

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Editor Home Economics

### HOMEMADE PIE

Hello Homemakers! Big, brown and handsome—juicy—bubbling and spice-whiffy—comes the sweetheart desert from the oven. Mom's pie fairly whoops!

Big, brown and handsome—tired, but happy—comes the man-in-uniform on furlough, for a piece of homemade pie. He really whoops if they're good.

You can, too, make a grand pie-crust. If you're worrying about it, follow the rules and don't fuss. And fillings are as legion as they're luscious, so try our suggestions.

**Double Crust Pastry**  
2 cups flour, 1 teaspoon salt, 1/2 cup shortening, 5 or 6 tablespoons water. Sift flour and salt. Cut in shortening with fingers or with pastry blender. Add cold water by spoonfuls, tossing flour mixture together. Turn onto a piece of wax paper. Gather up and pressing from the outside form a compact mass. Chill in electric refrigerator. Roll out lightly.

**Fruit Pie**  
Cook plums in a little water until soft. Remove stones, mix with sugar to sweeten (about 1 cup) and a tablespoon of cornstarch. Drain off excess juice. Slice in one apple. Fill pie plate, cover and bake.

**Peasapkin Pie**  
1 1/2 cups cooked strained pumpkin, 1/2 cup sugar, 2 tablespoons butter, 2 tablespoons molasses (if obtainable), 1 teaspoon ginger, 1 tablespoon cinnamon, 1/2 teaspoon salt, 2 eggs, 1 1/2 cups scalded milk.

Mix first five ingredients together. Add beaten egg yolks and mix in milk. Fold in stiffly beaten whites. Bake in one crust.

**Peach Pie**  
2 cups cut up fresh peaches, 1/2 teaspoon allspice, 1/2 cup sugar, 1 teaspoon butter, 1 teaspoon cornstarch. Mix the ingredients together. Use as filling for two-crust pie.

Note: If the boy or girl in uniform is expected, cut narrow bias strips of pastry and outline the name or rank on top of the pie before it goes into the oven.

### TAKE A TIP

1.—To make a flaky pie-crust more care must be taken than in making a crumbly crust. Very soft fats do not make as nice a flaky crust as the firmer fats (lard or shortening).

2.—Sift flour and measure. Add salt.

3.—In mixing the ingredients for cold water pastry be sure the shortening and water are cold. Cut two-thirds of the fat in, using two knives—one in each hand—"pencil style," or pick and drop-pieces of fat with some flour until mixture is like coarse oatmeal. Sprinkle a little water on at a time using a fork to toss the mixture together.

4.—When the mixture can be moulded together place on a slightly floured board and roll out with a floured rolling pin. Dot on pieces of the remaining fat. Fold and roll up in wax paper. Place in upper part of electric refrigerator for at least 15 minutes.

5.—Divide into portions for the number of sheets and roll out, raising at the end of each stroke.

6.—Shift the sheet of pastry around a couple of times while rolling into a circular shape. Then slip in half shape which makes it easier to lift to pie plate; unfold and press into shape of plate. Prick several places to prevent "bubbling." Put in filling.

7.—Roll out top crust quickly. Make slashes or cut-outs for steam to escape. Lightly dampen the edge of the lower crust. Place top on, trim with sharp knife using a downward stroke, or clip with shears to within 1/4 inch of plate and fold under.

8.—Crimp the edge, pressing the edge between the forefinger and thumb of one hand and forefinger of the other.

9.—We cut 3-inch strips of butter wrapping and wet it, then stick it to the edge of pie plate and let it fall over the dough. This prevents juices from boiling out.

10.—Place in hot oven (450 degrees) for ten minutes, then reset the automatic electric dial to 350 for the remaining thirty minutes for fruit pies.

### THE QUESTION BOX

With the announcement of the rationing of jams and jellies, etc., we are answering questions on jelly making by sending our Wartime Jams and Jellies leaflet to signed addresses—your for the asking.

Mrs. J. M. asks: Is bread flour satisfactory for making pastry?  
Answer: Yes, but use two tablespoons per cup more shortening and do not roll more than absolutely necessary.

