

# Of Interest to Women



## THE MIXING BOWL

By ANN ALLAN  
Radio Home Cook

### THE SECRET OF "JUST-PERFECT" MERINGUES!

Hello Home-makers! Women not only want to turn out pieces of war equipment with precision but they also want to turn out "just-perfect" foods at home.

Among the "extras" that give us special delight are the meringues, delicate and golden—the crowning glory of pies and tarts. But there have been mysterious meringue failures even in our very best kitchens. So we have gone hunting for clues to "just-perfect" meringues to put you "in the know."

The ingredients are simple — egg whites, salt, a little sugar and flavoring. Take eggs from refrigerator and let warm to room temperature. You will be rewarded with greater volume of froth. As you break each egg, separate the yolk from the white. If suitable for meringue, white will be clear and firm and will "lay" into the cup quickly. If white is weak and watery, set egg aside for omelette or custard. Be sure to use all of the egg white, including the thicker portion clinging to shell and yolk. Use a bowl that is folded towel prevents it from slipping. Add a pinch of salt; measure out fine sugar (2 lbs. sugar to each egg white, or 1 lb. honey syrup or jelly). Use the rolling pin on coarse sugar.

If you use an electric beater, add sugar prior to beating. When beating by fork or Dover beater, beat whites to a foam before adding any sugar. Beat in half the sugar, then fold in remainder, sprinkling it in—thus less danger of overbeating. The "just-perfect" meringue is shiny and moist looking. Peaks should be stiff when beater is lifted out and whites hold their position when the bowl is tipped. If you beat too long, the mixture begins to fly out of the bowl and the volume will be small. It is important to stop beating at the proper moment.

Your pie or tarts should be ready for the meringue mix which is spread with a dull knife or spatula. Bake in a pre-heated oven of 375 degrees for 10 mins. Let cool at room temperature—do not chill quickly.

### RECIPES

**Fluffy Omelette**  
3 lbs. baking fat, 4 egg yolks, 1/2 cup water, 1/2 tsp. salt, dash of pepper, 4 egg whites stiffly beaten.  
Heat fat in skillet. Beat egg yolks until creamy. Add water and seasonings and mix well. Fold in egg whites and pour into skillet. Cook slowly over low heat until it is browned evenly on bottom. Set in moderate electric oven and cook until it is firm to the touch. Fold; serve. Serves 4.

**Roasted Eggs**  
4 hard-cooked eggs, 2 cups White Sauce, 1/2 cup chopped cooked chicken, veal or fish, 1/2 cup buttered cracker crumbs.  
Chop eggs fine. Sprinkle bottom of a greased baking dish with crumbs, cover with half the egg; cover eggs with sauce and sauce with meat; repeat. Cover with remaining crumbs. Bake in electric oven at 375 degrees until crumbs are brown.

**TAKE A TIP**  
**Uses of Egg Yolks**  
1. Substitute 2 egg yolks for 1 egg in cake, muffin or cookie recipes and add 1 tablespoon more liquid.  
2. Poach egg yolks hard. Drain and use in salads, grated in cream sauce, soups, sandwich fillings, casserole dishes, etc.  
3. Egg yolks whipped into a cup of milk provides a perfect, nourishing drink.

### THE QUESTION BOX

**Q.** Mrs. C. C. asks: "What makes a meringue tough on top and raw underneath?"  
**A.** Answer: Too hot an oven, or trying to brown it beneath a top element instead of fully pre-heated electric oven. Use temperature of 250-275 degrees.

**Q.** Mrs. C. B. asks: "Why are custard pies soggy on the bottom?"  
**A.** Answer: Custard pies must be placed in a hot oven (450 degrees) to cook pastry quickly, for 8 minutes. Then reset electric oven control to 275 degrees and bake until silver knife comes out of custard clean (about 30 minutes). Cool quickly so that fat in pastry hardens before steam from custard causes sogginess.

Ann 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.

Do not be troubled because you have not great virtues and common fidelities, and you need not mourn because you are neither a hero nor a saint.—Becher.

### DISTINGUISHED GUEST



Three special CBC programs are to feature the brilliant Russian violinist, Michel Piastro, as both conductor and soloist artist. The first concert will be heard Sunday, June 6, at 10:15 p.m. EDT, 11:15 p.m. ADT, over CBC's National Network. Piastro arrived in the U.S. in 1920, and made his debut in Carnegie Hall the same year. Since then, he has made extensive tours through the States, becoming Concert Master and Assistant Conductor of the San Francisco Symphony Orchestra in 1925. He became Concert Master with the New York Philharmonic-Symphony Orchestra in 1931, a post to which Toscanini invited him, and which he still holds.

