

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Home Home Economics

VALENTINE BUFFET LUNCHEON
Hello Homemakers! St. Valentine drops his arrow on Sunday this year—a hope day for most of us and week-end leave for many in uniform. Don't forget that home is a resented place to those on active service and those from distant places are eager to learn whether we do things like their folks. So do invite them to your home if you can.

How about an afternoon buffet luncheon? For late risers—and that's most of us—it's easier. Planned beforehand, it will not take long to prepare and there will be more time for visiting. The family, too, will like to color, see how you can contrive a festive effect without expense. At one end of the table stack the plates, arranging the silver in rows on each side of them; put your tray of cups and saucers at the other end. Food for the main course is placed near the plates, and the dessert near the dessert dishes at one side, or beside other side, butter-cream rolls or Vita-mine B bread. When it's time for food—everyone gaily helps himself. You'll wind up by saying, "Well, it was a Valentine party, wasn't it?"

TAKE A TIP:
1.—The appetizer will be tomato juice with a squeeze of lemon juice in it and just for to-day serve a few canapés with each glass (spread crackers with pimento cheese and pickled onion slices).

2.—Glorify the main course—kiddie-ney bean casserole with a bowl of crisp greens tossed together with tart dressing. A new idea is to make up a corsage for each guest. Using small lace dolly, stick in match-like pieces of carrot, buds of radishes, florets of cauliflower, silvers of turnip and sprigs of parsley. Perfume with salt before placing on a plate or wooden tray.

3.—The dessert theme is cherry tarts, using spice pastry for the occasion. Or a pink and white marble cake served with cherry-flavored jelly.

4.—Your home-canned fruit juices may be eked out with charged water to substitute for a rationed beverage.

RECIPES
Marble Cake
2 cups all-purpose flour, 3/4 cup baking powder, 1/2 tsp. salt, 1/2 cup shortening, 1/2 cup sugar, 1/2 cup corn syrup, 2 eggs, 1/2 cup milk, 2 tsp. red coloring, 1/4 tsp. lemon extract.
Sift flour, measure; add baking powder and salt; sift again. Cream shortening, add sugar gradually, beat until light and fluffy; add coloring. Add syrup gradually and mix thoroughly; blend in well-beaten yolks. Add dry ingredients alternately with milk and flavoring, beat after each addition. Fold in stiffly-beaten whites; divide batter; add red coloring to one part. Put batters in greased pan by spoonfuls. Bake in electric oven at 350 degrees for 40 minutes.

Victory Frosting
1 egg white, 1/2 cup corn syrup, 2 tsp. sugar, 1/2 tsp. cream of tartar, 1/2 tsp. salt, 1/4 tsp. vanilla.
Combine egg white, corn syrup, sugar, cream of tartar and salt in top part of double boiler. Mix thoroughly. Place over rapidly boiling water and beat constantly until mixture holds a peak (about 7 minutes). Remove from heat; beat until cool and thick enough to spread. Makes enough frosting for top and filling of two 8-inch layers.

Apple Cup Salad
Core the apples. Scoop out pulp to make apple cups. Fill a bowl with cold water and as each apple cup is made put the cup in the water. Dice enough celery to equal one-half apple pulp. Mix celery and apple pulp with 1 cup cottage cheese or cream cheese. Blend with salad dressing. Dry apple cups and fill with mixture. Serve on crisp beds of lettuce.

THE QUESTION BOX
Mrs. G. G. asks: "Is it possible to make the Butter Spread with only whole milk instead of evaporated milk?"
Answer: Yes, soften the 1 lb. butter and gradually beat in 1 pint of milk and 1/2 tsp. salt. It will take longer to beat.
Mrs. M. M. asks: "What can you do with 'rubbery' beans?"
Answer: Soak in cold water overnight. Shred on a grater and cook in enough water merely to cover.
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Chronicles of... Ginger Farm

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

Well, we are snowed in again. Not that we were ever "snowed out" if you get what I mean, but we were beginning to have hopes, as we had a bit of a thaw for two days. Not enough of a thaw to clear the lane but just enough to give us about a foot of water in the cellar! Yesterday there was a drift outside the kitchen wall high enough so that Rusty could sit on top and look through the window which of course he did and was so pleased with his accomplishment, and wagged his tail so vigorously, that I was afraid the next thing he might do would be to come through the window. Miltie did that same thing one time so close the temptation was too much for him.

Young John came up on Friday for the week-end but it was too stormy for him to get back on Sunday so he stayed over until the next day. Really, we have almost got to the place when one should take along a night-shirt and a toothbrush every time one steps outside the door!

