

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist

Hello Homemakers! When a Canadian digs his sunny back yard to plant a vegetable garden, he is only doing what the British found necessary long ago in this war. Both Dominion and Provincial governments are urging us to grow vegetables. Labor shortages on farms, the necessity for canning commercial crops for the Armed Forces, curtailed deliveries—these may mean a reduction in the quantity of fresh vegetables available. So more and more home gardens are needed this year and your garden can be a valuable help.

But you'll want to grow some vegetables anyway for the good eating and for the sheer pleasure and exercise you get from it. Growing your own will save trips to market—your food budget, too. Freshly picked vegetables—straight from garden to table—are better, because the fresher the vegetables the higher the vitamins in value. Green vegetables—rich in vitamins and minerals—mean health for everyone.

In wartime, we cannot afford to experiment, so sketch your plot on paper; keep a chart of kinds of vegetables, dates for planting and harvesting. Carrots, chard, beans, and tomatoes might be your first choice. You can get advice on soil preparation, fertilizers and insect control from the Department of Agriculture. This is a year to grow food for fitness—start planning your Victory garden today.

### TAKE A TIP:

- 1.—Draw your garden on paper, to scale; send off orders for fertilizers and insecticides; repair tools and plan to do as much as you can.
- 2.—If you've never germinated seeds in a cold frame before—do not experiment this year. Seeds are precious.
- 3.—Even a 7 x 12 foot vegetable garden of greens will help this year. Curb your "fever" to start too large a garden, if you haven't had experience.
- 4.—Vegetables require sunshine at least three-quarters of the day, so don't plant in the shade.
- 5.—The loam should be at least 6 inches deep and workable. Gravel, sand or clay loam is a handicap.
- 6.—Choose the right seed for your purpose—early or late varieties, varieties suitable for storage or canning—also amount of seed needed for your plot.

### RECIPES

**Potato Soup (Cottage Style)**  
4 cups milk, 4 slices onion, 1 1/2 cups rice potatoes, 2 tbs. baking fat, 2 tbs. flour, 1 1/2 tps. salt, few grains cayenne, inch pieces of cooked sausages. Heat milk with onion to scalding point, strain, then stir into mashed potatoes slowly. Melt fat, blend in flour and seasonings. Slowly stir in hot milk and potatoes. Cook until thickened, stirring frequently. Add sausage pieces and serve with thick slices of french toast.

**Baked Bean Salad**  
2 cups baked beans, 1/2 cup boiled dressing, 1 cup chopped celery. Mix beans, celery and salad dressing. Serve on cabbage or lettuce leaf.

**Good Bread and Butter Pudding**  
2 cups bread crumbs, raisins or figs, 4 cups milk, 1/2 cup brown sugar, 1/2 tsp. salt, 1/2 tsp. caramel flavoring, 2 tbs. butter, 1 egg. Mix bread crumbs and raisins; put in greased casserole. Pour over 2 cups hot milk to which have been added sugar, salt, flavoring and butter. Allow to stand 1/2 hour. Beat egg; add rest of milk and pour over crumb mixture. Bake in electric oven until brown.