### AMERICAN VISITORS GET CANNING HIGHER

American visitors to Canada will be granted sugar for canning provided their stay in Canada is longer than eight weeks. It is announced by the Prices Board. Applications should be made to the local ration boards which will forward them to the local ration offices for consideration.

### Peace to Ensure That Never Again Shall Hun Ravage

BRITISH POST-WAR GROUP DECLARES FOR FULL CONTROL OF GERMANY AND WIPE-OUT OF WAR INDUSTRIES

LONDON, (CP)—Setting up an Inter-Allied Council of Control of Germany was proposed in a memorandum on post-war policy published by the Post-War Policy Group of members of parliament and peers of which Sir John Widdowson is chairman. Main point is that conditions of implementing the terms of the Atlantic Charter must be such that none of the Axis powers shall ever be in a position again to launch an aggressive war.

Unconditional surrender must be followed by effective occupation of Germany, the setting up of the Inter-Allied Council of Control, and a peace treaty. The latter, it was suggested, would not materialize for several years owing to the many difficult questions to be settled.

The group considers that among first duties of the Council of Control would be: Dismantling of the aircraft industry and control of Germany's East Prussia, as geographically and historically a separate entity from the rest of Germany, not to form part of Prussia or Germany; the Rhineland to be made an independent German state.

Germany would be allowed no army, navy or air force and no civil aviation or aircraft industry until the Allies decide otherwise; the return of all loot or payment of compensation; Germans to pay occupation costs, the prohibition of private loans to Germany and measures to prevent her flooding the world with her products by manipulated inflation. The Allies would determine the curricula of university and school studies.

LONDON, (CP)—Human sympathy and understanding of other women now are part of the tests which candidates for commission in Britain's Auxiliary Territorial Service must pass.

## Chronicles of... Ginger Farm

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

### Another week has passed and still no need in the ground. Last Friday we really began to hope that the weather had changed and Partner was telling me on the Saturday what he intended doing on the Monday, Tuesday and Wednesday of this week.

"One thing is certain," he said, "we land is fit. There is no sense in cutting up the land and spilling a field just for the sake of using the tractor. And after all when the tractor is idle it isn't costing anything." So the trusty old team came into its own for a day or two anyway. And then it rained again. When Partner came into breakfast this morning he watched the rain beating on the kitchen window and he said—"Well, we still have plenty of faith and hope but I wonder who's going to supply the charity!" Here's hoping things won't get that bad anyway.

Most of last week I was having a great time to myself painting our new brooder house and also the front steps that we had made. By the way one visitor said if the steps had been a little bigger we could have had a platform dance!

The brooder house I painted red with a white trim. The job was not without incident as you will hear!

The sun was going down on the second day of my painting and I wanted so much to finish the job that I lighted, but there were dishes to do and chickens to feed, and I soon began to realize I should have to call it a day. So I started to gather my working materials together. The quart paint can sat on a box. There was no handle to the can. I stooped to pick it up. There was paint on the outside of the can as well as the inside. My fingers slipped—and so did the can. It tipped forward and out came a stream of bright, red shiny paint. All down the front of my dress it went... into and over my right shoe... my foot squelched in paint as I hurried to the house. You never saw such a mess. I thought I must have spilled the entire quart of it. But when I looked into the can I saw that actually very little of it was gone. But oh dear, a little paint can certainly go a long way if it hits the right spots.

Well, there was I on the back lawn... not a soul to help me out in my predicament. Partner was still milking. So I tried to wriggle out of my paint splattered dress without getting paint all over my hair. It was quite a feat. Dabs of red among my greying tresses might possibly have been artistic but I wasn't very interested in art just then. I was more concerned with the thought of combing my hair if I once got a little paint into it.

Finally I did get my dress off... yes, ma'am—right here on the back lawn. Fortunately no one happened along but I have remembered since that a couple of aeroplanes went over, flying fairly low. Now I am wondering how much an airman can see from way up there in the sky! Well, I soon found that the paint was on more than my dress. It had gone through everything, right to my skin.

