

Of Interest to Women



THE MIXING BOWL

By ANNE ALLEN
Home Science Editor

Hello Homemakers. Another Christmas—the fifth since the start of the war—comes to re-ignite still-glowing embers of peace and goodwill, and to herald another year from stout, rolling old fellows who, in some mysterious way, can squeeze down the narrowest of chimneys with a bulging sack of gifts.

This year, as the story of Bethlehem is again unfolded in carol and word, there will be a quickening of that sense of kinship among all the freedom-loving people and a realization that there can be no compromise with forces of brutality and aggression.

At this crucial stage in the history of nations, Christmas comes as a challenge to homemakers everywhere—a challenge to face the problems of daily life with unwavering courage and to exemplify the finest qualities of heart and mind in meeting their responsibilities as the mothers and wives of men.

In the homes of to-day, women are helping mould the characters of the men and women who will shape the destiny of the world. Strengthen in your small home circle a love that can reach out in ever-widening circles. Soon, we hope, it will be manifest in that new era towards which the eyes of this unhappy world are straining so eagerly.

RECIPES

Steamed Whole Chicken or Fowl
1 fowl (4 to 6 pounds), flour, salt and pepper.
Singe, draw, and wash the fowl, wipe dry and prepare as for roasting. Stuff lightly with bread stuffing, being careful to allow plenty of room for stuffing to swell. Sew up carefully, rub with plenty of salt and pepper. Flour a large cloth, and wrap the fowl completely.
Lay the chicken in a steamer, back down if possible. Allow it to steam 3-4 hours according to size and age. Unroll and brush with dripping and brown in a hot oven.
This is a delicious way to cook an older fowl. It may be served without or browning, with a cream sauce, seasoned with chopped parsley.

Basic Recipe for Bread Stuffing
1 medium sized onion, 1/2 cup of dripping, 3/4 teaspoon salt, 1/2 teaspoon pepper, 3/4 teaspoon sage, 3 cups dry bread crumbs.
Cook the onion in the fat until it is nicely browned, add the seasonings and crumbs. Mix lightly. This makes a dry fluffy dressing.

Splendid Cranberry Relish
2 1/2 cups sugar, 1/2 cup water, 2 1/2 inch sticks cinnamon, 1 teaspoon of whole cloves, 2 tablespoons lemon juice, grated rind 1 lemon, 1 pound (4 cups) fresh cranberries.
Combine the sugar, water, spices lemon juice and rind and boil together five minutes. Add the cranberries and cook slowly, without stirring, until all the skins pop open. Seal in sterilized jars or chill for immediate serving. Makes one quart of relish.

Baked Squash
Wash a corn squash and cut in halves lengthwise. Remove the seeds. To each half add one teaspoon of honey and one or two little pork sausage links. Bake in electric oven at 400 degrees until the squash is tender and the sausages brown.

Sweet Potatoes
Prepare and put in casserole. Add 1/2 cup apple cider and 1 teaspoon of salt. Cover and place on top shelf to bake.

up into ball and chill in electric refrigerator.
Miss J. C. asks: Why do dumplings fall apart while cooking?
Answer: Too much baking powder and not enough liquid.
Mrs. M. D. asks: Why do scalloped tomatoes boil over in the oven?
Answer: A dish which is over half full of liquid should be placed on the upper shelf of the oven without a cover.

Girls are Proud of Unique Bands

C.W.A.C. Military and Pipe Groups Only Ones of Their Kind in Empire
By KATHLEEN REK
Canadian Press Staff Writer
VANCOUVER, (CP)—They saw Winston Churchill smoking his cigar at Halifax. They were marching past the cenotaph in Quebec when the city bells began telling the news that Italy had gone out of the war.
"Until we discovered what it was all about we thought those bells were for us," laughed Lieut. Anne Lendrum of Duncan, B. C. She is programme director for the C. W. A. C. military and pipe band which have just completed a coast-to-coast tour of Canada.
Both of these all-girl army bands are proud of the fact they're the only ones of their kind in the entire British Empire.

From Ottawa, through Ontario and Quebec, down to the Maritimes, then back across Canada to British Columbia they've been playing on radio programmes—in parades—at special concerts. Incidentally they have also been picking up new C. W. A. C. recruits along the way.
"That's why we decided to join the army," said Drummers Georgia and Wanda McElroy of Edmonton, N. B. who are the most recent additions to the military band. "We heard it play in our home town."
"The trip has been most successful," said Capt. M. D. Bouchard of Calgary, Alta., officer in command of both bands. "We received wonderful response in every city—town—village—through which we passed."

