

Of Interest to Women



THE MIXING BOWL

By ANNE HILLMAN
Hygiene House Column

Hello Homemakers! As the shelves of Canadian shops are becoming depleted due to the scarcity of certain articles of food and to the requirements of the armed forces, each household must be governed more and more economically, with the focal point on sufficient nourishing food for the family.

It must become apparent to every loyal homemaker that the conserving of vitamin content in foods at our disposal is most important. Cooking, therefore, in these wartime days needs to be accomplished by proper planning and proper study of those methods which preserve that nutritive quality—essentially today is "out" and every homemaker should realize it. It may call for a discipline in regard to food and its preparation never before employed in a large number of households, but a family to be cared for is the homemaker's responsibility, and not many will shrink in this present time of need.

TAKE A TIP:

To Prevent Loss of Food Values in Cooking Meats

Use gentle heat and don't overcook. Long cooking at a high temperature not only has a destructive action on thiamin, but it dries out meat, fish and poultry, and toughens, rather than tenderizes. Learn to use low temperatures for roasting (325 to 350 degrees F.) and, roast uncovered. Use short cooking methods when feasible—that is, for all tender cuts. Be sure, however, to cook all forms of fresh pork very thoroughly, to avoid danger, which comes from eating underdone pork. It is better to accept some destruction of Vitamin B1 (of which pork is a rich source) than to risk infection. . . . To avoid vitamin losses, avoid left overs of cooked meats so far as is practical. Serve leftover roasts sliced cold when possible, rather than warmed over. Reheating causes increased vitamin losses.

Basic Recipe for Pot Roast

A delicious roast may be prepared in this way from the less expensive cuts of beef. Cuts of chuck, rump, round, shoulder, short ribs, brisket, plate or flank, may be used for pot roast. It may be cooked with bones in, or they may be removed and the meat rolled and tied or skewered securely. When the roast is rolled it is easier to serve in slices, and the bones may be saved to be used in the soup pot. The bones in the short ribs are left in.

3 1/2-4 lb. meat.
Flour, salt and pepper.
3 tbsp. fat or drippings.
1/2 cup of hot water.

Heat the fat slowly in a heavy deep skillet or a deep-welled cooker. Dredge the meat with flour and brown well on all sides. Season with salt and pepper, add hot water, cover, and let simmer until tender. Add more water, as it cooks away. Turn occasionally; simmer 3-4 hours or until tender. Remove to a hot platter and thicken the gravy with 2 tbsp. flour blended in the fat remaining in the pan. Gradually stir in 2 cups of cold water, and continue stirring until thick and smooth. Season with salt and pepper to taste.

Thrifty Changes

One onion finely chopped or sliced may be added while browning meat.

Try one or two garlic cloves finely chopped.

One tablespoon vinegar added to the water helps to season and make the meat more tender.

One-half cup grated horseradish may be added to the gravy.

One bay leaf (broken) and a few chilli leaves may be added.

One tablespoon of any meat sauce such as Worcestershire, adds to the flavor.

Adding 1/2 tsp. of any favorite herb (thyme, rosemary, etc.) will give the roast a delicious savory flavor.

One teaspoon caraway seed or celery seed is a favorite seasoning.

Tomato juice may be added instead of water.

Add plenty of hot tomato juice or stewed tomatoes the last half hour. Season with garlic and add 1 cup spaghetti, rice, macaroni, and cook until tender.

Whole vegetables (washed and peeled, onions, potatoes, carrots, turnips, etc.) may be placed around the meat the last hour. They make a delicious dinner all cooked in one pot.

Try cooking a few parsnips around the roast, arranging them on the platter and sprinkling with a little nutmeg and a few drops of lemon.

Soak a few dried mushrooms for one hour, and add them with the juice to roast the last 20 minutes.

Chopped celery tops and parsley are another adventure in flavoring.

Noodles may be added the last 15 or 20 minutes. Dumplings are always good and are another way to please everyone. Remove the meat to a hot platter, and keep hot while dumplings are cooking. Have about 2 1/2 cups liquid in the kettle when you drop in the dumplings.

