

Of Interest to Women



THE MIXING BOWL
By ANN ALAN
SUGAR-SWEETENING DESSERTS

SUGAR-SWEETENING DESSERTS
Hello Home-makers! You certainly need to keep the lid on the sugar bowl these days. With abundance of Ontario fresh fruit ripening, storing the basic consideration of storing fruit for the winter months. This will take any sugar you may save along with the ten pounds allowed for canning. You've no idea of the number of calls we've been getting from mothers with babies at the age when fruit is required three times a day, they've really been "stuck" for fruit. When fruit is in season, let's serve it often to pep up our meals! Here are ways to provide more energy food value with a box of fresh berries without using up too much sugar; serve different kinds of bread with butter spread; serve man-sized desserts, such as Berry Shortcakes, Berry Jelly Roll, Fruit Layer Cake, Boston Fruit Cream Pie, Graham Gems with Fruit, etc.

ter and remove waxed paper. Cut in slices, serve plain or with whipped cream. Serves 8.

Individual Cherry Pies
1 cup flour, 1/2 tsp. salt, 4 th. fat, 4 th. cold water (approximately), 2 1/2 cups pitted cherries, 1/2 cup sugar or less, 1 th. flour, 1/4 tsp. salt.
Put flour and salt into a mixing bowl; cut in fat until pieces are about the size of peas. Add cold water gradually, using only enough to form dough into a ball. Chill. Mix cherries, sugar, flour and salt and place in 4 individual pie plates or casserole.

Place dough on lightly-floured board; roll to one-eighth inch in thickness. Cut circles; make them one-half inch larger than tops of baking dishes. Fold one circle in halves; pinch centre and arrange on top of a filled dish. Turn under edge, making a rim. Repeat process with remaining crusts and dishes. Bake at 425 degrees until crust is brown (from 30 to 35 minutes). Yield: 4 small pies.

Bran Fruit Turnovers
(Requested)
1/2 cup bran, 1 1/2 cups flour, 1/2 tsp. salt, 1/2 cup shortening, 5 th. cold water (more or less), 1 1/2 cups fresh berries, 1 tsp. grated lemon rind, 1/2 cup flour, 1/2 cup sugar, milk.

Roll bran cereal until fine and combine with flour and salt. Cut in shortening. Add water, a little at a time, until dough is moist enough to hold together. Toss dough onto lightly floured board and roll to one-eighth inch in thickness. Cut into rounds with cutter 5 inches in diameter. On half of each round place fresh berries, sprinkled with sugar and flour. Mark other side with knife to let out steam; moisten edge of dough with milk; fold over other half to cover berries and crimp down edges. Brush with milk and place on lightly greased baking sheet. Bake in electric oven 425 degrees for 12-15 minutes. Yield: 6 turnovers.

THE QUESTION BOX
Mrs. C. D. asks: Ideas for summer beverages.
Answer: Make a lemon syrup: boil

2 cups sugar with 1 cup water and 1 lemon rind shavings—5 minutes. Cool and add juice of 6 lemons. Put into a jar and cover tightly. Store in electric refrigerator. Serve 2 thaps into a glass, add cracked ice and cold water.

2. You may use less syrup and soda water or left-over fruit juices.
3. Make a chocolate or cocoa syrup: 11 thaps. cocoa, 1 1/2 cups sugar, 1/2 tsp. salt, 1 1/2 cups boiling water. Mix cocoa, sugar and salt together. Add water gradually, stirring constantly. Boil 5 minutes. Cool, pour into jar and store in electric refrigerator. Use 2 or 3 thaps. to 1 cup cold milk.

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 reply.

RAILWAY STATION NAME IS OF ANCIENT ORIGIN

Archivists interested in the origin of the name Bonaventure, long used to designate the principal Montreal station of the Canadian National Railway, believe that it entered civil nomenclature as a tribute to the mother of Charles Seraphin Rodier, successful merchant and mayor of old Montreal. His mother bore the name Bonaventure. The name St. Bonaventure was given to a city street and disappeared in 1883 with the extension of St. James Street. When a railway station was established there in 1847 the name Bonaventure was adopted to identify the terminal.

UTTERLY DESTROYED

MOSCOW, (CP)—When the Soviet rescue army (re-captured) from the Germans the 11th century town of Vyazma, once holding some famous types of old Russian architecture, they found every building barbarously destroyed.

Chronicles of... Ginger Farm

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

The season for wild berries will soon be over but before that time comes I wonder how many hundreds of pounds of berries will have been picked and taken to the various homes all over the country. There is one patch near here that is very popular and I believe anywhere from ten to twenty cars have been parked alongside the road every day for the last two weeks. People who have never picked a berry before are out getting their share this year, presumably on account of the high price of the cultivated fruit, especially raspberries. I don't blame them — I wouldn't want to pay 35c a pint myself—not while there are wild berries to be had for the picking. But yet if I had to buy berries I would pay it and I use the berries to the ones who grow them either.