Started at Coast
"The pipe band was originally started in Vancouver," said Capt. Bouchard. "It now has 18 members. It began its tour in July and was joined by the military band at Ottawa in August."
"The military band was born in Vermillion, Alta.," she continued. "Here three CWACs got together after their ordinary duties and practised—in a corn field. The band now boasts 32 members."
Pipe Cpl. Lorna Doull of Victoria remembers most vividly the time they played for the guards at a German concentration camp—the prisoners were there too. "The Germans didn't applaud," she said, "but they stood at attention when we played God Save The King."

Not only does Piper Doris MacDonald of Courtenay, B. C., play the pipes but she is also a skilled pianist and organist. She can sing and dance as well.
Bandmaster Nadia Svarich of Vegreville, Alta., has her A. T. C. M. and L. R. S. M. She became head of the band when she joined the army.
"Many of the girls in both bands learned to play a musical instrument only after joining the C. W. A. C.," she said.
"We saw Churchill while we were in Halifax," Piper Major Lillian Grant of Victoria said. "He was smoking that big cigar and gave us the 'V' sign."
Other members of the pipe band include: Piper Nellie Forrest, Regina, Sask.; Piper L. A. Pitts, Lindsay, Ont.; Piper Flossie Ross, Montreal.
Members of the military band include: Ptes. E. M. Johnson and I. V. Johnson, Leon Lake, Sask.; Pte. F. E. Lisotte, Winnipeg and Pte. M. E. Munchey, Hamiota, Man.

TROOP TRAIN KITCHEN MADE RECORD SERVICE

Kitchen-Commissary Car No. 15605 recently completed a round of service in troop trains which is regarded as a record performance for this type of car employed by the Canadian National Railway. During a period of seventeen days the car travelled 9,092 miles, 6,745 of which were in service for troop movements, the balance being "deadhead" mileage when the car was being sent on other assignments. Starting at Montreal the car went to the East Coast, then swung to Vancouver, and, eastbound, completed a trip from Winnipeg to Debert. During the period 16,868 meals were served to army men, requiring 7,434 pounds of assorted meats, 1,405 3-pound loaves, 700 pounds of butter, 100 pounds of coffee, 35 pounds of tea and 225 gallons of milk. The same crew of fourteen made the entire trip.

Chronicles of... Ginger Farm

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

Do you know, writing my column this week, which is supposed to carry a Christmas message, is the hardest one of the year to write? You see I get as far as "A Happy Christmas to you all"—and then I get stuck, because you see, I follow this column in imagination to the homes where it will be read. And I know there are many homes where hearts are heavy and sad because of the loss of someone near and dear to them—perhaps a well loved husband or son has been killed in action, or maybe a member of the family at home has recently passed away—someone whose presence meant so much to his or her family.

And then I think of other homes—not perhaps stricken by the Great Shadow, but where instead anxious hearts are wondering how and where absent members are spending their Christmas—what will Christmas mean to them so far from home—in England, in Italy, in the Aleutians, or on the storm tossed ocean of the north. Are they warm... have they enough to eat... are they in action and has their Christmas mail come through so they can at least be sure that the family at home is thinking of them.

To such families I want to send a very special message, only I don't know how to put it into words. Words after all, are at times so inadequate, whereas a clasp of the hand or a friendly smile can carry a message of sympathy and courage without a single word being said.
So, dear friends, if sorrow has come to your home will you believe me when I say that my sympathy is with you all the way, and I can only hope that in some way a "Peace that passeth all understanding" will come to your troubled hearts this Christmas day.

