Of Interest to Women



By ANNE ALLAN Mydro Home Sconamist INFORMATION ABOUT THE MEAT RATION

Hello Homemakers! A new adventure in meal planning is on its waymeat 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, meat rationing will not present such harassing prob-

order that everyone may receive an

or meat substitutes. The Wartime Prices and Trude Board issues the following information on meat rationing: 1. The brown Spare A Coupons in

Ration Book 2 will allow 2 lbs. 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 rationed. Neither will such ments as kidney, liver, heart, tongue, brains and cuts like spareribs and oxtall, which are more than half bone.

5. Unrationed ments will roundy Will vanish. Here, are yellow pauris under the price ceilings.

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

"7. Ment supplies will follow the regular channels from producer and processor through wholesaler and retaller to customer. But there will be more work for the most trade us 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 Caserole

medium sized potatoes, I cup canned home on Tuesday evening. condensed tomato soup, I onlen, salt and pepper.

Brown chopped beef in frying nan with fat. Cut pointoes in 16 Inch cubes and arrange them evenly in the bottom of a loaf pan. Spread half the ment on top of the potatoes. Add 14 cup tomate soup and the onlon. thinly sliced. Season with sait and pepper. Add rest of meat and pour on the other 14 cup of tomate soup. degrees for 1 hour. Yield: 6 servings.

Lamb or Mutton Stew (Irish Style)

2 lbs. stewing lamb or mutton, bolling water, 4 whole carrots, & cun turnip cubes, 4 onions peoled and quartered, 4 raw potatoes cut in \$2 inch slices, & cup flour, & cup water, salt and pepper.

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

Haked Spareribe with Dressing (not rationed)

2 pleces spareribs, I cup bread crumbs, 1 cup chopped apples, 1 tb. chopped onion, to tsp. salt, 2 tbs. flour. in tsp. salf, few grains pepper. a clean cloth wrung out of cold water, Wipe spareribs with a damp cloth. Do not allow it to stand in a pan of Make a dressing by combing the cold water as juices will be drawn bread crumbs with apples, onlon and out and foreign matter washed in. 14 tsp. salt.. Spread one plece of snareribs' with dressing. Cover with the other piece of ment. The the two pleces together. Rub the outside of the meat with the flour, in tsp. salt and a little pepper. Place on rack in | 3 to 5 minutes, then turn to Low or 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 portion left in the meat. to become better acquainted with the less familiar cuts of meat and their

2. Store meat carefully. Remove Send in your questions on homemak- will lend freely and gladly to speed wrappings which may cause unpleas- ing problems and watch this column the day of final victory for allied naant flavor or absorb juices. Place in for replies.

Chronicles of. .

Written Specially for

The Acton Fred Press by

GWENDOLINE P. CLARKE

Ginger Farm

rake and clippers. You see I

for it but to cut them down.

sometimes it was not necessary.

was giving one such tree a bit of

broke off at the root and fell into the

ditch. I went with it-and the ditch

by fixing up a hen-pen and when he

saw what I was doing I came in for a

After supper I was at it again and

worked until dark. The next morn-

ing everything was souking, and still

raining, so I was glad I worked out-

side when I could. With the season

so late I guess that is the only thing

to do these days -- work outside when

That is for those who want to help

outside. And who doesn't? With the

birds singing and flowers and shrubs

that little bit of early garden that

welling at twenty-nine cents aplece

on the first crispy leaves of lettuce

than cabbage at nineteen cents

were shopping for things they could-

n't get. I wanted work shirts for

Partner. Well, you could buy work

shirts-but oh doar, such shirts! It

for there wasn't enough tall to make

them shirts. I hunted around until

I found a good plece of shirting and

brought that home instead-also print

for dresses. More work! Judging

from what I saw there it a greater

shortage of essential goods than non-

essentials. But you can't always tell

-for things are not always what

grand looking chocolates in one store

window and I thought I would take

some for Partner-since sugar ration-

ing came in we sometimes get a crav-

ing for something sweet. But when

I asked for chocolates the counter-

girl said they hadn't any. "But you

have some in the window," I exclaim-

ed. "Oh, those," the girl answered

few days. Victory in Tunisia

tions all over the world? .