Useful Hints to Avoid Chick Losses

More chicks than ever were hatched in Canada in 1942, but far too many of them never lived to lay eggs or to be sold as poultry meat. Many of these deaths could have been avoided.

No matter how vigorous and healthy a newly hatched chick may be if it is stunted or weakened in the early days of its life it will be a losing proposition in the end. Careless feeding, careless brooding—these are the kind of things which set a chick off to a bad start.

How can a farmer avoid these losses? Good housing will help. A weatherproof building built to allow plenty of sunlight and fresh air and a reliable heat unit with the best fuel obtainable will keep the chicks comfortable and the operator not too busy.

As to feeding, there's no economy in feeding cheap and inferior rations. Until it gets out on the range, the chick depends entirely on the feed it is given in the brooder. For this reason, the starter feed should be carefully prepared, containing all the elements necessary to a growing chick.

There is little cause for worry if the chicks come from a reliable source, are warmly housed in a sanitary surrounding, and are given fresh water and plenty of suitable feed. Nature will take care of the rest. But once a chick is chilled or inadequately fed, it may never recover sufficiently to be profitable. And late replacements never equal an earlier hatched chick.

List Nutritional Merit of Vegetables

Grated as sources of vitamins A and C and iron and calcium, vegetables cooked or raw according to customary usage, were arranged in the following order of merit as protective foods at the recent meeting of the Nutritional Panel of the Society of Chemical Industry, London, Eng.

First came the green vegetables, broccoli tops, water-cress, mustard and cress, brussels sprouts, and spinach, rich in carotene, and very rich in Vitamin C, and containing useful contributions of iron and calcium, although it was doubtful whether the calcium in the spinach was utilizable.

Next came cabbage and cauliflower which still contain substantial amounts of vitamin C but negligible quantities of carotene. In green vegetables, carotene is associated with greenness. When the heart of a cabbage is blanched, it thereby forfeits its rank in the highest class of protective vegetable.

Tomato and lettuce fell in the middle of the list. They contained more carotene but much less vitamin C. Vegetables with only one-fifth of the concentration of green were placed at the bottom of the list, namely: turnips, green peas, radish, leeks, parsnips, string beans, and onions. Asparagus, cucumber, celery, and marrow contained so little vitamins that they could not be graded at all, said the report.

NEIGHBOURHOOD PRIDE

It is a fine thing for people to live in a neighbourhood where the homes are kept in excellent condition, and where people show their pride in their dwellings by keeping them well repaired and attractive. Property is worth more as the result of such care, and if it costs a little more to keep up real estate, the owners are rewarded by their own satisfaction and the ability to sell or rent their homes for higher prices.

It costs some money for repairs and improvements, to keep a home in first class condition. It is equally important to give time and effort to these about the home place, or to hire such work done if necessary. That means cleaning up all disorder that disfigures home grounds, and as soon as spring comes it means the care necessary to beautify the place with a nice tidy lawn, and flowers if possible. When people spend time or money over these labors, they encourage their neighbours to do the same thing, and a neighbourhood is developed in which the people feel a just pride.

LONDON — In two years, Britain sent to Russia armaments valued at \$378,600,000 at the time she was producing an incredible amount of war material for use in her own expanding armies. In the fateful months from June 1941 to June 1943.

Examining Fruit and Vegetables in Storage

It is often labor well spent during the winter months to examine fruit and vegetables which have been in storage since fall. No matter how well inspected or how good the storage, wastage invariably develops. If this wastage is caused by fungal, or bacterial rot, the total damage can be reduced by removing the affected material, states W. R. Phillips, Division of Horticulture, Central Experimental Farm, Ottawa.

Rots not only render the affected produce unmarketable but odours and taints are produced. Quite often apples are noticed to be musty in flavour when stored in proximity to rotted apples.

As well as rot wastage, apples should be examined for quality and such disorders as scald and internal breakdown. If the latter are present even to a slight degree apples should be disposed of as quickly as possible.

