

Of Interest to Women



THE MIXING BOWL

By ANNIE ALLAN
Editor Home Economics

EASTER—AS IN YOUR HATBOX
LOOK AT IT AS IF YOUR HEART
 Hello Home-makers! There's nothing can gladden a mother's heart more than having the children home for a few days—whether on holidays or on military leave. It means added strain on the ration book and careful planning of your shopping so that only necessary trips are made to the store if you are using the car.

What to serve for the Easter week-end need not puzzle us if we choose dishes that intrigue the appetite and delight the eye. Here's an inviting Nut-thrift menu. Breakfast: Farina porridge with raisins in it, eggs in shells, toast with jelly, coffee. Dinner: Baked stuffed ham, baked potatoes, browned parsnips, cream peach pie. Lunch or Supper: Clear vegetable soup, devilled eggs, grated carrot and cabbage salad, Easter cake, Bunny's fruit cup, hot chocolate.

RECIPES

Baked Stuffed Ham
 1 beef ham (about 6 lbs.), 1 cup brown cereal, 1 tsp. salt, 1/2 tsp. pepper, 1 tsp. sage, 2 lbs. shortening, 4 lbs. onion, 1 egg, milk.

Wash and trim ham. Remove veins and arteries. Soak in cold salted water for 1/2 hour. Drain. Make stuffing of cereal, salt, pepper and sage, onion and fat. Beat egg in cup and fill up with milk. Combine all together. Sew up to secure. Coat well with seasoned flour and brown thoroughly. Pour tomato juice or hot water to at least 1/2 inch depth. Use a tightly fitting lid and simmer 3 to 4 hours on electric element turned to "Low" or "Simmer."

Banana Cakes

1/2 cup baking fat, 1/2 cup sugar, 1/2 cup light corn syrup, 1 egg, 1 egg yolk, 2 cups cake flour, 3 tsp. baking powder, 1/2 tsp. salt, 1/2 cup milk, 1 tsp. vanilla, strawberry jam, jelly beans.

Cream the fat, add the sugar gradually and cream thoroughly. Stir in the corn syrup, gradually. Add the egg, then egg yolk, beating well after each addition. Mix and sift the flour, baking powder and salt and add to first mixture alternately with the milk. Add vanilla and pour into 2 greased and floured 8-inch layer cake pans. Bake in electric oven (350 degrees) 20 to 25 minutes. Spread jam between the layers and cover top and sides with Double Boiler Frosting. Decorate with jelly beans. Make Double Boiler Frosting as follows:

1/2 cup light corn syrup, 1/2 cup sugar, 2 lbs. water, few grains salt, 1/2 tsp. vanilla, one egg white.

Combine egg white, corn syrup, sugar, water and salt and beat with a rotary beater until well mixed. Place over rapidly boiling water and cook, beating constantly, for 5 to 7 minutes or until the frosting will stand in peaks. Remove from heat, add vanilla and beat until thick enough to spread. If desired, tint with yellow coloring.

Banana Fruit Cup

1 pint jar of pears, 2 lbs. gelatine, 1/2 cup cold water, cinnamon buds, yellow coloring.

Soak gelatine in cold water. Heat 1 1/2 cups of pear juice and tint with yellow coloring. Stir in the softened gelatine. Pour into slightly greased square cake pan and chill. Before it is set, cut pears into shapes and make profile of 2 bunnies in the shimmering jelly. Mark eyes with cinnamon buds which give an intriguing flavor. Place in electric refrigerator until firm.

TAKE A TIP:

1. A good dry cleaning will kill moths and their eggs.
2. Use suit boxes for storage. Put clean woollens in the seal with a piece of cloth dipped in egg white.
3. Moth-proof flakes scattered in the folds of garments in closets and trunks will kill moths and prevent eggs from hatching.
4. Sprinkling powdered alum or salt in the crevices of upholstering is also helpful in exterminating moths.
5. Leave no old woollen rags or bits of fur about the house—they attract moths; even polishing cloths might be kept in a tin can with cover on.