showing promise of new life, it is

heartening job. And then there

It's fine and Inside when It's wet

scolding--which didn't worry me a bit

shake to test its solidity when

also mything else in sight that

Jonne Rivet, secretary of the Sup- noon and by two o'clock he was in equal share after the Government has ervisor of Press and Information Ser- overalls and on the tractor. The next provided for those who are keeping vice for the French Network, since day the tractor was given a real overthe war from our shores. Great Brit- the inception of national radio in hauling and was then ready for acain's limited rations (26 oz). will Canada, has recently been promoted tion, if and when, the land should continue and our own armed forces to the post of assistant to the super- ever dry up. And we really thought have been rationed. Nutritionists visor, Leopold Houle, Miss Rivet is seeding would soon be underway as have proved that two pounds of meat it native of St. Thomas, Ontario, re- Thursday and Friday, if you rememper person per week are adequate, ceived her education in Three Elvers ber, were levely days. And then It This is based on the official food plan and Montreal, took her arts course in rained again! But that, of course is which emphasizes the quantities of the latter city. She is a gifted billing nothing to write home about—it other protein foods enten, such as guist, versatile, popular with a wide would be news now if it didn't rain. milk, cheese, soya beans and other circle of English and French-speak, My theme song as I worked in the dried vegetables, along with the daily ing associates, served brilliantly in garden those two days was "Never serving of meat, or fish, or poultry, the Dominion postul department be- mind to-morrow, it's a levely day to- washing their own clothes, by patchfore entering the radio field.

These packages enclose a little world As yet unborn. Within them lie rich And lovely shapes, and fragrance still out the little seedlings that

Awaiting sunlight here, are reds an Of larkspurs raising stender, wind-

And here, calendults pagerete their In little fists all tightly closed. New I have not seen await the day when

From these, huge, red tonintoes will was wet! Partner was working nearbe born,

And here are pens and beans for some How muny, looking on these would guess They hide a partnership in leveliness? LOIS KINGSLEY PELTON.

Twenty Years Ago

From The Issue of The Free Press of Thursday, May 17th, 1925

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

Mr. and Mrs. W. J. Rold entertained Knox Church choir and I lb. chopped beef, 2 ths. fat, 4 friends at a social evening in their these days we shall set a new value

Those from Acton who attended the that we pick from our garden. It Lieutenant-Governor's luncheon were may be a good thing that vegetables of straw-thatched, one-storey struc-Messrs. R. J. Kerr, Dr. T. D. J. Far- have been so high in price this win- ture houses the families of white-

Mr. F. Blow has purchased the pound! Thank goodness asparagus is brick house owned by Mr. H. S. Wil- just coming in-niso dandellon greens son, Bower Avenue.

Mr. Jack Chapman returned to his Season with salt and popper. Bake home town last-week, after residing in a moderate electric oven of 350 for several years in England. His to Guelph-and took it. It was some wife and two children are coming to time since I had shopped in any of sing, feeding and educating them. join him in the near future.

Mr. Nell McDonald, Superintend- a change. The shelves and fixtures Avoid Gloating ont of the Manufacturing Department of Mesars. Beardmore & Co.'s sole leather tannery has tendered his resignation and he and his family will shortly remove from Acton.

CHARTERS-On Wednesday, May 9, would be better to call them blouses 1923, at Private Patients' Pavillon. Toronto General Hospital, to Mr. and Mrs. C. V. Charters, Brampton,

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

covered dish in coolest part of refrigerator, but not where it will freeze. . 3. Before cooking, wipe meat with

4. To congulate quickly the juices on outer surface, and also to prevent inner juices from escaping, put less Camouflage-a feast for the eyes but tender cuts of meat in boiling water, not the palate! leave electric element on High for Simmer. This method keeps most flavor in the meat.

tender cuts of meat in cold water, on the lapel of their coats and women shaven and Cologne." bring quickly to the boil, then turn on their dresses. A small token electric element to Low. Some good- which seemed to say-'T have done -

Anne Allan invites you to write Eighty thousand prisoners , taken! to her, Care of THE ACTON FREE PRESS. Doesn't that make us feel that we

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-aufficient, 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.

