Of Interest to Women

THE MIXING BOWL

By ANNE ALLAN
Sydney Stone Syndicate

Hello Homemakers! Pancakes — those good, old-time favorites—will be featured, on Shrove Tuesday (March 16) in patriotic fashion. It used to be the style to serve pancakes on this day dotted with "specks" of butter and smothered in maple syrup. Nowadays they are served first of all for their nutritive value. Pancakes made of flour and milk are energy-giving; served with meat, they substitute for the proverbial potato; served with fruit, they glorify the dessert course. There's a trick worth knowing—a splendid way to hide left-overs. Put pieces of meat, finely diced vegetables or chopped fruit right in the pancake batter.

Hurray! The syrup problem is solved. Instead of syrup, try using fruit juice thickened with cornstarch (1 tb. per cup of juice). Your second problem—waste of material and time — is solved if you use our tested recipes.

So just stir up the batter and your pancakes will be ready to serve in an amazingly short time—and who doesn't like them!

RECIPES

Patriotic Pancakes

2½ cups flour, 3 tsps. baking powder, ¾ tsp. salt, 1 egg, 2 cups milk, 2 tbs. melted fat.

Sift flour, measure and return to sifter. Add baking powder and salt to flour. Beat egg well, add milk and stir in melted fat. Stir liquid into dry mixture and beat 1 min. Drop batter onto sizzling hot griddle by raising spoonfuls (or 4 to a griddle). As soon as one side of cake appears baking, turn. It is better to turn before upper side of cake has a dry look. Bake on the other side. Do not turn cake again. This makes 12 or 14 cakes.

Pancakes for Two

Halve above recipe in making pancakes for two, using one egg.

Sour Milk or Buttermilk Pancakes

Sour milk or buttermilk may be used in above recipe instead of sweet milk. Use one teaspoon baking soda instead of baking powder, sifting it with the flour.

Apple Griddle Cakes

Stir one-half cup of finely chopped apples into above batter last.

Veal Griddle Cakes

Chop ¾ cup veal fine. Add to basic pancake batter.

Fruit Juice Sauce

Drain syrup from canned fruit. Heat 1 cup to boiling and stir in 1 tb. cornstarch mixed to a paste with ¼ cup cold water.

Lemon Sauce

½ cup sugar, 1 tb. corn-starch, 1 cup boiling water, 2 tbs. butter, 1½ tbs. lemon juice, few gratings nutmeg.

Mix sugar and cornstarch with ¼ cup cold water; stir into boiling water. Boil 5 mins. Take from electric element; add other ingredients.

TAKE A TIP:

1.—In baking pancakes, the griddle much better than a skillet since the cakes are easier to turn on it should be sizzling hot.

2. It is not necessary to grease electric waffle iron unless fruit is added to batter. Always use salt-free fat—melt fat and dip off the top.

3. Surplus fat left in pan smokes and gives pancakes a strong flavor.

4. Drop batter from spoon or pitcher 3 inches in diameter, or 1 tablespoon to each section of electric waffle iron. Do not make cakes too thick — tip pan to spread — a spoon may touch pan, causing cakes to stick.

5. Bake in electric waffle iron until steam stops coming forth. Bake in griddle until bubbles form, and surface is still moist; then turn once.

6. Serve pancakes immediately.

THE QUESTION BOX

Due to lack of space, all questions have been answered direct.

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.

THE WINNER

In the corner of a Liverpool club three men were discussing the question of names.

"Mine," said the first man, "is Edward Henry Patrick Richard Fortescue. I'm sure none of you chaps can beat that for length."

"I can," retorted the second. "My name is James Clifford Percival Ronald Albert Michael Marshall."

"I beat you both," murmured the third, an American.

"Eh?" they exclaimed. "What's your name?"

"Miles Long," he replied simply.

20-YEAR-OLD BRITISH V.C. WHO DIED TO SAVE AIR CREW

Pilot Officer Leslie Thomas Manser, who was awarded the 58th V.C. of this war, posthumously. He was the Captain-Pilot of an R.A.F. "Blenheim" bomber taking part in the 1,000-bomber raid on Cologne. His bomber was hit by anti-aircraft fire while approaching the target, he nevertheless held on his course, enabling the crew to bomb heavily and accurately. Hit again and again on the home journey, he carried on until with his port engine on fire the plane was almost impossible to handle. When, refusing his own parachute, he gave orders to the crew to abandon the aircraft, keeping it steady in order that they might do so safely, and then crashing. The crew are now accounted to the prisoners of war.

Drug Substitutes In Canada's Need

Quinine from Java Not Available but Experts Busy Finding "Just As Good"

TORONTO, (CP) — When Allied fighters advance into malaria-ridden areas these days they carry in their kits tiny pills of totaquina to fight jungle fever, in place of the usual quinine, unobtainable now from Japanese-occupied Java, officials of a national drug and chemical company told The Canadian Press.

