

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN

There's Health in Winter Vegetables!

Hello Homemakers! The official Nutrition Color Chart shows vegetables on nearly every plate of food. Why? Because they're health boosters with vitamins and minerals for body-building and repair; with starch for energy. The green and yellow vegetables signal health, highlighting Vitamin A and minerals. So let's prepare our vegetables properly in our kitchens so we can be sure of keeping this important food value intact from market to table. They'll look better and taste better, too.

Here are a few simple do's and don'ts in vegetable cookery. Choose your vegetables for freshness and brightness of color, then prepare and cook them right. Much nutrition value lies just under the skin, so keep your parings thin. Don't prepare your vegetables till the last moment for either cooking or your salad. Cook them with the least possible water in a tightly covered saucepan. Be sure to use any left-over liquid to enrich soups, stews and sauces. Vegetable plate meals call for accompanying dishes containing cheese, milk or eggs, and a richer dessert. And remember to serve some vegetables raw, some cooked. But in large quantities — for convenience and economy — find a storage corner where your vegetables will neither freeze nor shrivel from heat.

RECIPES

Celery in Tomato Sauce
4 cups celery cut in 1-inch pieces, 2 cups butter of fat, 2 lbs. flour, 2 cups tomato juice, 1/4 tsp. Worcestershire sauce, salt and pepper.
Make sauce of fat, flour and tomato juice. Season and cook celery in sauce until tender, using electric element on Low, or use double boiler.

French Style Omelette
5 cups small silver-skinned onions peeled, 1 can condensed consommé or 2 cups soup stock, 1/4 tsp. pepper, 3 tbs. grated cheddar cheese.
Heat consommé to boiling, add onions and cook until tender (about 40 min.). Then add cheese and serve.

Turnips With Cheese
2 yellow turnips, 2 tbs. fat, 2 tbs. flour, 1/4 cup milk, 1 tsp. salt, 1/2 tsp. pepper, 1/4 cup grated cheese.
Peel the turnips, cut in shreds and cook in salted boiling water for 20 minutes. Make a white sauce with fat, flour, milk, salt and pepper. Pour this over drained turnips and sprinkle with grated cheese. Place over hot water and continue cooking for 15 minutes or, if electric oven is on, place in moderate oven for 15 minutes.

Devilled Corn
2 tbs. fat, 2 tbs. flour, 1/4 cup milk, 1 tsp. salt, 1/4 tsp. mustard, paprika, 2 cups corn, 1 egg, 1 tb. Worcestershire sauce, crumbs (moistened with fat).
Make a sauce of fat, flour, milk and seasonings; add corn, egg slightly beaten, and Worcestershire sauce. Pour into a baking dish, cover with crumbs and bake in a moderate electric oven (350-400 degrees) fifteen to thirty minutes.

PARANIPHS THAT YOU WILL LIKE! Put boiled, mashed paraniphs through a sieve; season with salt and pepper; add a dash of nutmeg and a little hot milk. Form into little flat cakes, dip in fine cracker crumbs and fry in hot fat.

2—Cabbage that leaves aroma in the pot. Have a small quantity of boiling water on the element turned High; add shredded cabbage and 1 tablespoon-fat, cover tightly and turn Low. Cook only 20 minutes and salt—then drain.

3—Serve left-over vegetables as a medley and add rice or noodles, thickening the water—used in cooking the rice with cornstarch. Season left-overs with celery seed, thyme, minced onion or sliced mushrooms.

THE QUESTION BOX

Mrs. D. E. asks: "Should I add soda to dry beans—your recipes call for it but in topic information said soda killed vitamin content?"
Answer: Adding soda to dried beans and lentils prevents gas formation in the stomach. There is minute vitamin content in these vegetables compared to leafy vegetables, but as you know, they are good meat substitutes.

Mrs. A. L. asks: "Why does my pastry never flake?"
Answer: Cut in 1/2 of the required fat. Sprinkle in the water and pat into mould. Roll out half inch thick; dab on pieces of cold fat (size of bean) and fold up in about 4 laps. Chill and roll out for pie plate.

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.

WAR 25 Years Ago

Canadian Troops, Fighting Lines in Vimy Sector, Make Successful Raids at Lens and Mercurcourt.

By H. H. GORDON, Canadian Press Staff Writer

March came in like the proverbial lion on the Western Front 25 years ago in the First Great War. The Germans, preparing with great haste for their spring offensive, took every opportunity to feel out the British defences with artillery bombardments and raids up and down the lines.

The Canadian Corps, back in the Arras-Vimy sector after its brilliant achievement at Passchendaele in November 1917, was well prepared either for attack or defence. In the minor operations of the first 10 weeks of 1918 the Dominion soldiers not only repulsed German raids but made several successful incursions into enemy territory.

