

Of Interest to Women



THE MIXING BOWL
By ANNE ALLAN
Daily Home Economics

THE DAILY FARMER BANKS HIGH IN MILITARY PLANS

Hello Home-makers! As the grass blankets the bare fields, the cattle go forth to graze. Mother Nature provides the nutrients and the herds of cows silently and steadily crop the tender shoots of grass to give us that most important food, milk.

Each evening the veteran dairy farmer opens the gate and his army returns to barracks without bands or bunting. Although his field uniform is faded from work and weather, in Canada's military strategy the farmer ranks high. For men must eat before they can fight. Nations must have food with their freedom—and nature's best-balanced food is milk.

In spite of labor and machinery shortages, last year Ontario made 200 million pounds of cheese, exporting 125 million; made 251 million pounds of butter, and used flour and a half million pounds of milk in other ways. The average consumption of butter in Canada is 7.2 oz. per person per week. In 1942 butter production was lower than the previous year, while cheese production was up 34 per cent. Estimated needs require an increase of 6 per cent. in milk production in Ontario.

This province can be proud of its farmers for pitching in and producing bumper crops of corn, wheat, meat and other foods, as well as milk—for working longer and harder. Farmers' wives, too, have been doing their share.

RECIPES

1 cup canned corn, 1 cup bread or cracker crumbs, 1 cup grated cheese, 1/2 tsp. salt, 2 cups whole milk, 1 lb. melted fat, 1 tsp. Worcestershire Sauce, 2 tbs. chopped green pepper (optional, 2 eggs).
Combine all ingredients except eggs and milk. Beat egg yolks and add with milk. Fold in stiffly beaten egg whites. Place in greased baking dish and oven-pouch in a moderate electric oven (350 degrees) until set—about 40 minutes. Serves 4 to 6.

4 tbs. fat, 4 tbs. flour, 2 cups milk, 1 cup grated cheese, salt and pepper, bread crumbs, 4 cups cooked spaghetti or macaroni; OR 4 hard-cooked eggs and 2 cups spaghetti, potatoes, celery, corn or peas; OR 4 cups cooked vegetables; OR 2 cups spaghetti and 2 cups celery, corn, cabbage or peas.
Make a cream sauce of fat, flour, seasonings and milk. When cooked, add grated cheese. Place alternate layers of spaghetti, etc., and cheese sauce in a greased baking dish. Cover with crumbs and bake in a moderately hot oven (375 degrees) until thoroughly heated—30 to 40 minutes. Serves 6.

TAKE A TIP:

The care of milk is very important. Here are "directions" for the "homemaker" to follow:

- 1—Provide a receptacle for milkman to put bottles in.
- 2—Take milk into the house as soon as possible. Keep in a cool place, preferably the electric refrigerator.
- 3—Wipe off top of bottle before using. Pour out only enough milk for each meal. Keep leftover milk in a capped bottle or covered pitcher.
- 4—When empty, rinse, wash and seal bottles; return daily.

THE QUESTION BOX

Mrs. T. B. says: "There has been a big piece of enamel knocked off my electric range and when the oven door is closed it 'checks' more. What will prevent this?"

Answer: Obtain special enamel from your electrical merchant and apply.

Mrs. J. H. asks: "How do you can fish?"

Answer: This method of canning fish keeps well. Scale, wash and clean fresh fish (whitefish, lake trout, salmon or haddock). Cut in pieces. Sprinkle a little salt on each piece. Pack in sterilized jars, and add 2 tbs. vinegar to each quart—to soften bones. Adjust rubbers and cover. Partially seal. Place in water bath and let water boil gently for 3 hours. Remove jars. Let cool quickly. Do not invert. Wrap in paper if storage room is not cool.

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.

TO SMASH SUBS

LONDON, (CP)—A new plan, involving a complete change of policy and methods, to smash the U-boat menace has been placed before the technical advisers of the cabinet's Anti-U-boat Committee, by a leading British technical organization, the Evening Standard says.



