

Of Interest to Women



THE MIXING BOWL

Hello homemakers! Just as soon as the winds pipe a little higher, men-folk (especially) praise a hot meat pie. And we homemakers should smile because it is an excellent way to use up those odds and ends from the small roast.

If you are buying meat for pie, choose a piece of round steak or lean brisket and cut it into cubes (about 2-inch size). Brown the meat in a little fat using a frying pan; then empty into a narrow deep pot with a tight fitting lid so it can stew away without scorching. Add a tin of consommé, or 4 cups of tomato juice, or a cube of concentrated beef dissolved in water, or vegetable juices to cover, and let it simmer while you prepare cubed carrots, sliced onions and some diced celery which you put in along with the seasonings. Let it simmer (not too fast) until done and serve with a lot of parsley sprinkled on top. For a special pie, put into a casserole, stir in 1/4 cup sliced mushrooms and top with a good pie crust. Bake until richly browned.

A good old fashioned beefsteak and kidney pie is a favorite, and is the most savoury of meat dishes with its rich gravy and topping of light fluffy biscuits or flaky pie pastry.

Beefsteak and Kidney Pie 1 1/2 lbs. chuck steak, cut in strips; 3 lamb's kidneys, 1 1/2 teaspoons of fat, 6 cups of boiling water, 1 large onion, peeled and sliced, 1 large potato, peeled and sliced, 1 teaspoon salt, pepper.

Cut the chuck steak into strips; core split and quarter the lamb's kidney; sear meat in fat. Add boiling water and simmer 1 1/2 hrs. or until tender. Place meat in individual casseroles. Add onion and potato, sliced. Sprinkle with salt and pepper. Thicken gravy from meat and pour a little into each casserole. Bake in electric oven at 450 degrees F. for 30 minutes or until potatoes and onions are tender.

Holl pastry 1/2 inch thick. Cut 6 circles the size of the tops of the casseroles; slash and place on top of the meat. Bake 15 minutes longer. Yield: 6 servings.

Chicken Pie Cut up the boiling fowl and stew slowly until tender in a deep pot, using enough water to cover. Allow 3 hours for 4 lbs. Add carrots, onions and potato cubes. Season with salt and pepper and sage. Drain off liquid and thicken; pour over meat and cover with biscuit dough. Bake in an electric oven at 425 degrees F. for 15 minutes.

Shepherd's Pie 4 cups cooked beef, cut in one inch cubes, 2 cups cooked sliced carrots, 1 cup cooked small onions, 2 1/2 cups gravy, 3 cups seasoned mashed potatoes, 1 egg, beaten.

Arrange the meat, carrots and onions in 1 1/2 quart casserole or in six individual casseroles. Pour over the gravy (or tomato juice and meat extract cube), then top with mashed potatoes to which the beaten egg has been added. Bake in a hot oven at 450 degrees F. for 30 minutes. Yield 6 servings.

Flank Steak on Casserole 1 teaspoon dry mustard, 1/2 cup vinegar, salt and pepper, 2 onions sliced, 2 pounds of flank steak, hot water.

Make a paste of the dry mustard, vinegar salt and pepper. Slice onions very thinly. Cover steak with paste and place in baking dish. Cover with onion slices. Add sufficient water to cover. Cover and bake in electric oven for 1 1/2 hours at 350 degrees F.

TAKE A TIP: 1 Protect wool blanket by stitching a wide band of heavy cotton at the top and bottom.

2 Use two spoons instead of a fork when you turn a roast. The fork permits valuable juices to escape.

3 If water has been spilled on some of the pages of a book, slip a piece of blotter on each side of the wet pages immediately. Press with a warm iron.

4 To remove fish odour from frying pan add dry mustard to dishwasher.

5 Soak a new broom in hot strong salt water to make it last longer.

THE QUESTION BOX Mrs. R. B. asks: What causes grape jelly to become granular?

Answer: Grape juice should mellow by standing over night before it is boiled to jellifying point. Or too much sugar may have been the cause.

Mrs. J. T. suggests a small strip of leather makes an excellent button loop on garments that get hard wear. Use scraps from old gloves or handbags.

GARDEN TRUCK READING, England. (CP)—A prize record for non-pedigree cows was made at a sale here when two Ayrshires brought \$950 each.

What are you raising in your garden this year? "Brown's" Leghorns and Smith's Wyandottes."

Women Map Vast Plans For Europe

Care and Re-education of Children One of Biggest Jobs Projected for Women in War-Ridden Lands

By Adelaide Kerr Associated Press Writer

NEW YORK (CP)—After the fact war a little Belgian girl of four listened intently while her Sunday School teacher told the story of the Crucifixion of Christ.

"I understand," she interrupted, while her dark eyes flashed with fire, "the Boches did it."