The area occupied by the Canadians had been considerably improved during this time and a complete system of trench railways, roads and water supply put in operation. Comprehensive defences had also been planned and partially executed.

With the extension of the British front to the south, Vimy Ridge had become the centre sector of the British Army. Behind the ridge lay a great coal mining area, loss of which might have crippled France. Preservation of this highly productive region to the Allies depended on the Canadians and this was uppermost in the mind of their commander, Sir Arthur Currie, as he made his plans to meet the German drive which started March 21.

The first German attack on the Canadian lines was made in the Lens sector on March 4. For 15 minutes the enemy directed an intense artillery and trench mortar barrage against the whole of the Lens Front and this was followed by an attack at five a.m. Armed with liquid fire, some 250 Germans succeeded in penetrating a portion of the line after hand-to-hand fighting.

But they were quickly routed when the 3rd (Toronto) Battalion organized a counter-attack. The Germans failed to obtain either prisoners or identification and during their retreat suffered severe losses from artillery, trench mortar and machine-gun fire.

The following morning the 3rd Battalion made a retaliatory raid on enemy lines in the southern part of Lens, returned with a prisoner and estimated German losses at 30. On March 9 the Germans began a concentrated bombardment of Canadian lines west and south of Mercurcourt. In two hours they fired about 2,000 rounds of gas shells. At the same time the Germans carried out a light gas bombardment of Cite St. Pierre and repeated the attack the following night.

The Canadian Corps then resorted to gas-shelling and on March 15 the Canadian Mounted Rifles made a successful raid on the Mercurcourt front. In 25 minutes they captured 19 prisoners, killed 20 Germans, blew up a number of enemy dug-outs and inflicted many minor casualties. A machine-gun was also captured. The Canadian raiders, 150 strong, were forced to cross about half a mile of No Man's Land in the face of heavy machine-gun fire before taking up their positions for the assault.

Noted as the home of University of Notre Dame and the site of a manufacturing plant turning out a universally known motor car, this Indiana city is an important point on the Chicago-Toronto-Montreal route of the Canadian National Railways, a mainline point 100 miles East of Chicago. Marquette and LaSalle on their exploratory journeys from Canada visited the site when it was peopled by Miami Indians. In 1820 the place became an important fur trade post and in 1831 rose up to the dignity of a townsite, taking its name from the south bend of the St. Joseph River where it turns northwards towards Lake Michigan.

Chronicles of a Ginger Farm

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

Sunday, March 7—a day of rest! Well, here's how Partner, in common with most other farmers, rested.

He started out by digging his way from the house to the barn, as the snow was away over his knees wherever he went. Before he could start to milk, overcoats and long rubber boots had to be removed as they were full of snow and his feet were starting to freeze. Milking over he went to feed the hens. More digging, snowdrifts halfway up each door made an effort to break the road before he put the milk on. But at long last the milk cans were at the road—just as the sleigh to collect came along. Then Partner went over to bring our neighbour's cans out—not much sense in two teams being hitched up if one can do the work.

Anyone not living on a farm might think by that time most of the work was done. Far from it. The trough from which the cattle and horses drink was buried under a five foot drift. That had to be dug out—and of course all this digging had to be done with the thermometer standing at zero and a terrific wind blowing. I could see all this going on from the kitchen window and wished there was something I could do to help. But probably had I gone out it wouldn't have been long before Partner would have been digging me out of a snow drift. So the best I could do was to busy myself in preparing a good hot dinner—but it was quarter to two before Partner came in to eat it. He stayed in about an hour and a half—that was his concession to Sunday as being a day of rest. When he went out again he found the trough, and the pathway leading to it had all filled in again and was once more level with the top of the fence.

Partner was in to supper about seven o'clock. After that there was milking to do, but at nine-thirty he was in for good and had the rest of the day to himself.

That was our experience during the storm and I imagine it was fairly average. Of course where there was more than one man it would be easier, or if a farmer were not a milk chopper he wouldn't have the milk to take to the road, but on the other hand there are also many farms where brooder houses are already occupied by baby chicks. And believe me, you can't take any chances with baby chicks in such weather. Not only does it mean many trips during the day but it is also necessary to get up in the night to make sure that the fire is all right and the chicks neither too hot nor too cold. Here is a story I heard the other day. A farmer was receiving a shipment of a thousand chicks. The truck could not get through so the farmer took the shipment from the truck at the highway. Of course he had to use sleighs. The going was pretty rough. After he had been home some little while a neighbour phoned to say there were chickens in the snow on the road. The poor wife thought a box had dropped off unnoticed. "I'd had come off and some of the chickens were naturally in the snow. I haven't heard how many survived.

