

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Special Home Economics

FATS FOR SALVAGE—EVERY SPOONFUL NEEDED

Hello Housewives! Fat provides energy—for guns as well as diets. Yes, the fat that provides energy for growth and activity of the human body also provides energy which fires shells from guns.

Be very sure to use available food fats to their fullest extent—for keeping your family strong and energetic. No amount of fat is too little to save, so urgent is the country's need for glycerine. Every pound saved will produce enough glycerine to fire ten rounds from a 50-calibre airplane cannon pointed at the enemy.

Two tablespoons of fat a day is the requirement for each adult—obtained from cream, lard, butter, shortening, pork trimmings or rendered fat. A family of two needs 1 1/2 lbs. of fat per week—including butter allowances (which is ample at present) and fat for cooking. Each child under 12 years requires from 1/4 lb. to nearly a pound, depending on age and size.

Less frying and more broiling means a more thrifty use of fats. Meals will be pleasantly rich and easily digested—the kind the family enjoys. When food needs are taken care of, strain your left-over fats into a wide-mouthed can for salvage.

It only takes 31 tablespoons of fat to make a pound—one tablespoon a day for a 31-day month. When a pound has accumulated, take it to your meat dealer—he will pay you for it and turn it over to a rendering plant to be made into tallow. The tallow is sent to soap manufacturers where it is the soap-making that the glycerine is extracted from the fat. The glycerine, in its turn, is sent on to the explosive manufacturers—and a shell will whine its way toward the enemy with the help of your fat.

It takes time to make fat into glycerine, so take your tin of fat in to-day.

TAKE A TIP

- What to do with your Fat:
- 1.—Save all waste cooking fats. Render pieces of fat meat slowly. Clean out broiler pans and roasting pans with a scraper or wooden spoon.
 - 2.—Pour into clean, wide-mouthed cans, such as coffee tins or salad tins. Strain fats as you pour them to remove all foreign matter.
 - 3.—Keep fat containers in electric refrigerator or cool place until you have collected at least 1 lb.
 - 4.—Take your fat to your meat dealer, who is co-operating patriotically in this drive. He will pay 4 or 4 1/2 cents per pound for your dripping fats. Bones and scrap fat should also be taken to meat dealer.
 - 5.—You may donate fats and bones to your local Voluntary Salvage Committee, if one has been organized.
 - 6.—Don't take less than 1 lb. of fat to your meat dealer; don't take fats to meat dealers in glass or cardboard containers; don't let fats stand near heat where they will become rancid; don't take fats and bones to meat dealers on Fridays and Saturdays (usually rush days) and don't ask him for dog bones in exchange.

THE QUESTION BOX

Mrs. D. E. B. asks: "Have you made porridge using whole wheat kernels?"

Answer: Yes, indeed, and like it. Do you know that proteins of entire wheat have a much higher nutritive efficiency than that in white flour—good laxative, too.

Use cleaned whole kernels; sort the grains, wash thoroughly and soak overnight. Add one and a half cups of water to every cup of wheat. In the morning, add 4 cups of hot water, 1 tsp. salt per cup of soaked wheat, and boil gently 8. of an hour.

Mrs. C. M. E. suggests: Add diced sweet cucumber pickle to thick scalloped tomatoes and use as a tasty sandwich filling.

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.

Wedding Ring Lost 30 Years

Bride Long Since Moved Away
When It Turned Up On
Country Road

MEADOWVILLE, Mo., (C. P.)—Thirty years ago Mrs. Tom Barber lost her wedding ring on the farm to which her husband took her as a bride. Years ago the Barbers moved to Meadowville. The other day a farm boy found the ring on a country road near the old Barber farm. It was none the worse for its 30 years of weather-beating.

CBC NEWS CHIEF



Objective presentation of the news is the keynote of the CBC National News Service which was inaugurated January, 1941. Supervising this important wartime service of the CBC is a Toronto newspaperman and former public relations specialist, Dr. C. I. Christie. The CBC news chief has recently completed a tour of the network news bureau at Vancouver, Winnipeg, Toronto, Montreal and Halifax, where staffs trained in the preparation of the news for broadcast presentation are on duty to provide the summaries of each day's significant happenings at home and abroad.

