PAUL JOHNSON

Of Interest to Women

ART HOLMES

feet make good jelly and how?

Send in your questions on homemak-

Chinese Women

Fine Knitters

ing problems and watch this column

Asiatic Mothers in Canada's West

Organized in Relief for

Homeland



PSCHOOL ON THE LAWN Heilo Homemakers. Laughter . sparkle . . . color! There's no busier time for those little folice than plenic time. And there's no greater relaxation for busy workers who realize that by strenuous labor and concentrated efforts we can help to secure serenity and freedom from tyranny.

Baimy weather brings vagrant wishes for a cottage by the lake. However, there's a shortage of gasoline and tires and all of us have take our places. So why not make friends with the home town park or even enjoy your own lawn where there'll be no worry about forgetting a pack set on his back and an inthe most important item of lunch (which is often the one thing left is back for his big job, after a year behind).

As you probably know, "carting" a rural Ontario highway. the lunch out of doors takes time and effort-if you make a big spread. The scheme is, therefore, to plan a simple radishes do not seem to crisp up salt and water in refrigerator. lunch - considering the food to be catried and the dishes required. No need to make it a foot-aching job.

SUGGESTIONS

1. Sandwiches-of course save on he dishes. Fillings include meat, fish, cheese, eggs and raw vegetables.

Meat, now rationed, may stretched out in sandwiches and it may be combined with relishes salad dressings to give zest. Cottage, mins. Chill, add pieces of meat for cream cheese or old cheese (ground) a mould. may be combined with chopped crisp greens, grated raw carrot or chopped figs. Cooked, flaked fish is mixed with minced celery or cress. Shredded raw vegetable will now be an important filling-green onions cucumbers, tomatoes, spinach, radishes, etc. For savoury-paraley, beet tops, nasturtium leaves, cress, endive, mint.

Vary the bread-use enriched flour, whole wheat, cracked wheat, oat meal, tea biscuits, muffins or scones. Stretch the butter-beat with milk and chill well.

2. A salad bowl is always attractive. Do not forget the salt and pepper shakers. In the bowl place small on behind the lines as Chinese women in hed and look at the ceiling I didn't whole tomatoes, green onlons, celery, carrot sticks, lettuce wedges, pieces a tasty potato salad, tossed shredded countries. greens, fruit salad, etc. And cheese salads.

out favorite cookies-oatmeal, ginger or fig-layer, and of generous sizeeverybody will love 'em.

Tarts made with fruit filling or even a firm cream filling are more war. satisfying if a top crust is put on. to handle-plain ones, flavored, are economical - because I wouldn't be surprised if the neighbor's kiddles join you. Other accompaniments for desserts are: graham wafers, her

mits, doughnuts, fig bars, etc. 4. Fruit in season or custard cups families. filled with the kind of mixture to balance the meal. For instance, vou've -included lots of greens -serve a baked custard. If-you've included lots of meat sandwiches, jell some

solved by taking along milk, chocolate milk, tomato juice, fruit juices or lemon, iced coffee.

Follow Canada's Official Rules and include one from each of the above groups.

RECIPES Sandwich Spread

tory."

and manpower.

Big Sister Work

"mama." When there is work to do.

ARMY WOMAN LOSES PURSE.

MESSENGERETTE RECOVERS

When Private Bessle Forbes, C.W.

A.C., lost her purse and like Little

sengerette accompanied by a nice

Bo Peep, didn't know where to find

2 thep, chopped onion, I thep, fat 1 cup thick tomato pulp. 1 (beaten), I cup grated old cheese, 14 tap. salt.

Cook onion, tomato pulp, chees together until cheese is melted (about 5 mins.) Stir a small amount into beaten egg and then egg mixture into the rest of hot pulp. Add fat and mit. Cook 2 minutes. Cool.

Fruit Loof

% cup sugar, 2 eggs (beaten). thens, melted fat, 2 cups flour, 1 tsp. baking powder, 2 taps. lemon rind, same time. 1% cups chopped figs or currents, & cup milk.

Add sugar to eggs, then melted fat. rind and fruit. Add sifted flour and baking powder alternately with milk. Bake in a greased loaf pan in electric oven at 350 degrees for 45 minutes.

THE QUESTION BOX

Miss F. P. asks: Should becon be ette Nora Wright, of the Canadian cooked over high or medium heat? | National Telegraphs, was following Answer: Bacon should be cooked the same route and discovered the over medium heat and the fat drained wallet on the floor of a waiting room. Walk in the light, and thou shalt off once or twice while cooking. Of Nora reported the find, Private Forbes course we save all fats. May we re- heard the news and recovered her mind our readers to turn in dripping belongings. After that she wrote a for salvage if not used in home cook- pleasant letter of thanks to the Mos-

Miss J. D. asks: Carrot strips and gift.