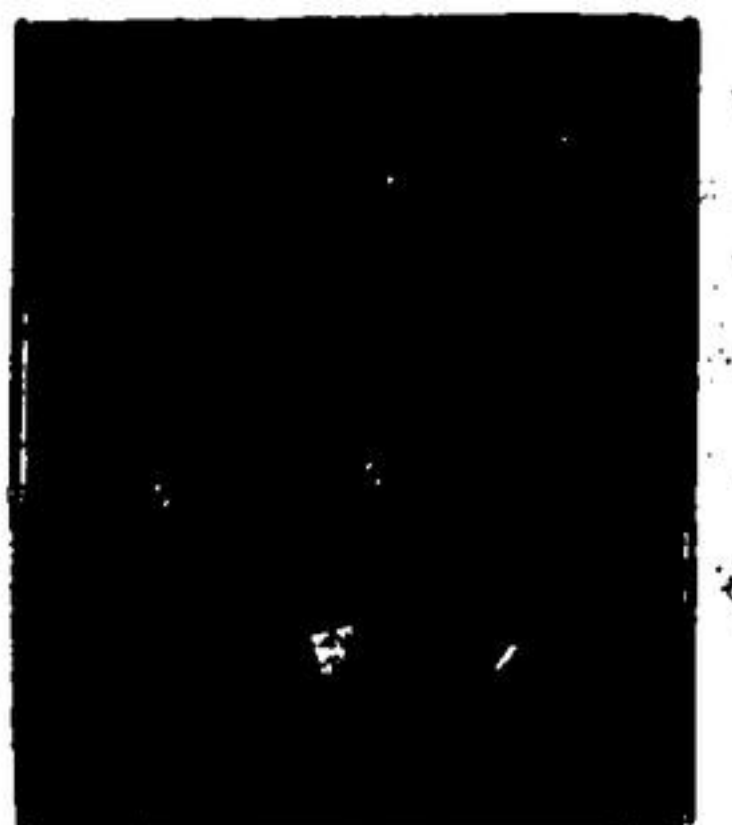
THE QUESTION BOX

Mrs. G. C. asks: "What can I do to prevent silver on back of mirror from peeling?"

Answer: Mirrors should never be placed in the direct rays of the sun. When washing, do not let water run down back.

Mrs. D. B. asks: "How can I clean stained zinc wash tub?"

Answer: Zinc can be cleaned by rubbing with kerosene and then polishing with newspapers. The kerosene and printers' ink on newspapers is a combination that will remove the stains. Scrub out with soapy water and rinse.



CONSULE SPECIALIST

Fair-haired, blue-eyed Richard Fry is a Maritimer who knows how to make people listen. His organ melodies from Halifax, heard daily from Monday to Saturday, at 8:15 p.m. E.D.T., 9:15 a.m. A.D.T., are a popular fixture for CBC listeners. Mr. Fry's greatest interest is in his work, and that probably accounts for his being chosen Network organist for the occasion of the Royal Tour.

Grow Sunflowers In Drier Areas For Needed Oils

Rapeseed, Too, a Fruitful Source of Required Products for War and Peace in Canada's Farm Program

By JAMES McDOOK
Canadian Press Staff Writer

OTTAWA, (CP)—Western Canada stands at the gate of a new era of farm production with wheat supplanted by other crops even in areas liable to drought where it has been the prairie farmer's standby since agricultural development began.

Crop authorities said that the swing to coarse grains and livestock in sections which in the past concentrated on wheat has been encouraged by war conditions. If wheat markets open up after the war, the prairies may well continue to be the bread basket of the world and the emphasis on cattle, hogs, oats, barley and rye may be reduced. But, they said, even if the war ended immediately, the vast program for production of oil-bearing crops probably would be continued and expanded.

In 1942, vegetable oil was provided in quantity by western farmers who produced a huge crop of flaxseed. In 1943 there will probably be more flaxseed—and more sunflowers and rapeseed, both fruitful sources of oil.

One Experience

The future economic of sunflower production to the west was indicated to the House of Commons by J. Gordon Ross (Lib. Moose Jaw) who planted some 300 acres on his southern Saskatchewan farm.