Call On Women For Home Help

Shortage of Hospital Services And Domestic Help Acute in Britain

BY ALAN RANDAL
Canadian Press Staff Writer

LONDON, (CP)—Nearly 10,000 women over the age of 40 are to be directed by the Labor Ministry to be some help to expectant mothers or to women who are ill in hospital. They will be employed by city councils and paid at a shilling (22 cents) an hour on either a full-time or part-time basis.

There is to be an important part in the effort of Britain's women-at-war. They will do cooking, cleaning and washing and look after the rest of the family until the woman of the house is able to take over again.

Some weeks ago the Labor Ministry called for volunteers for this work and in a short time about 150 councils got schemes going. Application for a household helper must be made by the housewife to her local medical health authority and the application of a woman who is going to have a baby at home must be backed by her doctor or the midwife.

Scarcity of Help
Where a woman is taken to hospital her husband may apply for help on the recommendation of the hospital almoner. Household helpers are sent only to houses where there are children who would otherwise have no one to look after them.

Each borough in the country will have about 10 household helpers available when the scheme is in full operation. A Health Ministry official said, "We want the motherly, sensible type of woman."

"The situation," he added, "has become imperative because of the shortage of hospital accommodation and the scarcity of domestic help."

So bad has the hospital situation become that British women expecting children have been advised by the Health Ministry to plan on having their children at home rather than going to a maternity home because all such homes are full and have long waiting lists.

LENGTHENING DAYS

The lift of the lengthening days is here. Formerly, we noticed and rejoiced in it, in the early evening. But this year of daylight saving time, we seem to welcome the morning light. All winter it was a dreary business, rising in what seemed the middle of the night, hurrying little children off to school in the darkness, and groping around to do our housework, or whatever it was, either by artificial light or in a dismal half light.

But the sidewalks are appearing again, patches of earth are showing here and there. The buds on the trees seem to be aware of the warm sunshine, and the distant sound of the birds breaks the silence with which winter seems to seal the countryside.

The eaves respond and the icicles drip merrily and crack with a final chuckle, and the winter sunset of red and grey give way to gold.

And somehow we humans all seem to chorus this last week or so, "Isn't it wonderful not to get 'up in the dark'?"

Yes, no matter what March may bring us, the sunshine and the lengthening days have been very welcome this year.

Chronicles of... Ginger Farm

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

Partner went to a local seed fair the other day at which the speaker was Dr. C. I. Christie, of the O.A.C. Joseph and the sun and substance of Dr. Christie's advice to that particular gathering of farmers was "do the best you can with what you have and where you are." According to Partner Dr. Christie's address was very good and quite practical. There were no remarks of the "cracker barrel" type.

And while we are on the subject I would like to say "hear, hear," to the editorial "Overalls or Oratory" in last week's Acton Free Press, particularly that paragraph which said: "Discussions will never solve the farmer's problems as conclusively as can the farmer who is on the job solving his own individual problems in a practical way." And that is precisely what most farmers are trying to do.

Incidentally, no two farmers have identical problems—one may need in come for family reasons, another more help on account of poor health. The same medicine will not cure every ill.

Well, it would seem that to every question somebody knows the answer—even to where the flies go in winter. A correspondent tells me that one winter he re-shingled the roof of a barn and the cloud of flies that came at him each time a patch of old shingles was removed was so dense that he could scarcely see what he was doing. And now we know that much what we do about it? Not very much I am afraid until the wretched things come out of hibernation. Wouldn't you wonder why such pests were ever created? Or don't you wish that Noah had left every fly to drown instead of taking a pair of them into the shelter of the ark? By the way, here's a thought. If two flies went in the ark, I wonder how many came out!

