

Of Interest to Women



THE MIXING BOWL

Hello Homemaker! Fruit cookies, the plum pudding and mincemeat require several days to mellow and develop that rich blending of flavors so desirable. They will be less heavily fruited and lack the richness of other years because of the scarcity of some of the ingredients. However, make a perfect dessert, neither soggy nor dry, and the family will be cheerful.

Preparations for steam puddings may be accomplished in easy steps. Wash raisins and dry thoroughly; shred peel and chop suet when you have a few leisure moments in the evening. When ready to mix, use about 1/4 cup of sifted measured flour to each cup of fruit. Combine measured ingredients together. Mix and pour into well greased moulds. Cover with two layers of waxpaper. Tie securely with a string. Incidentally, if you put puddings in several small moulds they will require less time to cook. We prefer to steam the puddings. However, if your steamer has worn out you may improvise one by putting moulds in a covered roasting pan with the rack in place in lower part of oven with the bottom element on high, indicator at 400 or place on top element and keep boiling. Do not lift the lid during the first two hours. If the lid is tight fitting it will be necessary to replenish with water—if water has to be added, use hot water so that the steaming continues without interruption. To reheat the pudding allow a half hour for small moulds, or 1 hour for the listed English Plum Pudding.

RECIPES

English Plum Pudding 1/4 cup pastry flour, 1/2 teaspoon baking soda, 1/4 teaspoon salt, 1 teaspoon cinnamon, 1/2 teaspoon mace, 1/4 teaspoon each cloves, allspice, ginger, 1/4 cup minced suet, 1/4 cup currants or seeded raisins, 1/2 cup sultanas, 1/2 cup seeded raisins, 2 tablespoons of mixed peel, 1/2 cup blanched almonds, 1/4 teaspoon grated lemon rind, 1 teaspoon lemon juice, 1/2 cup grated carrots, 1/2 cup grated raw potato, 1/4 cup grated raw apple. Method: Sift flour, measure and re-sift with soda and spices. Add all other ingredients. Combine thoroughly. Steam in covered greased pan for three hours. Re-steam for serving.

Carrot Pudding 1 cup grated carrots, 1 cup grated potato, 1 cup bread-crumbs, 1 cup raisins, 1 cup peel (sliced), 1/2 cup cherries (sliced), 1 cup brown sugar, 1/2 cup suet finely chopped, 2 tablespoons sour milk, 1/2 teaspoon baking soda, 1/2 cup flour, 1 teaspoon salt, 1 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/4 teaspoon allspice. Method: Mix ingredients in order given. Turn into well greased mould. Cover and steam. If individual moulds are used, 1 1/2 hours would be required; for large moulds 3 hours.

Plum Pudding Sauce Cream together a cup of sugar and half a cup of butter. When light and creamy add the well beaten yolks of four eggs. Stir in 1/4 cup raspberry vinegar or similar flavoring, a pinch of salt, and one cup of hot cream or rich milk. Beat this mixture well. Place in double boiler over the fire—until the consistency of thick cream. Add 1 teaspoon of liquid allspice. Do not let boil.

Butterscotch Sauce 1 1/2 cups brown sugar, 1/2 cup white corn syrup, 1/4 cup water, 1/4 cup butter, 1/4 cup rich milk. Boil sugar, syrup and water together until they reach a temperature of 236 degrees F. Add butter and cool. Beat in milk. Serve hot or cold. 1/4 cup shelled almonds may be added to sauce after cooling.

TAKE A TIP: 1. Heat a cake pan before greasing; less fat will be needed. 2. Bake or grill patties or croquettes instead of frying to save fats. 3. Plain scones or tea biscuits may be baked on a lightly floured pan instead of a greased pan.

THE QUESTION BOX Mrs. C. M. asks: How can fish odor be removed from a metal pan, and should frozen fish be thawed before cooking? Answer: Scrub with hot water and salt; rinse then wash in soapy water. Small fillets do not need to be thawed but it prevents excess splattering of fat.

Mrs. S. Mc. asks: How to make good pastry without pastry flour. Answer: Add 1/4 teaspoon baking powder to sifted flour; use 1/4 more cold fat, and sprinkle with milk instead of water. Chill before it is rolled out.