When examining for quality remember that possibly a full week will elapse after the removal from storage before the apples will be eaten. The true test of quality should be ascertained after exposure to office or room temperature for this period of time. If at this time quality is low or lacking, apples still in storage are at the limit or beyond their optimum storage life regardless of how they taste while still at storage temperatures.

With leafy vegetables like cabbage (or celery if still in storage) dead or rotted leaves should be removed. If the heart of the cabbage is defective the whole head should be discarded.

Potatoes may have blight. Affected tubers should be removed from time to time in storage as this disease develops and spreads in the store room, particularly if the temperature is high. Low temperature breakdown (necrosis) may be present particularly in Irish Cobbler and Katahdin. The affected tubers should be removed if this condition exists and the temperature raised to 38 degrees F.

Other root crops, as turnips, beets, and carrots, although not as liable to wastage should also be examined. It would be wise to give a cool test to beets if these are being held for culinary purposes. There is a tendency for these to harden to a point where extremely long periods of boiling are necessary to soften them.

If the storage operator keeps an eye to the behaviour of his produce much can be saved, not only in terms of produce but also in valuable storage space by removing what would soon be a useless product. In this relation, and more sound business principles.

CANADA EATS BETTER DESPITE RATIONING

A survey of conditions in 23 countries has revealed that Canadians are eating better despite rationing and wartime shortages than they did in pre-war years. It is announced by Canada's Wartime Information Board.

"The worst that can be said of rationing is that it has caused some dislocation of pre-war food habits—most generally if the higher income groups," the board said. "Rationing has not brought about any significant reduction in the calory consumption from peace-time levels, nor has it adversely affected the nutritional quality of the diet of the people as a whole. Canadian rations are among the most liberal in the world."

NO LONGER JAM ON IT

"During the recent battle for John Hill in the headwaters of the Fort River, New Guinea, a relatively small force of Australians was hemmed in by Japanese forces on three sides. Wireless was the only means of communication. The Australians had a radio set which had been carried into the front line by nineteen men. The man in charge of this set was Sergeant Lance Levy of Grenada, South Australia. For thirty-six hours, during most of which time he was under fire, with shells bursting round him and machine gun bullets zipping past, Levy stuck to his post and sent out signals. His calm was finally shattered, when a Japanese aeroplane destroyed a one-pound tin of marmalade which he'd carried for three hundred miles!"—Colin Willis in the BBC's Australian News Letter.

LAND IN SCOTLAND TO BE CONTROLLED

LONDON (CP)—All land in Scotland from next Feb. 4th will be subject to controlled planning and cannot be developed without the consent of the local planning authority, under the New Town and Country Planning Act, 1943, which has just become law. Onus of seeking and obtaining local authority approval for development proposals is placed on the landowner.

Chronicles of a Ginger Farm

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

Hullo, everybody—I have a question for you. It is this: How would you like to live in a "solar home"—or in other words—"a glass house"? I hope it doesn't sound too crazy to you, because, according to the January Reader's Digest, solar homes may become very popular after the war.

These homes are built with all the main rooms facing south behind an almost "unbroken" expanse of glass and with a four foot eave which shuts out the direct rays of the sun in summer but allows the winter sun to stream in at will. In solar homes the small fry play ball in winter's thirty-eight per cent. below the average; eyestrain is lessened and light bills reduced.

However, the article doesn't tell you how to keep the windows "unbroken" nor how many hours a week it would take to clean the windows, nor how much it would take to buy shades and curtains for them. I wonder what would happen to that unbroken expanse of glass should the small fry play ball in summer or throw snowballs in winter?

It doesn't sound too practical, does it? And yet I am sure the idea has much to commend it. Personally I think most houses are far too dreary. I love rooms with the sun streaming in through the windows. "Ah, but that is hard on the carpets and the drapes," did you say? Well, I suppose it is—but I must confess I would rather have a faded carpet in a bright room than a bright carpet in a shaded room.

