

Of Interest to Women



THE MIXING BOWL

By ANNE ALLEN
Special Home Recipes
WHEAT GERM AND YOUR CEREALS

Hello Homemakers! Do you use wheat germ in your home? Two few people seem to know about it. Wheat germ is taken out of the wheat at all milling companies where wheat flour is made. It's a valuable cereal food and fortunately it's cheap. Don't expect it to be a "miraculous" since no one food is—but it does promote tissue building, stimulate the appetite and maintain digestive tone. The amount necessary is one tablespoon daily served on top of your cereal just as it comes from the package. It's an easy way to make sure of your Vitamin B1.

Wheat germ is excellent in Vitamin B1 value—one of the vitamins Canadian diets are most often deficient in. 100 grams (about 1/2 cup) contains 700 international units of B1, our daily requirement. As a source of riboflavin, it is high in potency and it also contains Vitamin E and Nicotinic Acid. Scientists tell us that the body absorbs twice as much iron and phosphorus from wheat germ as from an equal amount of white bread!

It is a good idea to buy your wheat germ in small quantities as it is not easily stored for long periods. If you seal it tightly in a glass jar, it will keep for at least a month. Be sure to store in a cool, dry place—the electric refrigerator is just the spot.

And now, with cereals in mind, we present a few new recipes.

RECIPIES

Wheat Germ Cereal
1/2 cup whole wheat cereal, 1/2 cup buttermilk, 1/4 cup flour, 1/2 tsp. soda, 1 tsp. baking powder, 1/2 tsp. salt, 1/2 cup boiling fat.

Soak bran in buttermilk. Sift flour, soda, baking powder and salt together. Cut in baking fat. Add soaked bran. Stir until dough falls back around bowl. Roll out on a lightly floured board to 1/4 inch thickness. Cut with floured knife or cutter. Bake on greased pan in electric oven at 350 degrees for 12 minutes.

Ginger Muffins
2 cups flour, sifted; 2 tsp. baking powder, 1/2 tsp. ginger, 1/2 tsp. cinnamon, 1/2 tsp. salt, 1/2 cup molasses, 1 egg, beaten, 1/2 cup milk, 4 tbl. melted fat.

Add liquids to dry ingredients; stir only until flour disappears. Pour into greased muffin tin. Bake in electric oven at 325 degrees for 12 minutes.

Cholesterol Raisin Bread
1 1/2 cups flour, 1 tsp. salt, 2 tsp. baking powder, 1/2 cup sugar, 1/2 tsp. soda, 1 cup seedless raisins, 1/2 cup oatmeal, 1 tbl. butter, 1 egg, 1 cup buttermilk.
Mix and sift the flour, salt, baking

powder, sugar and soda. Add the raisins and oatmeal and mix well. Add the melted butter to the slightly beaten egg and add the buttermilk. Pour into the dry ingredients and mix quickly just enough to moisten. Pour into a greased loaf pan (about 9 x 9 inches) and bake in an electric oven at 350 degrees for 45 to 50 minutes.

TAKE A TWP. ON WHEAT GERM

1.—A tablespoon of wheat germ sprinkled over the cereal is the most excellent food in Vitamin B1 content.

2.—Heat tends to destroy Vitamin B1—do not cook wheat germ.

3.—Alkaline kills this vitamin—do not use wheat germ in muffin or soda mixtures.

THE QUESTION BOX

Mrs. D. E. E. asks: How do you make Applesauce Pie?

Answer:
3 cups thick sliced applesauce, 1/4 tbl. flour, 1 tsp. nutmeg, 2 egg yolks, beaten, 2 tbl. soft butter.

Combine ingredients and blend well. Pour into lined deep pie dish. Cris-cross top with pastry and bake in electric oven with oven door or at 350 degrees F. for 40 minutes.

Mrs. C. M. E. suggests: "Add sliced sweet cucumbers pickle to thick scrambled tomatoes and use as a tasty sandwich filling."

Anne Allen 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.