Note: Has anyone other suggestions pertaining to the above problem?



WAS OVER TARGET

An Ottawa man who had weathered the London blitz, been home in Canada and returned to duty again, was a member of an all-Canadian crew which made the return trip to Germany recently. F. H. Wadsworth, of the CBC overseas technical unit, handled the radio equipment for Ray Mackness, when he gave a running account of the attack for listeners at home.

New Year Formula

Break All the Diets, Put Out the Fire

So you think you will turn over a new leaf and start all over again with a New Year resolution. If you want a model for a thorough and complete job of it, do as the Aztecs did. According to Mr. M. E. Kidd of the Royal Ontario Museum, these ancient Mexicans regarded the occasion seriously. They had "New Year," which recurred every 52 years was a time of danger and grave portent. The world in fact would certainly come to an end unless the gods were content. They prepared for the occasion by smashing their images, breaking their pottery and by extinguishing the fires throughout the nation. On the fateful evening, vast multitudes assembled in the square before the Great Temple in Mexico City. Here priests offered appropriate prayers and sacrifices. At midnight, one of whose duty it was began with this drill to make new fire on the altar. At the first sign of flame a sigh of relief went up from the crowd, for they knew that the world would continue. Runners lit torches at the fires and soon the whole nation was blazing with promise. They made new idols and new pottery and new life was really begun. Examples of Aztec images and pottery, like those destroyed at their rituals, are contained in the collection of the Royal Ontario Museum.

Aussies Get Break With Wartime Tea

Heavy Users of Beverage, They Receive Better Quality Than in Peacetime

MELBOURNE (CP) — Although living under a rigid wartime economy, Australia today is getting better quality tea than in peacetime. This fact, disclosed following the arrival in Australia of a large shipment of tea from Ceylon and India, is good news to a country which among all tea-drinking nations, ranks second only to Great Britain.

In peacetime the average Englishman used nine pounds of tea a year and the average Australian seven. As good tea is estimated to make about 200 cups to the pound this means that Englishmen drank a daily average of five cups compared with four by the Australian.

Australia's war time ration allows 6 1/2 pounds a year for each Australian, but in the last 12 months two additional allowances brought the total to 7 1/2 pounds.

In peacetime Australian supplies came largely from Java and Sumatra, with a smaller per centage from Ceylon, and a negligible amount from India and China, but following Japan's eastward advances, the British Ministry of Food acquired the entire Indian and Ceylon output, from which allotments are made to all Allied and neutral tea-drinking countries.

High grade tea, which to-day is available to the Australian housewife, was sold almost entirely on the British market, because of its high price. Few Australians realize that the pound of tea they buy from the suburban grocer really contains up to 20 different varieties. The current shipment for instance contains up to 60 lines from different growers and ranging in quantity from five to two hundred chests each of 110 pounds. All tea is shipped by the British Ministry of Food, to the Commonwealth Tea Board, by which it is appraised and allocated for packing and blending to packers and distributors.

Line To Steep Rock Goes Into Operation

Will Pump Hundred Billion Gallons of Water Out of Lake and High Development of And Grade Iron

Reaching into Ontario's northwest hinterland to speed the vast development of vast new mineral resources, Hydro's new 110-kv. transmission line, covering a distance of 120 miles between Fort Arthur and Steep Rock Iron Mines Limited went into operation recently. Ranking as an outstanding wartime achievement, the construction of this line by the The Hydro-Electric Power Commission of Ontario was completed within a period of six months. Traversing typical Northern Ontario bush country the line will provide power to operate the pumps which will drain an estimated hundred billion gallons of water, at the rate of 300,000 gallons a minute, from Steep Rock Lake. In addition, it will supply power to the Ontario-Minnesota Pulp and Paper Company Limited, in lieu of power formerly generated by the company's own plant which had to be shut down before Steep Rock Lake could be drained.

The line, with associated terminal switching equipment, was constructed at a cost of approximately \$1,500,000 and is of twin pole construction, of western cedar, thus alleviating to a great extent the war-time scarcity of steel. Power conductors were obtained from a certain line section in the Niagara system which have decreased in importance with the development of the commission's eastern sources of supply.

This project will materially aid in the development of a particularly high grade of iron ore which will be of vital importance to the United Nations' war effort. After the war, it is expected that this ore will find a market in the production of high grade steel.