Since the outbreak of war, extensive research has been done on cinchona bark, from which the fever-breaking drugs are derived, and the substitute, totaquina has been put into general use, they explained.

Although it is only one-fifth as powerful as quinine, proportionately larger doses are as effective. Ninety per cent. of Canada's quinine came from Java, but with its occupation, cinchona bark is brought from South America. At present small plants for extraction of the alkaloids from the bark are being set up in the southern continent.

Castor Oil Out?

Every few days another drug is added, to the "hard-to-obtain" list but the country's health won't suffer on that account. "There won't be any castor oil from France and Belgium; there'll be no agaragar for emulsions from Japan; Belladonna will be difficult to obtain from the Mediterranean area, but lifesaving drugs will still be available for they are synthetically made in Canadian and American laboratories," authorities said.

They named among the latter, insulin for diabetes, sulpha drugs for infections, percorten for Addison's disease.

Extensive experiments are being carried out to obtain agar-agar from Irish moss, a weed found at the sea-coast.

Hygiene Section Is In Training

Unit Preparing for Overseas to Watch Soldiers' Drinking Water and So On

REGINA, (CP) — Protecting the health of the soldier in the modern army is a big job, but one which the 8th Field Hygiene Section is prepared to do.

Under the command of Maj. E. A. Ostray of Winnipeg, and made up of Saskatchewan and Manitoba soldiers the unit has as its prime concern the prevention of disease. It is equipped with all the necessary chemicals for testing water poison and making it fit to drink. It also is prepared to improvise garbage disposal incinerators, disinfecting and disinfestation apparatus from material at hand. Water testing and purification, is probably the most significant duty of the unit.

The hygiene section is preparing here for overseas service. Members of the unit train indoors with test tubes, breakers, pipettes and model incinerators and other contraptions used by units in the field for sanitation. The section is mechanized, mounted in lorries, motorcycles and station wagons.

Chronicles of . . Ginger Farm

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

According to press reports, Dr. C. E. Christie, of the O.A.C., Guelph, advises farmers to "get off the cracker barrels at the village store" and avoid lengthy, worthless chats they were used to in peacetime.

Well, well — now don't that something? It might even be good advice if it were necessary, but is it? Could it be that the worthy Doctor is a little behind the times in his appraisal of the ordinary, everyday farmer of to-day. Where, oh where, is the farmer who for the last two years has had time to sit on a cracker barrel or anywhere else, for any appreciable length of time? And it looks as if the longer the war goes on the less time will he have to sit.

Wintertime is commonly considered as a farmer's off season. Where there is plenty of help that may be true, but there is no off season for a man working alone—and many farmers are doing just that. Feeding, watering and caring for livestock takes an incredible time. Snowstorms, ice and floods increase the work tenfold. None of it can be done from a heated house or office. The farmer must face the weather no matter how bad it may be. I refer, of course, to the average hundred-acre man—to the farmer who lacks the conveniences common to the big stock or dairy farmer. And after all the countryside is largely made up of hundred-acre farms — the owners of which are probably the type Dr. Christie thinks of as sitting around on cracker barrels.

These are the men who are carrying a tremendous load—struggling to keep up production, striving to earn a decent living against almost insurmountable odds. Against lack of help; against high production costs; against selling prices too low for them to pay wages on an equal basis with other industries—those same industries, which by way of higher wages offered, have drawn more men from the farms than the armed forces. And who can blame the men for taking jobs which offer less work and more money?

So much depends upon agriculture in wartime and advice is often needed, but I hardly think any good purpose will be achieved by the president of the O.A.C. antagonizing the farmer by making remarks that decry and belittle his war effort. Modern methods are, of course, desirable and necessary, and should be encouraged for up and coming young farmers. But for the older men—well you can't teach an old dog new tricks. There are many "old-timers" still doing a mighty good job—the hard way—and if by chance they spend an odd half-hour on the cracker barrels, please Dr. Christie, don't deny them that small pleasure. It may be all that is left to them after years of hard, unremitting toil. The chats may be worthless from a productive standpoint but if they be the only relaxation ageing farmers have in their declining years for goodness sake let them go to it.

The Hon. Humphrey Mitchell has brought forward a labor policy which he expects to help agriculture. No doubt his intentions are of the best—but practical?—I doubt it. I venture to suggest that farmers could solve their own labor problems if the government would subsidize farm wages. Most farmers know of men in their own districts who could be hired by the day, week or month, if the wages offered were sufficiently attractive. And when considering wages a man's board should certainly be taken into account. Thus a farm-hand earning $50 and board should be considered as receiving $80 per month.