There is no place like the berry patch for conversation that all the world may hear. I was particularly interested in the comments as to what farmers were paying, berry pickers. One woman said—"Mabel worked all afternoon at Blank's farm and all she got was a dollar, and five pint baskets of berries to bring home." She told him she could make more money picking wild berries! "A dollar—and five boxes of berries—that would be at least \$2.25. I thought that was jolly good myself. Farmers themselves often work many weary hours for less.

The trouble with prices today is not that they are too high—they are only high by comparison, because until now they have always been too low. Berries should never have sold at 10c a quart, nor cherries at 50c a small basket; eggs, when they sold at 20c a dozen were a ridiculous price, and milk and butter should never have been any lower than it is right now. If farmers, years ago, had been receiving the prices they are today there would have been far less depression. Farmers would have had more to spend and thus trade would have been improved and unemployment lessened to a great extent. So, if you have to buy berries, or farm produce of any kind, I beg of you, don't grudge the farmer his price. If you can't afford berries, don't buy them. If you can afford them, don't grumble, because I can assure you, if you were growing the berries you wouldn't want to sell them for less.

This last week I have been out five times for raspberries and black-caps. Just a few hours at a time—and on each trip I brought home enough for one meal and three pints for preserving. And I can tell you I stretched the kugar out pretty well! I put down some cherries with a quarter of a pound of sugar to a pound of fruit and do you know the cherries are quite eatable. Of course you can't call them sweet by any way but they are not too sharp to be palatable.


Partner has his wheat cut and stooked and did not run into any trouble at all. Are we glad to see the wheat standing in stooks! Every time a storm came up there was always that fear that the wheat would be flattened. But now, unless we get a deluge every day, we should be able to get the wheat in the barn in pretty fair shape.

Please friends, I need your sympathy. As if getting scratched by berry bushes and bitten by mosquitoes were not enough, I had to get myself stung by a bee and bitten by a rat. The bee came at me while I was helping with the hay and both eyes became beautifully swollen as a result. No sooner was I home than I discovered a rat in the brooder house. Partner and I thought we had him cornered but he got away and as he ran past me I tried to step on him. Maybe I got his tail—I don't know—but I do know he gave a vicious bite at my foot. But we finally got him—at least Partner did—so now there is one less rat in the country. But I'm still anointing my foot with iodine!

August 4 will soon be here and I don't any of you women be hysterical! Get out and vote whatever you do and vote for the right party. I'm going to!

GESTAPO SAFETY FIRST
LONDON, (CP)—German storm-troopers and police in Cologne pushed women and children out of shelters to make room for themselves during the big spring R.A.F. raid on that city, says "Vrij Nederland," Free Netherlands newspaper published in London.

RAILWAY HOTEL CHEF OFFERS MEATLESS PIE
When meatless Tuesday comes around a good substitute for a joint or roast is a meatless shepherd's pie, according to Nicholas Lacusta, chef in the Canadian National Railways Hotel, the Nova Scotian. This can be made, states Chef Lacusta, with macaroni, cheese, milk and green peppers. "Then," he suggests, "there is rice with eggs and currie sauce, or noodles with mushrooms and a little cheese."



NO! DO NOT GAMBLE WITH Ontario's Future

THE TWO OLD PARTIES HAVE HAD EQUAL OPPORTUNITY
TO FULFIL THEIR ELECTION PROMISES FOR THE
LAST NINE YEARS

WE OF THE C.C.F. DO NOT MAKE NEW PROMISES ON THE
EVE OF AN ELECTION. BUT STAND BEHIND A
PROGRAM, THE RESULT OF TEN HARD
YEARS OF STUDY

REMEMBER NEW ZEALAND AND AUSTRALIA FOR
SOCIALIZED SUCCESS

VOTE TO ELECT JOHN WILKINSON

Your C. C. F. Candidate

ONTARIO ELECTIONS RESERVE ARMY UNITS

ARRANGEMENTS have been made for members of the Reserve Units of the Canadian Militia who will be in Camp during the week commencing Sunday, August 1st, 1943, to record their votes in the present election to the Legislative Assembly of Ontario.

Members of such units in Military District No. 1, and Military District No. 2, will be allowed to vote at Advance Polls, as listed below, on Saturday, July 31st, 1943.

The Department of National Defence (Army) has arranged the schedule of training for Reserve Units of Military District No. 3 so as to permit members of Reserve Units from this district to leave Connought Ranges Camp on Tuesday, August 3rd and be home in time to vote on Wednesday, August 4th, 1943.

