

Of Interest to Women



THE MIXING BOWL
By ANNE ALLAN
Hygiene Means Economy

Hello Homemakers! Thrifty grandmothers, whose wonderful soups we have heard so much about, had an ever-burning kitchen fire to work with. They could keep their stock pots on the top of the stove because the constant heat was too high for the growth of dangerous bacteria.

Now, it is necessary to conserve every kind of fuel, but we need not worry about the soup pot — use low heat to draw out the flavor without boiling the liquor away, and then place it in the refrigerator to prevent spoiling and waste.

RECIPES

Basic Supper Chowder

2 large potatoes, chopped or grated; 2 large onions, chopped or sliced; 1 pound of hamburger, 1 quart of milk, salt and pepper.

Quick to make, delicious and inexpensive. Cover the potatoes, onions, and hamburger with hot water, and simmer slowly until the potatoes are well cooked, about 20 minutes.

Quick Split Pea Soup

2 cups green dried peas, 2 quarts water, 2 small onions, chopped; 1 grated carrot, salt and pepper to taste, 1 bay leaf, 1/4 teaspoon thyme, 2 stalks chopped celery or 1/4 cup chopped celery tops.

Mix the ingredients and boil for 20-25 minutes. Strain through sieve or colander; reheat and serve.

Thrifty Changes

Use leftover ham or chicken stock in place of water. Chopped bacon will give a delicious flavor for a change. A dash of cayenne pepper or pepper sauce if you like it. Garlic minced fine and added while cooking will be a good change, served with thinly sliced onions on top. After straining, 1 cup thick tomato juice may be added. Hot milk or cream (about 1 c.) may be added.

Creamed Vegetable Soups

Delicious cream soups may be made from leftover or freshly cooked vegetables such as peas, cabbage, spinach, beet tops, onions, or cauliflower. Press the vegetables through a sieve, and to each cupful of vegetable pulp add two cups of milk. Heat to the boiling point, season with salt and pepper to taste, and thicken with a little flour — about 1 tablespoon flour and milk mixed to a paste. Simmer for two minutes, stirring constantly. Add 1 tablespoon butter just before serving. This makes two large servings or three small servings.

TAKE A TIP:

1. Meat broth is the perfect medium for the growth of bacteria, and once bacteria starts, spoilage can quickly result.
2. To keep your refrigerator stock pot safe, make sure that the broth is brought to the boiling point and put back into the refrigerator after cooling, about every two days, unless of course it is to be served.

THE QUESTION BOX

Mrs. L.B. asks: Why do scalloped potatoes curdle?
Answer: When the oven temperature is above 325 degrees the fat and flour do not cook slowly enough to make a paste and will separate from the milk if it boils.
Mrs. J.M. asks: How to mould cranberries without using much sugar.
Answer: Cranberry salad
1/2 cup sugar, 1 tablespoon gelatine, 2 cups of cranberries, 1 1/2 cups water, 1 cup of diced celery.
Cook cranberries in one cup of water until they are soft. Press through a sieve, add sugar, cook 5 minutes. Add gelatine softened in 1/2 cup of water.

BUY AFRICAN SARDINES

LONDON (CP)—The ministry of food has purchased the whole of the season's production of the North African sardine canning industry, reopened with the allies' occupancy. The purchase amounts to from 40,000,000 to 50,000,000 quarter-pound tins.

PUBLIC AFFAIRS



Neil Morrison recently appointed CBC Supervisor of Talks, is a graduate of the University of Manitoba. He joined CBC in 1940, after post-graduate work at McGill, and was made assistant to the Supervisor of the Farm Broadcast Department the following year. Having successfully developed the group listening technique which has been a notable feature of National Farm Radio Forum broadcasts, Mr. Morrison now returns to head the department with which he was first associated on joining the CBC.

Rationing Time Table

November 15, 1943
(Clip this out and keep available)

Coffee or Tea (Green)—Coupons 1 to 21 inclusive now valid. Coupons 22 and 23 valid November 25. Coupons 24 to 25 expire December 31. Each good for 8 oz. coffee or 2 oz. tea.
Sugar (Red)—Coupons 1 to 20 inclusive now valid. Coupons 21 to 23 expire December 31. Each good for one pound of sugar. Canning sugar coupons valid until declared void.