Of more passing interest to the municipalities in the Thunder Bay system, are the tests now being conducted in the United States to determine both the advisability and feasibility of producing iron sponge by the use of hydrogen gas. An adequate supply of low cost power is available for the production of this gas by the electrolytic decomposition of water, and the economic soundness of such a plan is reported to be under consideration.

As the water level in Steep Rock Lake is lowered the ore lying in the lower section of the middle bay will be the first uncovered. Overbearing material will be removed partly by hydraulic methods, and partly by dredging and steam shovel. As the ore is uncovered, mining operations by the open pit method will commence.

Plays Baseball On Arctic Ice

Twenty-Two Year-Old Saskatchewan Sailor Travels Far in Two Years

SPEERS, Sask. (CP)—The fortunes of war have taken 22-year-old Ian Langley of Speers to both extremities of the American continent, twice across the Atlantic and finally to a baseball game on an ice floe in the Arctic—all in the space of two years. Langley sailed with the merchant marine from Seattle in 1941 through the Panama Canal to Britain and from Britain through the strait of Magellan around the southernmost tip of South America to Peru.

Now serving as a wireless operator with the Federal Department of Transport, young Langley's travels had taken him to the Arctic Bay where he was reported stationed in his last letter to his parents, Mr. and Mrs. H. C. Langley of Speers.

Langley described a baseball game he played with the crew of the Nautilus, the famous northern supply ship when the vessel was ice bound for a few days off Fort Ross and failed to get supplies to the Hudson's Bay Post at that point. The game was played on an ice floe near the ship with the nearest land 600 feet below.

Langley also described how polar bears would come right up to the side of the ship while it was stuck in the ice and nose among the screws thrown overboard.

RELAX RESTRICTIONS ON WOMEN'S CLOTHING

Of interest to mothers is the announcement of the relaxation of certain restrictions on the design of children's and women's clothing. Details of the new order were made public by the Wartime Prices and Trade Board. An early war casualty, patch pockets may again be placed on two-piece dresses and on women's, misses' and children's separate skirts. Restrictions on the width of hems have been eliminated. Woolen skirts for children may be made fuller. Size 12 may now have a finished bottom sweep of 70 inches instead of the previously approved 60 inches.

Chronicles of Ginger Farm

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

A few weeks ago a young school boy came in asking if we would buy some Christmas cards. Well, I have said that greeting cards are something we could do without for the duration, but you know how it is with a child—you hate to turn him down—so I took a packet without even bothering to look at them. To-day, I was sending a small parcel to England and thought I might as well enclose one of the cards. I opened the packet and what did I find? The front was all right on each card, but the greeting—"Best wishes for a Merry Christmas"—"Best wishes for a happy Christmas and the merriest kind of New Year." I ask you, could anyone with any sense of the fitness of things send such a card, with such a greeting to people living in the nightly dread of enemy bombs? The very thought of it sort of burned me up— I thought it more true to-day than at any time that one half of our people doesn't know how the other half lives. Otherwise, why such cards?

It is also true that no mother knows what sort of scrape her wandering son may get into next! I will quote you a piece of our son's last letter giving an account of his latest escapade. But no, I shouldn't call it an escapade, since this little affair was no fault of his own. I quote:

"I had a spill on my motorcycle the other day. We were coming from ... and I was just starting to pass a car when the fellow cut right across the road in front of me. I tried to turn with the car to avoid running into him but the road was slanting and I was going too fast to do it! Instead when I turned so sharp it threw me off the bike, and I sure did go! The car stopped fast too and it was a good thing it did because the motorcycle had my leg pinned to the ground and my head was underneath the running board, halfway between the front and rear wheels. I gave my head an awful clout on the running board as I went but it still kept going and hit the ground an awful clout too. And then I rolled under the car. So help me, I shall never forget the look on that guy's face as long as I live! He might as well have been dead, he looked so sorrowful. He opened the door, bent down and looked under the car. I guess he thought he had killed me, alright. I looked up at him, saw his face, and started to laugh. I just couldn't help it—the poor guy looked so stricken. It didn't bother me in the least, but I did that guy won't be right for weeks from the way he was looking at me. I never get a closer call than that I'll be alright. But I sure got some nasty bumps all the same for I hit hard. You know how a bike will whip around if you jump on the brakes and cramp the front wheel. Well, that is just what this did but the speed threw me off."

