

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
 Home Economics
 INFORMATION ABOUT THE
 GREAT WAR

Hello, Homemakers! A new adventure in meal planning is on its way—meal rationing. Let's prepare for it. Rationing, shortages and changes in foods call for a knowledge of food combinations and cooking methods. With this knowledge, meal rationing will not present such harassing problems.

Meat rationing is necessary in order that everyone may receive an equal share after the Government has provided for those who are keeping the war from our shores. Great Britain's limited rations (26 oz.) will continue and our own armed forces have been rationed. Nutritionists have proved that two pounds of meat per person per week are adequate. This is based on the official food plan which emphasizes the quantities of other protein foods eaten, such as milk, cheese, soy beans and other dried vegetables, along with the daily serving of meat, or fish, or poultry, or meat substitutes.

The Wartime Prices and Trade Board issues the following information on meat rationing:

1. The brown Spare A Coupons to Ration Book 2 will allow 2 lb. per person per week.

2. Children will have the same ration as grown-ups.

3. There will be control of meat in private lockers and there will be meatless days in restaurants.

4. Poultry and fish will not be rationed. Neither will such meats as kidney, liver, heart, tongue, brains and cuts like spare ribs and ox tail, which are more than half bone.

5. Unrationed meats will remain under the price ceiling.

6. Farmers will still be allowed to slaughter for their own household use and beef rings will be allowed.

7. Meat supplies will follow the regular channels from producer and processor through wholesaler and retailer to customer. But there will be more work for the meat trade as coupons and other details require time. Consideration from both retailer and customer will be a great help.

Further information will be released as other details are determined. We are willing to help you in any way and will be glad to discuss any problem by letter. A limited supply of meat charts is available upon request by letter.

RECIPES

Hamburg Casserole

1 lb. chopped beef, 2 tbs. fat, 4 medium sized potatoes, 1 cup canned condensed tomato soup, 1 onion, salt and pepper.

Brown chopped beef in frying pan with fat. Cut potatoes in 1/2 inch cubes and arrange them evenly in the bottom of a loaf pan. Spread half the meat on top of the potatoes. Add 1/2 cup tomato soup and the onion, thinly sliced. Season with salt and pepper. Add rest of meat and pour on the other 1/2 cup of tomato soup. Season with salt and pepper. Bake in a moderate electric oven, of 350 degrees for 1 hour. Yield: 6 servings.

Lamb or Mutton Stew (Irish Style)

2 lbs. stewing lamb or mutton, boiling water, 4 whole carrots, 1 cup turnip cubes, 4 onions peeled and quartered, 4 raw potatoes cut in 1/2 inch slices, 1/2 cup flour, 1/2 cup water, salt and pepper.

Sear meat in a large kettle until well browned. Cover with boiling water and cook slowly for 2 hours or until tender. After cooking 1 hour, add carrots, turnips and onions. Half an hour before serving, add potatoes. Thicken stock with flour mixed with water. Season with salt and pepper. Yield: 6 servings.

Baked Spare ribs with Dressing (not rationed)

2 pieces spare ribs, 1 cup bread crumbs, 1 cup chopped apples, 1 tbs. chopped onion, 1/2 tsp. salt, 2 tbs. flour, 1/2 tsp. salt, few grains pepper. Wipe spare ribs with a damp cloth. Make a dressing by combining the bread crumbs with apples, onion and 1/2 tsp. salt. Spread one piece of spare ribs with dressing. Cover with the other piece of meat. Tie the two pieces together. Rub the outside of the meat with the flour, 1/2 tsp. salt and a little pepper. Place on rack in roasting pan. Bake in hot oven of 475 degrees for 20 minutes. Reduce heat and bake in moderate oven of 325 degrees for 1 hour. Baste meat every 10 minutes with fat in pan. Yield: 6 servings.

TAKE A TIP

1. Follow the Mixing Bowl column to become better acquainted with the less familiar cuts of meat and their uses.

2. Store meat carefully. Remove wrappings which may cause unpleasant flavor or absorb juices. Place in

RECOGNITION



Jvonne Rivet, secretary of the Supervisor of Press and Information Service for the French Network, since the inception of national radio in Canada, has recently been promoted to the post of assistant to the supervisor, Leopold Houle. Miss Rivet is a native of St. Thomas, Ontario, received her education in Three Rivers and Montreal, took her arts course in the latter city. She is a gifted bilingual, versatile, popular with a wide circle of English and French-speaking associates, served brilliantly in the Dominion postal department before entering the radio field.

NEEDS

These packages enclose a little world as yet unborn. Within them lie rich and lovely shapes, and fragrance still unfurled. Availing sunlight here, are reds and Of larkspur, raising slender, wind-blown towers. And here, calendulas secrete their gold. In little fists all tightly closed. New flowers I have not seen await the day when cold will vanish. Here, are yellow pearls of corn, within whose substance future strength is soiled. From these, huge, red tomatoes will be born. And here are peas and beans for some wide field. How many, looking on these seeds, would guess They hide a partnership in loveliness? LOIS KINGSLEY PELTON.