Then my thoughts turn to the other homes where there are little children and at I think of these homes I am conscious of a tremendous uplift of spirit. Here, indeed, one can be quite safe in wishing everyone a Happy Christmas—even a merry Christmas—that is, in Canada—for where can we find more joy and merriment than in a home where little children laugh and shout and play? What would this poor old world be like without children?
Yesterday, for instance, I was delivering some of the goods in town which go towards getting us our daily bread. And I stopped at a house where children were playing in the yard. The youngest of them saw me and came skipping along towards the car. "What have you brought us today, Mrs. Clarke?" she asked in her sweet little piping voice.
"A blue fat chickie," I answered, "would you like to take it in to Mummy?"
"Oh yes... please... may I really?"
"Sure you may—but mind it doesn't bite you," I said.
"Bite me," the little realist laughed. "This chickie can't bite—it's dead."
"So we went into the house together, the wee girl and I, and she waited around to see what else I had for Mummy. Then she ran for some of her own precious possessions, among them a piggy bank. "There's the money in there," she exclaimed, "lots and lots of money—for Christmas!" And the child babbled on happily about Christmas, and Santa Claus, and her sister's school concert.

"You know, I was tired when I stopped at that house but my tiredness left me before I came away. And as I drove home I realized deep down in my heart that however much sorrow and suffering has brought to the world, while we have little children there will still be fun and laughter to make us glad. And there will always be Christmas to keep our faith alive in the dawn of a new era. As a closing thought may I quote you part of a poem by Grace Nowell Crowell entitled "Let Us Keep Christmas."
"Let Us Keep Christmas"
Whatever else be lost among the years,
Let us keep Christmas still a shining thing.
Whatever doubts assail us, or what fears,
Let us hold close one day, remembering
Its poignant meaning for the hearts of men.
Let us get back our child-like faith again.

DESTROYERS KEPT BUSY

LONDON (CP)—The British destroyers Haydon and Calpe steamed more than 20,000 miles between them during June, July and August as they convoyed landing fleets and protected larger units of the Royal Navy.

The Week at OTTAWA

By DOUGLAS GREEN
Canadian Press Staff Writer

Ottawa, (CP)—The question of revising the regulations of the Canadian Broadcasting Corporation concerning broadcasts by leaders of the Dominion's political parties, appears to be one to which some discussion may be given at the forthcoming session of parliament.

The CBC's present rules limit broadcast addresses by political leaders merely to an account of their stewardship, and the action of the corporation in refusing to carry over the air a speech at Hamilton last week by John Bracken, national leader of the Progressive Conservative party, aroused considerable controversy in the press.
One newspaper stated that it would be as unreasonable not to expect a politician to discuss political issues in an address, whether broadcast or not, as it would be to imagine that General Sir Bernard Montgomery would not discuss military matters were he to speak.
The next move, meantime, appears to be up to the CBC's board of governors, and Dr. Augustin Frigon, acting general manager of the corporation, has already said the board's action in barring Mr Bracken from delivering his address over the CBC's national network will be brought before its January meeting "for future guidance."

Dr. Frigon said it was for the board to decide whether or not its present policy regarding political addresses would be revised. In view of the interest which other party leaders have in the question, however, it is considered highly probable that they will air their views upon it in the house.

More Embassies
The elevation of the status of Canadian legations in the Soviet Union, China and Brazil to the rank of embassies is an indication of the Dominion's increasing importance in world affairs.

It had been expected for some time that Canada's legations in Russia and China would be created embassies, this expectation having been voiced at the time Canada and the United States decided to elevate their respective legations in Washington and Ottawa to embassy status.
As a result of the announcement, legations of the Soviet Union, China and Brazil in Ottawa henceforth will rank as embassies.

Alcohol For Beverages
It has been learned that Canadian distillers now are being allowed to make beverage alcohol in "dribble" for civilian consumption under more than a year of operation after wartime industrial alcohol program aimed at taking their entire supply.
Commenting on the report that civilian production on a small scale has been resumed, Munitions Minister Flower said such a move was "quite possible." Canada had dealt with the beverage alcohol production question "as a supply matter, not as a temperance matter."
Mr. Howe said distilleries had been supplying alcohol up to a figure set forth in a government schedule based on war needs.

"I think they will do the same this month," he said. "If they have been able to make some potable liquor in addition, there is no law against it."
(In Montreal an official of a big Canadian distilling firm said the government had given permission to distillers to manufacture small amounts of beverage alcohol when there was a temporary falling off in the demand for industrial alcohol. Output had only just started, however, and was small.)
The Canadian farmer last week was given some idea of what will be expected of him during 1944. A Dominion-Provincial conference on farm objectives held a three-day session here and farmers were invited, as expected, to provide more food.
The conference decided to recommend no increase in wheat acreage from the 17,500,000 acres of 1943. But, because the wheat price is higher, they expect there would be an increase anyway. An increase of six per cent in 1944 oats acreage from 1943 was suggested. Last year's oats acreage was 15,407,000. Barley acreage, 8,397,000 acres in 1943, should be increased by one per cent, the conference suggested.