POLITICAL PHILOSOPHER

The voice of Dr. H. L. Stewart is a familiar one to Sunday night listeners of CBC's Week-end Review. Widely recognized as an authority on world and Canadian affairs, Dr. Stewart has an imposing record of thought and travel behind him. He is a graduate of Edinburgh and Oxford, and a former Professor of Moral Philosophy in the University of Belfast. Since 1917, he has been with the Department of Philosophy at Dalhousie University, and at present is also Editor-in-Chief of the Dalhousie Review.

Rationing Time Table

(Clip This Out and Keep Available)

COFFEE OR TEA (Green)
Coupons 1, 2, 3, 4, 5, 6, 7 and 8 now valid.

Coupons 9 and 10 valid June 24. Valid until declared void.

SUGAR (Pink)
Coupons 1, 2, 3, 4, 5, 6, 7 and 8 now valid.

Coupons 9 and 10 valid June 24. Valid until declared void.

BUTTER (Purple)
Coupons 12, 13, 14 and 15 now valid. Expire June 30.

Coupons 16 and 17 valid June 24. Expire July 31. Each good for 3/4 lb. butter.

MEAT (Buff)
Coupons 1, 2 and 3 now valid. Expire June 30.

Coupon pair 4 valid June 17. Expire July 31.

Coupon pair 5 valid June 24. Expire July 31.

Each pair good for 1 to 2 1/2 lbs. meat.

Few Tools Needed For Garden Plot

OTTAWA, (CP)—The agriculture department, which keeps an eye on about 300,000 square miles of farm land in Canada, has turned its attention to the 12 by 12 foot backyard garden.

From the summit of its knowledge agricultural conditions, devices, and strategy, the department promptly discouraged the opinion of some amateurs that an arsenal of gardening equipment is needed for success. An agricultural supplies board publication on "The Wartime Garden" said, simply: "Only a few simple tools are needed for small garden. One each of the following will be sufficient—spade (or round-nosed shovel), digging fork, rake, hoe, planting trowel, planting line. A hand duster or sprayer, wheel-barrow and wheel hoe all are useful and necessary in a large garden, but may be used in common by a number of gardeners."

In its introduction, the booklet said that there was greater need for home production of vegetables than at any time in the war. It advised that every available bit of land be put into a garden, and suggested that those with experience should help their neighbors who wish to start.

But, above all, production should be the goal. "Just having a garden without carrying it through to a successful result, is a waste of materials and manpower. Seed fertilizer, sprays materials and tools are available but we cannot afford to waste them," the department says.

Chronicles of a Ginger Farm

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

Seeding is always a busy time but I doubt if farmers have ever worked with such feverish intensity as they have this past week. The air was heavy with the hum of tractors, some of them working day and night. Fields were worked up and sown, and then the tractors were at it again, ploughing ground ready for corn. Yes, somehow or other the tractors managed to cover most of the ground but not all of it, oh dear no. If you drive along the country roads you will see big patches here and there overgrown with grass and weeds—wet spots that the tractor couldn't touch. You will also see rough spots where the tractor tried to make the grade and couldn't. In some cases one tractor would be called upon to pull another tractor out of a mud hole, or perhaps a trusty team would be pressed into service to rescue the iron field horse. And of course there were times when the extra heavy work threw the tractor out of commission and time would be lost while repairs were made.

That was the trouble we ran into here. Partner just got nicely started when the tractor absolutely refused to run on oil. Gas, yes—but as soon as the oil was turned on she balked and stopped. We got a mechanic out and he cleaned this and adjusted that, went a couple of times across the field and announced the tractor to be working in perfect order. But soon after Partner got going again it was a different story. So then he decided to drain out all the oil and put fresh in, in case there might be dirt in it somewhere. And then we found the real trouble. The filter in the tank was almost broken off. Such a little bit of a thing—about two inches long—and yet responsible for so much trouble. Which just goes to show it's the little things that count all the time. After that was fixed, the tractor purred along as contentedly as you please and Partner finally got his glass sown after losing the best part of a weekend. We still have barley to put in and then the field work will be done—that is, insofar as seeding is concerned.