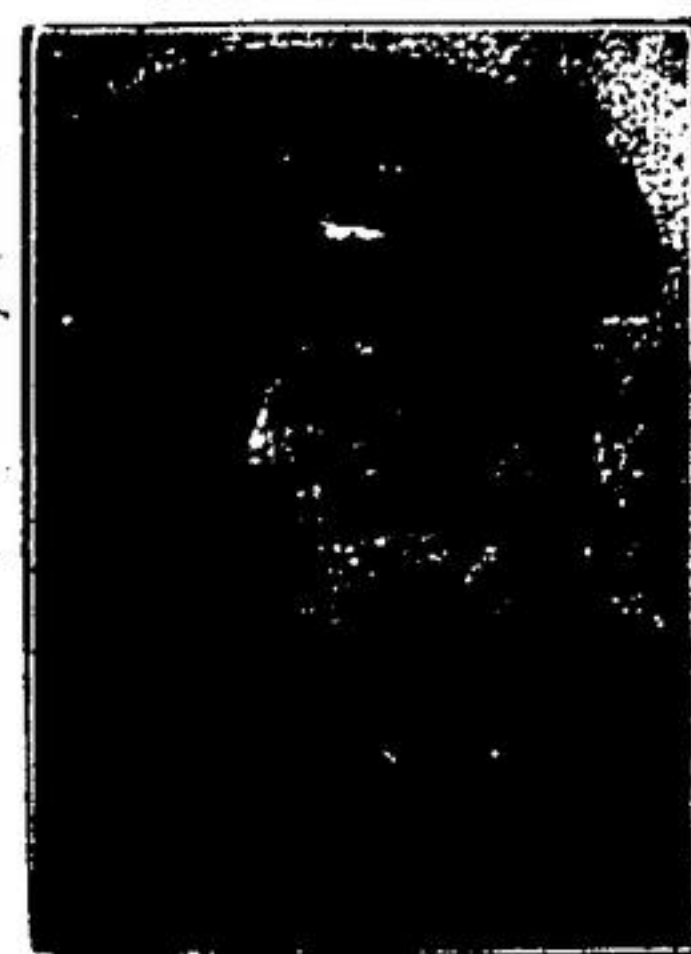
### THE QUESTION BOX

Mrs. J. D. Suggests: For a nuttiness in flavor, an added health angle and a spot of variety in pancakes: in a recipe that calls for 2 cups of flour, use 1/2 cup bran and 1 1/2 cups flour. 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.

## Church Basement Raises Chickens

ST. LOUIS, Mo., (CP)—Some persons go for Victory gardens, but Father George Andrews, of St. Elizabeth's Catholic Church, raises chickens in the church basement for distribution to the parish poor. Right now the basement is a gastronomic Utopia with 4,700 chickens on the hoof—and more in prospect. One-day-old chickens—of pedigreed, blood-tested stock—are placed in brooders arranged in tiers. Once the system is completed, it'll be just eight weeks from shell to skillet.

### HERO OF DIEPPE



The Canadian Broadcasting Corporation has sent over a hundred of its members into the armed services. Several have given their lives in action, two have received awards for distinguished service—Commander W. E. S. Briggs, R.C.N.R., and Major George Alleyne Browne, of the Royal Canadian Artillery, shown herewith. Major Browne, whose home is in Ottawa, was a captain in the raid on Dieppe. He was wounded, captured and imprisoned. He escaped in company with Lieutenant Antoine Masson, of Les Fusiliers Mont-Royal. Both young Canadian officers reached England safely a few weeks ago. Major Browne has since been awarded the distinguished service order and Lieutenant, the military cross. Major Browne was a member of the CBC announce staff at Ottawa before joining the forces in 1939, and he was one of the CBC Royal Visit commentators.

## Easter Suit? Perhaps You'd Make Your Own

Quite a Thrill and You Can Do It and Fashion Editor Gives Steps to Success in This Effort

BY DOROTHY ROE  
Associated Press Fashion Editor

Wouldn't it be nice if you could make your own Easter Suit? Easter is April 25th, you know.

Well, you can, if you are handy with a needle, able to read instructions and possessed of a modicum of patience.

Most home sewing fans quail at thought of making a tailored suit. But, like any other dressmaking, it all depends on fit and finish. And here are a few helpful tips on how to achieve these two goals:

1. When you get out your sewing machine get out your iron also, and press as you work. If your fabric has not been pre-shrunk, sponge it yourself so your suit will retain its fit and shape. Be sure to press each seam open immediately after sewing it, using a damp cloth. This is one of the first and most important secrets of good tailoring.

2. After selecting your pattern, pin it together and try it on, making any necessary alterations. Then lay your pattern on the fabric and cut all parts of the coat at one time, marking centre fronts, seams, darts, etc., with tailor tacks. Run marking bastings down center back.