Husking Corn Needed
Corn for husking was urgently needed and an increase of 53 per cent in the 1943 acreage was asked. Hay, clover and alfalfa acreage would be held at the 1943 level.

A. M. Shaw, chairman of the Agricultural Board who presided at the conference, asked the delegates to do their utmost to see flaxseed, dried field peas and dried field beans output was increased beyond the objectives approved by the conference. He said the need for these crops was urgent.
"A very big increase" was needed, in tobacco acreage, all possible fruit should be grown, and more potatoes would be welcome.
More cheese and butter were needed, and it was expected inducements to production in the form of bonuses would be continued for the duration of the war, delegates were told. No change was made in the total milk production established last year, 17,

400,000,000 pounds, but in the light of conference information it was expected butter output would be down three per cent, and cheese down seven per cent.
It was anticipated there would be no difficulty in attaining an increase of six per cent in beef cattle production. The conference accepted an objective of 367,500,000 dozen eggs for 1944, an increase of 10 per cent over 1943.

Manitoba Goldeye On Vanishing List

But Only Temporarily Due to the Manpower Shortage

WINNIPEG, (CP)—The Manitoba goldeye has become to Western Canada what haggis is to Scotland, roast beef to England and "potatoes and point" to Ireland.
But the Manitoba goldeye—or the Winnipeg goldeye if you want to be parochial—is joining the long list of delicacies vanishing temporarily from Canadian tables and it is the same old story of wartime supply dimming with the manpower shortage. The fishermen have left their boats for war industries.

The goldeye is caught in Lake Winnipeg, Lake Winnipegosis and the smaller bodies of water around The Pas, Man. The season starts 1st of November. This year fears have been expressed that the winter catch will fall off.

The goldeye, a member of the hiodontidae family of fish related to salt water shad, is from 10 to 12 inches long and difficult to distinguish from the mooneye fish which the trade lumps in with the goldeye for smoking and sale on the retail markets of the Dominion. When fresh, the fish is whitish in color with a faintly gold eye. The gold coloring spreads to the rest of the body of the fish during the smoking and curing process. The meat of the smoked goldeye is pink and lifts neatly off the bones.
The market for the goldeye is almost exclusively Canadian with most sales made in the Winnipeg area, but goldeye has a prominent place on the menus of trains and restaurants across Canada.

The greater part of the annual catch is frozen and later smoked in quantities to meet the demands of the market. There is little demand for the white-fleshed fresh goldeye. Smoked goldeye, 30 cents a pound before the war, has gone up to 38 cents a pound on Winnipeg retail markets.

Last year's catch of 348,200 pounds was more than double that of the previous year but the markets have no goldeye to-day, thank you.

FISHING

We don't believe it. A man out fishing doesn't think. He may convince his family that a tremendous lot of high-power cerebration goes on when he is alone on the waters behind some island, away from the world. But it isn't true. A man's mind on that blissful occasion is a beautiful blank; his head is as empty of thoughts as the summer-blue dome of heaven above him. That's one of the reasons for going fishing.—L.H.R. in the New York Times.

LONDON—Only 9-carat "utility" wedding rings are made in Great Britain, now and at present the supply does not equal the demand, though half a million are promised in the next twelve months.

SEXTON 61 YEARS

ALVALEY, Cheshire, England (CP)—Thomas Rowles, 74-year-old sexton of the parish church, who dug every grave, attended every wedding and every burial during the last 61 years has died. His ambition to dig his own grave went unfulfilled.