Last Saturday was our Silver Wedding. Did we celebrate? No, it was just another day, except for letters from our off-spring, and they did not exactly give us any cause for rejoicing. Daughter was in bed with the flu and son was also under the weather. What a difference when one's family is grown up and away. As long as they are small and you have them with you, you can look after them when they are sick and you know from hour to hour whether they are getting better or worse. But when they are away all you can do is worry and wonder. Daughter will probably go back to work before she is really fit and son has a way of keeping his aches and pains to himself rather than make a fuss. In the meantime all I can do is wait until their next letters come along, and by that time the chances are they will have recovered and never even mention the state of their health.

Were you not glad when you heard that Mr. Churchill was back home again? I know we were. And now I hope he will stay put for a while. Can you imagine Hitler wandering around like that from one country to another? He wouldn't dare step outside Germany. If he did he would soon find what his "new order" would do for him. There was a rumor floating around last week that Hitler was dead. I do hope it isn't true. I wouldn't like Hitler to die a natural death—that would be too good for him. And I wouldn't like him to die a violent death either—not yet. I want him to live long enough to see the downfall of all his dreams. I want him to see his own people turn against him. And then I would like to see Hitler, Mussolini and Hirohito put in a padded cell together and left to fight it out as to which one was responsible for all three losing the war!

However that day is not yet here and to speed its coming, we need to keep our spirits up ahead of the best we can from day to day. And along those lines is the job of feeding our family. Quite a problem, isn't it, when there are so many things unobtainable. Recently I have been trying out some old country dishes once again and have come to the conclusion that while Canadian women are, on the whole, better cooks, housewives in the Old Country are more economical. Their cooking is more "frugal" but it is easier on sugar and fat ration. Here is a pudding that will serve six but which three will finish if you give them a chance! And it is quick—just the thing for wash-day dessert. 2 tablespoons shortening or chopped suet, 1/2 cup brown sugar—honey or syrup will do; one egg; 1 cup milk; 1/4 cup raisins; 1 cup flour; 2 level teaspoons of baking powder; 1/4 teaspoon of cinnamon. Mix and spread on deep plate and bake in moderate oven for about twenty minutes. Serve hot. That's all, but you could serve a sweet sauce with it if you so desired. In the days of plenty we used to like it split open and spread with butter and brown sugar—in which case I used less sugar in the making.

The scene from our living-room window is very beautiful just now. The "Mountains" of course is covered with snow but the wind has driven the snow into swirls so that from the distance the drifts look like mountain peaks, glistening in the sun.

LONDON, (CP)—The Briton's farm and garden tools will don battle dress this year. Although much the same shape, they won't be painted and their nakedness will be covered with varnish as a weather preservative.

LONDON, (CP)—Mrs. Margaret Bent of Highgate in suburban London has reached the highest plane in a personal war effort—she loans her bath to any of her neighbors who wish to use it. It is her way of saving fuel. It saves neighbors the necessity of heating water too.

The Week at OTTAWA

Specialty Written for The Acton Free Press BY DOUGLAS GREEN Canadian Press Staff Writer

Parliament has heard the details of a \$1,000,000 "mutual aid" measure proposed by Finance Minister Hiley and described by one official as "a streamlined, modernized version of the United States lease-lend policy."

The plan will make Canada's surplus supplies—raw materials and foodstuffs as well as armaments and munitions—available direct to the Allies. It is expected a large part of the appropriation may take the form of an outright gift.

A new board, consisting of five cabinet ministers, will administer the new \$1,000,000,000 appropriation.

Mr. Hiley explained the intention of the government this way: "I believe, and I think most Canadians believe, that it is our national duty and our privilege to share our abundant supplies with the other united nations."

Agriculture production continues to hold a highly important place in Canada's war program but it is considered unlikely that farmers will be given military deferment for the duration of the war.

While the federal government, through national selective service, has moved to alleviate the difficulties encountered in attempting to maintain essential agricultural production in the face of a shortage of help, it is considered unlikely here that farmers generally may be given military deferment for the duration of the war.

The claim that farmers should be accorded such deferment was advanced by the Canadian Horticultural Council at its 21st annual meeting here. Delegates also asked for clarification of the status of farmers as essential to the war effort or otherwise.

Since that meeting, Selective Service Director Arthur MacNanara has made public a letter to mobilization boards, outlining an eight-point policy to be followed in dealing with postponement applications from essential agricultural workers.

Some Conclusions
It provides among other things that workers may be granted three months' postponement to accept work on another farm where they are not considered essential on the farm on which they are employed; that those engaged in agriculture since March 21, 1942, may be considered for postponement; that conscientious objectors who are essential agricultural workers shall not be required to report for alternative service as long as they are doing essential work in agriculture.

In addition, agricultural workers now performing alternative service should be encouraged to apply for leave and should be given favorable consideration to enable them to resume work in agriculture.

