

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN

WHAT FOODS MEAN TO YOU

Hello Homemakers! Is "nutrition" just a vague idea in your mind? Here's your chance to be "in the know"...

Strength and health can only come to us from the food we eat... Just a thought! What you eat for breakfast, lunch and dinner is changed into flesh and bones and blood.

First of all, then, Homemakers, let's understand nutrition and then work out our nutrition program.

Secondly, let's understand the term "nutrition" and the processes concerned in the growth, maintenance and repair of living organisms.

Thirdly, let's understand the application of the principles of nutrition to the feeding of different ages, under different conditions, in health and in disease.

Fourthly, let's understand the composition of foods: the six groups of constituents called nutrients - carbohydrates, fats, proteins, minerals, water and vitamins.

Fifthly, let's understand the classification of nutrients (1) according to their function in the body (mechanical energy, building and repairing tissues, regulating body processes); and (2) according to their chemical composition.

Sixthly, let's understand the essentials of an adequate diet: to maintain the normal body in a state of health a diet must contain:

- (1) Sufficient carbohydrates, fats and protein to yield energy for muscular activity; (2) Sufficient protein for growth and maintenance of all body cells; (3) Adequate amounts of minerals for bones and teeth and body regulators; (4) An adequate supply of water for regulation of body processes; (5) An adequate supply of each of the known vitamins for regulation of body processes.

Proteins Foods (Body Building and Repair): Lean meat, fish, eggs, milk, cheese, whole grain cereals, vegetables - peas and beans (fresh and dried).

Carbohydrate Foods (Supply Heat and Energy): Starches - Cereals, flour, spaghetti, potatoes, bread, dried peas and beans; Sugars - Sugar, molasses, honey, dried fruits.

Fats (Supply Heat and Energy): Meat fat, butter, cream, vegetable oils.

Foods Containing Minerals (Regulating): Milk, Fresh Vegetables, whole cereals, eggs, meats, fish.

Foods Containing Vitamins (Protective): Fresh vegetables, fresh fruits, citrus fruits.

Fruits, outer coverings of grain, milk, eggs, liver, butter, fish.

THE QUESTION BOX

Recipe for Oatmeal Bars (requested by Mrs. C. R.):

1/2 cup shortening, 1/2 cup sugar, 1 cup corn syrup, 1 cup rolled oats, 1 cup sifted flour, 1/2 tsp. baking powder, salt, 1/2 cup milk, 1/2 cup chopped raisins.

Cream shortening, blend in sugar and syrup. Add rolled oats. Mix and sift flour, baking powder and salt and add alternately with the milk.

Mix crumbs, butter and brown sugar. Mix on a pie plate and bake in a shallow electric oven at 375 degrees for about 10 minutes. Cool. Fold beaten egg white into the sweetened applesauce, 1/2 tsp. cinnamon.

Apple Graham Fluff (requested by Mrs. N. B.): 1 cup Graham cracker crumbs, 2 cups brown sugar (sifted), 1 egg white (stiffly beaten), 3 cups slightly sweetened applesauce, 1/2 tsp. cinnamon.

Mix crumbs, butter and brown sugar. Mix on a pie plate and bake in a shallow electric oven at 375 degrees for about 10 minutes. Cool. Fold beaten egg white into the sweetened applesauce.

Put a spoonful of the graham cracker crumbs on the bottom of serving dishes, fill up with the applesauce mixture, sprinkle with cinnamon and top with more crumbs. Chill in electric refrigerator.

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.

Parable for Planners

When efficiency is mentioned, the name of Mr. X springs automatically to the minds of his acquaintances.

Mr. X is an important position in his firm, and inevitably was chosen as the man to direct a vital war activity at a salary of one dollar a year with expense allowance.

Mr. X is as punctual as royalty. He pays his bills promptly, his word can invariably be relied on, he is conscientiously fair in all human relationships, and excellent, though stern, husband and father.

Mr. Y, on the other hand, has innumerable faults. His business affairs are in constant flux between one financial crisis and the next. He sometimes keeps appointments, but never by time.

If logic ruled the world, Mr. X would be the ideal type of citizen. He would do his duty admirably under a Fascist, Communist or Socialist type of government and even in a democracy, his virtues are unquestionably useful.

A fourth gallant young Culligan, Airwoman Ruby, was unable to attend the broadcast. But that's not all!

There is a fifth Culligan, a charming miss who plans to join her elder sisters in the R.C.A.F. next July.

