

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Special Health Columnist

### MAKING SURE OF YOUR MINERALS AND VITAMINS

Hello Homemakers! The Nutrition campaign is under way. Once again we discuss minerals and vitamins. Why? First of all, because 85% of the women at the last Red Cross meeting we attended requested it, and, secondly, because recent surveys show that Canadians are not getting sufficient: (1) Calcium; (2) Vitamin B1; (3) Iron; (4) Vitamin A; (5) Protein; (6) Vitamin C. This happens largely through lack of knowledge of food values—and seldom through lack of money. Nutrition experts have found that most of us don't get enough vitamins and minerals because we don't know how to spend our food dollars.

Mineral foods build up bone and assist the work of every cell in the body. The "hard-to-get" minerals are calcium and iron. Calcium is necessary not only for building strong bones and teeth but also for proper functioning of the nervous system, proper beating of the heart, control of the muscles and enrichment of the blood. You can make sure of your calcium quota by including in your daily diet one pint of milk per adult and one quart of milk per child. Milk products such as cottage cheese may be used for part of your quota.

Iron makes red blood cells and carries oxygen to the cells of every organ and tissue. Minor disturbances—even slight infections—cause loss of iron. But in spite of its importance, iron cannot be stored in the body and the amounts obtained from foods are very small. To make sure of your iron ration, we cannot stress too much the green leafy vegetables—and luckily they are cheap—as well as fruits, whole grain bread and cereals.

Vitamin-rich foods build up resistance to disease, promote growth and keep the body functioning smoothly. Vitamins cannot be hoarded in the body so again we urge you to get your vitamin-rich foods daily. Check up especially on your Vitamins A, B1 and C. Vitamin A is found abundantly in cod liver oil, butter, milk, liver, eggs and the green and yellow vegetables. For your Vitamin B1, the richest source is brewer's yeast while chief food source is found in the whole grain cereals. Other good sources are fresh peas, fresh lima beans, navy beans, spinach, carrots, pork, eggs and milk. Vitamin C (known as Ascorbic Acid) is found especially in oranges, lemons and limes, as well as in tomato juice and potatoes. Potatoes are a good source because of the amounts in which they are eaten.

Be sure to check up on the "hard-to-get" vitamins and minerals and see that you and your family are getting your daily quota. Later on we will have something to say about the other vitamins, such as Vitamin D and Vitamin B2.

### TAKE A TIP:

#### Adequate Nutri-Thrift Menu

Breakfast: Applesauce, rolled oats with whole milk, whole wheat toast with butter, cocoa.  
Dinner: Liver, boiled potatoes, stewed tomatoes, whole wheat bread, butter, orange custard.  
Supper: Vegetable soup, grated raw beef salad with cheese, tea biscuits, home canned fruit, milk.

### THE QUESTION BOX

Mrs. M. C. asks: "Are eggs calculated as nutritive value when used in baking?"  
Answer: Children are not served much cake and it is wise to serve omelettes, etc., and make eggless cakes when eggs are expensive.

### EGGLESS CAKE

1/2 cup shortening, 1 cup sugar, 2 cups flour, 5 tsp. baking powder, 1 cup milk, grating of nutmeg or 1 tsp. vanilla extract, 1/2 cup raisins or citron cut in small pieces.  
Cream shortening and sugar. Mix and sift flour and baking powder and add alternately with the milk. Add flavoring and raisins or citron. Beat well and put into a greased loaf tin. Bake in electric oven at 350 degrees for 45 to 60 minutes.

### 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.

### MORE BANS FOR HOLLAND

STOCKHOLM, (CP)—In an attempt to stop residents of German-occupied Holland from writing or printing up pro-Allied slogans on walls, the Germans have forbidden them to carry any "poster-glue, painting material, tar, chalk or other coloring material," reports reaching here said.



## Chronicles of a Ginger Farm

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

If we were out to buy a farm today we should want to know a lot more about some things than we did twenty years ago.

The first thing we should make sure of would be a good well, guaranteed to last out in dry seasons. And we should also want good out-buildings—lots of them—pig pens, hen houses and more hen-houses. And we would look especially for a short lane that could be shelved out easily in winter time and with a windbreak against the prevailing winds. We should want a smallish house, furnace heated, with a bathroom and hydro already installed. And we would like a basement with some sort of magic coal-bin like the widow's cruse of oil. But that's life—you learn from experience what you really want when the time for choosing has long since past. Maybe Partner wouldn't agree with all I have said but "them's my sentiments anyway."

### PRODUCE FIRM FINED

In police court in Toronto on November 16th, the Swift Canadian Creamery Limited, Toronto, pleaded guilty under the Farm Products Grades and Sales Act to a charge of having in possession for sale to consumers creamery butter of Third Grade quality put up in wrapper branded "First Grade," and was fined \$10.

