# Of Interest to Women



THE MIXING BOW By ANNE ALLAN

Mydra Hamp'Scanomist 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 B1: (3) Iron: (4) Vitamin A; of money. Nutrition experts have plate glass window to such importfound that most of us don't enough vitamins and minerals cause we don't know how to spend lean, the brilliant organist, and all

our food dollars. calcium and iron. Calcium is neces- ducer of several well-known bones and teeth but also for proper the CBC. She could have all 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 alight '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 vogetables-and luckily they are cheapas well as fruits, whole grain bread and Sales Act to a charge of having and cereals.

ance to disease, promote growth and Ity put up in wrapper branded "First keep the body functioning smoothly. Grade," and was fined \$10. Vitamins cannot be hoarded in the body so again we urge you to get up especially on your Vitamins A. B1 in cod liver oll, butter, milk, livers. eggs and the green and vellow vegpork, eggs and milk. Vitamin C rately designated on the wrapper. (known as Ascorbic Acid) is found es- The information in this case was pecially in oranges, lemons and limes, laid by officers of the Dominion De as well as in tomato juice and pota- partment of Agriculture. toes. Potatoes are a good source because of the amounts in which they Soybean as a

Be sure to check up on the "hard- Forage and Soil to-get" vitamins and minorals and see that you and your family are getting Improvement Crop. have something to say about the other vitaming, such as Vitamin D and Vita-

#### TAKE A TIP:

An Adequate Nutri-Thrift Menu Breakfast: Applesauce, rolled onto with whole milk, whole wheat toast with butter, cocoa. Dinner: Liver, boiled potatoes,

stewed tomatoes, whole wheat bread. butter, orange custard.

beet salad with cheese, tea biscults, home canned fruit, milk.

#### THE QUESTION BOX

Cakes when eggs are expensive.

#### Eggicas Cake

35 cup shortening, I cup sugar, .2 cups flour, 5 tsps. baking powder, 1 cup milk, grating of nutmeg or I tsp. vanilla extract, by cup raisins 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 Acron FREE PRESS. Send in your questions on homemak-- ing problems and watch this column for replies,

#### MORE BANS FOR HOLLAND

tempt to stop residents of German-oc- maintain the soil fertility level. cupled Holland from writing or past. In general, the soybean may be ing up pro-Allied alogans on walls; regarded as a very useful crop from the Germans have forbidden them to the standpoint of supplementary and carry any "poster-glue, painting ma- emergency hay or pasture. Helpful tons of transport each year it has you-bought last week?" sterial, tar, chalk or other coloring effects upon the soil will also result been decided to "pool" all soft drinks material," reports reaching here said. from growing this crop.



PRODUCER



Not all the glamor belongs to the Protein; (6) Vitamin C. This happens stars. Here is lovely Kay Stevensonlargely through lack of knowledge of CBC producer at the Toronto studios, that could be shovelled out easily in food values and seldom through lack who gives the signals through the get ant people as the folks of Newbridge. Three Little Sisters, Quentin Macthe actors and authorities who come Mineral foods build up bone and your way on the CBC Farm Broadassist the work of every cell in the casts originating in Ontario. Kay got body. The "hard-to-get" minerals are her radio start as an associate prosary not only for building strong mercials before joining the staff of functioning of the nervous system silver fox she wanted to wear ther proper beating of the heart, control father is a silver fox farmer) but inof the muscles and enrichment of the stead you will see her trimly turned out in a well tailored suit-sans furs colcium quota by including is your and furbelows. Her first chief was Edmund C. Rise and they would still be working together only Ed went to Hollywood to co-produce Crosby's Music Hall. Kny was forty minutes late for her own wedding (radio business was to blame) but she's never missed a broadcast.

#### PRODUCE FIRM FINED

In police court in Toronto on November 16th, the Swift Canadian Company Limited, Toronto, pleaded guilty under the Farm Products Grades Vitamin-rich foods build up resist- creamery butter of Third Grade qual-

All creamery butter sold to consumers in the Province of Ontario your vitamin-rich foods daily. Check must be branded in such a way that consumers will know definitely and and C. Vitamin A is found abundantly accurately the quality of the butter contained in the wrapper. The terms used to describe quality are First etables .- For your Vitamin B1, the Grade, Second Grade, Third Grade richest source is brewer's yeast while and Below Third Grade and it is the chief food source is found in the responsibility of the person or firm. whole grain cereals. Other good who cuts and wraps the butter, to sources are fresh peas, fresh lima see that the quality of creamery beans, navy beans, spinach, carrots, butter offered to consumers is accur-

The soybean has become widely which will be found advantageous in us pretty soon as the result of the it, filling the quiet little valley with 043 but cheese production soured from many cropping practices, says C. W. Gardiner-Wickard conference in the such sounds as it had never heard.

