairy Farmers

ducts must be something of an ex- ada which will be hvallable for the pert. For example, the buttermaker marketing season of 1942-43 places is required not only to manufacture the number of adult standard silver butter having good workmanship but foxes on the farms at the beginning O'l'TAWA, (CP) -Airmon who pass niso to control the composition of his of 1942 as 24,779 male and 59,858 fethrough the schools of the British product within narrow limits. The male; adult new type foxes, 5,104 Commonwealth Air Training Plan same applies to the cheesemaker and male and 7,601 female. The number and go on to win a decoration will re- to the dairyman. To all of thenien of standard silver fox pups suised in celve a sultable memento of their working knowledge of the tests em- 1942 is estimated at 145,041; new type achievement from the Royal Canad- ployed in the dairy industry, and they fox pups, 24,393; standard silver foxes are many, is more or less necessary. to be pelled in 1942, approximately, A large scroll, suitable for framing, Full information about these various 142,665; new type foxes to be petted, has been designed and copies of it tests is contained in an illustrated about 18,018. will be sent to the airman's family publication issued jointly by the Domas well as to his school and college inton Department of Agriculture, farms of the beginning of 1942 is esand to the various stations of the air under the title Farmers' Bulletin No. Hunsted at 34,043 made, and 126,108 training plan where the man took his 56, "The Testing of Milk, Cream, But- female; mink kittens raised in. 1942,

Items fully dealt with include the pelted in 1942, 333. picture in the centre, surrounded by Milk Test Act, the Babcock test, the testing of milk, cream and byproducts, the specific gravity of milk, the per cent. solids, not fat, tainl solids and other features. The Bulnent of Agriculture, Ottown.

Fox and Mink Polts

of silver-and new type fox pelts and The modern maker of dairy pro- mink pells from fur farms in Can-

The number of adult mink on the ter, Cheese, and Dairy by-products." 352,582, and number of mink to be

NEW HOUTH AFRICA

PRETORIA, (CP) - A new South Africa, with great world activities. letin which is of special interest to will be born of the present war and those engaged in dairying may be ob- the coming peace; declared Minister tained by writing to Publicity and of Finance Hofmeyr addressing the Extension Division, Dominion Depart- | loaugural congress of the new Junior United Party.





16-oz. tin 19c Silver Star Pastry **FLOUR**

POWDER

24-1b. Bag

Red Glaced Cherries 1b. 47c Rings of Candied Pineapple 2 w 13' Digestible Shortening Crisco 6-lb. tin 1.30 Cox Unflavored Gelatine phr. 170

DOMESTIC Shortening CUT PEEL Orange, Lemon

Aylmer Choice Sieve 4 or 5

11/2-lb. 5C 16-oz. tin 10C

1-lb. 19C

1b. 29c

Large Package 150

A Better Way Files

PRINCESS Fuk. pkg. 141/2°, 33° PARA SANI Waxed Paper 100-ft. 25C KLEENEX pks. 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. -

Peter Pan Puffed Habitant Vegetable WHEAT Is pkg. 17c SOUP Newport FLUFFS pkg. 25c, 39c Quick Quaker CATS lg. pkg. 190 Aunt Jomima Pancako FLOUR Benson's Corn STARCH pkg. 110

You Don't Need Coupens For

Stuart's Mincement 250 Aylmer Infants' FOODS Acrowax Paste pkg. 15c Floor Wax 125c Dehydrated Champion Dog Food 2 19 Maple Leaf Soap Ovaltime tin 390, 580, 980 FLAKES pks. 18", 65"

CHOICE MALAGA 39c 15c ORANGES, DOL GRAPES, 1b. 2 the 15c APPLES, 6 qt. Also Lettuce, Tomatoes, Radish, Beets, Carrots, Cranberries,

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Special Prices.