WANTED 40-HOUR WEEK

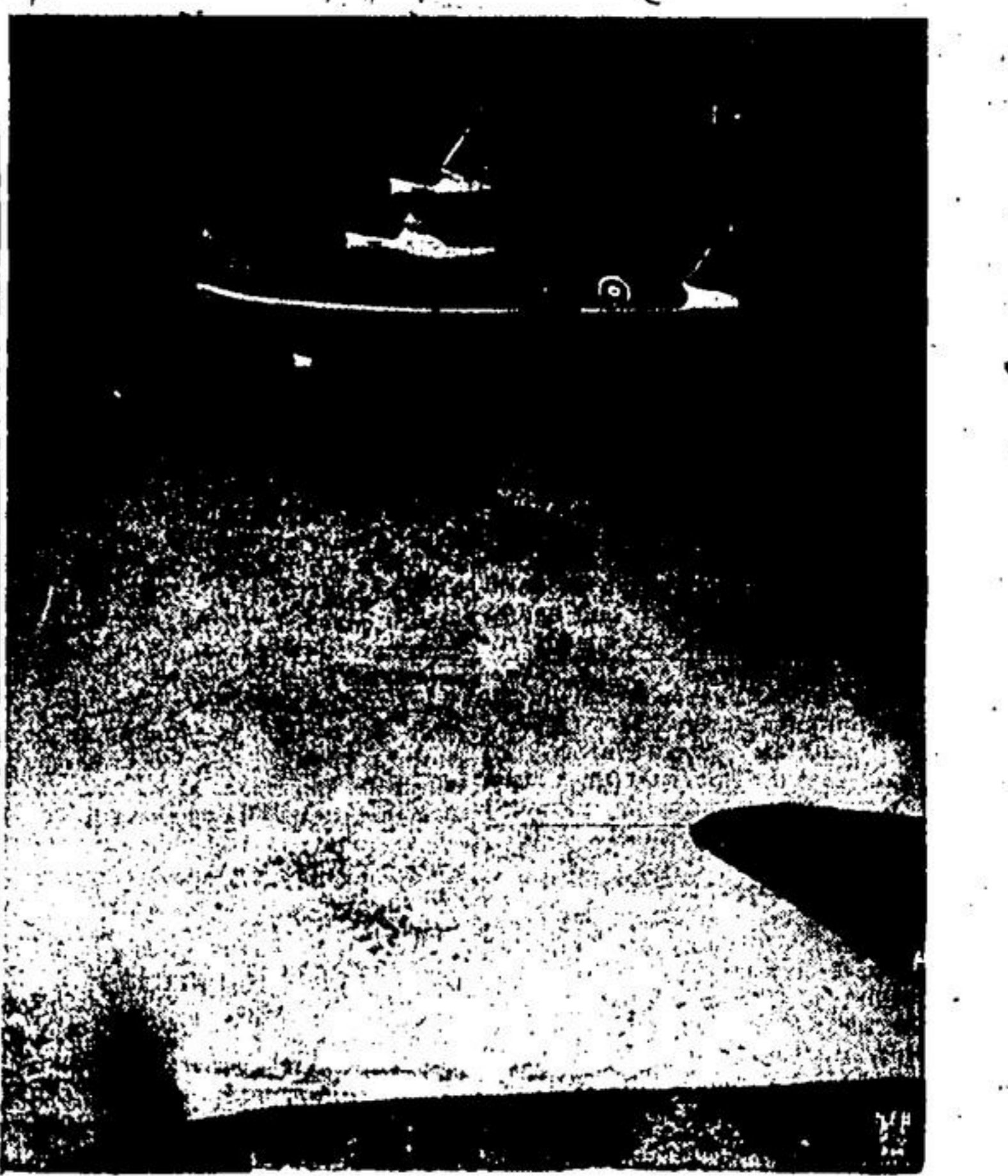
CAPETOWN (CP)—Introduction of a 40-hour week throughout industry is suggested by the South African Trades and Labor Council as a means of ensuring employment for all returned soldiers and improving living conditions for everyone.

ARTHUR BRYANT, M.A.



Mr. Arthur Bryant, M.A., distinguished historian and a leading authority on the Restoration period, has broadcast a number of talks from the British Broadcasting Corporation. He has also written the scripts of several historical features, two of the outstanding ones being "Look to Your Moate," and "The Thin Red Line," a program about British Regiments, which he also produced.

THE AVRO YORK TRANSPORT



The Avro York, a transport version of the Lancaster Bomber, is a high wing four-engine monoplane with a wing span of 102 feet and an overall length of 78 feet. Four Rolls Royce Merlin liquid-cooled engines are installed. Above, the Avro York in flight.

It Is Always A Merry Christmas
To Those Who Own Their Own House and Keep It Insured
WE CAN GIVE YOU INSURANCE SERVICE FOR EVERY NEED
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GENERAL INSURANCE AND REAL ESTATE BROKER (Reg.)
TO ONE AND ALL A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR
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