tion, Harrow, Ontario. A crop of soybeans is valuable for Suppert. Vegetable soup, grated raw imply that soybeans will compete 80 per cent, of the farms in Canada homes had been damaged. But Cwmwith perennial crops such as alfalfa, are subsistence farms with the other parc, if remote, was not unprepared. been winter killed, a spring seeding part of the production of money crops bomb-fighters - troops of them, of soybeans will provide a good em- and products." He suggests, that 20 whole army of them, advancing along Mrs. M. C. asks: "Are eggs calcu- ergency supply of feed." Cut in the per cent. of the subsistence farms be the main read, emerging from side lated as nutritive value when used in stage when the pods are about two- closed for the duration and the own- streets and whooping some indistinthirds filled, soybean hay is about ers turn out to help the productive guishable form of war cry as Answer: Children are not served equal to alfalfa in feed value, al- farmers and that all farm machinery swooped upon the incendiaries with though the actual curing may be be pooled by districts. omelettes, etc., and make eggless slightly more difficult. The soybean No doubt the plan has much to tainly born of months of preparation crop may also be used for pasture, commend it but we don't like the idea for just such an emergency."

> prevent bloating are observed. oculation of the seed before planting. make a living at all. I said to Part- swift dealing with the homeless. This means that in the presence of ner, "What steps do you think the these bacteria a large proportion of government should take to insure the nitrogen contained in the crop adequate food supplies?" Without will come from the air, thus relieving any hesitation he answered-"There the drain upon soil reserves. When should be a guaranteed price plan so the mature seed is harvested with a that a farmer would know what he department store. After much ring- Salle and Pessivville where a flax

well distributed for ploughing. at will still be found necessary to ap- wages should be subsidized as they n't help calling you personally to tell ply other fertilizers, such as phos- are in England." . . STOCKHOLM, (CP) - In an at- phoric acid and potash, in order to

### 1000 Chronicles of.. Ginger Farm

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

If we were out to buy a farm today we should want to know a lot more about some things than we did provincial industrial, armament 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 outbuildings-jots of them-pig pens, hen houses and more hen-houses. And we would look especially for a short lane 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 oll. But that's life-you learn from experience what you want when the time for choosing has tained attack to Essex and the southlong since past. Maybe Partner castern countles of England. The wouldn't agree with all I have said night raids on London were accombut "them's my sentiments anyway." panied constantly by the fall of bombs By that you may gather we have in the Home Counties around the methad plenty of fun this last sub- ropolitan area. A wide ring of bomb zero week-taking milk to the road, craters belted the wide ring outside

having parcels left at the gate, hold- the anti-alreraft barrage. Kent and cheese because "there exists a tock ing our breath with each scuttle of coal required, fearful in burned out incendiaries from case the shovel should touch bottom fields "by the carload" after a heavy vegetables also shows a considerable And we thought we had coal enough raid. for the winter. As a consoling! thought Partner said to-day that he get urea, any spot in the countryside of the previous year.

weather prophet. up the idea. And then late in the brutal idlocy when a bomb In possession for sale to consumers collecting for a presentation. Y farm on a windy hill-top." thanked the driver of the car very To one who travelled extensively

much for breaking our lane open for around the country after the us. The look on the man's face was that statement is only too true. really funny when he realized his was saw it for myself, in England and the first car to come in. But he Scotland. Homes, solitary homes didn't get turned around, but backed either in wooded or open country far all the way out. Partner was doing from the populated areas and seemchores and wouldn't-believe-that a lingly beyond the pale of war lay in car had been in and out as he had ruins, destroyed by stray bombs. The neither seen nor heard it. But the Nazl air force brought the war litwheel marks were there to prove it. erally to the doorstep of almost every fatten hogs. I guess the lane wasn't gulte as bad Briton. as we thought it. But after all, why go out if you don't have to-save gas, save rubber and get on with the work at home. Not a bad idea, is

. . . There was a farm mechanics mountain and an arms factory or expressed in bushels: Wheat 603,000 course in town. to which Partner dockyard the/German pilots must ex- (533,000); oats 50,580,000 (47,291,000); would like to have gone but when a plain. On a night in the spring of barley 3,881,000 (3,715,000); peas 513,man is working alone and bad 1941, the people of the mining village 000 (415,000); beans 257,000 (227,000); weather makes double work, to take of Cwmparc, 20 miles from Cardiff, buckwheat 1,896,000 (1,773,000); n few hours off during the day is an were making ready for bed. They mixed grains 8,976,000 (5,539,000). absolute impossibility. And yet, what heard the warning as usual, thought | Yay and clover production is exa lot of helpful information Partner it nothing but the sign of planes on pected to reach 6,402,000 tons, comprobably missed through not being their way to more important objec- pared with 4,103,000 tons in 1941 able to take advantage of the course, tives. Suddenly the hills above the while alfalfa and folder corn are exreading and considering the various incendiary bombs blazing up brightly 779,800 last year. recognized as a high protein feed plans being put forward for an or- and setting light to the hillside based on the value of the mature ganized increase in food production, grasses. This was evidently enough seed. The plant itself, being both an I am inclined to think there will be to make a target for the planes which 896,602 pounds, dropping eight per