Rides Racehorses In the Workouts

Another New Occupation for Women in Kentucky but "One in a Million"

LOUISVILLE, Ky. (CP)—The boys at Churchill Downs thought they had seen everything the sport of kings has to offer—when along came Mrs. Wanda Davis, 26.

Mrs. Davis is an exercise boy... or, uh, exercise girl... or maybe we should say "exercise woman."

Well, anyhow, she rides race horses in their workouts—eight to 18 of them every morning.

Wife of a trainer and mother of a two-year-old son, Mrs. Davis keeps house for her family in a trailer. Her husband has a horse of his own here for the Kewland and Churchill Downs meetings.

The \$1 per workout she receives helps keep her husband throughout in the manner to which he has become accustomed.

Mrs. Davis' occupation wasn't born of the wartime manpower shortage at race tracks. She has been doing it for years and has ridden as a jockey in a number of meets at smaller tracks.

Trainers and clackers say she is "one in a million."

LONDON (CP)—Civilian three-fourths of them caused by carelessness, cost Britain \$50,000,000 a year, said Five Commissioner Sir Hugh Elton.

Chronicles of... Ginger Farm

Written Especially for The Acton Free Press by Gwendolene P. Clark

Hullo, there—how are you enjoying this April-spilled-over-into-May sort of weather? But is isn't like this everywhere, you know. In all the letters we have had from Vancouver during the last few weeks you have spoken of the lovely warm, sunny days out there. We are wondering now how he will like our Ontario spring when he gets here—which may be today or tomorrow, or at any rate sometime in the immediate future.

Yesterday I was looking over some of last year's records and found that we started seeding on April 21 in 1942 and finished May 5. This year May 5th won't even see us started. But then again, someone with a better memory than mine, was telling me that the year the "Quints" were born the ground was frozen solid at this time. However, come early spring or late, there is nothing we can do about it, other than determining not to let the depressing weather get us down. We can, if we will, so arrange our work that we have jobs for wet days, and jobs for fine days, so that our plan of work may not be too badly disrupted whether we arise to blue skies or grey. And we might remember it could be worse. In Germany, for instance, they have had their worst weathering in forty years. "You had a huge crater would's open up and swallow a few million Nazis. It would save such a lot of ammunition."

And what else happened last week? Oh yes—the Liberal Convention. No doubt a great many people—including some farmers—will be able to rest easy now that the Convention is over. And speaking of farmers—as a rule I am pulling for them one hundred per cent—but sometimes they are too inconsistent for words. And then I see red! For instance, at the convention according to press reports—one farmer was calling attention to the serious farm labor shortage and said that he didn't know what he was going to do, as he couldn't get any help at all. Now I ask you, if that particular farmer was so short of help, how was he able to take time to attend a lengthy convention? Who was running the farm while he was away? It doesn't make sense. Or does it? Could it be that this farmer—and possibly many others—are more interested in politics than farming?

So the coal miners' strike in the United States has been called off. Thank Heaven for that! Yet it is a terrible thing that one man—John L. Lewis—should have so much power—and so misuse it—that he can endanger our whole war program. However, the President called his bluff—and the President won out. Coal is so important—so absolutely vital to our war industries, that a strike now could quite possibly delay an Allied Victory for some time to come. But the strike did not militarize. Added to that we have the optimistic opinion of General Giraud who said he was looking for defeat of the Axis powers in 1944—and other allied officials agreed with him.

Victory in 1944! Don't the words sound like music in your ears? I can tell you they do in mine. Perhaps you may say—"If only those words could come true. If only there were some way in which I could help to make them come true. But what can I do? I'm just a... etc., etc." (Fill in the blank to suit yourself).

Well, you know, there is something you can do—something that will help a lot. You can say to your Victory Loan salesman when he comes along—"Well, I haven't got much money to spare but if the little I have will help speed the day of Victory then the government can have it all." Or it may be that you have a nice little balance at the bank—and you want to keep it there. In conversation you agree a coal strike would be a terrible thing but has it ever struck you, that the miner who strikes and the person who deliberately refuses to buy bonds, are both in the same class? They are both indirectly responsible for denying the tools of war to the men who fight. The strike is over. Idle men are back to work. If you have idle money, it too, can be put to work. Work to Back the Attack of the men who fight. We mustn't forget there is an "I" in victory—take it out, and the rest of the letters haven't meaning. "V-T-C-T-O-R-Y."