Mrs. S. G. asks: Will placing a prepared pie in a warm place for a few

## GENERAL LECIERC



Leader of Great Fighting French Advance From Chad to Tripoli

General Lecierc, Commander of the Fighting French Forces in the Chad (French Equatorial Africa). He led a motorized Fighting French column on one of the greatest treks in military history. His men left Fort Lamy in Chad, advanced over a thousand miles northwards, through desert never before crossed by any army, and stormed Oum-el-Araneb, main Axis outpost in the Fezzan. Now they have covered a further 500 miles and entered Tripoli. General Lecierc is 40 years old. He was wounded in the Battle of France, and captured by the Germans. He escaped in civilian clothes, cycled to the coast and came over to England where he at once joined General de Gaulle.

minutes prevent boiling over?  
Answer: No, place cold pie in hot oven. Lower the temperature if it begins to boil over.

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 reply.

## What Public Want In Dressed Poultry

In 1942 more than 270,000,000 pounds of dressed poultry were produced and it is expected that this figure will be greatly exceeded in 1943. To hold at least a part of the great increase in poultry-consumption it will be necessary to market birds with even more flavor, states the Dominion Department of Agriculture. This means that more Grade A, Billed and Grade B Billed birds will have to be marketed, because the public has found these high grade birds have the most pleasing flavor and are the most tender and palatable. In the words of the trade, they are "repeat" birds.

A study of consumer preference discloses that producers would find it profitable to concern themselves about the size of bird consumers want. In turkey, the demand is mostly for 10 to 16 lb. birds, although experience shows there always will be a demand for a percentage of large turkeys—17 to 25 lb. However, the 10 to 16 lb. turkey is the popular selling size in the large consuming centres, and any great percentage of large turkeys in normal times is likely to go begging for a market.

With respect to large and medium sized chickens it appears that the medium size will be the most popular with large birds in limited demand. Great Britain has always favored a medium sized bird for many years, and in the United States there is a tendency towards medium sized chickens. In the export market, if Canadian poultry can begin again after the war where it left off, it will be a distinct asset to the industry, state the Department-poultry production officials. No product exported during peace time had gained a better reputation than Canadian dressed poultry. This reputation was not gained by wishful thinking but by constructive effort on the part of Canadian producers and those connected with the poultry industry.

### HARD ROAD AHEAD

We hope that victory is just around the corner, but we mustn't forget the corner is a long way away. Besides there is no easy road to that corner. It is studded with pill boxes and bomb craters. Before we can ever hope to reach it, we have got to continue to support the caravan now on its way. There will have to be continued reinforcements of Money, Materials and Lives. If that caravan is supported to the utmost possible extent, it will take time.—Jarvis (Ont.) Record.

### DESTROYER RECORD

PORTSMOUTH (CP)—The British destroyer Foxhound has steamed 240,000 miles since the war began and claims this as a record unequalled by any other ship of the allied navies or merchant fleets.

## Chronicles of... Ginger Farm

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

### Feet! Feet—yes, that's what I want to talk about today!

After all it is a subject in which most of us are interested, isn't it? And I would not mind betting that if there were figures to prove it, nine-tenths of all adult people would admit to having some kind of foot trouble. There is hardly a person who hasn't a corn that must be treated with respect, or a bunion that disfigures every shoe she wears. I say "she" because most bunions sufferers are women. And there are countless hundreds of fallen arches wending their weary way all through life, and an equal number of short tempered and frazzled nerves as a result.

And what do we do about it? Just mostly grin and bear it. I guess—with more emphasis on the bear than the grin. In fact we probably look on foot trouble as one of the many ills to which the flesh is heir to. Oh, we may pare that corn, or stick a plaster on it, and we may get an arch support or a metatarsal pad. If they help us, that's fine. If they don't—well, we just go on suffering, that's all. Yet we often hear of some person who has been to somebody or other, and from all accounts you would think some sort of miracle had been worked on their feet. But most of us are sceptical of such stories and pay little attention to them. Parmer and I have both been a real doubting Thomas in that respect.

But not any more—no indeed. We have both reformed, and are now ready and anxious to spread the glad news abroad that you and I don't need to always go limping our way through life.

You see, in desperation we at last took our sceptical minds and tarted up to a foot specialist—and we each came out with a pair of feet very different from the ones we took in. All for the price of a dollar a foot!

And what does the doctor do? Well he first prepares the corns and callosities by placing a cotton pad over them soaked with some sort of softening solution. Then he pares them—and you don't feel a thing. Did I say "pares" them? Carve would be a better word, for as you watch him you wonder if he is slicing off half your foot. Little pads, kept in place with plaster are afterwards put over the corns and callosities, and finally each foot is massaged with something so cool and soothing it makes you feel like a million dollars.

Then you put on your shoes and socks, pay your money and walk out with more comfort than you ever thought possible.