So that's all there was to that—but how much worse it could have been—and all because the driver of the car did not observe the rules of the road by signalling his intention to make a left-hand turn. I think if there were an army camp anywhere near here with motorcycles running around I would be watching for the inevitable turn of the road. If there is anything I dislike, it is a motorcycle—just noisy, dangerous things—that's what I think they are. I never yet knew anyone to own one who didn't finish up with an accident of some kind.

But still—if it wasn't one thing I suppose it would be another. Our son seems to have formed a habit of having hair-breath escapes. Even at two years old, I just managed to rescue him as he was going under water for the third time. I saw him sink but it took me that long to get to him. Fortunately, neither Partner nor I are given to worrying too much about things that might have happened. After all, if all the things happened that nearly happened we would all be dead long ago. It is enough these days to worry about the things that really happen. And even that doesn't get you anywhere. So I suppose we should quit worrying altogether. Good advice, but who amongst us can take it?

HAD 200 LBS. BUTTER COURT FINES \$5,000

The heaviest fine ever imposed in Canada for hoarding was meted out in Toronto court recently when Bernard Bercevicz, wealthy aircraft manufacturer was fined \$5,000 or 3 months.

Bercevicz, said his household consisted of seven persons including butter, chauffeur, maid, masseuse and dressmaker, admitted having 200 pounds of butter, 100 pounds of sugar, 100 pounds of coffee, 100 pounds of tea, over 700 bars of soap and a long list of other commodities in his basement. Evidence showed some of the goods were purchased through the cafeteria of the war plant of which he is the president.

Natives Like Beach Movies

Islanders of South-West Pacific Getting Used to New Entertainment

CANBERRA (CP)—What are probably the first talking picture shows in the South-West Pacific area designed solely for natives have just been established at a New Guinea base.

Now on Saturday evenings, just like other people, the natives of such and such village put on the best of their native costumes and go to the movies. They sit in a circle on the beach near the village. Tall thin palms droop languidly over the night, and the all night breeze from the sea is soothing and refreshing.

As daylight fades the natives take up positions around the screen, many preferring to see the pictures from the rear side. They get a slightly blurred view, but they are quite oblivious to the fact they are on the wrong side.

The children are sitting so close to the screen that they can easily touch it without moving; they cannot possibly see the screen properly, and they feel very terrified in the neck before the night is out, but they have what they consider to be the very best seats. Some of the audience sit on the ground, others stand throughout the show.

Canadian Farmers Helped Save Britain

Right Hon. Malcolm MacDonald High Commissioner for the United Kingdom, said at the formal opening of the Export Food Show held recently in Ottawa, that the occasion provided him with an opportunity to pay tribute on behalf of the people of Britain to the vital part Canadian farmers have played in the war.

"In 1940 and the first half of 1941 the citizens of Britain had to bear the full fury of the attack of a stupendously victorious foe," said Mr. MacDonald.

"To survive their ordeal they had to be in possession of a few essential things. First they had to have a fearless spirit; that they were given by Divine Providence. Then they had to have a strong right arm with which to deal some counter-blows at the enemy—that was provided by the immortal group of boys who manned the R. A. F. in those days.

War Christmas

The ingenuity of Santa Claus has been sadly taxed this year. He has done his best to turn out tanks and guns made of wood and cardboard, but there are no clockwork mechanics. Wooden tanks lack the mobility of the stream-lined electric of a few years ago. Even dolls this year are so economically constructed as to force the conclusion that Santa's elves and gnomes have been caught by the compulsory transfer order.

It's rather tough on the parents, whose imaginations are no longer equal to creating a land of make-believe without the elaborate props of pre-war Christmases. One can hardly spend the afternoon demonstrating to little Johnny the proper method of running a wooden tractor.

For little Johnny and his friends, the situation is not too serious. One young lady of our acquaintance, forbidden the use of her skipping rope thinks that some of possible damage to mantle-piece ornaments, still skips happily in the living room, swinging an imaginary rope. Almost any evening after school is out one can observe anguinary engagements being waged against Japs and Germans with weapons that an unsympathetic observer might mistake for broomsticks and garden tools. A battered express wagon is usually converted into a tank, a naval gun or a dive bomber.