400 Chronicles of. Ginger Farm

Written Specially for The Acton Free Frees by DWENDOLINE P. CLARKE

Unwillingly. I have come to the conclusion that drawing in hay and papering a room doesn't go too well together. You see Partner is drawing in hay-alone. And I am papering a room-also alone. Sometimes Partner draws his load to the middle of Black Magic the barn floor; other times he stops outside the first mow and it is then IIIIS DIVICS that I hear a loud call to come and He went over in 1939, the first Canblock the wagon to stop it from runadian radio engineer to reach Britain. ning backwards. Now it is easy He went with the first Canadian conenough to run outside if one happens tingent. He recorded the Battle of to be washing dishes or sweeping a Britain, sitting in Regent's Park with room, but when you are perched on top of a step-ladder, and you are ferno of bombs blazing about him. He at the CBC's Dixie transmitter, along trouble right away. You give the furs. strip a final swish with the brush Answer: Salt draws out juices, Raw vegetables require only a small amount of water (no salt) and a cold atmosphere for about % hour to The SOS from the barn comes again cossories. J. B. C. asks: Is it true that chicken and in your hurry you pretty near

come head first off the step-ladder. Answer: Yes, they contain gelatine. Scald, skin, cut off nails and then cook in about a pint of water for 25 Anne Allan Invites you to write down town for chicken feed - and net, all in matching black. to her. Care of THE ACTON FREE PRESS. that's the way it goes.

for me to try. And I would hate to bateau, cut both low and wide. WINNIPEG. (CP)-The war goes break my neck and then have to lie

here find ways of creating small finish. comforts for the suffering people of Partner is having a great time to Sweetpea "Sugar" of cheese, hard-cooked eggs, etc. Or their homeland and of other Allied himself in the hayfield. We are just For Agriculture considering the advisability of calling An afternoon on our tour of the in Farm Commandos. The trouble sticks, salted crackers go well with Chinese Mission here and the rooms is to get them just when you want New Species Provides Food, Pasof the Chinese National League with them, and how to work things so as 3. To top off the picnic lunch, take Miss Daisy Ross, a business woman to be far enough ahead to make use who has been teaching Chinese chil- of the help when you get it. There dren in Sunday School and meeting are several farmers around here worktheir mothers weekly for the past ing alone-and the hay crop is fifteen years, would reveal the great heavy. At the end of the day Parteffort expanded towards winning the ner is quite ready "to hit the hay" in another sense. Which brings me to

"They knit beautifully," explained another little story. Cakes baked in muffin tins are easy Miss Ross, as she showed samples of One of our near-by neighbors came work. It consisted of knitting of wo- in last Saturday morning. When men's and children's sweaters, mittens saw him I inquired if he had had and sewing of patchwork quilts for good night's rest the night before. He the Red Cross. Through the I.O.D.E. looked somewhat mystified but they have sent much of their knitting sured me that he had. "Then you and sewing to bombed-out English shouldn't have done," I said, "Part-

> "Oh, what was the matter with Now they are working on a teal at which there will be a sale of sewing him?" was the natural question. and knitting .- The proceeds of this "Nothing was the matter with him. ten are to be sent to their first lady, except that he was up in the middle Madame Chiang Kal-Shek, for the of the night chasing your cows back Chinese Refugee Relief fund. Such home."

5. The problem of thirst may be articles as gay aprons, knitting bags, Presently my Neighbor went down stuffed animals, cushions with a V the barn and Partner told blm he embracing the Chinese flag and the was going to charge idm up for a Union Jack (emblem of the Chinese new pair of house slippers!

I don't know how many cows were National League), table runners with over here but they made enough noise Chinese character which translated into English means "Hope for Vic- to wake the Seven Sleepers.

been remaking big sister's clothes for 10th, 1943-I Imagine we shall re- of the plants. In the end he interlittle sister for years, can well fit into member that date. The day for which ested a farmer in planting a plot. the scheme practised in Canada of we had long been waiting - albeit That farmer never regretted it. From with a complexity of emotions-the the one planting he has harvested remaking clothing to save material day which marked the beginning of five crops of seed and wintered an-A friendly and homey atmosphere the invasion of Europe. We knew it nually a herd of cattle. prevades the places of meeting. Amid the humming of machines, the click of needles against thimbles, the only natural for an icy fear to grip sweeping the Texas panhandle. buzz of women talking, is the gurgle of bables and the frequent cry of concerning a provincial election. I loaded with them is now in the Chinese women do it even though wonder how the powers that be ex- museum in the state capital. they must care for their bables at the pect to get the soldier's votes from Sicily? And how many soldiers and airman will care who gets in at university's agricultural extension di-

Queen's Park anyway. it, she was fortunate that Messenger are doing. The rain will spoil the "ain't hay."