One day over the radio I heard that Hinton county was the worst hit in the province for retarded seeding. And another time someone predicted that we would be in for an early winter.

We lived out West for a few years, as those who read this column may know. As a matter of fact both our children were born in Moose Jaw. And around in that district alkali lakes were a familiar part of the prairie landscape. The water was absolutely useless and the lakes were a menace to wandering livestock, as the lake shores and alkali beds acted like outcrops. Horses would shy away from these sloughs in terror. But occasionally one would get caught and that would generally be the end of the poor creature. We often wondered whether the alkali beds would ever serve any useful purpose — it almost seemed as if they must be there for a purpose.

Last week we read the answer. Today tons of sodium sulphate are being shipped out from the lake beds. After undergoing a dehydrating process the sodium sulphate is used for the manufacture of kraft paper, refining of ores, manufacture of textiles, making of leaded glass, photographic supplies, dyes and veterinary remedies. The last mentioned reminds me that in the west we never had to buy salt for our stock. They got all they needed by just licking bare spots on the prairie where there were small patches of alkali.

Utilization of these natural resources is just another result of the war. Much of the material that is now being processed was imported. Now that the imports are unavailable, we get busy and make use of what we've got—and of what we have had all along! It would seem that Canada's natural resources are by no means exhausted.

My chickens are quite a puzzle to me these days. I bought them as mixed chickens but recently I have been convinced they are all pullets. A friend who goes in for chickens in a big way thought the same thing. So I asked the man from whom I bought them if some mistake had been made and if he had sold me sexed pullets. But he said he didn't have any sexed chicks in that hatch. And now I am wondering if they are all cockers — and that would be worse! I guess time will show.

CROWDED BELGIUM
Belgium is the most densely populated country in Europe, with 710 people to the square mile.

WAR 25 Years Ago

Italian Forces, Aided by British and French Divisions, Repulsed by Austrian Drive Along the Piave

BY H. H. GORDON
Canadian Press Staff Writer

Germany's great offensive on the Western Front in the spring of 1918 had hardly been halted when another threat to the Allies developed in northern Italy. There the Austrian High Command using some 40 divisions opened a strong drive on the Asiago Plateau and along the Piave River to the Adriatic Sea.

In the opening phase of the offensive which started June 15, 1918 the Austrians made some headway along the Piave and particularly in the river delta, but they were held in the mountains to the north. Eight days' desperate fighting ensued and finally the enemy was driven back in disorder to his old base.

Strengthened by British and French contingents, sent to the mountainous battlefield before the Caporetto disaster eight months before, the Italians fought courageously and were helped by floods on the Piave which washed away bridges and brought the Austrians near to outright disaster.

Although Italian morale was higher than at any time before in the First Great War it was feared at the outset that the enemy advance would result in at least a temporary occupation of most Italian territory, confining rich industrial and agricultural areas which the country could not afford to lose.

Bombarded the Air

The Supreme Command had knowledge of Austrian preparations and fortunately the reorganized Italian intelligence service obtained accurate information regarding enemy plans in time for defensive measures to be taken. Italian and Allied air forces, superior in the air, played a large part in defeating the aims of the Austrian High Command.

Austrian forces captured Capo Sile on the Piave delta 24 hours after the advance started and were then successful at the Montello Ridge to the north. They gained little ground in the Asiago plateau sector where Italian and Allied troops put up a stubborn fight.

The British divisions under the Earl of Cavan and French troops operating in the Asiago-Monte Grappa sector had a big part in slaving off the Austrian attacks and at the end of the day the Allies took over the offensive. On June 18 the battle in the mountainous section of the front decreased in violence while to the south the Italians advanced and recaptured Capo Sile.