Owen, Dominion Experimental Sta- U.S.A. Certainly something will have

weeds . . . and there would still be tumbled heaps of slate and

combine only, the seed is removed could do. Either produce prices ing the mogul answered with a sleepy school's situated. and the remainder of the plant is left should be increased to enable farmers and gruff "Hello!" to pay the high wages in demand, or Even though the seed is removed, if the prices remain as at present,

#### BRITISH POP POOL

made in Britain.

#### Country Blitzes Left Their Mark ---Bravely Borne

it Can Be Told How Nazi French-Canadian Province Raiders Ravaged Rural Districts of British lales in Eartier 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 Britaln as it affected London and bomb-battered areas. But there from the skies-the country's blitz. Certainly, London and Coventry, Birmingham, Manchester and

shipping centres were hit and hard. Raids by the German air force ture of the Dominion, Premier J. A. culation that is to return them as were more widespread than however, and bombs fell in places of Agriculture, has time and again The normal supply of jute just lan't creatures, flooding the market with without even a remote resemblance, stressed the importance of the farm coming through from India due to millions of their skins, ot by any stretch of the imagination, to a military objective.

"Front Line, 1940-1941," the official leave them for larger centres. account of the Battle of Britain, save 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 last year. Also on the upgrade are of bombs fallen within a mile or two. at some time during the air raids."

In Houtheast Counties The Battle of Britain brought susfresh Surrey inhabitants told of picking up of balance which must be corrected."

"Similarly, around every other tarhad an idea we might expect rough might find its fields the recipients of weather right along until spring, sticks of high explosive and showers Here's hoping he is not a good of incendiaries," the Government publication said. "Sometimes a new hol-But even the weather has its funny low in field or plowland was the only side. Saturday I thought I really result. But the senseless tragedy of should go to town but decided the broken homes and slaughtered chillane still looked impassable, so I gave dren seemed to reach its zenith of afternoon along came some neighbors some cottage on a byway or some

Attack on Village "Front Line" records a gripping aldelight on rural air attack:

it? But sometimes it is anything but tween the rocky crest of a Weish is a provisional estimate and all are I wonder how many people are village were ringed with hundreds of pected to yield 1,024,000 tons, against annual and a legume, has qualities some sort of a program sprung on dropped a dozen large bombs upon cent. from the 1941 figure of 70,516,-

"In a few minutes 27 of the villag- 523,389 pounds. Stocks of butter and to be done to avoid a food shortage, ers had lost their lives (six/of them cheese in storage in the province as The Globe and Mail quotes a "scien- children), one of its chapels was de- at Nov. 1 totaled 13,104,149 and 44,either hay or pasture. This does not tiffe agriculturist" as saying-"that stroyed, and more than half its 1,000 180,082 pounds respectively.

but in cases where such crops have 20 per cent, responsible for the larger "There came into action the firea kind of suppressed fury and cor-

provided the ordinary precautions to of farms lying idle: Think of the A.R.P. workers salvaged among the As a soil improvement crop, the taxes to pay. Or maybe the govern- stone where their friends and rela- the previous year. Total of canned soybean has certain definite qualities. ment would subsidize farmers not to lives lay, digging and tunnelling at a As it is a legume, it has the ability work their farms. But why should speed typical of collier sons of Wales. to utilize free atmospheric nitrogen the small farmer be made the goat? The village was a wild and gloomy provided the proper nodule-forming After all, if 80 per cent. of the far- sight when morning came. By midbacteria are present in the soil. If mers are in the subsistence class there day every bombed-out person was bilthese bacteria are not already in the must be a lot of produce being sold leted, in what "Front Line" describes soil, they must be introduced by in- from those farms for the owners to as probably the national record for

#### SHE TOLD HIM

"This is Mrs. So-and-so," said the lady in a strupy voice. "I just could- happily."-Coleridge. you that the hat I bought at your store last week is simply stunning."

"That's all very nice," yawned the president, "but would you mind telling me, madame, why you call me at LONDON, (CP) - To save 400,000 this hour of the night about a hat

"Because," she replied politely,. "your truck just delivered it."