The Advance Polls available for members of Reserve Units of Canadian Militia, Travellers, Railwaymen and Mariners will be open from 8 o'clock A.M. until 5 o'clock P.M. and from 7 o'clock P.M. until 10 o'clock P.M. on Saturday, July 31st, and Monday and Tuesday, August 2nd and 3rd, in the following places:—

LOCATION FOR ADVANCE POLLS FOR GENERAL ELECTION 1943

Electoral District	Location of Polls	Electoral District	Location of Polls
Brantford	Brantford	Stornont	Corwall
Cochrane	Sudbury	Sudbury	Capreol, Sudbury, Chapleau
Dufferin-Simcoe	Orangeville, Collingwood, Alliston	Temiskaming	Englehart
Durham	Port Hope	Victoria	Lindsay
Elgin	St. Thomas, Bayham	Waterloo North	Kitchener
Fort William	Fort William	Waterloo South	W.G. Preston
Halton	Oakville	Welland	Welland, Port Colborne
Hamilton East	Hamilton	Wellington South	Guelph
Hamilton Centre	Hamilton	Wentworth	Hamilton
Hamilton West	Hamilton	Windsor-Walkerville	Windsor
Hastings West	Belleville, Trenton	Windsor-Sandwich	Windsor
Huron	Goderich, Clinton	York North	Newmarket (Council Chamber)
Kenora	Kenora, Sioux Lookout, Igou, Robit, Hudson	York East	63 Eastdale Avenue, Toronto
Kent West	Chatham, Wallaceburg	York South	22 Cameron Crescent, Leaside
Kingston	Kingston	York South	398 Vaughan Rd., Toronto
Lambton West	Sarnia	York South	3512 Eglinton Avenue W., Toronto
Lanark	Carleton Place, Smith's Falls	York West	New Toronto—146 Fifth St. Mimico—40 Mimico Ave. Ward 3—585 Jane Street
Lincoln	St. Catharines	TORONTO	
Leeds	Brockville	Beaches	781 Scarborough Road
London	London	Bellwoods	206 Montrose Avenue
Mid-Western North	London	Brantford	735 Ossington Avenue
Muskoka-Ontario	MacTier	Dovercourt	1250 Davenport Road
Niagara Falls	Niagara Falls, Fort Erie	Eglinton	1118 Bloor Street West
Nipissing	North Bay-Matthewa	High Park	2415 Yonge Street
Northumberland	Corobour	Parkdale	2971 Dundas Street West
Ontario	Ottawa	Riverdale	2553 Dundas Street West
Ottawa South	Ottawa	Riverdale	1728 Queen Street West
Ottawa East	Ottawa	Riverdale	98 Pope Ave. (corner Queen Street East)
Parry Sound	Parry Sound	St. Andrew	90 Chester Avenue
Peel	Brampton	St. David	455 Spadina Avenue
Perth	Perth	St. George	60 St. James Avenue
Peterborough	Peterborough, Havelock	St. Patrick	Foresters' Hall, 22 College Street
Port Arthur	Port Arthur, Schreiber, Napanee	St. Patrick	161 Admiral Road
Rainy River	Rainy River, Atikokan	Woodbine	176 Bevezley Street
Sault Ste. Marie	Sault Ste. Marie, White River, Hawkes Junction, Hornby	Woodbine	31 Athletic Avenue
Simcoe Centre	Allandale		
Simcoe East	Midland, Orillia, Port McNicol		

ALEX. C. LEWIS
CHIEF ELECTORAL OFFICER
ONTARIO

DON'T BE DECEIVED, HERE ARE THE FACTS Re Debt and Taxes

Provincial Treasurer Hon. A. St. Clair Gordon in his Budget Address March 19, 1943, gives comparative figures showing how the Provincial Debt and Taxes have mounted to unprecedented heights during 9 year's Liberal Regime.

HERE ARE THE TREASURER'S OFFICIAL FIGURES

Don't be fooled by any other financial statements specially prepared for election purposes

Ontario Debt Increased		Ontario Taxes Increased	
Over 148 Millions		Over 60 Millions	
1934	\$358,477,000	1934	\$ 50,067,841.37
1935 (5 mos.)	378,415,000	1935 (5 mos.)	21,048,044.06
1936	406,039,000	1936	65,726,984.57
1937	405,436,000	1937	80,488,439.95
1938	438,294,000	1938	86,052,702.88
1939	478,268,000	1939	86,843,270.67
1940	507,203,000	1940	88,172,951.62
1942	506,200,000	1941	103,802,020.46
1942	507,128,000	1942	111,496,169.77

VOTE STAN HALL

for Economy and Security