I waded right into the turpentine. I used it on myself, on my shoes and I soaked the front of my dress entirely with turps. Presently I reached the stage at which I thought it might be safe to start in with soap and water when Partner yelled from the stable door to bring him an extra pall for separating! Now, as every farm woman knows, when a man needs an extra pall at separating time he needs it in a hurry or there will be milk all over the floor. So I hurriedly draped a coat around me and ran down to the barn with a pall. Above the whirl of the separator Partner shouted "What's wrong?" "Nothing," I shouted back, "but next time you want an extra pall don't call for it just when I've upset a can of paint."

Then I went back to my cleaning job. All told it was a gory looking mess. But the brooder house also looks swell. Green roof, red walls, white trim—just a nice splash of color against a background of trees and wild shrubs. Red is such a cheery sort of color—that is, in the right places!

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

## WAR, 25 Years Ago

German Captured 15,000 Men in Battle of Noyon but Did Not Make-fully Improve Their Position at the Marne.

BY H. H. GORDON  
Canadian Press Staff Writer

The German High Command threw 18 divisions into battle on the Western Front 25 years ago in an attempt to expand westward the great bulge created by the successful drive across the Chemin des Dames late in May 1918. This thrust had carried the enemy to positions on the River Marne which constituted a real threat to Paris.

Fighting between June 9 and June 13 became known as the Battle of Noyon. The Germans took 15,000 prisoners and 150 guns but they failed to improve their strategic situation and the vulnerable salient in the area between Soissons and Reims was quickly wiped out in the victorious Allied offensive that developed the following month.

Although the Noyon attack between the Oise and the Aisne and north of the wooded area about Villers-Cotterets was staged on a large scale it did not come as a surprise to the French. Prisoners had told of the preparations being made in the area about Villers and Field Marshal Ferdinand Foch had taken measures to meet the assault.

### Miraculous Resistance

German infantry in the Noyon sector advanced at dawn on June 9 and were met with stiff resistance, especially on the enemy's right wing where the French had brought up strong reserves. The Germans penetrated the entire French defence system during the day and on June 10 extended their gains. Mery, Heliy and St. Maur were taken, but French counter-attacks between Courcelles and Rubescourt the following day halted the advance.

The fighting was intense and German gains were achieved only at the expense of severe losses. On June 11, the German High Command ordered its right wing to suspend the attack and the next day the order was extended to the whole of the front.

French counter-attacks were made with large forces, supported by strong artillery positions and tanks. They were repulsed with heavy losses and the Germans retained most of the positions taken June 9 and 10.

Another phase of the attack saw fighting southwest of Soissons, but German forces made no substantial progress. On June 12 violent counter-attacks were staged by French and American troops particularly at Chateau Thierry and west of the wooded heights of Reims.

## Undulant Fever Danger Present In Raw Milk

The regrettable death of Edsel Ford, president of the Ford Motor Company, at the age of 49, after a short illness with undulant fever, proves once again that disease is impartial as to whom it strikes down. It shows that even those who may be assumed to have the best of medical care cannot afford to take a chance on raw milk and milk products.

Somewhere, somehow, this wealthy industrialist, who was probably meticulous about his diet and general hygienic habits, was infected with the organism responsible for Bang's disease in cattle, which is transmitted to humans in unpasteurized milk, butter and cheese. Bang's disease, also known to cattle men as contagious abortion, is prevalent in various parts of Canada. It can be eradicated in the same way as bovine tuberculosis, by testing all cattle herds and removing diseased animals.

The danger of infection of humans is particularly grave in summer, when people who are ordinarily careful about their milk supply and live in communities where pasteurization is enforced, go for vacation to summer resorts, beaches, farms, and other places where milk is sold raw. The same danger befalls young people who go to the farms to help out in the present labor emergency.

While milk is a body-builder and a necessary food, it is a potential killer in its raw state. A vacationist's bill for their milk if it has not been pasteurized, is better to drink no milk at all than the raw product.

Not only undulant fever, but also tuberculosis, typhoid, scarlet fever, diphtheria and septic sore throat organisms are transmitted in raw milk and milk products.

The Health League of Canada is urging the other Canadian provinces to follow Ontario's example by ordering compulsory pasteurization of all milk sold in urban centres. When that is done, a large part of the country's population, both rich and poor, will be protected against milk-borne diseases. That these diseases continue to take a considerable toll of life and sickness is due only to the willingness of the people to suffer them. They are all preventable.

## Rural Revival

City dwellers may be irked by that government request that Canadians take their holidays in mid-week and do everything possible to ease the burden on public transportation facilities, but they will grin and bear it as a necessary war measure.