And speaking of chickens. Did you hear the warning given over the radio last Saturday that eggs may quite possibly be rationed? The informant said that Canadian people were just about on the border-line and that rationing of eggs might have to be introduced. If Canada's quota to Britain were to be maintained, well, at least that is one product that cannot be hoarded for very long. Of course every farmer's wife is asked to raise more chickens that more eggs may be produced. But there is a snag. The extreme weather this winter has lowered the fertility of hatching eggs and hatcheries report a shortage of baby chicks. I don't know when we shall get our chicks. The order has been in since January—for the end of April—but our man says he will be two to three weeks behind schedule all spring.

RADIO MOBILIZATION
STOCKHOLM, (CP)—Mobilization of Swedish conscripts by radio was tried for the first time in a news broadcast of the commanding-general of Sweden's armed forces ordering certain classes to report to their war stations.

The Letter Box

H. R. No. 1, Thorolof, Ont.

Dear Friends and Gentle Hearts:

This seemed such a fitting salutation when I read it that I thought how well it fitted my particular version of writing letters to both dear friends and so many of them with gentle hearts; also to the many many folk both in our own well beloved country and now ever so many across the seas, in many foreign lands. In many cases may not know the history or origin of those five words I will quote. They were found among that great author Stephen Collins Foster's few earthly belongings, after meeting a mysterious and untimely end before reaching 40 years of age. But he, like John Bunyan, or Charles Dickens or Daniel Defoe or G. A. Henty or Ralph Connor and many others, left a great heritage to all people, in the words, "My Old Kentucky Home." "Massa in de Cold, Cold Ground." "Oh, Susanna," and "Hard Times Come Again No More." He also wrote "Beautiful Dreamer," and "Old Dog Tray," and "Gentle Annie," and "Come Where My Love Lies Dreaming." These pieces have been sung as long as I can remember and are still among the best. For years and years every concert company touring the country for garden parties and lawn socials used them and the person who doesn't know the one "Jeanie With the Light Brown Hair" either has no taste in the home or is slow dead. I venture to think even the boys far from home on Africa's shore or in Burma, or the Solomon, or in some English hut will whistle or hum some part of one of these refrains as he thinks of the folks at home. Lieut.-Col. Horace Hartley of Engelhart, a veteran of the first Great War and since then running a garage in England and well known there, wrote to Mayor Weeks recently. Until then, it had not been known, Horace had received such notable promotion. Being anxious to get into the thick of it and had experience, paid his own fare to Britain over two years ago. He writes in part, "I have had three trips to Istanbul and it was rather a sensation entering Europe the back way. I was there six weeks and was up the Bosphorus and had several trips to the islands in the Sea of Marmara. The most noticeable thing about Istanbul is that all the hotels have bedbugs and I don't mean maybe."

Proceeding he writes, "There are no people in Canada who know what poverty is compared with what is to be seen here, and begging is an honorable profession."

"We have not had any snow so far, but I have seen the trees covered with nearly an inch of frost."

"At Ankara now we can get all the tea we want at \$4.25 per pound, sugar about \$1.50 lb., butter \$1.50 a pound."

"The only food actually rationed is bread—half a small loaf per person per day." Of other eatables mentioned, Jaffa oranges were costing eight to ten cents each—plenty of oranges to be had at 40 cents per lb., but no currants and fairly good chocolates can be bought for \$2.25 per lb. No white flour is available and he says just while he had been there, the cost of living had advanced about 35 per cent. A letter of this kind gives us some idea of conditions away on the other side of the world.

While the cost of living in Canada has advanced, the ability to earn and produce more is available, so no one suffers in the least. Rationing seems to be the fairest method of distribution of the scarce necessities, but seems to breed dishonesty. Bootlegging and black markets have sprung up and like days of old, people refrain from exposing conditions of this kind the same as prevailed with booze joints years ago. Thankful to say we have no black marketing in this country that I have heard of. There seems sufficient meat produced to supply the needs and the farmers who attend public markets, all have resorted to butcher and sell. Conservation through is the necessity. Take a common axe, on the blade of a new one bought recently was a sticker which said that it had been made by men who took pride in their work.

"These men beg the user of the axe to treat it fairly and the axe will give long and faithful service." Under ordinary conditions a great many people seem to use tools that way through life, destroying tools, furniture, machinery, clothing, cars, tires and even food. And say when they are chastized for behavior of that kind "Oh there's lots more where that came from." But that isn't the case now. The age of abundance has vanished and we are being made to feel the pinch, as promised in one of Mr. Henty's speeches. All the money in the world will not get you a new model of an article which is no longer being made. Nor even a spare part for the one you now have. So, we must respect our materials—organize, a good recipe for conservation is: Eat it up. Wear it out. Make it do, or Do it without. The pity of it all is, that the farmers are being made the stumbling block of the whole food situation. First they talk about the interned Japs as a solution to the labor shortage. Then, it is the Italian and German prisoners. Then it is the draftees for home defence. This seems most feasible as about 50% are already farm born and bred

and would need no teaching as is the case with students and prisoners.