By June 23 the Austrians had been thrown back across the Piave and the Montello Ridge to their old positions. Some 20,000 prisoners were taken by the Allies and Austrian casualties in killed and wounded were severe. In October, 1918, the enemy attempted another offensive at Vittorio Veneto and again met with decisive defeat.

Letter From Germany

Under the forced labor policy of the Vichy Government in France, Frenchmen every day are being sent to work in the factories of Germany.

In spite of their courageous efforts to resist this plan, men, and even French women are now being rounded up in public places, in restaurants, theatre and cafes, and with hardly enough time to say good-bye to their families, are being shipped in box-cars like cattle to work under appalling conditions for the Nazis.

Naturally, once in Germany, any news which they send to their families and friends is carefully censored. They are unable to give them any true picture of the conditions under which they are living or how they are faring.

"Combat" one of the many French underground papers which have reached the Fighting French Information Service in Ottawa, recently published the story of one ingenious Frenchman who was able to solve this problem.

Drafted for forced labor in Germany, on the day of his departure he warned his wife: "If I write to you in blue ink, I am telling the truth. If I write to you in red ink, you must understand the opposite of what is written."

A month later, his wife received from Germany the following card, written in black ink: "My darling, we are very happy, well lodged, good beds, excellent food, very friendly treatment from the factory foremen, never a reproach, never a hint, never a bombardment. Moreover the Germans have very good morale, and are certain of victory. In the stores we find everything we need, absolutely everything—except red ink."

"WE NOT ONLY HAUL 'EM - WE BUILD 'EM TOO"

ALTHOUGH we, the Canadian railways, are carrying vastly more traffic than at any time in history, we are also building guns and tanks, ships and shells. Our machinery of production hums day and night. Implements of war roll from our plants in steady streams. They're made by the railways... hauled by the railways... the railways of Canada.

Only your railways, ready and capable of meeting the emergency before it occurred, can handle this double "must"... mass transportation and mass war production.

Your railways met a mighty challenge in Canada's period of construction. They are rendering dual service in War's period of destruction. They will be needed more than ever in the reconstruction period of peace. They will meet that challenge, too!

AVOID TRAVEL OVER WEEK-ENDS AND HOLIDAYS

CANADIAN NATIONAL - CANADIAN PACIFIC

Carrying the Load in Urban and Rural

Be a FARM COMMANDO

"We can't Fight if We don't Eat!"

HELP PRODUCE FOOD FOR VICTORY

PLAN to spend half a day, a day, or several evenings a week on local farms during the haying and harvesting seasons this summer. Join the thousands of Farm Commandos who "close up shop" or lay down their tools to make "raids" into the country and help farmers take their crops from the land.

Farm Commando Brigades are springing up in Chambers of Commerce, Boards of Trade, Service Clubs, Churches and other men's organizations all over Ontario. Townsmen are getting together to make a direct, patriotic contribution to the War Effort by helping to save the crops.

Farm Commandos are paid a minimum of twenty-five cents an hour, and many Commandos contribute these earnings to favorite war charities.

If there is no Farm Commando Brigade forming in your locality, take it up with your own men's organization and get your local Brigade started at once.

Every possible man-hour must be put in during harvesting to prevent irreparable loss of food that is essential to the Allied War Effort and to Canada herself!

Your help is needed—NOW! Volunteer in a Farm Commando Brigade and be ready to help when harvest emergencies arise. For full information, forms, etc., write to Ontario Farm Service Force, Parliament Buildings, Toronto, at once.

WANTED

A full-time position available with the assistance of the Ontario Farm Service Force.

EVERY WEDNESDAY 7:30 P.M. CBC NETWORK

DOMINION PROVINCIAL COMMITTEE ON FARM LABOUR
AGRICULTURE - LABOUR - EDUCATION

ACTON FARM COMMANDO HEADQUARTERS
Cooper Building, F. L. Wright, RESIDENCE, PHONE 86
ACTON 188

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