3. Use an interfacing of tailor's canvas or unbleached muslin in the collar and front to keep the jacket in shape. Cut the interfacing on the bias, baste to the jacket with diagonal bastings, making sure these do not show on the right side.

4. Pin and baste jacket together. Baste sleeves in armholes, adjusting until the fit is easy and smooth. Place shoulder pads in position. Re-baste coat according to altered lines, try on again, and stitch, pressing as you go.

5. Use stay tape, a narrow twill tape, to keep jacket edges from stretching. After shrinking the tape, baste along seam lines, along the roll line of the lapel and along edges of neckline and jacket, always a trifle inside seam and roll lines. Apply tape to edges of the collar in the same manner.

6. Join outer collar to facing, under to jacket. Baste and seam. Turn up hems of jacket bottom and sleeves, sew seam binding to raw edge and blind-stitch.

7. Make lining according to your pattern chart. Try on jacket wrong side out, put on the lining and tack seams to each seam of jacket. Turn in lining at front and sew with fine hemming stitches. Turn up hem of lining, hand-stitch to jacket hem. Adjust sleeve lining in similar manner.

8. After the jacket is finished, make the skirt. You'll find it simple as a breeze after achieving the jacket. If you proceed step by step, giving full attention to fit and finish, you'll end up with a suit you'll be proud to wear in the Easter parade. And it's easier than it sounds.

## Chronicles of... Ginger Farm

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

We heard marsh frogs down here for the first time this spring on the night of March 31. And it was a very welcome sound. But now the frogs are silent once again. But then they have to be "shut up" three times before seeding, don't they? Right now the weather is acting very much as it did last year. You think a few days of high winds and warm sunshine will put the land in shape for seeding and then all your calculations are upset by heavy rain, hard frost or a snow-storm. However that gives the farmer a little time to attend some of the auction sales in this district while Mrs. Farmer gets on with her housecleaning. And that's one job I haven't got at yet. At least I haven't reached the stage when the house is allegedly turned upside down and inside out, but I have done a lot of mending and sewing. Every week I have some sort of a bee all to myself—and believe me, if some of these home economic experts could see the overalls I have mended and the stockings I have patched, they might even learn a thing or two themselves! Before I consider a pair of overalls ready for the rag-bag there is little left of the original garment other than the buttons and bib. And when I finally discard the garment I cut off the metal buttons for salvage.

And then those stockings! Patching, you know, will just about double the lifetime of a pair of stockings, and, if done properly, is more comfortable and lasts longer than darning. My hosiery is divided into two classes—"going-out stockings" and "staying-home stockings"—and of the latter variety it doesn't always follow that two stockings rolled up together are a pair! I just match them up as nearly alike as I can and let 'em go at that. Next week is "sheet week" which means going over all our worn and half worn sheets and getting the best I can out of them. Our son Bob was terribly hard on sheets—and young John was worse. Had I patched them with sheet iron I believe those boys would have gone through the middle of them.

I also had a "slip" week when I made four slips for myself—light weight and heavy weight. Then I had an "underwear patching bee" on garments nearing the end of their second year but which, with a little persuasion, can, I believe be made to last another year.

So although I haven't done any house cleaning I have been busy. And it seems to me that getting well ahead with one's mending is a good preliminary to housecleaning.

Partner has had his share of extra seasonal work. There have been three new calves just recently. But alas, these same calves will soon be orphans as they are all of the male variety and will be sold to another farmer for vealers. So in a few weeks time—maybe you and I may be getting calf for coupons.

A few minutes ago I mentioned auction sales. And well I might, for we have never had so many sales as in this district before. It is deflating, however, if proof were needed, of how serious the farming situation has become. In several instances a sale has been necessary for no other reason than lack of help. But there is one comforting thought. In each case someone is buying the farms and dairy herds that are being sold. But for what purpose and what the result will be we cannot tell. It may be just a scheme by moneyed business men to obtain tax exemptions, but that is their worry not ours. But here is what will interest us. Will the new owners be able to produce and overcome labor shortage any better than their predecessors? I am inclined to think they will as they will be able to afford to pay better wages. You can generally tell when a farm has been taken over by a business man because in a little while the old buildings are demolished and replaced with new; a registered herd of cattle are housed in an up-to-date stable and when it is available, a full line of implements is ready for action. As everyone knows it takes money to make money and thus the business-man-farmer is able to weather the storm when there is a crop failure or stock losses and yet have sufficient capital to buy when the buying is good.