Twenty Years Ago

From The Issue of The Free Press of Thursday, May 17th, 1923

Mr. S. H. Perry has sold his double house on Elgin Street, to Mr. R. H. Wansborough.

Mr. and Mrs. W. J. Reid entertained Knox Church choir and their friends at a social evening in their home on Tuesday evening.

Those from Acton who attended the Lieutenant-Governor's luncheon were Messrs. R. J. Kerr, Dr. T. D. J. Farmer, A. O. T. Beardmore, G. Wesley Murray, Peter Smith and H. P. Moore.

Mr. F. Blow has purchased the brick house owned by Mr. H. S. Wilson, Bower Avenue.

Mr. Jack Chapman returned to his home town last week, after residing for several years in England. His wife and two children are coming to join him in the near future.

Mr. Neil McDonald, Superintendent of the Manufacturing Department of Messrs. Beardmore & Co.'s sole cold waterery has tendered his resignation and he and his family will shortly remove from Acton.

BORN

CHARTERS—On Wednesday, May 9, 1923, at Private Patients' Pavilion, Toronto General Hospital, to Mr. and Mrs. C. V. Charters, Brampton, a son.

DIED

BROWN—At her home, lot 27, third line, Esquesing, on Tuesday, May 15th, 1923, Mary Nicklin, widow of the late Alexander H. Brown, aged 72 years.

covered dish in coolest part of refrigerator, but not where it will freeze.

3. Before cooking, wipe meat with a clean cloth wrung out of cold water. Do not allow it to stand in a pan of cold water as juices will be drawn out and foreign matter washed in.

4. To coagulate quickly the juices on outer surface, and also to prevent inner juices from escaping, put less tender cuts of meat in boiling water, leave electric element on High for 3 to 5 minutes, then turn to Low or Simmer. This method keeps most flavor in the meat.

5. When cooking stews, put less tender cuts of meat in cold water, bring quickly to the boil, then turn electric element to Low. Some good news will be in the stock but a large portion left in the meat.

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.

Six Years' War Hard Trial To China's Women

Living No Longer Cheap in Asia's Sprawling Republic and Many Traditions Have Gone With Conflict

CHUNGKING, (CP)—The war has affected the Chinese housewife physically, financially and emotionally by making her more self-sufficient, independent and resourceful. Physically she has suffered through the general stress of wartime living, through the lower standard of food demanded to make ends meet. These factors have affected her emotionally, too.

Financially she has also been hit badly. Before the war a few dollars went a long way. To-day many dollars, even if she has them go a much shorter distance.

In Chungking the housewife has a saying, "It is easy to get married, it is simple to get a job, it is difficult to get a house."

But as she has shown herself under Japanese fire, she is not the type of woman who spends her time lamenting her plight. She bears her trials with fortitude and with a conviction that when the war is over things will be better. And she believes the hour of Japanese defeat is not far distant.

Traditions Broken

Many housewives have tried to cope with their financial problems by cutting down on their food bills, by walking instead of taking a rickshaw, by washing their own clothes, by patching a torn dress instead of buying a new one and by a hundred other economies.

Daintiness is too expensive to be seriously considered any more. Replacements of the peacetime wardrobe are often impossible.

In the past, the Chinese housewife was happy to keep house and like a good Chinese woman bear children to worship at the graves of their ancestors. To-day she has to figure out whether her pocketbook can stand the cost of an additional child.

In most cases the answer is no. Birth control practices, however, are limited mostly to "modern" women of the treaty ports.

Stress of Living

The war has toughened the Chinese housewife as it has toughened other sections of Chinese society. She may suffer from the stress of living in wartime but she is generally cheerful and uncomplaining, ready to do her bit in the general effort.

Before the war the average Chinese housewife was accustomed to having at least a small courtyard in her home, sometimes even a garden. Her home had running water and in the treaty ports modern plumbing was common. She would take a street car, bus or rickshaw if she had to travel, and on occasion could afford a taxi. She saw American movies, clothes were cheap, life was comparatively easy. To-day the picture is different.

White-Collar Class

Within a hundred yards of the press hostel in Chungking is a colony of straw-thatched, one-storey structure houses the families of white-collar men, most of them college educated, some American trained. Here the housewife has few of the conveniences she had before the war.

A cup of coffee at a restaurant is a luxury which she must consider twice if she considers it at all. If she has children, the housewife has a headache because of the cost of dressing, feeding and educating them.