#### Quebec Boosts-Acreage Yields In 1942 Record

creases Field and Dairy Production: Choose Output in Up 77 Per cent.

BY STEWART NEBRA Canadian Press Staff Writer

QUEBEC, (CP)-Quebec farms this year gave forth a higher yield per The products which normally go into acre than in 1941, to add to the bin bags of the kind mentioned are used of foodstuffs needed in the prosecu- for feeding live stock-and are being off the lowly Alberta bush rabbit this tion of the war, according to most re- used to a greater extent these days year. another, lesser known aspect to that cent reviews by the provincial minis due to the heavier demand for meat historic, heroic struggle against death try of Municipal Affairs, Trade and and dairy products.

that Godbout, who also holds the portfolio soon as they are empty. has repentedly urged Quebec farmers It isn't generally known that . as to remain on their lands and not to king needs of the fighting forces.

Provisional estimates for 1942 wheat, oats, barley, beans, buckwheat and mixed grains in the province are well ahead of the comparable figures hay, clover, ulfalfa, fodder corn and various other products. Estimates for rye and polatoes are somewhat lower

#### Chree 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 connection the Provincial government discontinued, as of Dec. 1, payment of a premium of two cents a pound for Value of canned fruits, meats and Increase as does production and value of numbe products. Fax is well ahead

A factor that aided 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 ngriculture had succeeded in reducing infection of various crops in the province from 20 per cent. In 1941 to 0.5 per cent. this year.

Although in some cases the areas under crop were below last year, Quebec farmers recorded an increase of ulmost 100,000 acres in the ount 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 nere, up to 10 seres, was paid by the government this year to farmers who cultivated mixed grains with which to

#### Home Comparisons

Following are some Quebec crop comparisons with the 1941 amount "What may be the resemblance be- given in brackets. The 1942 figure

During the first 10 months of 1942. butter production amounted to 64,-33,627,448 pounds last year to 59,-

Maple Syrup Vield 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 3,537,900 pounds of maple sugar, against 2,244,000 last vear, 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 al products canned amfruits reached 219,969 pounds (146,-809), vegetables 12,352,784 pounds (8,-803,375) and meats 3,096 cases (1,-

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. At 2 o'clock in the morning a lady Clet, Ste. Martin, Acton Vale, Yama-

Certainly the highest good is to live



### Urgent Need Return **Empty Feed Bags**

particularly of the larger size, suit- and keep them moving into the trade. able for holding dried browsty grains, distillers dried grains, bran, shorts, or other bulky products, is urged by the Used Goods Administrator to return them without, delay to grain dealers Gets Respite or bag dealers in the best pagable

condition. There is a shortage of material from which these jute bags are made.

Quebec is proud of her achieve- ited quantities and if the distribution plng space was not available for Ausother ments of farm and dairy and her of feed products, of brevers, distillers tralian petts formerly used in manuand leaders are anxious to maintain the and mills is to be maintained it is eshit province's high place in the agricul- sential that used bags be kept in cir-

mustry, especially in wartime, and the fact that more ships are being

Farmers will be helping themselves hide this season.

and the war effort by avoiding delay in returning all bags whether jute or cotton to grain dealers, bag dealers or licensed peddlers. Bags are an important item in Agriculture. Take Any farmer who has empty, bags, care of them-don't damage them-

## **Bush Rabbit**

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

EDMONTON, (CP)-The "heat" is

Itaw fur dealers said last year a all-time record of Alberta bush rabbit New bags are only supplied in lim- pets reached the market because ship-

facture of fur felt. When attention turned to the bush rabbit last year, thousands of -farmers and hunters tracked the little

So much so that this year most fur used to take care of the more pres- dealers have pells over, so there is not such a demand for Alberta rabbit

the Salada name assures you of a uniform blend of fine teas\_





Quick Cooking, Rolled

WE ARE SORRY! Therefore in the future we must sak that you being yo

We will gladly deliver them for yes, but we cannot POWDER Carroll's tis 190

ROMAR COFFEE 1-1b. bag 350

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Domestic Apples C QUART

10 Pound Bag 35c D BASKET ..... Fruit and vegetable prices until Saturday night only.

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phy. 110

le ple. 190

le. pkg. 216

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OGILVIE'S CEREALS "TONIK" WHEAT GERM CELL-O WHEAT HEARTS OCILVIE'S MINUTE OATS

AYLMER PIMIENTOS 5-os. tin 138 **KELLOGG'S ALL-BRAN** CORNFLAKES Qualer CORN STARCH Camb 1-lb; pkg. 100

KEEN'S MUSTARD tis 10c, 27e H. O. AMMONIA

Palmolive Soap 3 Giant 23

Princess

We recerve the right to limit quantities of all merchandle