Butter (Purple)—Coupons 24, 25, 26 and 27 now valid. Expire Nov. 30. Coupons 28 and 29 valid Nov. 25. Expire Dec. 31. Each good for 1/2 lb. butter.
Meat (Buff)—Coupons pairs 22, 23, 24 and 25 now valid. Expire Nov. 30. Coupon pair 26 valid November 18. Coupon pair 27 valid November 25. Expire Dec. 31. Each pair good for 1 to 2 1/2 lbs. meat.

Preserves (Orange) — Coupons D1 to D7 now valid. Valid until declared void. Good for preserves, sweet spreads or sugar (see chart).

The Hub of Democracy

One of the most democratic institutions in modern Canadian life is the small town Main Street. It is an institution for it never changes—a few shly store fronts, theatres and even traffic lights may modernize its surface, but the great, generous kindly heart of it beats as steadily to-day as it did 50 to 100 year ago.

The even tempo of small town life sometimes confuses city visitors. It takes an effort on their part to understand that the comparatively leisurely way of doing business on Main Street is not inefficient. They rarely realize that the merchant wouldn't sell a nickel's worth if he did not take time to manifest his genuine interest in the state of his customer's family, garden and health.

The Main Street community is quite unconscious of class distinctions as the world knows them. All classes, rich and poor, are accepted into the circle. The qualifications are merely that the members feel a sense of belonging to the small town brotherhood, joy in their neighbor's success and sorrow in their failures.

This sharing of emotion is what confuses the city folk on Main Street. The slower pace of the small town life gives time for the kindness at the bottom of every human heart to rise to the surface. Main Street, in this respect, is a close approximation of Rousseau's natural state. Here is the communal feeling of the French philosopher's natural man, the simple virtue that he eulogizes.

The boys and girls in the services have something behind them which no city dweller can fathom. The Main Streeters in his Majesty's forces know their personal sacrifices are appreciated in the home town, that their places will not be filled in a month or even a year, and that in case they fail to return, Main Street will grieve and in its heart will never cease to mourn the sons forever gone.

Main Street is the very hub of democracy, the essence of what the United Nations are defending. That is good and simple and if its steadfast heart should ever cease to beat, the Freedom we claim for Canada would be a dead and lifeless thing in the community.

LONDON (CP)—Six thousand farmers are in the national "panel" scheme for their cattle by which nearly 250,000 animals are receiving regular inspection and treatments, states the Ministry of Agriculture.

Chronicles of... Ginger Farm

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

It happened again! Yes sir or madam, I never knew it to fall. As sure as I start housecleaning in either the kitchen, pantry or dining room, the minister comes to call.

This time it was the pantry. Friday being a cold dreary sort of day I thought a little really active work might be a better foot warmer than sitting by the fire. And there was the pantry just about shouting to be cleaned, so I went at it. But you know how it is with a pantry—it is just about the worst thing there is for cluttering up the place. Things just go where you can find a place for them—just so long as you get them out of the way and have room to work. I got along fine in the forenoon and then after dinner I went at it again and was busy on the second half of the ceiling when there was a tinkle on the door bell. I was so taken by surprise I nearly fell off the table on which I was standing. I had neither seen nor heard a car come in and had no idea who our visitor might be. Then I went to the door, and there was our rector on the step!

Well, the living-room fire was out—we have to save on fuel you know—so there was only one place to receive him and that was in the dining room with its overflow from the pantry. However I told him if he could stand the middle then I could. So we left it at that.

But no, that wasn't all. Partner saw the car in the lane and thought it was our worthy editor on one of his flying visits. So Partner came in through the kitchen, ready with some quip or other as a greeting. And then he came into the room and saw who our visitor really was—it was just too funny to see Partner's expression change.

However, in spite of housecleaning complications and mistaken identity we did have a splendid visit with our rector, and that after all was no important thing—even if I did have to finish the pantry after supper.

Partner stayed in the house all the time and then at supper time he came in and said rather glumly—"It just seems that if I take an hour or two off once in a while something always goes wrong."

"What's the matter now?" I asked. "Oh, it looks as if Elmer has got away some place."