Question of Manpower
Even before the present parliamentary session opened, there was a widespread demand from press and public for definite action upon the manpower question, particularly as it affected farm labor. Bodies such as the Canadian Federation of Canada, United Farmers of Alberta, Sugar Beet Growers' Association of Manitoba and British Columbia Fruit Growers' Association offered various suggestions.

Among them were the deferment of agricultural workers from military call-ups, the payment of subsidies or bonuses to increase the scale of wages presently offered on farms, the establishment of a women's land army and a moratorium upon farm debts.

An indication of the seriousness with which members regard the present plight of agricultural producers is afforded by the fact that more than half of the parliamentarians participating last week in the debate on the address in reply to the throne speech warned that Canada may fail to maintain her food production volume of last year unless farmers are given adequate help and better prices for their produce. Further, she may be unable to increase it this year.

Fixing Farm Prices
Speakers have contended that the Prices Board, in fixing farm prices as a part of the anti-inflation policy, has frozen them at a level giving the producer less than a fair return for his products.

The alleged failure of Selective Service to ensure that farmers would get postponement of call-up for compulsory service also has drawn criticism from members.

The Prices Board's announcement that, subject to market conditions and the beef supply, it will subsidize part of the transportation cost involved in shipping beef from western to eastern Canada is expected to make larger supplies of beef available in metropolitan areas of eastern Canada.

Provision for the payment of a subsidy will enable western cattle producers to market their surplus cattle in the east. Before the war, these were absorbed by the United States market, but wartime conditions have closed that outlet to Canadian producers.

St. Valentine! --Here Again For Week-End

Cupid Still Pretty Busy, It Seems, Despite Fourth Year of War and Its Effects on Amorous Youth

BY GLADYS DEGENER
The war hasn't restricted Cupid. He'll still be doing a flourishing business at his old stand on February 14.

The Valentine business—a week-end celebration this year by-the-way—is booming with no apparent shortage in cards of all types—for Mom, Pop, little sister, big cousin, the neighbors next door, service men, as well as for the big heart throbs, wife, husband or sweetheart.

The method of saying "Will you be my Valentine?" is keyed to the times. Many current wartime expressions have found their way into this year's Valentine cards, such as "No black-out on my love," and "I'll conserve on everything but my love for you, sweetheart." In addition to the hearts, flowers, arrows, and lacy paper of yesteryear, to-day's Valentines carry patriotic emblems.

Want to know how this custom of Valentines began? A couple of birds of Ancient Rome had a lot to do with our celebration of St. Valentine's Day. It all goes back to the days of pagan culture, when the Romans observed February 14th as the first day the birds began to mate.

Romans Began It
They believed this to be an omen from their gods that man should follow suit and hold romantic festivities that day. All the Roman maidens placed their names in an urn set up in a public place. The unmarried swains drew the slips, and it was hoped that the name each drew would lead to a permanent romance. Then, with the advent of Christianity the church leaders, not willing to endorse a pagan rite but realizing the basic idea was sound, solved the problem by dedicating the day to St. Valentine, patron of love.

To Britain, however, really goes the credit for developing February 14 as the day of romance. The lottery continued there through the early 1700's. A superstition also was held that the first person seen on Valentine's morning was slated to be the future Mr. and Mrs. Many of England's most famous literary men immortalized the day in their writings. Shakespeare, in one of Ophelia's speeches had her say:

Good Morrow, 'tis St. Valentine's Day And in the morning bellme And I a maid at your window To be your Valentine.

Here Around 1800
The custom of sending lacy Valentines (originally considered a proposal of marriage) came to North America in the early 19th century.

During the First Great War, the mood of the Valentine took on a patriotic note.

Canadian Shorn-Wool Production Increase
A preliminary estimate of shorn wool production in Canada for 1942 places the figure at 12,867,000 pounds, or 10.6 per cent. higher than that of 1941. A substantial increase in the number of sheep shorn was mainly responsible for the increased output, although the average weight per fleece was also fractionally higher. Increased wool production occurred in all the provinces except New Brunswick and was particularly marked in the three Prairie Provinces. In all, 1,688,900 sheep were shorn throughout Canada.

By provinces, the total shorn wool production in 1942 was: Prince Edward Island, 180,000 lb.; Nova Scotia, 482,000 lb.; New Brunswick, 328,000 lb.; Quebec, 1,772,000 lb.; Ontario, 2,678,000 lb.; Manitoba, 1,187,000 lb.; Saskatchewan, 1,815,000 lb.; Alberta, 3,720,000 lb.; and British Columbia, 507,000 lb.

SWEET CAPORAL
THE PUREST FORM IN WHICH TOBACCO CAN BE SMOKED.