"Vegetable oils were badly needed, and sunflower seed had a large oil content," said Mr. Ross, in a subsequent interview. "It was a bit of a gamble but now I am convinced that sunflowers can be grown in quantity. Last year gave unusual supplies of moisture on my farm and part of the crop was drowned out. Still, I was able to sell seed to other farmers in many parts of Canada."

"I harvested part of the crop when the sunflowers were sticking through the snow, which would have been impossible with wheat."

"On the other hand, I believe sunflowers resist drought better than wheat, or any other crop in western Canada."

Substantial acreage of sunflowers were planted on Dominion expert farms in 1942, but apart from small quantities crushed for testing purposes, all the production was set aside for seed. With good production in 1943, a commercial crushing program will be possible, in addition to stores of seed for future crops.

The whole seed of sunflowers—for which the Dominion government is guaranteeing a price of five cents a pound, hulls included—has an oil content of about 24 to 25 per cent. The oil content of the kernel with the hull removed is about 50 to 55 per cent.

Culture Methods

Sunflower culture methods are similar to those employed for other crops in the west, and Mr. Ross said the existing grain farm equipment could be used in planting and harvesting sunflowers, with only minor adjustments.

Agriculture department officials said sunflower oil is used in the manufacture of margarine, lard substitutes, salad dressing and other purposes. It competes with corn, cotton seed, soybean and peanut oils.

Sunflower seed supplies this year are estimated to be sufficient to seed between 70,000 and 80,000 acres. Rapeseed, another important source of vegetable oil, also will be grown in enlarged quantity this year, but it is expected that practically all the production will be required to build up seed stocks for future development.

Chronicles of... Ginger Farm

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

This is the middle of April and there is a very serious matter for us to think about—something mighty important to you and me. Maybe you have already guessed what I am driving at. Yes, I mean Canada's Fourth Victory Loan.

Sometimes in the near future a ransacker, will call at your home asking you to buy a Victory Bond and it will save his time and yours if you know beforehand what your answer will be. I am thinking now more particularly of farm homes, because I understand farm problems better than those of any other class. I know, for instance, why in some cases farmers cannot be persuaded to buy victory bonds. The reason is fear! Yes, fear and nothing more. Fear of spending money they may need later on.

Farmers, as a whole, although far from making a fortune, are undoubtedly doing better now than they were before the war. According to reliable authorities, they are getting their debts squared away and judging from the high prices being paid at auction sales, they also have a little spare cash as well as buying necessary machinery. Some may even have a little balance at the bank. Then why talk about fear, you ask? Because the farmer is afraid to buy bonds if it means using up his bank balance. The farmer has become accustomed to dealing with the bank. He knows that as long as he has a couple of hundred dollars to his credit he can draw on it for whatever money he needs up to that amount. It gives him a sense of security, and his past book is tangible evidence of that security. But of course that \$200 might just as well be invested in a Victory Bond if the owner could but overcome his sense of fear. Too often he feels that he dare not let that money go. He might want it pretty badly any time. He might lose a cow and have to buy another to keep up his milk quota. He might have expensive repairs to make on his tractor. Or, worst of all, he or some member of his family, might be taken ill, suddenly and unexpectedly, and the money be needed for an emergency operation. Yes, if you have only a couple of hundred dollars between you and the outside world there might be a hundred and one reasons why you think you should keep it.

But you can keep it! You can keep it and buy a Victory Bond too, because if you buy a bond the money is still in your possession just as surely as if it were still credited to your bank account. If Dobbie should die or Bessie blot you can take your Victory Bond to the Bank and ask them to cash it for you just as you would a cheque. The banker hands over your cash and accepts your bond in exchange. It is just as simple as that. That is, providing you have the "long term" issue. Business men whose turnover runs into thousands are used to doing business that way but the average hundred-acre farmer, who is more familiar with bank loans than government bonds, is sometimes mighty hard to convince that, however small his capital, it is still good business to put that little into a Victory Bond. So, if you have no more than \$60 at your disposal when the Victory Bond salesman comes along won't you please say to him—"Well, \$60 is all I've got but you can write me out a bond for \$50 if it's going to help the boys along."