Last Friday there was a very interesting piece of news in the morning paper. At least it was interesting to us because it concerns this district. It is linked up with what happened two years ago, at which time options were issued on a number of farms in the "mountain" district and were being tested for mineral deposits. The nearest farm to us is just one concessional acre from us. We didn't pay much attention to the story at the time—thought perhaps it might be just another rumor. But apparently there was more to it than we realized. According to this newspaper report, prospecting activities over an area of 3,000 acres have revealed a large iron mass or zone at approximately 2,500 feet under the surface. This zone was indicated by the proper instruments to be about 9,000 feet in length, 2,000 feet wide and from 2,000 to 5,000 feet thick. Quite exciting, isn't it? I was really thrilled when I read the account. Partner was a little sceptical. He said it was probably just another "war baby." Well, time will show. Anyway I have always thought there must be some sort of hidden wealth deep down in the bowels of that mountain rock. The very formation of the land suggests it. Apparently first indications of iron ore were discovered by a syndicate drilling for oil in that district a little over two years ago. If anything comes of this prospecting venture we shall probably hear more about it before long. If it doesn't I suppose it will just do a natural death.

Well, it would hardly do to let a week go by without making some comment about the weather, especially when the choice variety we have had since I last wrote. Let's see—what was it? First there was an ice storm—that was so pretty to look at but mighty hard on the trees. And, then fog and slippery roads. . . . one nice day. . . . and then east winds and freezing rain. I know, because I was out that day without a de-froster! I have one but can't get the rubber gadget to stick it on. The week finished with strong cold winds that kept you running to the coal bin and made you wonder if Spring would ever come. However, according to the calendar spring is really here—now all we need is spring weather and then we shall all be happy—that is, insofar as weather is concerned.

The other day I heard a woman in a store exclaim—"you won't find me complaining about the heat this summer even though the mercury climbs to 120 degrees"—I wonder!

Grow Vitamins In Color Plan

For Instance Green Vegetables Are Rich in "A" and Red in "C"

By The Canadian Press

In these days of vitamins and calories quality and selection count as well as quantity production in kitchen gardening. There's a definite rule of color to help Victory gardeners set out the right types of vegetables for a maximum of health-giving food when crop-time comes around. Here's how to visualize your vitamins.

VITAMIN A—Any vegetable with a rich green or yellow color is almost sure to overflow with this vitamin. Grow spinach, turnip tops, kale, broccoli, collards, green, sweet pepper, carrots, yellow corn, rutabagas, sweet potatoes, pumpkins, etc.

VITAMIN B—Green peas and beans, popular crop, will supply some needed vitamin B.

VITAMIN C—Red is the color here: tomatoes are a must, also berries and various types of fruit. Cabbage, eaten raw, also is rich in vitamin C.

VITAMIN D—The yellow of the sun will provide this, gratis, to the industrious gardener. In fact, some times you may get an oversupply!

SOVIET WOMEN DECORATED

MOSCOW, (C. P.)—Many valiant Soviet women have been honored with the high title of Hero of the Soviet Union for exemplary and courageous fulfillment of military assignments.

WAR 25 Years Ago

Great German Offensive Launched March 21, 1918, on a 57-Mile Front From Arras to La Fere

BY H. H. GORDON
Canadian Press Staff Writer

Germany's last drive for victory in the First Great War was started on the Western Front 25 years ago. On March 21, 1918, 63 divisions struck with tremendous force at Allied defences over a 57-mile front stretching from Arras in the north, through St. Quentin to La Fere.

Sweeping gains were made on the central and southern sectors of the line of attack, but the German offensive, held up at Arras, lost momentum. For weeks the issue hung in the balance. Gradually the Allies assumed control of the battlefield and made preparations for the great summer offensive that was to end in Germany's complete defeat.

The spring of 1918 has gone down in history as the period of one of the two greatest military crises of the First Great War. The situation then was as critical for the Allies as the late summer of 1914 when the enemy drove through at the Battle of the Marne.