And Santa Claus has given the parents one break. This year the after-dinner nap will not be interrupted by the notes of a tin trumpet.

FOOD PARCELS REACHING OBJECTIVE

Mrs. H. P. Plumpre, director of the Red Cross Enquiry Bureau at Ottawa, states that 597,460 acknowledgment cards were received up to October 15th from Allied prisoners-of-war located in 217 different camps, for Canadian Red Cross food parcels received.

MENTAL DISORDERS DOWN IN BRITAIN

LONDON (CP)—Britain's mental health is better now than it was before the war. Ernest Brown, minister of health, told a meeting of the Provisional National Council for Mental Health.

"The stress of war has not led to any increase in the more serious mental disorders," he said adding that admissions to hospitals had been below the pre-war average.

He said the decrease was due to improvement in employment, thus eliminating money worries, one of the big reasons for breakdown of unstable people.

SCARCITY TO PLENTY

LONDON (CP)—All through Britain a year ago you couldn't buy chicken, now the market is glutted and no one seems to shed a tear. "People just don't seem to realize" they're available," the Food Ministry said.

Five Christmases

1939—What is this war? 1940—What if we lose? 1941—Can we win? 1942—We can win. 1943—We are winning.

Always bearing in mind that thousands of our finest people have died to save us, and reserving for the beloved a deep and lasting sympathy, we can now look forward to Victory and Peace on Earth.

BRING RECORD PRIZE

READING, England (CP)—A price record for non-pedigree cows was made at a sale here when two Ayrshires brought \$350 each.

810 YEAR FOR HOPS

SOUTHAMPTON (CP)—Britain's 1943 hop-picking season created a record for the Southern Railway, which used 320 special trains to carry 135,000 people to and from the fields.

Cooks Blend Christmas Pudding



Christmas pudding, complete with proper fixings, including a spot of stout and a drop of rum to blend the flavorings, is now maturing in Canadian National Railways pantries in readiness for the holiday season.

"When the 'zero' day comes next month, Christmas pudding will appear on the menu of System dining cars and station restaurants from coast to coast.

The preparation of Christmas pudding by Canadian National chefs is an annual event observed with complete respect for tradition and the faithful observance of an old English recipe. Despite wartime difficulties all the necessary ingredients were obtained and will be included in the coming issue. Hitherto, the kitchen of a railway dining car has been the scene of the mixing and cooking, but the 1943 edition was prepared in the restaurant facilities at the New Central Station in Montreal. The "mixing" had a martial atmosphere owing to the presence of military cooks desirous of gaining a hint or two concerning pudding in wholesale quantities, information later useful in army kitchens for the forthcoming issue of "Pudding, plum, all ranks, for the use of."

More than three tons of pudding, well over 6,000 pounds, were mixed, steamed and stored in readiness for the holiday season, an amount sufficient for more than 36,000 servings. Domestic tradition requires Christmas pudding to be boiled in a cloth, but railway chefs steam the mixture and for transportation convenience place the product in three 5,000 such containers being required this year.

In the photograph, Chief Instructor James Morgan, of the National Railways, is shown mixing ingredients to the admiration of L/C Jeannine Prevost, left, and L/C Isabelle Langlais, right. The lance corporals are experts in their own right, their daily task being to cook for 250 CWACs at St. Sulpice barracks, Montreal.

THE SHOPMAN



"Jock" Smith, veteran shopman of the Canadian National Railway, is the subject of this sketch by Grant MacDonald, noted Canadian artist, whose drawings of members of Canada's armed forces have aroused widespread interest. This is one of a new series by Mr. MacDonald depicting Canadian railway workers engaged in the big task of keeping the country's war traffic moving. "Jock" a veteran of the last war, is a pipe-fitter. He and 24,000 other shopmen in this and allied trades keep the 2,572 locomotives, and the 103,201 freight and passenger cars of the National System in shape to handle the big war traffic. In addition, several thousand C.N.R. shopmen are engaged in the manufacture of munitions.

PICOBAC Pipe Tobacco FOR A MILD COOL SMOKE