And God Himself is Light.

Victory gardens.

Thy path, though thorny, bright; crop, faces a "spud" famine this of the violet-tinged pure gold. For God thy grace shall dwell with year. There are no prospects of an

Too busy to take time out for leisurely shave, this adaptable westerner keeps fit and smart right on the job in the mobile unit.

es in Gotham and Likely to be Factor for Fall

NEW YORK, (CP) - Forerunner struggling with a strip of pasted wall- of all are the new black styles depaper-which you have already had signed for any occasion after 5 p.m. Hood kitchen in Montreal a number trouble enough with anyway - and from now on straight through the then comes that clarion call for help summer. Come autumn, you'll prob- developed. Two of them follow: -well there's likely to be more ably still be wearing them, under

These young black smoothles are hoping to get the paper straight be- street length, with brief sleeves, flatfore you leave so the paste won't dry tering necklines, designed to dramawhile you're away. But, more hurry, tize the figure. They are devoid of less speed-instead of smoothing the trimming, so that they can be drespaper you make it full of wrinkles. sed up or down with jewelry or ac-

Slim and sculptured, the new styles are done in such Mick, soft-draping blend until smooth; pour into well However, we're getting there. Part- rayons as flat crepes, heavy sheers, ner got in three loads of hay this sating and the important new tissue morning and I have my room half failles. Peckaboo fabrics are intropapered. Now I have to get this duced occasionally in yokes of chifcolumn written up, and then away fon, marguisette or scroll-patterned cause. Serves 4-5.

The new dresses are remarkable There are two bedrooms that I for incenuity of design in achieving have been papering this spring-or soft dragery and fluid lines with a cooked fresh corn; 14 cups strained perhaps we should say summer-and minimum of yardage. Draped types canned tomatoes; % tspn. salt; 14 if I ever get them done it will be have alightly flared skirts and tspn. pepper; I tspn. sugar; 14 cup something to tell the marines. You smoothly molded bodices. Slim, tubu- Robin-Rood-rolled-oats;-1-tblspn. see I can manage the sidewalls with- lar styles often have horizontal treat- dripping; 14 cup grated strong cheese. out any trouble at all but I expected ment such as tucks, appliqued bands Mix first seven ingredients in bakhelp with the cellings. So far I or rows of fringe. Bodices show new ing dish; sprinkle grated cheese on haven't been able to get that help, so construction in interest, in smooth top and bake in a moderate oven I hope anyone who pays us a call will shoulder draping, surplice closing or (360 degrees F.). Baking time 20 be very demure and sit with down- a cowl drape to a low square neck- minutes. Serves 4-5. ward glances. I would attempt the line. The necklines themselves may job myself but my knees are too stiff be U-shaped, a deep V or the new They Can't Tax

ture and Even Fertilizer all on One Stalk

BATON ROUGE, Ln., (CP)-It has been 16 years since B. H. Singletary -more work, anxieties and taxes. discovered a strange-looking stalk in And you will likely have less funthe sweetpen patch of his flower less motoring, travel, play, meat and garden but what that stalk meant to sugar. agriculture is summed up in this comment by Farmer Neal McHenry test? Are you going to feel abused

of Monroe, La. "I have made more off the sale of dwell in thought upon your fatigue. Singletary peas than any farm crop pity yourself because of your anxie-I have ever grown, considering av- ties, and tell yourself a hard luck erage value. This year I am making tale because of your taxes? more from my peas than I usually Are you going to be glum because

make from the farm all told." was the ancestor of to-day's self- haven't so much time to play any propagating Singletary Pea which more, and sore over this butter and gives' the farmer not only a harvest sugar business? soil, a rich fertilizer.

Tried and Found Good B. H. Singletary, head of the hortl-However, we forgot about cows and cultural department of Louisiana everything else for a little while State University. That is why he was Thrifty Chinese mothers who have when we heard the war news. July interested in the stalk and grew more

> would come-it had to come-but | Experts say the pea is so hardy it when we think of the cost to be ex- stays healthy in the hottest summer acted for every Allied victory it is and withstands; the coldest blasts our hearts. And yet we are supposed feeds nitrogen to the soil. It bears to be giving our thoughts to matters such a wealth of pods that a plant

> Plant He Discovered R. A. Watson, agronomist with the vision, says if Louisiana farmers plant There is a storm coming-I mean a million acres of these peas thev'll an electrical storm. It looks like a not only reap a rich harvest from bad one. I can hardly see what I am seed, pasture and hay but will also writing. Guess I'd better gult any- add \$5,500,000 to the value of their way and find out what my chickens soil. And that, one wag commented.