Avoid Gloating Over Air Raids

Bishop of Winchester Advises Fellow Britons Against Calumniousness

WINCHESTER, Eng., (CP)—Dr. Morvyn Inghit, Bishop of Winchester who was Bishop of Coventry at the time of the great German raids on that city, warns in the April issue of his diocesan leaflet that people of Britain should not gloat over the R. A. F. raids on German cities. "Many people," he says, "have noticed a growing tendency in some newspapers, news bulletins and speeches, to speak about our raids on Germany and their effects in a rather callous and brutal way, as though the necessity of these raids with the appalling suffering they must bring, were no longer regrettable but something over which we may rightly gloat."

"We can all do something to discourage and discountenance this tendency, if only by remembering how much we owe to our intrepid airmen without forgetting that what is horrible and lamentable in Coventry and Southampton is also horrible and lamentable in Wilhelmshaven and Cologne."

You Roll Them Better With
OGDEN'S FINE CUT
 CIGARETTE TOBACCO

Get out on the Farm

WE CAN'T FIGHT IF WE DON'T EAT!

Ontario FARMERS NEED YOUR HELP
 to Produce Food for Victory

YOUNG MEN AND WOMEN from Ontario High Schools and Collegiates are making one of the greatest contributions of all to the Allied War Effort by serving as Farm Cadets and Farmerettes. The production of food is so vital to the success of the campaign against the axis that it's an important job for everyone. By spending your holidays as a Farm Cadet or Farmerette, you'll not only make a valuable and patriotic contribution to the war effort, but you'll do your health a world of good and extend your knowledge. For full information concerning housing, supervision, rates of pay, hours of work, etc., see your principal or write Ontario Farm Service Force, Parliament Building, Toronto, NOW.

DOMINION-PROVINCIAL COMMITTEE ON FARM LABOUR
 AGRICULTURE - LABOUR - EDUCATION

NATIONAL SELECTIVE SERVICE

First Compulsory Employment Transfer Order

NOTICE TO CERTAIN EMPLOYERS AND EMPLOYEES

that men in specified lines of civilian employment, in classes already designated under National Selective Service Mobilization Regulations, must report for interview not later than May 19th, 1943, at an Employment and Selective Service Office.

A. Objectives: The Order makes available for essential employments the services of men in classes already designated under National Selective Service Mobilization Regulations, who are now employed in specified non-essential employments.

B. EMPLOYMENTS COVERED BY THIS ORDER: Men of the specified categories are covered if now employed at (1) taverns or liquor, wine and beer stores; (2) retail sale of candy, confectionery, tobacco, books, stationery, news; (3) barber shops and beauty parlours; (4) retail and wholesale florists; (5) service stations (gasoline-filling stations); (6) retail sale of motor vehicles or accessories; (7) retail sale of sporting goods or musical instruments; (8) waiter, taxi driver, elevator operator, hotel bell boy, domestic servant; (9) any occupation in or directly associated with entertainments, including but not restricted to theatres, film agencies, motion picture companies, clubs, bowling alleys, pool rooms; (10) any occupation in or directly associated with dyeing, cleaning, and pressing (not including laundry work); (11) bath guide service; shoe shining.

C. AGE AND MARITAL CLASSES OF MEN COVERED BY THIS ORDER: (a) Every man born in any year from 1917 to 1923 (inclusive) who has reached age 19; (b) every man born from 1902 to 1916 (inclusive), who, at July 15, 1940, was unmarried, or divorced or judicially separated, or a widower without child or children; (c) every man born from 1902 to 1916 (inclusive) who has become a widower since July 15, 1940, and is without child or children now living; (d) every man born from 1902 to 1916 (inclusive) who, since July 15, 1940, has been divorced or judicially separated.

D. Procedure to be Followed: All men as defined above must report to an Employment and Selective Service Office not later than May 19, 1943. Men resident outside a city or town having an Employment and Selective Service Office, too far removed to call personally, may write to the nearest office, and await further directions.

E. OBLIGATIONS OF EMPLOYERS: When directed to accept employment, men referred to in Paragraphs B and C above are required by the Regulations to follow the direction.

F. OBLIGATIONS OF EMPLOYERS: It will be illegal for an employer to retain in his employ after May 19th, 1943, any man referred to in Paragraphs B and C above, unless a special permit has been obtained from Selective Service.

G. Transportation: Provision will be made for transportation of men moved to a new place of residence.

H. Appeals: If objecting to transfer to other employment when directed, a man may enter appeal with a Court of Referees within 7 days.

I. Penalties: Penalties are provided for either employer or employees failing to comply with this Order.

J. Authority: This Order is issued by the Minister of Labour under National Selective Service Civilian Regulations (P.C. 246 of January 19th, 1943, and amending Orders in Council).

Men referred to above must present documents at the employment office, indicating compliance with Mobilization Regulations.

DEPARTMENT OF LABOUR

HUMPHREY MITCHELL,
 Minister of Labour

A. MacNAMARA, Director
 National Selective Service