However, this treatment isn't a cure-all. At least our foot specialist made no such claim—he promised only to relieve our discomfort. A friend of mine tells me that she finds it necessary to have her feet treated about once every three months. And who can grumble at that? And I'll tell you something else. Even to sit in the doctor's office is a revelation, for people are coming and going all the time and it is interesting to note their reactions. While we were waiting our turn an old gentleman came out—presumably after a treatment. His face was literally beaming. He looked down at his feet and he stamped them. He went a few steps and stamped them again. In fact he just kept looking at his feet as if he couldn't believe they belonged to him. That was surely a story without words, wasn't it?

Well, I have passed this information along to you in the hope that it will be of service to someone. You don't need the name of the doctor whom we visited because if you want similar treatment all you have to do is look up the telephone directory of your nearest city and you will be sure to find one or more chiropodists, listed, all of whom, I am sure, will be qualified to give you just as good a treatment, and equally as much relief as we received and presumably at just as small a cost.

So now I have told you, and if it is news to you and you still go on suffering afterwards, then you will be just as foolish as we were—and believe me, that's saying a lot!

### ALMOST ALL HONEST

FOLKSTONE, Eng. (CP)—It figures out that about 95 per cent. of England's bus passengers are honest. That's the conclusion reached after receipts from boxes placed on Hythe and Folkstone buses were checked. The boxes were for short-journey passengers to deposit their fare if the conductor was too busy to collect them personally.

## Thar's Gold In Grandmam's Button Bags

War and Shortage of Metals Combine to Give Collectors of Buttons Added Incentive

By CYNTHIA LOWEY  
Associated Press Writer

NEW YORK (CP)—It took a war and a metal shortage, but Grandmam's button bag has come into its own.

There are plenty of button collections around, but to-day there's a new crop of devotees picking up rare antique buttons in the belief they stack up with gems, Persian rugs and stamps as a hedge against inflation.

And then there is the boom that started when the manufacture of those gaudy, metal buttons halted as war came. Designers are using old buttons to brighten up the L-85 all-weather; the gals are turning them into lapel pins.

So, says Mrs. Jack Partridge, dealers are flooded with business born of war.

She became a button fancier at about the time in life little boys start their stamp collections. She became a dealer in old buttons as a result of one of those giddy impulses common to a true button addict.

### Opened Button Shop

"I picked up a collection of 30,000 buttons for a song," she said. "I had to get rid of some of them, so I opened a shop."

The shop, tucked away in mid-Manhattan, has the atmosphere of all old curiosity shops, with a quota of rummagers among the cards and jars of buttons.

Mrs. Partridge, who makes no effort to sell the buttons, chats informally with her customers. "You can't sell collectors' items," she commented, "all you do is get the buttons in a central location and then let them find them."

Many men are ardent collectors, she said, and most of them specialize in military buttons or buttons with hunting scenes, animals or likenesses of famous people on them.

"To give you an idea, a brass button issued for George Washington's inaugural and bearing his likeness is worth the price of a good winter coat," she remarked.

The most expensive buttons she ever saw were a set of pencil sketches on paper and under glass which a Russian princess made. The price set by the auctioneer was in the thousands.

### Old Buttons Valuable

"Take a look in the attic," she advised. "Those brass buttons on Aunt Lulu's funny old dress—the one the children love to dress up in—they may have pictures of Little Red Riding Hood, the Pied Piper or William Tell. Any one of them is worth the price of a war bond."

Attics, sewing baskets and button bags sometimes are bona fide treasure troves—or the start of a button collection, she said.

"You might find some real Wedgewoods, or Dresden china, Battersea or a pearl button with a hand-painted design," Mrs. Partridge said, "and don't ever forget that buttons on Grandfather's uniform makes swell earrings."

## How to Select Poultry Males

A high point in the poultry breeder's art is the selection of approved flock breeding males. A strong vigorous male from high producing stock has a marked effect on the type and producing ability of the progeny, a fact that is demonstrated year by year in the high quality eggs which produce vigorous chicks. On the question of the selection of males, the poultry authorities, Dominion Department of Agriculture, call attention to the fact that progressive breeders start selecting the males when the birds are quite young, the first selections being birds that feather quickly, mature reasonably early, are blocky in shape, and maintain good growth and weight for age. "Pony" types—birds that show rapid muscle development but lack body size—are discarded.