Well, our sbn arrived home last Financially she has also been hit fuesday. He managed to get as far badly. Before the war a few dollars ns Toronto and hitch-hiked from went a long way. To-day many dolthere since he ran out of fundslars, even if she has them go a much which isn't surprising, as travelling shorter distance.

from Vancouver isn't exactly easy on In Chungking the housewife has n the pocket. But of course a little saying, "It is easy to get married, it matter like that doesn't worry a boy is simple to get a job, it is difficult

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

Muny housewives have tried to cope with their financial problems by cutting down on their food bills, by walking instead of taking a rickshaw, by ing a torn dress instead of buying a new, one and by a hundred other

I was glad of a chance to work outride as there was - and is - so much to Daintiness is too expensive to be do. And no doubt my tools looked us seriously considered any more. Re-If I really meant business-nxe, saw, placements of the peacetime ward-

robe are often impossible. trimming cherry trees and cleaning In the past, the Chinese housewife was happy to keep house and like a grown up during the last two years good Chinese woman bear children to worship at the graves of their anthought would be better out of the cestors. To-day she has to figure out way, including poplar saplings. Some whether her pocketbook can stand of the cherry trees were dead-or the cost of an additional child. nearly dead and there was nothing

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

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

White-Collar Class

Within a hundred yards of the press hostel in Chungking a colony mer, A. O. T. Beardmore, G. Wesley ter-I can think of no better incon- collar men, most of them college Murray, Poter Smith and H. P. live for planting a Victory garden educated, some American trained a Here the housewife has few of the

conveniences she had before the war. A cup of coffee at a restaurant is -so we don't need to go short on our a luxury which she must consider twice if she considers it at all. If she Saturday I had the offer of a ride has children, the housewife has a headache because of the cost of dres-

our nearby cities and I noticed quite seemed to be full of merchandise and the stores full of people but most of Over Air Raids them, including myself, apparently

Bishop of Winchester Advises Fellow Britons Against Callousness 11.3

WINCHESTER, Eng., (CP) -- Dr Mervyn Hnigh, Bishop of Winchester who was Bishop of Coventry at the time of the great German raids on that city, warns in the April lastie of his diocesan leaflet that neople of Britain should not gloat over the R. A. F. rulds on German cities.

"Many people," he says, "have nothey seem. For instance, there were tleed 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

with a grin, "they are just wood!" gloat. "We can all do something to discourage and discountenance this tendency, if only by remembering But there was one thing that . I how much we owe to our intrepid saw that wasn't camouflage. No sir. airmen without forgetting that what it was the real thing. Very small, is horrible and lamentable in Covbut it meant a lot. And that was a entry and Southampton is also hor-5. When cooking stews, put less little shield which men were wearing rible and lamentable in Wilhelm-





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 nonessential employments.

B. EMPLOYMENTS COVERED BY THIS ORDER: Men, of the specified entegories, are rovered if now employed at: (1) taverns or liquor, wine and beer stores; (2) retail sale of randy, 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 /vale of sporting goods or musical instrumente; (8) waiter, taxl driver, elevator operator, hotel bell boy, domestic servant; (9) any occupation in or directly associated with entertainment, 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); bathe; guide service; shoe shining. C. AGE AND MARITAL CLASSES OF COVERED BY THIS ORDER: (a) Every man born in any year from 1917 to 1924 (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 perconally, may write to the nearest office, and await further directions.

OBLICATIONS OF EMPLOYEES When directed to accept employment, men referred to in Paragraphs B and C above are required by the Regulations to follow

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

from Selective Service. G. Transportations grovision will be made for transportation of men moved to s new place of residence.

H. Appeals: If objecting to transfer to other employment when directed. s 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

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

LABOUR DEPARTMENT

Ниминия Миспиц, Minister of Labour

A. MACNAMARA, Director National Selective Service