Behind that story of a four-year-old's hatred—and all that provoked it—Marie Ginsberg sees the outline of European women's biggest job after the war: "The job of educating Europe's children for peace instead of war and of weaving women's activities and influence into international affairs. In short the job women muffed after the last war."

Miss Ginsberg, the Polish born former assistant librarian of the League of Nations, has already tackled the problem. She presides over the newly formed Women's Council for Post-War Europe, whose membership includes women from the United States, France, Poland, Czechoslovakia, Jugoslavia, Greece, Denmark, England and Holland.

"After the last war, people said that if women had had the same political rights as men, there would not have been a war," Miss Ginsberg told me. "Most European women got their political rights during or after the last war. And now look! Women didn't stop it. They did exactly the same as men—talked and passed empty resolutions. They didn't pull together."

Full Together "It took another war to teach women teamwork. Now Czechs, Yugoslavs, Danes and others are pulling together as never before with one idea—to down Hitler.

Miss Ginsberg, who took refuge in the United States after the League staff was dismantled for the duration, founded the International Committee for Refugees of the Professional Classes. "One of European women's most important post-war jobs is the children," she said. "We want to found homes for the care of youngsters whose parents have been killed or taken from them. Some of these youngsters are roving up and down the land living under such terrible conditions that they are known as the "wolf children."

The re-education of the children is also important. We are going to try to bring about a revision of school books. They play a tremendous part in the child's psychology and hence in his behaviour as a man.

Finally the Council wants to prepare women of Europe to take great responsibility in the post-war reconstruction of Europe. So many men will be killed, imprisoned and drained out of their countries that women will necessarily play a leading part in helping the Allies invade and after that their influence will be greater."

Crate Fed Chickens Worth More Money

In the keen demand for poultry during wartime, crate fattening of chickens before marketing is apt to be overlooked. This means a monetary loss to the poultryman and less value to the consumer. The chief advantages of crate fattening are that the chickens gain more weight in the same time on less feed while being fattened in crates than they do on range; they grow higher and sell for more cents per pound than unfattened low grade birds; properly fattened chickens of Grade A Milkfed quality are the "repeat order" birds; their flesh is more tender and has a more pleasing flavor; and the fat that can be interspersed by crate fattening through the tissues and under the skin is far more useful in a culinary way than excess fat in the abdomen.

A recipe for a typical fattening ration is made up of equal part of finely ground oats, wheat, barley, or buckwheat mixed into a fairly thin batter with sour milk. The chickens should be fed twice a day, with water or milk available for the birds to drink during the day.

All birds do not fatten in the same period of time. Some of the birds will be properly mixed before the others. It is good feeding practice says the Dominion poultry authorities to separate the poor feeders, from the heavy feeders, and give the poor feeders a few days extra in the crates.

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The Week at OTTAWA

Specialty Written for The Canadian Champion Specialty Written for The Acton Free Press

OTTAWA (CP)—The government's Ottawa to hold the price ceiling despite pressure of increasing labor demands and rising prices in a number of commodities is expected to be translated shortly into decisions arising from a review of the price and wage stabilization program.

Commenting last week on the increase in the cost-of-living bonus—boost for each worker affected of 25 cents or 14 per cent. of his weekly pay—Finance Minister Halsey is "just getting under way."

He added that rising wage costs cannot continue "indefinitely," and it is "clear that in the national interest the price ceiling must be held."

Canada has been more successful than most other countries in holding down prices, Mr. Halsey said. "But these successes could be swept away in the space of a few short months, if controls were to be relaxed now. It was not clear whether Mr. Halsey's words were to be interpreted as forecasting new restrictions to be added to the present ones or a complete reorganization of the price and wage stabilization policy.

Observers have said that any program of price and wage control would be intimately linked to the new labor policy which the government placed this week before provincial representatives for their consideration.

The suggestion made in the British House of Lords that a permanent Empire Council be established in the capital city of Canada brought no positive statement of approval or disapproval from Canadian political leaders.

But there were indications the next session of parliament may bring general expressions of Canadian views concerning possible post-war international organizations within or without the Empire.

On the manpower front, the labor department, constantly reshuffling labor priority ratings to meet the urgency of the moment in a tightening manpower situation, has given pulpwood cutting operations a higher labor priority.

Woods Labor Needed The Dominion and Provincial governments are about to start an intensive campaign to move farm-labor to the woods to alleviate an impending shortage of pulpwood. War essential uses comprise about 55 per cent. of the total Canadian pulpwood consumed, with the remainder being used for making newsprint.

The government announced last week that due to lessened risk of air attack, some 90,000 to 100,000 A.R.P. volunteers in Quebec, west of the confluence of the Ottawa and St. Lawrence Rivers, and in all of Ontario now may be excused from further duty. But in British Columbia, the Maritime Provinces and Quebec east of the confluence of the Ottawa and St. Lawrence Rivers, there should be "no relaxation of A.R.P. organizations."