All creamery butter sold to consumers in the Province of Ontario must be branded in such a way that consumers will know definitely and accurately the quality of the butter contained in the wrapper. The terms used to describe quality are First Grade, Second Grade, Third Grade and Below Third Grade and it is the responsibility of the person or firm, who cuts and wraps the butter, to see that the quality of creamery butter offered to consumers is accurately designated on the wrapper.

### Soybean as a Forage and Soil Improvement Crop

The soybean has become widely recognized as a high protein food based on the value of the mature seed. The plant itself, being both an annual and a legume, has qualities which will be found advantageous in many cropping practices, says C. W. Owen, Dominion Experimental Station, Harrow, Ontario.

A crop of soybeans is valuable for either hay or pasture. This does not imply that soybeans will compete with perennial crops such as alfalfa, but in cases where such crops have been winter killed, a spring seeding of soybeans will provide a good emergency supply of feed. Cut in the stage when the pods are about two-thirds filled, soybean hay is about equal to alfalfa in feed value, although the actual curing may be slightly more difficult. The soybean crop may also be used for pasture, provided the ordinary precautions to prevent bloating are observed.

As a soil improvement crop, the soybean has certain definite qualities. As it is a legume, it has the ability to utilize free atmospheric nitrogen provided the proper nodule-forming bacteria are present in the soil. If these bacteria are not already in the soil, they must be introduced by inoculation of the seed before planting. This means that in the presence of these bacteria a large proportion of the nitrogen contained in the crop will come from the air, thus relieving the drain upon soil reserves. When the mature seed is harvested with a combine only the seed is removed and the remainder of the plant is left well distributed for ploughing.

Even though the seed is removed, it will still be found necessary to apply other fertilizers, such as phosphoric acid and potash, in order to maintain the soil fertility level. In general, the soybean may be regarded as a very useful crop from the standpoint of supplementary and emergency hay or pasture. Helpful effects upon the soil will also result from growing this crop.

## Country Blitzes Left Their Mark

---Bravely Borne

Now It Can Be Told How Nazi Raiders Ravaged Rural Districts of British Isles in Earlier Years of War

BY LOUIS V. HUNTER  
Canadian Press Staff Writer

LONDON, (CP)—When "The Blitz" is mentioned, the mind almost automatically turns to the Battle of Britain as it affected London and its bomb-battered areas. But there is another, lesser known aspect to that historic, heroic struggle against death from the skies—the country's blitz.

Certainly, London and Coventry, Birmingham, Manchester and other principal industrial, armament and shipping centres were hit and hit hard. Raids by the German air force were more widespread than that, however, and bombs fell in places without even a remote resemblance, not by any stretch of the imagination, to a military objective. It isn't generally known that, as "Front Line, 1940-1941," the official account of the Battle of Britain, says, "away from the mountains of Scotland, Wales and the Lake Country, there are few villages, farms or homesteads on British ground but can tell of bombs fallen within a mile or two, at some time during the air raids."

### BRITISH POP POOL

LONDON, (CP)—To save 400,000 tons of transport each year it has been decided to "pool" all soft drinks made in Britain.

## Quebec Boosts Acreage Yields In 1942 Record

French-Canadian Province Increases Field and Dairy Production: Cheese Output in Up 77 Per Cent.

BY STEWART NEHRB  
Canadian Press Staff Writer

QUEBEC, (CP)—Quebec farms this year gave forth a higher yield per acre than in 1941, to add to the bin of foodstuffs needed in the prosecution of the war, according to most recent reviews by the provincial ministry of Municipal Affairs, Trade and Commerce.

Quebec is proud of her achievements of farm and dairy and her leaders are anxious to maintain the province's high place in the agricultural of the Dominion, Premier J. A. Godbout, who also holds the portfolio of Agriculture, has time and again stressed the importance of the farm industry, especially in wartime, and has repeatedly urged Quebec farmers to remain on their lands and not to leave them for larger centres.

Provincial estimates for 1942 wheat, oats, barley, beans, buckwheat and mixed grains in the province are well ahead of the comparable figures of last year. Also on the upgrade are hay, clover, alfalfa, fodder corn and various other products. Estimates for rye and potatoes are somewhat lower.

### CHEESE PRODUCTION

In dairy products, cheese production jumped 77 per cent. over that of last year but butter showed a decrease of eight per cent. In this respect the Provincial government discontinued, as of Dec. 1, payment of a premium of two cents a pound for cheese because "there exists a lack of balance which must be corrected."

Value of canned fruits, meats and vegetables also shows a considerable increase as does production and value of maple products. Fax is well ahead of the previous year.

A factor that added this year's crops was announced recently by Premier Godbout who told a press conference that technicians of the plant protection division of the ministry of agriculture had succeeded in reducing the infection of various crops in the province from 50 per cent. in 1941 to 6.5 per cent. this year.

Although in some cases the areas under crop were below last year, Quebec farmers recorded an increase of almost 100,000 acres in the amount of mixed grains cultivated this year by planting 272,000 acres. The grains are used to feed hogs which are sent overseas for wartime markets, and a premium of \$2 per acre, up to 10 acres, was paid by the government this year to farmers who cultivated mixed grains with which to fatten hogs.