It makes little difference to rural residents. Their travel and recreation already have been truly circumscribed by gasoline rationing but perhaps after all that won't be so bad. It may, in fact, see the small town returning to its old ways.

In the good old days before coupons, the world was at the door of the rural resident—if he had the money for gas and expenses and the time for the trip. Now, about all he has is the money.

Those were the days when small town merchants, particularly those dealing in wearing apparel, had to resign themselves to the sight of fellow townsmen sporting the latest city-bought clothes and other commodities that seemed more up-to-date. They were easy to get. A trip to the nearby city didn't take long. But now, with every gallon of gas precious, it will be hard to neglect the home town product.

There is another benefit from this enforced immobility. And perhaps it will be far-reaching. The small town people will have to learn again to make their own fun—instead of dashing off in their cars to sample city entertainments.

It may mean more of those all-time holiday functions—harness races, baseball games between nearby communities and socials—which were so well-patronized once because the people couldn't go to far-off places in the horse-and-buggy age. Admittedly, many of these functions survived the automobile age but the community life didn't flourish as it once did.

Now things may be different. And the change will be to the good. Small town life is too precious to vanish, as it showed signs of doing in the roaring, carefree '30's.

## TWINS IN GERMANY

LONDON, (CP)—Mrs. Margaret Child of Chelsea has been advised that a daughter, a former Channel Islander now interned in Germany, has given birth to twins in a civilian camp at Ilberach. Special parcels containing milk and baby food have been sent to her and other expectant mothers in the camp by the Canadian Red Cross.

## MUST FORWARD COUPONS FOR MEAT IN LOCKERS

Consumers, including farmers, who had meat stored in lockers on May 27 are required to report their holdings to the ration officer of the Prices Board before June 30. They must also turn in coupons to cover their holdings at the rate of one coupon for each two pounds of meat held.

Total number of coupons surrendered by a holder need not exceed 50 per cent. of the total number of coupons in the ration books of all the consumers in his household.

## Workers' "V.C." For Steeplejack

CHIATHAM, England, (CP)—William Service, a workman who let himself down the inside of a 100-foot chimney at Chatham Dockyard to reach a steeplejack perched to the bottom by a falling piece of masonry, has been awarded the Edward Medal, "the worker's V.C." Service found heat and sulphur fumes to reach the man, who was dead when Service brought him to the top.



## War calls must come first...

which means that we should reduce our non-essential use of the telephone to the minimum. Present facilities cannot be increased; your co-operation is needed if war calls are to go through promptly. Please remember that the wasteful use of telephone time can hold up war business—and that every second you save counts.



# FAT IS AMMUNITION!

Fat and bone conservation begins at home and ends in the firing line

**- DO YOU KNOW -**

One pound of fat supplies enough glycerine to fire 150 bullets from a Bren gun. Two pounds of fat will fire a burst of 20 cannon shells from a Spitfire or 10 anti-aircraft shells. Bones produce fat and aircraft glue.

If we saved fat at the rate of one ounce per person per week this would mean 36,000,000 pounds per year, enough to produce 3,600,000 pounds of glycerine for explosives.

## OUR FIGHTERS DEPEND ON YOU

"Every householder who delivers to a retail butcher, collector, or Salvage Committee, any rendered or unrendered fats or bones shall be entitled to receive from the person to whom they are delivered 4 cents per pound net weight for rendered fats, and 1 cent per pound for unrendered fats."

The above paragraph is a direct quotation from Order A-642 of The Wartime Prices and Trade Board.

"Rendered fat" means fat melted down and strained to remove solid matter. It includes drippings and strained pan grease resulting from the cooking of meat.

"Unrendered fat" means raw or partially cooked fat free from lean meat and bone, but not fully rendered.

"Bones" means raw or cooked bones of cattle, sheep and hogs.

**EVERY OUNCE COUNTS!**

**SAVE AND STRAIN EVERY DROP TO SPEED VICTORY. SELL IT TO YOUR BUTCHER OR GIVE IT TO YOUR SALVAGE COMMITTEE.**

**NOTICE TO BUTCHERS, HOTELS, ETC.**

You have been mailed a copy of Order A-642. This Order affects operators of hotels, restaurants and other establishments where meals are served. It is of immediate importance to butchers and slaughterers. If your copy has been lost, you can obtain another from the nearest office of The Wartime Prices and Trade Board.

**THE WARTIME PRICES AND TRADE BOARD**