It may be—it just may be, a good thing for the country as a whole that so many farms are changing hands. Increased production may be the result. And for the farmer who is in a position to retire, there is no time like the present. He may lose on the value of his land but, judging from this year's auction sales, he will reap a golden harvest on his stock and implements.

## What Britain Thinks Of Canadian Bacon

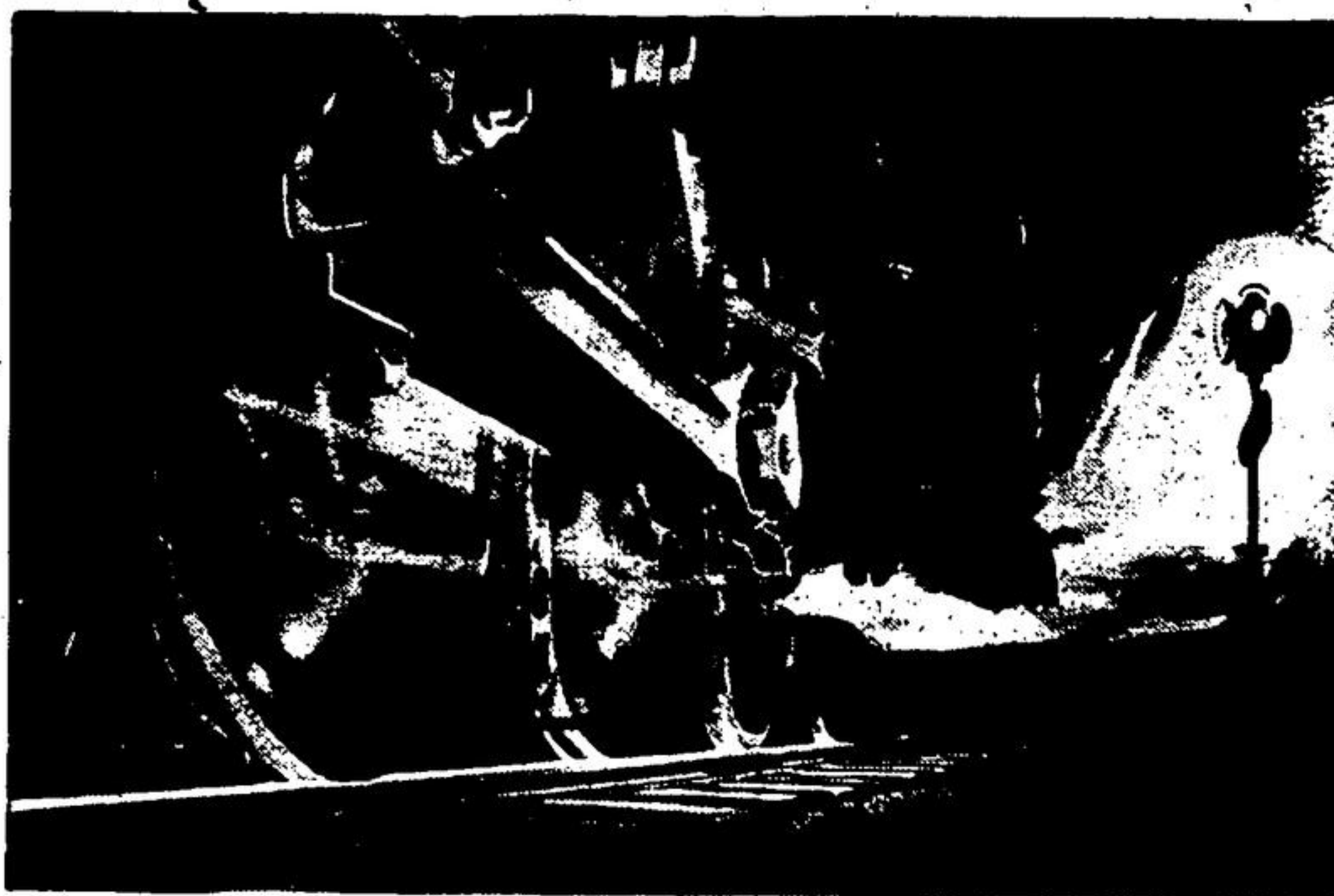
One of the Dominion Department of Agriculture staff now with Canada's active forces overseas dropped into a British grocery store the other day. Through the window he had seen several Wiltshire sides on display and he decided that this was the place to find out what a typical small grocer thought about Canadian bacon. As soon as the grocer learned that the soldier had formerly been in hog production, he went out of his way to show him around the shop, saying, "Your Canadian bacon is in higher favor with our customers than ever before."