The following points should be noted in the selection of breeding males when final choice is made, (at about six months of age); (1), apparent vigor and masculinity with freedom from coarseness in skin, comb, wattles, and bone; (2), a clean, cut, bright head; (3), a large, bright, full, prominent eye, bay or red in color; (4), a weighty, well-proportioned bird with full rounded, well-meated breast, wide across the shoulders, and fairly long, straight keel; (5), strong straight legs, set well apart; (6), well conditioned plumage, bright legs and skin color; (7), size, shape, and color typical of the breed; and (8), freedom from standard disqualifications and defects.

### TREASURES GUARDED

LONDON, (CP)—Art treasures in Sicily will be guarded by the Allies and an inventory is being compiled to prevent possible looting, a War Office official said. A British expert is inspecting and listing art works in public collections, churches and galleries of Sicily.

## Laundry Marks Cause "Dhobie Itch"

Oil from a nut tree used in marking laundry, and not fungus infection is held responsible for "Dhobie Itch," an affliction familiar to many who have visited the tropics, according to reports in The Journal of the American Medical Association.

Dhobies are members of a low caste in India who are employed as washermen. For some years it has been accepted that Dhobie lauded clothes transmitted fungus infections, particularly a ringworm appearing on the inside of the thighs. Misconceptions about the cause of the "itch" have been cleared up by means of scratching American soldiers in India and U. S. postal employees in Washington.

U. S. Army Medical Officers investigated a small epidemic of skin inflammation which appeared shortly after personnel of their hospital unit were first exposed to Dhobie laundries, soon after arrival of the unit in India.

"The exact localization of the circumscribed patches of dermatitis on that part of the skin in contact with the Dhobie mark," the officers report, "and the course of the lesions made it quite obvious that this represented a contact dermatitis induced by the marking fluid which the native Dhobies or washermen used in making their characteristic laundry marks."

The marking fluid is obtained from the nut of the rat, or bella nut tree, said to be common in India.

"A straight pin is pushed through the hard capsule of the nut and enough dark brown or black fluid adheres to the pin to make possible the marking of clothes with small crosses, dots or lines in various combinations sufficient to identify the clothing."

The marks are fairly permanent and withstand repeated washings.

Sixteen employees in the Washington post office inadvertently made a contribution toward positive identification of the tree from which the nut is obtained. It is reported that a bottle in a sealed mail pouch, sent from India by air, had become partially opened and its contents, a thick, black oil, had contaminated various pieces of mail. The substance was labelled "Dhobie Oil." The employees who handled this mail contracted a dermatitis similar to that afflicting the soldiers in India.

Investigation showed the oil is obtained from the juice of the marking nut tree which grows in the tropical outer Himalayas and the hotter parts of India. It is a member of the same family as the poison ivy plants of North America.

## Heirs of Ancient Hobbies

Kipling once wrote an entertaining ballad about a fellow named Ung, the stone-age man who liked to draw pictures on bone and whose hobby became his work: the first artist.

The sort of thing has gone on all through the earth's life. It is an interesting thought that if man had not turned aside from the daily struggle for meat to indulge a hobby—rubbing wood on flint to observe the polish, scratching lines on stone—we should have neither art nor science. It is intriguing to consider that invention may be just as much a child of inclination as of necessity.

We are the heirs of those ancient necessities and timeless inclinations. We exemplify also a trend that was evident even in Ung's time, a tendency to satisfy our needs for something outside daily routine by examining and criticizing the other fellow's effort. Without that, of course, we could not have what we call greatness, for greatness is relative to recognition. None would have heard of Rembrandt if none had seen his work.

To-day the immortality of those ancient inclinations colors all our life—they live in the art gallery, the library and the vacuum cleaner. On the mechanical side they have become the routine from which we need occasional escape. On the artistic side, they are themselves a mass escape, a second-hand sense of achievement that can never give the nameless thrill that first gave come to the fellow who first played truant from the warband to "fall to his scribbling on bone."

The artists and inventors were those whose inclinations appealed to the great numbers of their fellows to the world's advantage. The misfortune is that many of those who crowded around Ung and brought gifts to his tent-flop found in his drawing all they needed beyond the ice-cream.

## BOTH SAME PURPOSE

"My advice to you, Colonel, is to go through the movements of driving without using the ball," said the golf instructor.

"My dear fellow," answered the Colonel, "that's precisely the trouble I'm trying to overcome!"

## BLOOD RECORD

The first blood donor clinic to be held in Granby was an unqualified success, and was reported by the officials from Montreal as the most successful mobile clinic yet held in the Dominion of Canada.—Granby (Que.) Leader-Mail.



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.



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