So much for bonds from a business angle. And now from a moral standpoint. If you have a boy in the Service it stands to reason you will be only too willing to invest your last dollar to further the cause for which he fights. If, on the other hand, your family circle is still complete, surely in common decency, you will feel a moral obligation to do everything possible to buy Victory Bonds to equalize, as far as possible, the sacrifice of those who give in toll and sweat with those who pay in blood and tears.

There is nothing I should like better than to sell Victory Bonds to all of you who read this column. But that I cannot do. My job is on the farm. But I hope these few words of mine may help you to a decision before the salesman for your district comes along. And if your decision is to put every dollar you can spare into bonds then it will be the best commission I ever had. And don't forget, ladies, this isn't for men only. You can talk Victory Bonds at your Ladies' Aid and the Women's Institute. Get together and back your men to Back the Attack.

As a cure for pimples, ancient Romans used barley-flour and butter.

Women Have Say In Homes Built—For To-Morrow

Men Care Less for Individuality Says Women Architect but They've Done Well With Kitchens

By ADELAIDE KIRK
Associated Press Writer

NEW YORK, (CP)—Listen to what a woman architect has to say about the house of to-morrow.

"Up to now men have laid out most of the plans. And they have produced both 'wonderful' ideas and some which are not so wonderful, in the opinion of Olive Tjaden, one of the comparatively few practicing women architects."

"The idea that the whole world will want prefabricated houses after the war is silly," she said, when I asked her opinion. "There will be a head of parade who will think the prefabricated house is a good idea, but many won't. Men probably will like prefabricated houses better than women, for as a sex they care less for individuality."

"But women will have everything to say about the house of tomorrow. It's the woman who buys the house from the aesthetic point of view. Lots of people will want more than a shelter, which is adequate in times of stress. They will want an individual home, which they have had the joy of building themselves."

Miss Tjaden has nothing but applause, however, for the job which men have done in streamlining that once exclusively feminine domain, the kitchen. She thinks the men did very well when they designed kitchen stoves with built-in cooking units and other streamlined features for the kitchen. She also is interested in the increased use of glass walls and wide window pane areas to admit the light and heat of the sun, though she thinks the average woman will object to "living in a gold fish bowl."

While she calls herself a "modernist," Miss Tjaden does not foresee modern houses and furniture sweeping the world like wildfire after the war. Miss Tjaden (forget the 'T' and pronounce it "Tjaden") is a native of Brooklyn and a graduate of the College of Arts of Cornell University.

British Children Go "Back to Land"

Evacuation and Other Wartime Emergencies Pave Way for Big Changes in Education

By JOHN COLBURN
Associated Press Writer

LONDON, (CP)—Britain's educational system, geared at the moment to training youth for war, faces in the post-war era an historical revolution.

War has cut England's university enrolment a third. It may drop lower. In private and state secondary schools, troops parade in uniforms as they prepare for military service.

But those wartime effects on Britain's 25,000 schools of various types are insignificant in the light of the drastic revisions being drafted to affect centuries-old customs in preparing youth for vocational, commercial and public life. The outlook is this: Broader educational opportunities for all youngsters, regardless of class or parents' income; raising the school age.

Soon after war's outbreak, approximately 1,000,000 of the 5,500,000 primary and secondary (high school) pupils were evacuated from dangerous zones like London and channel coast cities to midland schools.

That was a new education in itself for thousands of the youngsters, who learned to work in the soil with their hands. Many youths plan to stay on English farms after the war—reversing the rush to the cities which depleted the agricultural population in the 20's.

Agriculture is one of the major wartime curriculum changes in state secondary schools. Boys and girls are being taught how Britain must and can raise her own food for use now as well as after the war.

Radio, navigation, engineering and the sciences are other subjects receiving most classroom attention now. Boys and girls have an opportunity to enlist in the air training corps, junior air training corps and the army cadet corps.

While no effort is made to discourage such enlistments, educators stress to students the necessity for completing as much education as possible so that they may help in post-war administration. In peacetime, only about 50,000 attend England's 21 universities. Now the enrollment is down to about 33,500.

Biggest obstacle to secondary school education in England has been the "fee system." Legislation to revolutionize the education system will, informed sources say, abolish fees altogether or make some provision for late teen-age children of families with limited means to attend school and colleges of higher grades.

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