A reassessment by the cabinet war committee of the risk of air attack in various parts of Canada, "in view of changed war conditions," resulted in the announcement, made by Prime Minister Mackenzie King.

Many Demands for Canadian Cheese

Canadian cheddar cheese is needed to meet the requirements of the British Ministry of Food, which will probably again desire to secure as much of this product as Canada can make available. Cheese is also needed for the Red Cross parcels for prisoners of war, about 25,000 pounds weekly being at present required for this purpose, and the Department of Munitions and Supply requires substantial quantities for military camps in Canada. Reasonable quantities are needed for civilian consumption in Canada; and for shipments to other parts of the British Empire which the United Kingdom Government has asked Canada to take care of, in so far as cheese is concerned.

It is estimated that the consumption of milk in the fluid state for all Canada in 1943 is more than 9 per cent. higher than it was in 1942.

Egg production in Canada in 1943 has been about 20 per cent. greater than in 1942. Greater domestic consumption has more than taken up this increase.

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Chronicles of Ginger Farm

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

Last Saturday I was in one of our local drug stores waiting my turn to be served when the woman ahead of me said to the clerk, "Have you a Canadian Champion left?" A little later another woman said, "Give me a copy of the Champion, please."

And from the other side of the store someone else said, "Canadian Champion, please." So it looks as if people were well enough pleased with their new editor to want to buy the paper anyway. Personally I thought the new set-up was just fine and I am sure we at Ginger Farm are glad to welcome to our local paper an editor or who has made such a good job of the Acton Free Press. Maybe our editor won't like having to print all this about himself, but you may not like to write pretty much what I like and he always seems to print it if he agrees with it or not. And I am quite sure there are times when he doesn't agree with what I write—but then, this is a free country so far and everyone is entitled to his or her opinion—and to express it, providing it isn't against public interest.

Well, in a matter of an hour or two our soldier son will be on his way back to Vancouver Island. It was nice that he got his furlough sooner than he expected except that we know now there is no hope of him being home for Christmas—and we do like our family around at Christmas. Of course, according to the optimists the war may be over by Christmas. As to that I have my doubts.

Yesterday being Sunday and daughter and some friends coming out for dinner, what should have to happen but the chimney caught fire. Just before breakfast I noticed a red glow on the sheet iron which blocks up our big open fireplace in the dining-room. The woodwork which holds the sheet iron in place was charred and was beginning to smoke when I saw it. Had there been no one in the house the mantelpiece would have been blazing merrily inside of five minutes. Fortunately Partner was on his way to breakfast and we soon had things under control. But it meant that I had to wash both the kitchen and part of the dining-room floor because no matter how careful a person is, soot and creosote has a way of tracking itself all over the floor. You see nothing would do for Partner but to clean out the fireplace when he saw what had happened. Really, these old fireplaces are definitely a fire hazard.

After that little disturbance you can imagine I had to do some hustling to be ready before our visitors arrived. But I made it, although I am not too sure that I would have done had they not been late in arriving.

Well, we seem to be getting all the rain we want—in fact we are beginning to worry in case the rain will forget to stop. Farmers are never satisfied—in this what you said, I guess maybe you're right. It's a case of "The little more and how much it is—the little less and what miles away."

Saturday Partner sent a cable to his mother in England for her birthday. Eighty-nine and still living in the bombed area of England! Her daughter writes that her mother finds great difficulty in climbing in and out of the air raid shelter which they have in their own home. A few weeks ago they sent a cable to say that they were all right and safe. This was after a particularly heavy raid in which houses were wrecked and people killed quite close to them. We had not had a letter from them since so we don't know very much about what happened. Wouldn't you wonder how an old lady could stand such a life at all? As her daughter says, "It seems too bad that mother should be so 'put about' at her age." But then this same old lady's mother lived to the age of a hundred and three so I guess they must have the recipe for longevity.

Well, it is time to get ready to go to the station with Bob, so good-bye for now—and next week I'll be seeing you again.

PADDLE STEAMER ACTIVE

LONDON (CP)—One of England's most illustrious war workers is the paddle steamer Royal Eagle, which used to carry holidaying Londoners to seaside resorts. Since the start of the war it has been in action against aircraft 52 times, has saved 24 lives at sea, has destroyed two enemy planes in addition, at Dunkerque, it made three crossings, brought home 3,000 troops, was divebombed 48 times.

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PILES Sufferers of bleeding and protruding piles should know

Dunkers Herbal Pills treat the cause at its source. Money back if the first bottle does not satisfy. Buy from your druggist.