MRS. MARIETTE BURROWS found out the cause. A sick liver gave her daily sleepless nights—made her always tired and constipated. Fruit-tives easily made her strong and healthy again. Just try them. Fruit-tives are Canada's Largest Selling Liver Tablets.

Loans Her Bath For Fuel Saving

LONDON, (CP)—Mrs. Margaret Bent of Highgate in suburban London has reached the highest plane in a personal war effort—she loans her bath to any of her neighbors who wish to use it. It is her way of saving fuel. It saves neighbors the necessity of heating water too.

MANCHESTER, (C. P.)—News spread quickly among the 2,337 villagers of Wyke Regis in Dorsetshire and they poured in the square to see Jamie Wood fishing in a horse-trough. The crowd threw sprats into the trough but Jamie said nothing for two hours while he went to collect a \$2.50 bet for defying silently the defence ban on local fishing.

Department of Labour National War Labour Board GENERAL ORDER

The Dominion Bureau of Statistics has found that the cost of living index number for January 2, 1943, is 117.1 (adjusted index 116.2) as compared with the cost of living index number for July 2, 1942, of 117.9 (adjusted index 117).

The Wartime Wages Control Order, P. C. 5063, provides in Section 48 (iv):

"The amount of the bonus shall not be changed unless the cost of living index number has changed one whole point or more since the last general order of the Board requiring an increase or decrease in the amount thereof."

The index number not having changed by one whole point or more since July 2, 1942, pursuant to the provisions of P. C. 5063 as stated, the National War Labour Board orders that the terms of its General Order dated August 4, 1942, shall continue to apply for the period February 15, 1943, to May 15, 1943, subject to the right of employers or employees to apply to a War Labour Board for authorization of payment of such an amount of cost of living bonus as a Board may determine to be "fair and reasonable," under the provisions of the Order.

HUMPHREY MITCHELL
Chairman, National War Labour Board
Ottawa, Canada
February 4, 1943

CARROLL'S

SPECIAL WAR STAMPS 25¢

The Great Industry
March to Berlin Stamp Sale 31c in 7 years

Please bring an extra quarter or two for War Savings Stamps when you come and shop. All this month we have pledged ourselves to add the Food Industry's March to Berlin, February Stamp Sale drive. We'll be asking you to save a quarter's worth of stamps in a quarter in Victory. Come prepared to help the Food Industry raise a million dollars for the War Effort this month. Every quarter counts.

TOMATO JUICE Campbell's 16-oz. tin 86c	BAKING POWDER Carroll's Own 16-oz. tin 19c
Black Mission FIGS 2 1/2-oz. pgs. 25c	Patrol Wheat SPARKIES 7c
Green Valley PEAS 2 1/2-oz. pgs. 23c	Ass't James Finckle FLOUR 15c, 35c
Oldtime HADDIE 1-lb. tin 27c	Quick Oats OATS 1-lb. pgs. 19c
Breakfast CHEESE 2-lb. loaf 69c	Breakfast Flour FLOUR 1-lb. pgs. 24c, 24c
Libby's Green Tomato PICKLES 13-oz. jar 19c	Dabon's Quick Fuddings 2 pgs. 11c
Dev's GELATINE 1-pg. 19c	Ovaltine tin 39c, 58c

Black Figs 1-lb. 19c

Catchup Libby's 12-oz. 17c

Coffee Mother Parker's Vietnam Pack 1-lb. tin 47c

White Beans 2 1/2-oz. 9c

Cake Flour Maple Leaf 1-lb. pgs. 27c

P&G Soap 3 bars 14c

Princess Soap Flakes Giant Package 33c

SEEDLESS FLORIDA ORANGES, Med. Size, Doz. 27c

CRISP GREEN OR WHITE CELERY HEARTS 15c

TEXAS GRAPEFRUIT 4 for 25c

NEW CARROTS 2 Bunches 23c

Fruit and vegetable prices until Saturday night only.

Ogilvie's "TONIK" Wheat Germ 50c

MINUTE OATS Ogilvie's 1-lb. pkg. 17c

WHEAT HEARTS Ogilvie's 6-oz. pkg. 10c

Old Antiseptic SOAP Maple Leaf Soap 2 cakes 11c	Ivory SOAP 2 lg. cakes 19c
FLAKES 1-lb. 50c, 65c	I.O. Pounded AMMONIA 1-pg. 5c
Sanitush tin 15c, 19c	Pat Dog FOOD 2 pgs. 29c
Washday's Facial SOAP 2 cakes 15c	Shredded Potatoes WHEAT 2 pgs. 23c
Ivory SOAP 2 cakes 15c	Red River CEREAL 1-pg. 25c, 25c

We reserve the right to limit quantities of all merchandise.