The grocer and his helper—an attractive girl—showed the visiting Canadian how they cut the sides up into retail cuts. First, they removed the ribs—one at a time—then the shoulder and ham bones and short shanks. They worked quickly but with such care that hardly a particle of bacon was sacrificed. No wonder British retailers take great care in boning a Wiltshire side. All the bacon they are allotted each week is four ounces for each customer plus ten per cent. for bones. The Canadian soldier observed that the entire Wiltshire side was handled as if it were gold. And British consumers relish it, eagerly buying their four-ounce ration every week.

In this four-ounce ration every thing is included—cuttings, trimmings, and what is important, every ounce of fat. No matter how badly the man wants good lean bacon for her household, the British housewife has to take her share of this fat. To encourage the production of lean bacon, the British Ministry of Food pays a premium for the most desirable grades of Wiltshire sides. These can be obtained only from hogs whose carcasses grade A. Grade A carcasses are permitted only specified amounts of fat, length, and other kinds of conformation, and they must be within the weight range of 140 to 170 pounds. Canadian farmers know that their reward in marketing hogs at the required weights is not only in the premiums but in the satisfaction of supplying the British people with bacon in its most economical form.

### PASTOR IN HIGHSPOTS

SHEFFIELD, England (CP)—Rev. William Wallace, Methodist Superintendent of Victoria Hall, here, visits pubs, cheap dance halls and cinemas after his regular daily duties to study social problems affecting war workers.



## MAIN DRIVING WHEELS OF CANADA'S WAR EFFORT

**HURRYING** wheels, thundering wheels. Wheels that have made it possible for Canada to grow in strength.

Today those wheels—the driving wheels of Canada's railways—are setting the pace for the war effort. They haul raw materials to humming war industries and rush away the finished tools of battle. They move food and fuel for the home front and the fighting front. They speed civilians on essential business, hasten troops to camps, embarkation points and on leave.

It's Canada's big war job. A job that only railway wheels can do. A job in which an army of 150,000

railway workers, men and women, is in the fight for Canada... shop crews and train crews, yard workers, section hands, telegraphers, signal men and office workers, a multitude of men and women in a multitude of jobs. They are making the giant wheels turn faster and faster.

From coast to coast in Canada, we—your railways—are rolling in the service of freedom, and our lines to and in the United States have linked the war efforts of two great sister nations.

The railway wheels are driving, in war as in peace, for Canada.

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Here in this compact, five-pound package—2 lbs. Extra—you get those fine tasty Robin Hood Oats with the distinctive Pan-Dried flavour. For Robin Hood captures and holds the rich natural flavour of choice-quality Western Canadian Oats and heightens that flavour to unexcelled peaks of tasty goodness by their own Pan-Drying process.