Which reminds me—I don't think I ever introduced you to Elmer, did I?
Of course you have heard of Elmer the Cow, haven't you? Well, this isn't a cow, so we call him Elmer—and he's not much more than a yearling. Apparently while Partner was in the house Elmer thought it was a grand opportunity to go over to the next farm and visit his girl friends. And once having made up his mind a little thing like a fence wasn't going to stop him. It was too dark that night to find him but the next day Partner got him home and now he is tied up in the stable. Poor Elmer—his freedom was of short duration.

You never know what cattle are up to these days. Now that crops are off most of the young cattle and dry cows have the run of the farm. One day Partner saw a train along the track back of our place and the whistle was blowing like a fire siren and the train would stop and start and stop again. Partner kept watching and presently he saw something moving and he guessed then that someone's cattle were on the track. We heard afterwards that one of the cows was killed. Poor Boasie—it was too bad for her. And too bad for her owner, and also for a number of milk consumers because in a few weeks Boasie would have had a calf and would have filled a good many milk bottles every day.

FIRE SERVICE MEN CHALLENGE DEATH

LONDON (CP)—The story of a group of National Fire Service men daring death throughout a whole night to fight a fire in a 50-ton tank of sulphur at a North of England gas works has been released for publication, having been held up for security reasons since the night of August 21-22.
Equipped with special apparatus to breathe through the choking fumes, they showed "the highest courage and gallantry" in fighting the blaze for nearly 15 hours and finally extinguishing it, said the official report.

A shuttle transport service was organized to obtain oxygen from a local firm to maintain a supply in the breathing apparatus. The surrounding district was cleared because of the danger of explosion, which the men faced unflinchingly through the time the fire was burning.

Rationing and War-Winning

There is continuous grouching—not all of it unjustified—about certain rationing regulations the necessity or equity of which is not readily apparent to a good many people. Even some of the rationing officials themselves do not seem to understand why certain provisions are in effect and privately, at least, they may be willing to concede that they could be withdrawn without much harm being done the nation's war effort, especially since there is no disposition on the part of the Wartime Prices and Trade Board even to attempt to enforce them.

The fact however, that petty irritations of this nature remain in effect and still await that housecleaning of government orders which said to be under way in Ottawa, does not alter the fact that the rationing regulations on the whole, have been wisely drafted and that the principle of rationing now being gradually extended until it embraces more and more commodities, is absolutely essential if the reasonable requirements of the civilian consumer are to be met after the demands of the armed forces and other vital users have been filled.

The Toronto Better Business Bureau regards consumer rationing as of such absolute necessity in time of war that it has produced a special circular relating to that subject and its conclusions are worth reproduction:

"This war has not only to be won—but we must endeavor to win it at the earliest possible moment. The rationing regulations that have been put into effect have not been instituted or enforced without the most careful consideration of, and for, all concerned. Therefore, it is up to each and every one of us to make these regulations effective so that everyone will have enough for health and efficiency—including the armed forces, our merchant marine, our munition workers, and the everyday civilian who has his job to do to.

"It is well for us to keep in mind that in a broad sense personal selfishness or thoughtlessness will only prolong the war—as well as contribute to a greater loss of Canadian lives by hampering our civilian effort, lowering morale, encouraging defeatism and rendering more difficult the equipment of the men who fight our battles.

"Those who have been entrusted with the consular surplus-producing countries—Canada, the United States, Australia and Argentina can be attributed wholly to favorable wartime harvests, at least in North America, states the Monthly Review of the Wheat Situation. In Canada, for instance, total production of wheat in the four years 1939-1942 was almost double that of the previous four years, while in the United States it was about 14 per cent. greater. Wartime harvests have yielded less wheat in the southern hemisphere countries, but total production in the four countries in the period 1939-1942 was 1,207,000,000 bushels greater on a sharply reduced acreage than in the four years 1935-1938.

"FRICITION" CAUSED THIS FIRE
When an insurance adjuster returned from investigating a blaze, his boss asked what had caused the fire.
"Friction," the investigator replied tersely.
"Something rubbing together, eh?"
"Yeah," the adjuster added, "the fire was caused by rubbing a \$3,000 insurance policy against a \$2,000 house."