But keeping the windows clean so that the sun can get in—well, that's something else again. Right now I am sitting in our living room and the sun is flooding the room with warmth and light, but you would wonder at it getting through at all for the windows are so grey looking. And that, let me tell you, is the direct result of using steam coal. And as long as I am sitting here, my windows will be dirty, for as fast as I clean them they get murky again. However, the time is approaching when our supply of this dirty, smoky, hard-on-the-temper fuel will be exhausted—and we are not getting any more! And yet, you know, I like it if only it were not so dirty. It is the grandest coal to start a fire I ever knew. And that of course is why Partner likes it so well. I am quite sure he would be content to use it for the rest of the winter—providing the house didn't burn up before the winter was over as a result. But of course, Partner isn't sweeping and dusting, and cleaning flues and trying, without success, to keep the feather-weight soot from flying every which-way. If he were he might not be so anxious to go on using it.

And now, may I ask what every-one thinks of the sudden slump in egg prices? If you live in a city or town you will say "It is fine." If you live on a farm your cry will be "It's absolutely the limit." And it is the limit—absolutely the outside edge, I would say. If the farmers were getting what consumers are paying we would have nothing to grumble about. But of course that is impossible—there are two or three middlemen who have to get a share out of the price spread between producer and consumer. That is to say if you are buying eggs from the store at 40c a dozen you can be quite sure the farmer isn't getting more than 30c. Some years it might not be so bad but this year the farmer is buying about 75c of what the hens eat. And I can tell you, you can't buy feed and make any profit when the price of eggs is 30 cents a dozen.

As a result of the sudden drop, I know for a fact that many orders for baby chicks have been cancelled. And that, dear people, will mean less eggs next fall. And you thought eggs were scarce enough last fall, didn't you? I can't for the life of me, understand what makes the powers that be at Ottawa so short-sighted. First, there was the meat muddle, then the butter. In a little while it will be milk and next fall it will be Levy's eggs—unless something is done before it is too late. Over in England the cry is still for eggs and more eggs, and yet very little is done to encourage farmers and poultrymen to increase egg production. Oh well—I guess I'll go feed my hens!

SAVING AMPUTATIONS

Science News, a British publication, tells about new discoveries which it is hoped will be very useful in preventing amputations of arms and legs. These treatments, it is hoped, will enable a physician to detect infection and gas gangrene at an early stage, and thus guard against infection in lessening these dangers before they become very threatening. Countless people have gone through life happily and successfully after losing an arm or a leg. But such a loss is a handicap, and there will be great reason for rejoicing if the man wounded in battle, or most of them, can avoid this misfortune. It is a sad sight to see a crippled man, and think he has sacrificed this precious member for us, and it is a grand thing if means can be found to save it.

Men, 30, 40, 50!

Want Normal Pop, Vm, Vigor? The Ottawa Times Tribune, Ottawa, Ontario, contains information on the new Men, 30, 40, 50! product. It is a new product of the Men, 30, 40, 50! Co., Ltd., 100 King Street West, Toronto, Ontario. It is a new product of the Men, 30, 40, 50! Co., Ltd., 100 King Street West, Toronto, Ontario. It is a new product of the Men, 30, 40, 50! Co., Ltd., 100 King Street West, Toronto, Ontario.

Pig Brooders

Losses of pigs in winter litters may be reduced to a minimum by the use of one of the several types of brooders. These may be listed as follows, says S. A. Hilton, Dominion Experimental Farm Nappan, N.S.

1. The hexagonal brooder house, with brooder stove, electric or coal. This is suitable for the large breeding establishment and details may be found in Special pamphlet No. 11, which can be obtained from Publicity and Extension, Dominion Department of Agriculture, Ottawa.

2. The chick brooder installed in the pigery so that one or more litters can be accommodated at the same time. If a coal brooder is used, exceptional care must be taken to reduce the fire hazard to a minimum.

3. A boiler or cooker with pipes connected that extend into one or more farrowing pens. This provides a supply of warm water, which may be used for cooking potatoes or garbage and provides heat as well.