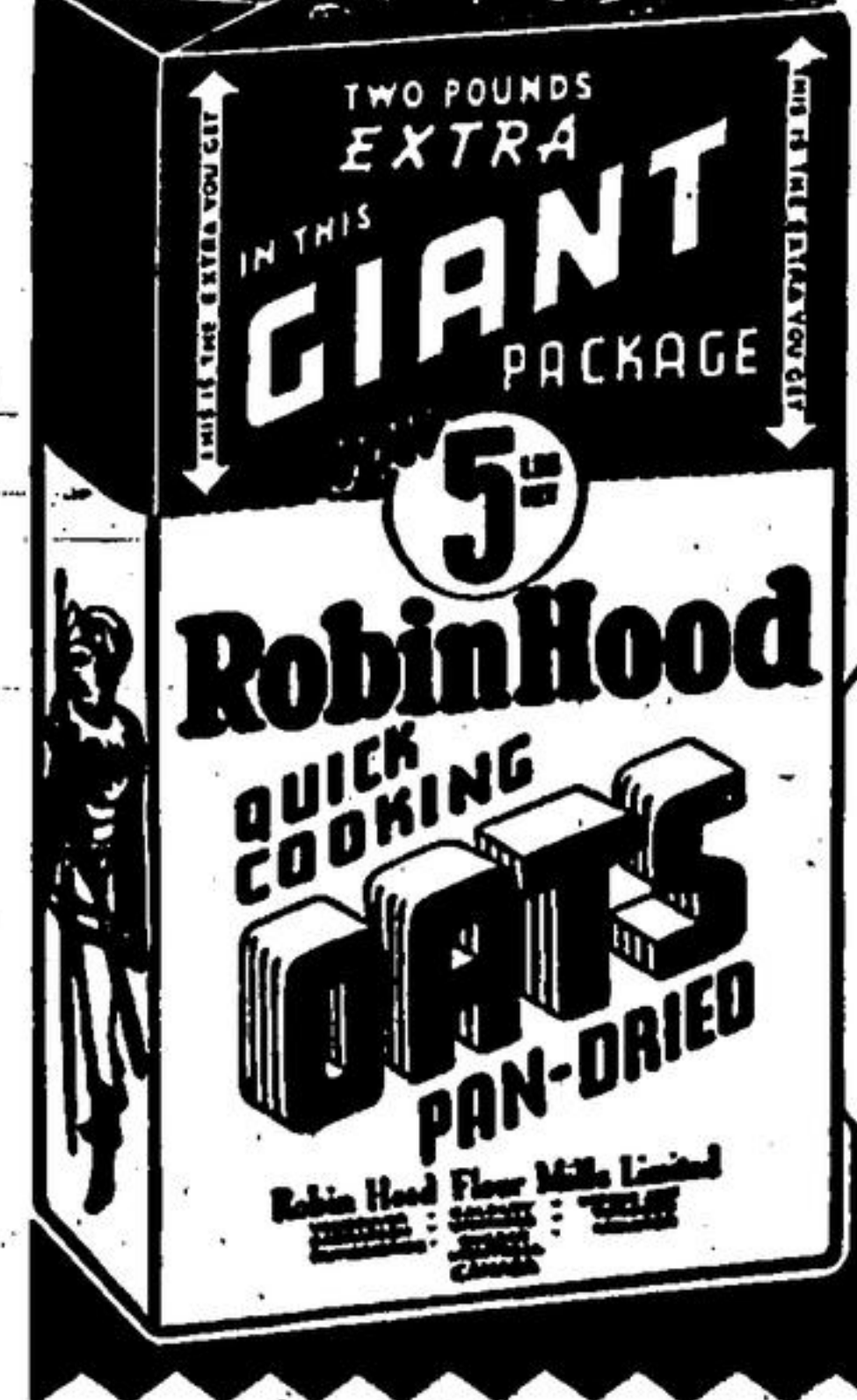
Give your family a brand new breakfast sensation tomorrow morning. Serve steaming bowls of famous, delicious Robin Hood Oats and watch the family come into breakfast "on the double". Robin Hood Oats contain 72 International units of Vitamin B-1 in every ounce and contain useful amounts of Proteins and Minerals too.

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