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British Farmer In Big Victory With Sacrifice

Continuous Advance on Agricul- ture Front Great Factor in War Winning last 1943 to be More Impres- sive Than Ever

By MORT YOUNG Canadian Press Staff Writer

LONDON, (CP)—There is one force in the war strategy of the United Nations which has yet to fight a losing campaign, has yet to retreat, British agriculture has advanced on every front since the war began.

Statistics tell part of the story, and all. Cold figures cannot tell of the wrench to a landowner as he wiped out century-old hedges to make more growing land, of the spirit with which he has fought his way to the sea, of his own sweat and blood.

It was two-thirty Saturday morning when we heard his step in the back kitchen. And he had to get some sleep—and some feed—and start his long journey back to Vancouver that same day.

Young John goes back to his job on Sunday night and then Partner and I will be back to the Darby and Joan stage once more.

Yes, Christmas and New Year are over once again. On Monday I shall really get to work in earnest and my first job will be to divest the Christmas tree of its trimmings and burn the tree. And it won't be a day too soon, believe me.

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The Sunday School Lesson

JESUS INSTRUCTS A GREAT TEACHER

Golden Text.—For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish, but have eternal life. Joh. 3:16.

Lesson Text.—Joh. 3:1-16. Time.—April, A. D. 27. Place.—Jerusalem.

Exposition.—I. Ye Must Be Born Again, 5-13. "We must be born again" sums up what Jesus had to say to this earnest inquirer.

What Has Happened? Already statistics show the startling results of British sacrifices, the national eagerness to help the war effort in any way.

When the war began, Britain imported about 87 per cent. of her flour, 92 per cent. of her butter, lard and margarine, 51 per cent. of her meat (with the remainder dependent on imported fodder), 73 per cent. of her sugar.

The comparable statistics are not available, because exact figures would be of value to the enemy. But this tells the story.

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Whitewash Recipes For Farm Buildings

This is the time of the year to get poultry houses and other farm buildings ready for winter, and one of the operations in preparation is a thorough whitewashing.

Get quick lime or lump lime for whitewash in hard lumps, freshly burnt and not air slaked. Air slaked lime will not stick.

Put a large clean tub out one bushel of lump lime, and slake it with boiling water, covering it during the process to keep in the steam.

The surface to be whitewashed should be free from dirt or grease. Just before applying the whitewash dampen the surface, so that the coating will not set too quickly.

The whitewash may be applied with a brush or sprayer. If a sprayer is used, the whitewash should be strained through two or three thicknesses of cheesecloth.

If the whitewash is to act as a disinfectant, add 1 to 2 ounces of creosote, carbolic acid to each gallon of whitewash.

HORACE H. POWERS IS NEW C. V. R. DIRECTOR

Horace H. Powers, of St. Alban's, has been elected as a director of the Central Vermont Railway, R.C.

Mr. Powers, Chairman and President of the Canadian National Railway, presiding at the meeting, Mr. Powers, a son of the late Chief Justice of the Vermont Supreme Court, has been general attorney of the Central Vermont since 1925 and is also general attorney for the Canadian National Railway in the United States.

Mr. Powers is a member of the State Board of Examiners and a trustee of the University of Vermont. Mr. Powers succeeded H. J. Hungerford who resigned. At the meeting, F. A. Howland on behalf of the Board expressed appreciation of Mr. Hungerford's services, particularly during the disastrous floods of 1926 when relief forces under his direction made possible the rehabilitation of the railway in an amazingly short time.

Doomsday Book Of Farm Lands

LONDON, (CP)—A survey of all agricultural holdings of more than five acres in England and Wales, which surpasses in detail the Doomsday Book of 1085, has been prepared by the Ministry of Agriculture.

The survey provides a record of the conditions of land tenure, the use to which land is put, the stock it supports, the equipment it carries, the labor employed and such matters as water supply and availability of electricity.



PICOBAC Pipe Tobacco FOR A MILD COOL SMOKE

Advertisement for CARROLL'S PICKLES, listing various products and prices like Queenland Sweet Mixed Pickles, Oats, Beans, Cornflakes, Macaroni, etc.



Three of a kind... and more to come! Here are three of the attractive Culligan Sisters of Kitchener, Ontario, who were heard in a recent edition of "Comrades in Arms" over the CBC National Network...

PRISONERS HARVEST CROPS

CHICAGO, California (AP)—Shortage of harvest hands in California is no joke. In addition to closing stores and schools to make help available, all inmates of local prisons were paroled for the purpose.

WHEN JOBS ARE PLENTIFUL

It is remarked that jobs and opportunities are far more plentiful than usual. What effects does this have on the individual worker?

Short retirement urges sweet return.—Milton.