4. A brooder chamber, or a small box located in the farrowing pen where the young pigs may get in and out of at will. This may be heated in three ways: an electric heating unit, heat lamps or by cans of warm water changed at frequent intervals, depending upon the outside temperature.

Method 4 has been found satisfactory at the Experimental Farm at Nappan and by several private breeders. It consists of a small brooder chamber or box in one corner of the farrowing pen, or in a pen adjacent to it. The chamber or box is about 3 feet square and 2 1/2 to 3 feet high. The sides and top should be boarded tightly and preferably insulated. A small opening is left at one side for the young pigs to go in and out at will, so that they may nurse regularly.

If the building is wired for electricity, a well insulated cord or cable of the proper size may be connected to a heating unit, or with two sockets on the inside top of the box and the box heated by using two 250-watt carbon heat lamps. After the pigs are a few days old, one lamp may be removed and during warm days, they may both be turned off. In any case, the temperature should not be allowed to drop below 48 to 50 degrees, and should be maintained as uniformly as possible. A thermometer in the chamber will make it more simple to check this point, and may be the means of saving one or more pigs. The use of electricity necessitates proper insulation and careful installation of equipment in order to obviate danger of fire.

If electricity is not available, the brooder chamber may be heated by using one or more pans or cans filled with warm water. One large can, such as an 80 pound milk can, is preferable, as it will not cool so rapidly. If very hot water is used, a bag or some other protection should be provided to prevent burning the pigs. For the first few days after birth the water should be changed frequently to maintain a uniform temperature, but here again, a thermometer will prove invaluable.

If water, and not electricity, is used, the chamber should be built slightly larger than the dimensions given above, to allow room for both the can and the pigs.

If the pigs are placed in the brooder room or a box as soon as born, they will invariably return there to sleep after nursing.

QUEBEC POLITICAL NOTE

A lifelong observer of the political scene in the Province of Quebec writes that alarm over the apparent strength of the Bloc Populaire reminds him of the farmer who undertook to supply a summer hotel with a hundred frogs a day from a marsh on his farm. The menus listing frogs legs were already printed when the farmer turned up with his first days catch. It consisted of four frogs. His excuse for default of his contract was that in making his estimate he had been misled by the noise.

Costs Reduction Poultry Products

As in other industries, applied science in poultry production leads to greater efficiency and to less cost. This fact and the need for materially reducing costs in poultry products are being emphasized by the Dominion Department of Agriculture. To be successful the poultry industry must be consistently remunerative to producers. On the ability to reduce costs of production depends successful competition in export markets and in the domestic market.

One of the principal preventable items of cost is stock replacement. Good health and good production are the direct results of good management, and good management reduces mortality in the flock and low-flock production. Substantial savings in feed costs are also possible through a simplification of rations, the avoidance of waste, and the wider use of home-grown materials, particularly green feed.

BOMBAY—Along a thousand-mile front, stretched through dense tropical jungle, across mountain ranges rising to 8,000 feet, down through deadly fever-stricken valleys along the India-Burma border, an army is training intensively. For the last year and a half this force has been the guardian of India. It has stood between the Japanese and their boast to overrun Asia: its members are drawn from all parts of the United Nations, poised for attack when the order is given.