I Saw A Parade

I have just seen a parade. Lines and lines of young men marching. Most of them looked grimly ahead; they were not out on a gay adventure, they had no illusions that there was an easy time before them; but they had offered themselves to do a job that must be done and they would see it through.

They were not professional soldiers, these marching men. They were your boys, and your neighbors. They had come from offices and shops and schools and farms; war had had no part in their plans for their future. In the work they were doing many had seen the promise of homes of their own and happiness. Some had laid their tools away with the best feeling that comes of being separated from the work we love. Some were so young that their very training to live had been interrupted—as "returned men" they would have "vocational." Those I knew best had left the land and a country life that they loved, and their dearest hope was that they might some day come back to it.

When I saw a parade like this I ask, as thousands of other men and women are asking, "Why must the burden of war fall so wholly upon youth? When the future of all of us is at stake, why must there be such inequality of sacrifice to save it?"

hear fathers say, "Why can't I go in my boy's place? He hasn't had a chance to live yet." And they add with determination, "I could do as much in a war as any young fellow."

But they couldn't not in this war, where nothing less than the speed and endurance and daring of youth is demanded nothing less than everything youth has to give.

At the best we can do, to the end of the war there will be inequality of sacrifice; there seems to be no other way. But when we are asked to buy Government Bonds to support our men—to get the equipment they need to keep our national life solid so that there will be employment and a future for those who, they come back, we will surely welcome this as one opportunity to do at least something to help.

I might repeat what we have learned from practical economists and what we have found out for ourselves from experience, that Victory Bonds are the safest of safe investments for ourselves. But I can't think much about that at the moment. I have just seen a parade.

MORE TEA COMING UP!

ENTREPRENEUR, East Africa, (CP)—This British protectorate of Uganda will this year increase its tea production figure by 200,000 pounds and its sugar by 25,000 tons, in the wartime drive to produce more food.

Buy Victory Bonds "SALADA" TEA



Sure... we'll back him up!

...to our last Fighting Dollar!

HOW TO BUY

Give your order to the Victory Loan salesman who calls on you. Or place it in the hands of any branch of any bank, or give it to any trust company. Or send it to your local Victory Loan Headquarters. Or you can authorize your employer to start a regular payroll savings plan for you. Bonds may be bought in denominations of \$50, \$100, \$500, \$1,000 and larger. Salesman, bank, trust company or your local Victory Loan Headquarters will be glad to give you every assistance in making out your order form.

MEN like this... YOUR son, perhaps... your nephew, brother, husband, sweetheart, neighbor... await the word: "ATTACK!"

Canada's army, trained and eager, is poised for the knockout blow. No time to think of what we're doing back home! Mind and nerve and sinew keyed to the one great purpose... if need be, the supreme sacrifice.

In every heart a glow of love for dear ones far away... a flash of tender memories... a thrill of pride.

Yet perhaps a lurking question: "Will those at home back us to the limit? Will DOLLARS be in this fight too... in full measure? Can we count on everything we must have to win?"

How shall we answer them?

This is offensive year. One billion, one hundred million dollars are needed.

Let's put our savings unreservedly into Victory Bonds. Let's pledge our future earnings to buy MORE on the installment plan. Let's back our boys up... to the last fighting dollar!



"Screwball"—Malta's Ace Pilot



Pilot Officer George F. Buerling—"Screwball"—to his friends—D.S.O., D.F.C., D.F.M. and Bar, Ace Fighter pilot of the air war over Malta, is now in hospital in Enchland recuperating from recent battle scars. Buerling is a Canadian from Verdun, Quebec. Picture shows Pilot Officer Buerling in hospital in England.

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