THE TOWERMAN

The rising tide of surplus wheat in the four principal surplus-producing countries—Canada, the United States, Australia and Argentina can be attributed wholly to favorable wartime harvests, at least in North America, states the Monthly Review of the Wheat Situation. In Canada, for instance, total production of wheat in the four years 1939-1942 was almost double that of the previous four years, while in the United States it was about 14 per cent. greater. Wartime harvests have yielded less wheat in the southern hemisphere countries, but total production in the four countries in the period 1939-1942 was 1,207,000,000 bushels greater on a sharply reduced acreage than in the four years 1935-1938.

THIS WAR AT HOME
Because it is one of the greatest enemies of public health, the common house fly should not be tolerated in the home or its surroundings, or in shops offering food for sale. Most effective method of control consists in eliminating breeding places and the proper disposal of manure and garbage.
—Queens (B.C.) Cariboo Observer

Men, 30, 40, 50!

Want Normal Pop, Vigor?
The Crown Trade Tablets, Contains 100% Vitamin B₁, 100% Vitamin B₂, 100% Vitamin B₆, 100% Vitamin C, 100% Vitamin E, 100% Vitamin K, 100% Vitamin P, 100% Vitamin S, 100% Vitamin T, 100% Vitamin U, 100% Vitamin V, 100% Vitamin W, 100% Vitamin X, 100% Vitamin Y, 100% Vitamin Z, 100% Vitamin AA, 100% Vitamin AB, 100% Vitamin AC, 100% Vitamin AD, 100% Vitamin AE, 100% Vitamin AF, 100% Vitamin AG, 100% Vitamin AH, 100% Vitamin AI, 100% Vitamin AJ, 100% Vitamin AK, 100% Vitamin AL, 100% Vitamin AM, 100% Vitamin AN, 100% Vitamin AO, 100% Vitamin AP, 100% Vitamin AQ, 100% Vitamin AR, 100% Vitamin AS, 100% Vitamin AT, 100% Vitamin AU, 100% Vitamin AV, 100% Vitamin AW, 100% Vitamin AX, 100% Vitamin AY, 100% Vitamin AZ, 100% Vitamin BA, 100% Vitamin BB, 100% Vitamin BC, 100% Vitamin BD, 100% Vitamin BE, 100% Vitamin BF, 100% Vitamin BG, 100% Vitamin BH, 100% Vitamin BI, 100% Vitamin BJ, 100% Vitamin BK, 100% Vitamin BL, 100% Vitamin BM, 100% Vitamin BN, 100% Vitamin BO, 100% Vitamin BP, 100% 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FARMERS FIRST
CHELMSFORD, England (CP)—Home Guards in Essex were excused from week-day parades during August because most of them are farmers and had harvest work to do.

PICOBAC
Pipes Tobacco

CARROLL'S

Ask for **ROMAR** Coffee 35c
1/2 lb. bag 19c
1 lb. bag 35c

Bran Flakes 16c
Macaroni 5c
Quaker Oats 19c

Rice 12c
Long or Round Grain

Van Camp's BEANS 2 pkgs. 25c
Asst. Jimmie Backbeet FLOUR pkg. 18c
Roman MEAL pkg. 29c
Asst. Jimmie Yellow PEA SOUP pkg. 9c
Lilly Powder—D-ZERTA pkg. 25c
Hains Condensed Vegetable SOUP 2 tins 25c
Hains Condensed Tomato SOUP 10-oz. tin 9c
Small White BEANS lb. 5c
Ross-Miller Puppy MIDGETS 2 lbs. 25c

Concentrated Black JAVEX lb. 14c
Sawfluke AMMONIA pkg. 5c
Antiseptic Saniflush tin 15c 29c
Woodbury's Facial SOAP 2 cakes 15c
Fl-Glo Liquid Floor Wax lb. 29c
Old English Scratch COVER lb. 23c
MacLaren's Prepared Mustard 25-oz. jar 16c
Carroll's Dandelion TEA 1/2 lb. pkg. 32c
Flaked WHEAT 2 lbs. 11c

Kallogg's ALL-BRAN 1/2 lb. pkg. 21c
Van Camp's Tomato SOUP 2 tins 15c

CHOICE MALAGA GRAPES Per lb. 21c