IRELAND SHORT ON POTATOES

outstanding season and last year's that Eros (or Cupid) is still powerful. crop fell short of expectations by His bow-arm is strong and his aim -Barnard Barton, 500,000 tons.

Animals and Humans Both Thrive on Oats

Ment Stretcher Helps Canadians and Their Pets With Rationing

Meat rationing is now in effect across Canada and, most people are finding out, it is not as bad as they expected. One of the reasons why It hasn't been such a blow is the fact that ample warning was given and food experts spent weeks developing meat extenders and new recipes that would provide all-out food - value without increasing household bud-

Most popular meat extender for both humans and their animal pets are rolled oats. For humans oats are used to make beef loafs, wartime meat cakes and a variety of other tasty dishes. And for pets, officials at the S. P. C. A. animal shelter in Montreal, have dished up appetizing rolled oats meals that keep both dogs and pets equally happy. Oatmeal, according to W. N. Dunlop, manager of the Montreal S.P.C.A., provides nourishing substitute food for dogs and cats. Oats are not cooked but Comes in Summer Evening Dress- simply mixed with hot water or a little milk. Thus served, it made a big hit with the shelter's 129 inmates.

Expert dietitians have been working on special recipes to keep up family health and strength despite meat rationing and in the Robin of fascinating new ricipes have been Nimple Fruit Fudding

1 cup Robin Hood rolled oats; 1 tspn. cinnamon: 4 tspn. nutmeg and cloves: 15 tspn. salt: I cup raising: I thispn. honey or 2 thispns, brown sugar; I tspn. soda; I cup thick but-

Mix dry ingredients with raisins and honey or sugar; dissolve soda in buttermilk, add to first mixture and greased pudding mould % full, cover tightly with waxed paper and ateam I hour. Serve with honey foamy

Haked Corn and Tomalors

for Meutless Days 114 cups canned corn, drained, or

Peace of Mind

Don't Let Summer's Work. and Rationing Worries Get, You Down: He Happier

BY GRACE MARTIN

Associated Press Writer This summer is going to be different from any other you have lived. You are sure to have more burdens

How are you going to stand the because you work longer hours.

gasoline rationing has cancelled those Singletary's odd-appearing stalk week-end jaunts, blue because you

of pens and ground automatically re- You don't have to. It may surprise seeded for next year's crop but also a you, if you have not thought of it, pasture into which he can turn his but the one thing you can be sure of cattle, a bountiful hay crop, and, right now is pence of mind, provided when he turns what's left under the you are willing to put up a fight for

> All you have to do is live one minute at a time-and refuse to let snow you under. After you have passed a certain number of them and find you are still alive, you will get the habit. And not only will you be happler, but so will everybody who lives with you.

GREEK GOD STILL POTENT

The Greek God Eros, though tiny, was a powerful god. You will find representations of him in the Greek collection of the Royal Ontario Museum. For example, you will see him (or all that is left of him) perched on the shoulder of a large statue at the head of the first flight of stairs. What woman would not enjoy whispering of the tempter close to her ear. Eros is the Greek counterpart

of the Roman Cupid.

Recently Eros has come to the museum in the form of two tiny golden pendants to earrings. Ladies of fashion of the late Greek period all wore earrings, usually of gold, and very often with these loves or "cupids." The two chubby little figures on the museum's new gift hang from flower-like rosettes that nestle against the lobes of the ear. DUBLIN, (CP) - Eire, which has In the centre of the flower were set always regarded potatoes as its staple bright-red stones to enrich the galety

We are reminded these June days



War calls must come first . . .

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





SOLDIER of the SOIL

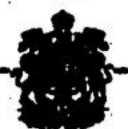
HIS year the Canadian Farmer urgently needs help. He needs your help to produce the food so necessary for victory. Many thousands of farm workers are serving in the Forces, so that the farmer -the Soldier of the Soil-is shorthanded, but shorthanded as he is, he is called upon to produce more food than ever before. Food is one of the most powerful weapons of war. Grains, bacon, dairy products, eggs, beef, fruit, vegetables-FOOD to feed our armies, our allies and our people we must have.

WHAT CAN YOU DO?

You may be a school teacher, student, business or professional man, an office or store clerk-no matter what you are, if you have a few hours, days, weeks, or months of free time this summer, you can de your country and the farmer a great and patriotic service by kelping out on the farm. You may be inexperienced, but you still can help. You will find work on the farm healthy and congenial. It will give you the satisfaction of feeling that you have brought Victory mearer.

What you should do NOW!

Comount any special local committee or office established to deal with farm labour placements in your city or town; or Write the Director of the Dominion-Frevincial Form Labour Program at the Capital of your previaces or Get in touch with your negreet Employment and Selective Service Office.



DEPARTMENT OF LABOUR

HUMPHREY MITCHELL

A. MacNAMARA Mrester, National Scientics Service