Need Simple Tests for Milk Quality

At a recent meeting of the Canadian Institute of Sanitary Inspectors Dr. C. K. Johns, Division of Bacteriology and Dairy Research, Dominion Department of Agriculture, said the war is forcing all concerned with milk sanitation to re-examine many of the programs of milk control and to ask the question whether the desired results could be obtained with less trouble and expense than by customary procedure.

Movements aiming at simplification of sanitary control measures which had been in being before the war had received a considerable impetus. Shortages of skilled labor both on the farms and in plants had also directed increasing attention to measures for maintaining quality of meat at a satisfactory level, he said.

There was general agreement that milk for pasteurization should be reasonably free from sediment and have a reasonably low bacterial count. However, studies had shown beyond doubt that milk with a reasonably low bacterial content, as judged by any of the usual tests, might yet contain sufficient number of heat-resistant bacteria to make it difficult to meet the bacteria limits on the pasteurized products. These organisms which almost always entered milk from poorly cleaned and inadequately sterilized milking utensils, especially milking machines, could only be detected by laboratory pasteurization of samples from each producer, and subsequent determination of the number of organisms surviving.

The ideal test for bacteriological quality in milk would be one which enabled the immediate recognition of all sub-standard milk. No such test had yet been developed, but the work

of the inspection staff might be greatly helped by the use of simplified tests for milk quality, both on the receiving platform and in the laboratory. By directing attention to those farms which produce a sub-standard product, a higher level of quality might be attained with a great saving in the time and transportation involved in the usual routine farm inspection. In the control of pasteurized milk supplies, the direct microscopic clump count, supplemented by other tests, could be substituted for the plate count with very satisfactory results.

RATION MEAT IN AUSTRALIA

CANBERRA (CP)—Meat production in Australia is still about the peace-time level, but to make supplies go around rationing will be introduced in January. The scale will be 2 1/2 pounds weekly for adults and 19 ounces for children under nine.

Prime Minister John Curtin explained that the Commonwealth was settling aside half the total estimated production and dividing the other half among Australian, British and Allied Forces and the civil population of Britain.

AIR CADETS' DRUMS DISTURBED SERVICE

ANDOVER, England (CP)—Sunday morning parade by the district Air Cadet Corps in this Hampshire town was halted momentarily in front of the East Street Methodist church when the pastor, Rev. Alfred Chapman, raced out in his gown and stood in front of the boy drum major. A brief argument followed and then the parade resumed — but without drums or bugles. The minister complained that the noise of the band disturbed his service.

SOURCE OF IDEAS MANY FARM MACHINES

In the realm of agriculture engineering, the Dominion Experimental Farms have made many valuable contributions, notably through the Engineering Section of the Field Husbandry Division. Entirely new types of machines which have been developed, tested and improved by them—include a wide range of machinery for use in cultivation without ploughing so that the trash coverage on summer fallow may be retained. Other contributions by the Farms are haying machinery to eliminate hand labor and in the introduction of other labor-saving machinery; the origination of new machines for handling certain of the newer crops, such as rubber bearing crops, and the discovery of the adaptation of standard combines in the handling of crops, such as Argentine rape and sunflowers, with a combine harvester.

THIS LANGUAGE OF OURS

A Frenchman was relating his experience in studying the English language. He said: "When I first discovered that if I was quick, I was fast; that if I was tied I was fast; if I spent too freely, I was fast; and that not to eat was to fast, I was discouraged. But when I came across the sentence, 'The first one won one-dollar prize.' I gave up trying."



THE CHARTERED BANKS of Canada keep abreast of the Dominion's expanding needs.

Six times since 1870 the Bank Act under which the Chartered Banks operate has been revised by parliament—six times in that period the activities of the banks have been carefully scrutinized by the people's representatives.

Every ten years the Bank Act has been thus revised. Each one of the six decennial revisions has contributed much to the evolution of the banking system to meet the expanding needs of a developing Dominion. In 1934 the sixth revision of the Bank Act was made. Fifty members of the House of Commons made up the committee, which examined witnesses—among them bank officers, government officials and reformers—and studied exhibits filed by various individuals and organizations. Findings were submitted to the House, and later that year the Bank Act was revised in many important particulars.

Through democratic enquiry and decision, the Canadian banking system has grown and been adjusted to meet the needs of the people, providing a depository for savings and a sound basis for Canada's free economic development.

THE CHARTERED BANKS OF CANADA

TOTAL ALLIED VICTORY IN AFRICA



With the total and utter defeat of the Axis fighting forces in Africa, German and Italian troops are surrendering in thousands to the Allies. The latest official figure for the number of these Axis prisoners is 224,000 (May 1943). Picture shows a batch of Germans surrendering to a British tank on the road to Tunis. —Courtesy of Emmett Watson.