A Race Against Time
Gen. Erich Ludendorff, faced with the necessity of making a decisive stroke before the American Expeditionary Force could play an effective part in operations on the Western Front, bargained on driving a wedge between the British and French armies in the St. Quentin area. His plan was to isolate the British in the north and then to annihilate the French in the south.

The Germans failed to reckon with the toughness of the British Tommy. Beaten back south of the Somme a distance of some 40 miles until German troops threatened Amiens, the men under Sir Douglas Haig's command fought desperately over every inch of ground until the enemy's attacking force was spent.

The German attack forced the Allies to make a move that had been the subject of much controversy among politicians and military men in both Britain and France. At a conference between Allied representatives on March 25 Gen. Ferdinand Foch was appointed commander-in-chief of Allied armies on the Western Front.

Mist Favored Germans
The deafening roar of about 6,000 German guns early on March 21 warned the British of the attack which was greater than any other in the war. A dense mist favored the Germans and behind a creeping barrage they quickly overran British forward positions at many points.

Before the sting was taken out of the attack, the enemy had captured strong British-held towns like Peronne, Bapaume, Chaulnes, Ham, Noyon, Montdidier and Albert. During the first week's fighting some 20,000 British soldiers were captured together with 600 guns.

The rock-like defence of the British at Arras and north of the Somme was one of the chief reasons for the failure of the German plan. Ludendorff continued to hammer at Arras and made a terrific attack against the city a week after the offensive opened. This was repulsed and Amiens was made the chief objective. With this change of plan the German hope of separating the Allied armies and rolling the British back to the coast faded away.

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MORE LITERATE NATIVES

BLANTYRE, Nyasaland, (C. P.)—Thanks to the work of missions, simple schooling has been placed within the reach of a great proportion of the population of Nyasaland.

Movies Galore War Diversion

Modern Diversions for Overseas Troops Include Serious Staff Tea

OTTAWA, (CP)—Entertainment and recreation provided for Canada's forces overseas during the fourth year of this war are a big change from the diversions available to troops in the First Great War.

The R.C.A.F. as a sample of what is being provided now, listed a week's entertainment program at an overseas fighter squadron, at a station which houses part of the fighter wing. Eleven movie programs were billed for the week, many of them double features, and divided between the station theatre and the officers' and sergeants' messes.

Lunch time music was provided by the station band in the officers', sergeants' and airman's messes on successive days, and at the Y.M.C.A. Two airman's dances were on the program, one with the station band playing, and one with a squadron band.

Variety shows were available, while for those wanting more serious diversion there was a lecture on "How we are Paying for the War," and a talk and discussion on "Parliamentary Government."

A recorded-music circle has a session at the Y.M.C.A. and on the same day a guest night was held in the officers' mess, with the station band in attendance.

"Entertainments are equally divided between the three messes, while those at the station theatre are open to all at a nominal charge," the R.C.A.F. said.

"For those who prefer to take their recreation on their feet, there are billiard and ping pong tables, or if they like it more active still squash courts give them the necessary facilities."

"There is no lack of free-time amusements, little reason for anyone to be 'bored off' because he has nothing to occupy his time when he is off duty."

C. W. A. C. Unit Smart at Drill

LONDON, (CP)—Fifty members of the Canadian Women's Army Corps who have been allowed to enlist in Britain either as Canadians or English women with Canadian husbands have been inspected at Wellington barracks—the pre-war stronghold of the Palace Guards—by Maj.-Gen. P. J. Montague.

With many Guards officers looking on with approval, the C.W.A.C. contingent went through a precision drill after Gen. Montague took the salute in a march-past.

Gen. Montague then inspected the contingent, stopping to speak to each of its members.

Robin Hood scores a Hit with NEW GIANT ECONOMY PACKAGE!

—and the giant new economy package should score a hit with you too. For this compact, 5-pound package contains 2 extra lbs. of the most delicious oats you've ever eaten and there's a handy, Built-In Pouring Spout on the top of the package that's a real convenience.

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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