On a farm there are things everywhere you can't tell a man. He had to know them out of experience. Horses, cows, pigs, sheep and poultry are so valuable that it comes to be almost a necessity that if the nation is to survive, practical and individual judgment is necessary in the proper care of these. Farm machines and parts are almost unobtainable, so a farmer hesitates to entrust his equipment to inexperienced hands. Spare time help for seasonal work such as haying, harvesting, potato and vegetable cultivation and digging, is no doubt valuable and a great help. But a great deal more than this depends on the farm. If hired or inexperienced help has to be continually watched to see that the cows are milked dry, or the pigs were fed, or the few orphan lambs were given a suck at their foster mother's side, that has to be held, or the kindling cut or the water hole down at the pond covered, or the chickens fed their water and mash, or the sucking colt with the sore foot doctored. Well one is better without that kind of help. So if the farmer or his sons are drafted then the farm almost necessarily has to shut down. But really I don't need to remind farmers of these conditions, most everyone knows it for themselves.

During the past week it has been simply beautiful mild weather, the sun alone and even tiny fleas came to life. But then the wind got up, whipped around from south to north and the temperature dropped to 12 degrees below that night and last night down to 42 below, but it is calm, so not so hard to take. Cold, clear weather is healthy and a person is never in doubt about how to dress; consequently good health predominates for which we are thankful. Lloyd George was once asked how he kept fit with so many worries. He replied: "With me a change of trouble is as good as a vacation." So then to take an optimistic view of rationing and define it, it's less and less of more and more of better and better and as the soldier ended his low letter, Here is oceans of love and kisses on every wave.

Cordially,

H. W. JOHNSON.

Eight Million Hogs

Eight million head of hog slaughtering is the 1943 objective, compared with 6 1/2 million in 1942. This will necessitate a fairly substantial increase in every province. It is expected, says The Current Review of Agricultural Conditions in Canada, that of the required increase of 1 1/2 million head, approximately two-thirds might be produced in Western Canada and the remaining one-third in Eastern Canada. The various provincial objectives show an average increase of 22 per cent for the five eastern provinces and 33 per cent in the four western provinces. Among the Prairie Provinces, Saskatchewan is expected to show the greatest increase.

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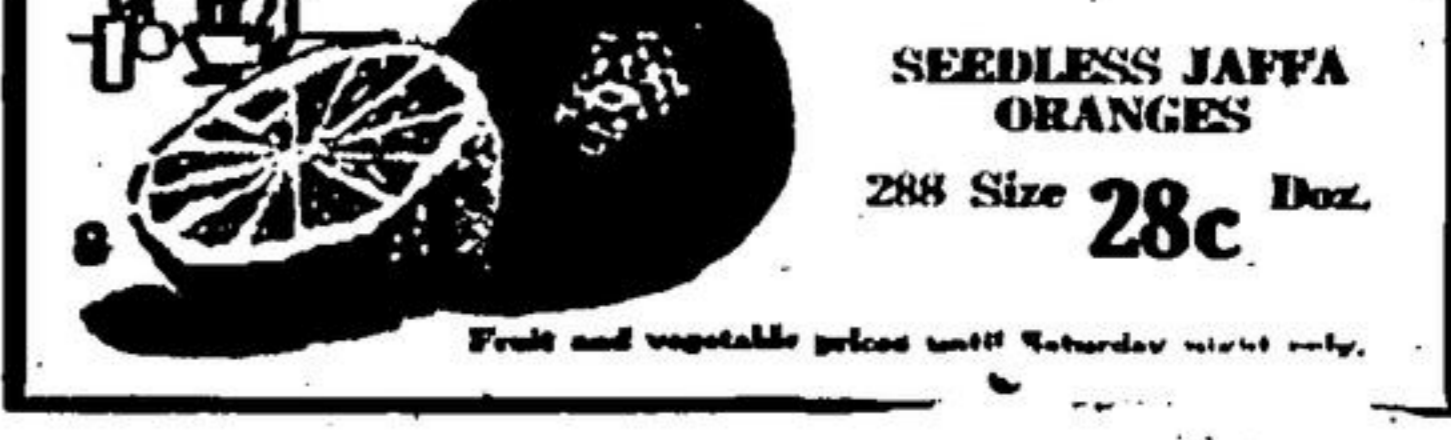
COCOA 24c
PICKLES 25c
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Mustard 10c, 27c
Dog Food 19c
Monarch 29c, 84c
WHEATLETS 2 lbs. 9c
CLEANSER 5c
Palmolive Soap 3 23c

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