And in speaking of board—surely insufficient attention has been given by the Ration Board to this problem of feeding casual help. No decent person grudges a man his meals but as rationing problems increase, as well they may, emergency rations should be obtainable for help by the day, including threshers. You may say that means a man would get double rations. Well, so does the man in town who eats in a restaurant.

Oh, dear, it is all such a tangle! I suppose perfect rationing will never be possible so I guess we shall just have to do the best we can for the duration. Maybe we can save our appetites for really delectable feasts after the war. But by that time anything sweet will taste sickly; tea will upset our nerves; and buttered vegetables will be too greasy for us to enjoy. Even in war there are ill winds that bring some good.

And God said, Let there be light: and there was light—Genesis 1:3.

The LETTER BOX

R. R. 1, Thamesford, Ont.

Dear Free Press:

Our weather here in the north has been colder for a longer period than for a number of years. Shadows predominated February 2nd here. It was a clear, calm sunshiny day, from sunrise to sunset. The thermometer registered 22 below zero at 8.30 a.m., but moderated quickly and then for five days following, temperature remained above zero and we thought a mild spell was developing. But no such good luck. February 8th it dipped to zero and by the 9th, 16 below. Then the 10th moderated with an east wind—one of those dirty, load like blow up from Toronto some times. It got very dark. Snow fell first, then sleet, then it poured rain for a while. A sharp flash of lightning and one single heavy roll of thunder. Shirley our 6-year-old baby was playing up stairs and the thunder frightened her and she hid her head under the bedding. Some of the evening her and we all had a good laugh. We told her she was like the ostrich, but she picked something softer to hide her head in. It stormed and blew all night and most of the next day. Then the wind changed to the west and north and by the 12th was 18 degrees below again. The 13th was 4 below. February 14th was 30 below for the full 24 hours, with a bitter wind all day long. February 15th it was 32 below during the early dark hours from 2.30 a.m. until daylight, then it moderated to 18 below at 8.30 a.m. and 30 below at noon. So you see what our continued six weeks of winter have had in store. The weather since has been very cold, stormy and windy, so we're getting our just share.

I see by a recent issue of the Toronto Daily Star that bitter cold weather prevailed down your way too, that week-end. In this country cold weather in mid-winter and everyone is fairly well prepared for it, with warm clothing, plenty of fuel, etc., but to have had such a long spell becomes rather exhausting and big wood piles don't stay big when so much heat is required to keep the wood cool. But to take an optimistic view, June and July days will give this relief.

I have mentioned in previous letters some of the details of my duties as a fire ranger. Keeping a weather report is one of them so it seems just a continuation to go on with winter weather and I have wind direction, whether dark or clear, fair or stormy, and temperature, all marked for each day for over two years and even for personal use, makes an interesting record. I have kept a diary, also, and after such a long period, even other members of the family go to dad's little black book for details of some occurrence they feel sure will be mentioned there. To have time for things like that though is the stumbling block of many. Because regularity is the essence of accuracy with a diary. To read or write has become part of my existence. For example I have had four different weekly small town papers, three different daily papers, two different weekly magazines and two monthlies, all of recent issue just in one week, so I have a tremendous variety of news items to digest. To study the financiers' angle and stock market reports, then the reports of farmers' meetings and their deliberations, what both federal and provincial parliaments are doing. Keep track of tremendous industrial development, keep posted as to what the Wartime Prices Board is going to do next and how to get the new ration books for tea, coffee, sugar, etc., in one and what category they'll put me in for gas in the other. And besides all this there's the news. And it really is news these days and so much easier to enjoy than back in the dark days of 1941 and '42. Newspaper is being rationed but for me they will always continue to take a very important place. When reading over some of the letters from the boys overseas, I sometimes wonder why they don't tell of some of the interesting things they see, without mentioning anything of a military nature that would need censoring. I quite understand how important it is that place names or weather or military training engagements must be evaded but as an example I'll quote a short piece of a letter written by one of our Thornloe boys to his mother and published in The Temiskaming Speaker and maybe this may be some incentive to some who may read it. It is from Tommy Peckover and notes that Christmas parcels from his people at home in Hillard township, together with others from friends, were received December 29th and much appreciated and he was in good health. He goes on in the letter to say: "I was out threshing. At one place I was on a stack and the machine was one of those with a straw carrier on. We were threshing peas, and it takes two men on top of the mill. One next to the feeder dropped the stuff down into the cylinder from the top of the machine. The grain come out the front into bags fastened on where the concaves are put in on our own machine. Then there are two men at the back catching the straw and putting it on the straw carrier. When it lands on the stack, two men are up there building it. The wind was in the right direction to blow the smoke from the steam engine right over where we were working. I was sure dirty when I get down, and I have my own idea about a steam tractor. There is a fanning mill at the back of the machine, like that of a binder which ties the straw into bundles before elevating. I got on the stack with a 75 year old miller who used to sail the North Sea in a sail boat. He and I talked sailing as the two men below sailed the sheaves up to us from behind the mill. Suppertime rolled around and three of us soldiers were invited to supper. The farm was owned and operated by three old maids who were nearer to 70 than 17, and hired two men whom they kept steadily. They had a bunch of Jersey cows that kept all hang. The home was over 100 years old, having been built back in the eleventh century. We had supper in one of the old rooms, with solid oak ceiling, panelling and framework, and the old fireplace had a baker oven on the side. In addition to good solid food to start our meal, we had apple pie three inches thick and were waited on hand and foot. After supper we were shown through the house and I saw lovely pictures sewn with silk on cloth with needles and very finely done. Some beautiful old dishes and lots of relics of silver, brass and wood and lovely old furniture. Our visit to this old place was indeed a pleasure," concludes Signalman Peckover.