### Home Comparisons

Following are some Quebec crop comparisons with the 1941 amount given in brackets. The 1942 figure is a provisional estimate and all are expressed in bushels: Wheat 603,000 (533,000); oats 50,800,000 (47,291,000); barley 3,881,000 (3,715,000); peas 513,000 (415,000); beans 257,000 (227,000); buckwheat 1,896,000 (1,773,000); mixed grains 8,976,000 (8,539,000).

Hay and clover production is expected to reach 6,402,000 tons, compared with 4,103,000 tons in 1941 while alfalfa and fodder corn are expected to yield 1,024,000 tons, against 779,800 last year.

During the first 10 months of 1942, butter production amounted to 64,896,602 pounds, dropping eight per cent. from the 1941 figure of 70,516,343 but cheese production soared from 33,627,448 pounds last year to 59,523,389 pounds. Stocks of butter and cheese in storage in the province as at Nov. 1 totaled 13,104,149 and 44,180,082 pounds respectively.

Maple Syrup Yield  
Of the 2,876,800 gallons of maple syrup produced in Canada this year, Quebec showed a production of 2,272,400 gallons. The province also contributed 3,537,000 pounds of maple sugar, against 2,244,000 last year, combined value of both being estimated at \$5,098,400. The 1941 value was set at 2,807,000.

In canned fruits, meats and vegetables, figures of which are for 1941, total value of all products canned amounted to \$692,717, against \$466,029 the previous year. Total of canned fruits reached 219,969 pounds (146,809), vegetables 12,352,784 pounds (8,803,375) and meats 3,096 cases (1,625).

The flax crop, based on an average yield of 300 pounds per acre, is expected to attain more than 9,000,000 pounds. There are 13 flax plants in the province, located at Montmagny, St. Alexandre, St. Anne de la Pocatiere, De Beaujeu, Rigaud, St. Clot, Ste. Martin, Acton Vale, Yamachiche, Louiseville, St. Francois de Salle and Fessville where a flax school is situated.

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## Urgent Need Return Empty Feed Bags

Any farmer who has empty bags, particularly of the larger size, suitable for holding dried brewer's grain, distillers dried grains, bragg shorts, or other bulky products, is urged by the Used Goods Administrator to return them without delay to grain dealers or bag dealers in the best possible condition.

### Bush Rabbit Gets Respite

Not So Much Demand for Hides—It Seems There's a Surplus

EDMONTON, (CP)—The "heat" is off the lowly Alberta bush rabbit this year.

Raw fur dealers said last year an all-time record of Alberta bush rabbit pelts reached the market because shipping space was not available for Australian pelts formerly used in manufacture of fur felt.

When attention turned to the bush rabbit last year, thousands of farmers and hunters tracked the little creatures, flooding the market with millions of their skins.

So much so that this year most fur dealers have pelts over, so there is not such a demand for Alberta rabbit hide this season.

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**CARROLL'S**  
Aylmer Tomato or Vegetable SOUP  
2 10-oz. tins 15c  
Quick Cooking, Rolled Oats lb. 5c  
Window Salt 1 1/2 lb. 5c

WE ARE SORRY!  
Since rationing started we have tried to handle the rationed items on telephone orders with delivery boys collecting coupons as the best.

**BAKING POWDER** Carroll's 1/2 lb. 19c  
**ROMAR COFFEE** 1-lb. bag 35c

**ORANGES**  
MEDIUM SIZE Dozen 25c  
LARGE SIZE Dozen 44c

**No. 1 Cooking Onions** 10 Pound Bag 35c  
**Domestic Apples** 6 QUART BASKET 45c

Fruit and vegetable prices until Saturday night only.

**COWAN'S PERFECTION COCOA** 1-lb. tin 24c  
**Champion Dog Food** 2 2 1/2 lb. 19c

**OGLVIE'S CEREALS**  
"TONIK" WHEAT GERM 1/2 lb. 50c  
CELLO WHEAT HEARTS 1/2 lb. 11c  
OGLVIE'S MINUTE OATS 1/2 lb. 19c

**AYLMER PIMENTOS** 5-oz. tin 13c  
**KELLOGG'S ALL-BRAN** 1/2 lb. 21c  
**CORNFLAKES** Quaker 2 pkgs. 15c  
**CORN STARCH** Canada 1-lb. pkg. 10c  
**KEEN'S MUSTARD** tin 10c, 27c  
**H. O. AMMONIA** 1/2 lb. 5c  
**CARROLL'S CLEANSER** tin 5c

**Palmolive Soap** 3 Giant cakes 23c  
**Princess Soap** Giant Flakes 33c

We reserve the right to limit quantities of all merchandise.

**SWEET CAPORAL**  
THE FINEST FORM IN WHICH TOBACCO CAN BE SMOKED.