This letter speaks for itself, and tells us that women are farmers in the Old Land and doing everything possible to provide the food necessary to feed the nation.

Now my letter has reached its length so I must conclude.

Cordially yours,

H. W. JOHNSON.

Character? Which Tests

A public speaker was heard saying the other day that nothing served like adversity to prove the real character of a man.

Adversity serves, no doubt, but there is some reason for the belief that prosperity is a more reliable test. Adversity often means merely lack of opportunity to move into ways that are questionable. It requires that one practise many of most of the homely virtues of thrift, industry and conscientious devotion to duty. He cannot do anything else.

Prosperity provides the means and opens the way to temptation. It stands as a constant invitation to the individual to depart from the ordered way of life, to enjoy the pleasures of sin for a season. It is the man who can stick to his principles and follow the straight and narrow way when he finds the means and opportunity for indulgence who shows his real character.

The Prodigal Son became virtuous only when he had spent his means in riotous living. It was easy then.—Port Arthur News-Chronicle.

CARROLL'S

SHROVE TUESDAY IS MARCH 9th!

AUNT JEMIMA Pancake Flour

Pkg. 15c, 35c

Malcolm's Coffee SUBSTITUTE ½ lb. pkg. 19c

Fry's Cocoa ¼ lb. tin 21c, ½ lb. tin 31c
White Figs California Adriatic lb. 28c
Quaker Muffets 2 pkgs. 17c
Macaroni Ready Cut 2 lbs. 9c
Princess Soap Flakes lge. pkge. 24c
Palmolive or Other Soap 2 cakes 11c

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Fruit and vegetable prices until Saturday night only

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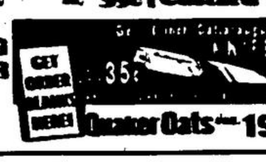
Shredded WHEAT 2 pkgs. 23c
Quaker's Minute OATS lge. pkg. 17c
Quaker's Wheat HEARTS pkg. 10c
Quaker's "Tenth" Wheat Germ pkg. 50c
Van Camp's Tomato SOUP 2 cans 15c
Jackson's ROMAN MEAL pkg. 29c
Catelli's Egg-yolk NOODLES pkg. 16c
Kemor COFFEE lb. 35c

Cassell's BAKING POWDER 16 oz. tin 19c

Indispensible Sanitinsh tin 15c, 29c
For Quick Soda . . . Chipso pkg. 9c, 23c, 52c
O'Cedar Rag CLEANER tin 29c
Monday's Chloride of LIME 2 pkgs. 27c
Ivory SNOW lge. pkg. 23c
Soft Laundry STARCH lb. 12c
Benson's Corn STARCH pkg. 10c
Henry Heinz Powdered Custard pkg. 5c, 10c



Black Mission FIGS 2 lbs. 37c

Aunt Fulton's CATSUP 24 oz. btl. 15c

We reserve the right to limit quantities of all merchandise.

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Robin Hood Oats not only give you TWO EXTRA POUNDS of oats in this new package but they give you oats of unexcelled quality. For Robin Hood Oats are milled from highest-quality, sun-ripened Western Canadian Oats with a distinctive flavour all their own—a flavour that's kept in and made tastier still by Robin Hood's own pan-drying process. Every ounce contains 72 International Units of Vitamin B-1 PLUS minerals and proteins.

Next time you get oats, ask for the famous super-delicious Robin Hood Oats in the thrifty, Giant Economy Package with the handy, Built-in Pouring Spout—"flip" and it's open—"snap" and it's closed against dust, air and moisture. Ask your grocer for Robin Hood Oats—the choice of thousands of flavour-wise housewives from coast to coast in Canada.

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