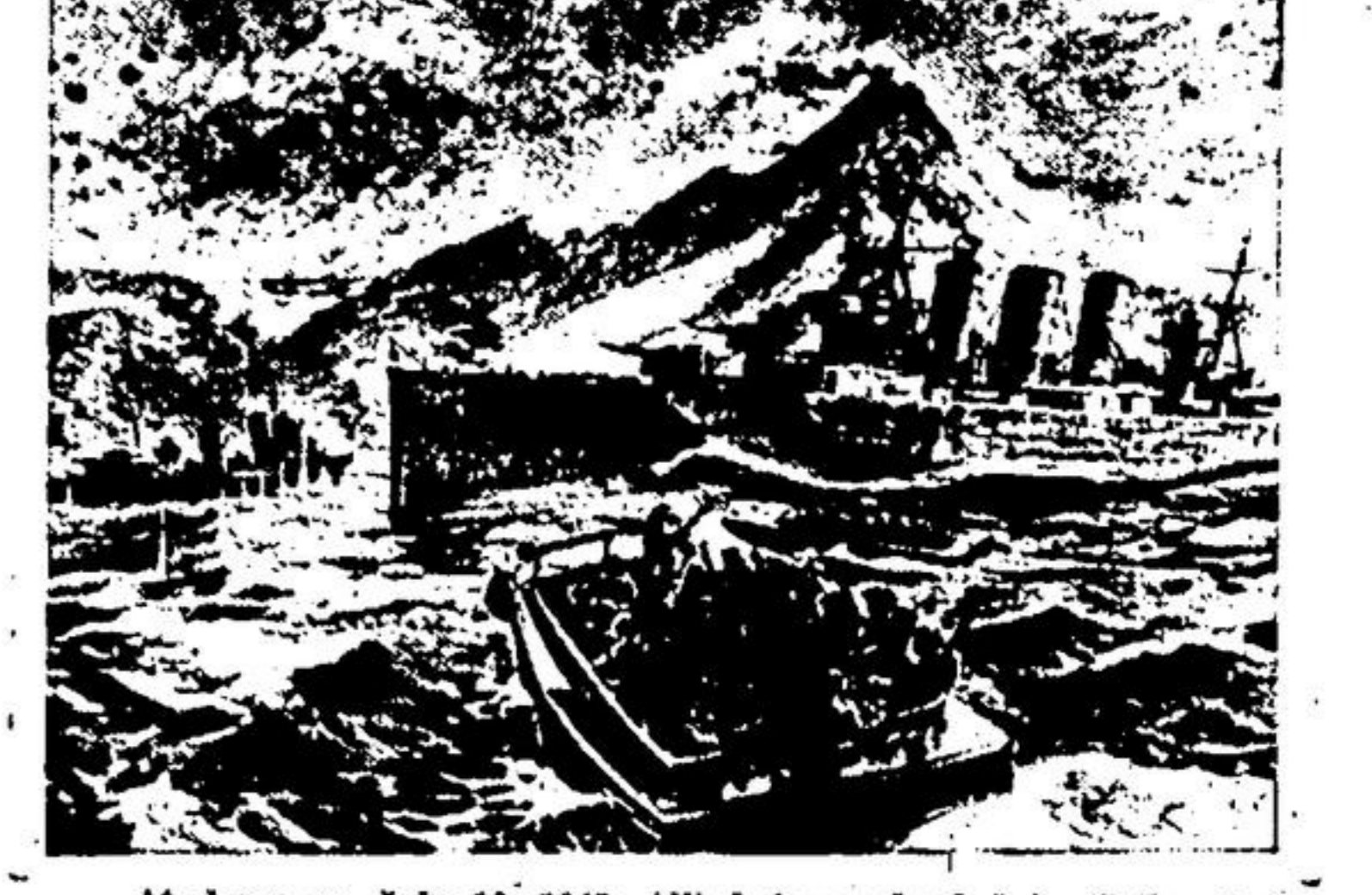
YOUNG WELSH HERO

Ronnie Smith, young Welsh Wolf cub is one of the youngest holders of the Royal Humane Society's Parchment for Gallantry. Although only four feet tall, and not an expert swimmer he did not hesitate to go to the aid of nine year old Joyce Blair when she got into difficulties in the river. Ronnie was also awarded the Boy Scout Certificate of Gallantry.

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BRITISH NAVY COVERS LANDING



At dawn on July 10, 1943, Allied forces landed in Sicily. One month later Axis resistance in the major part of the island had been crushed, and the Allies had to their credit large quantities of captured war material and well over 120,000 prisoners. German troops in the north eastern tip of the island were fighting a desperate rearguard action to cover the evacuation of the remainder of their Sicilian army, under heavy pressure from land, sea and air. Picture shows: British warships guarding landing craft on July 10, 1943.

CANADA TACKLES HEALTH PROBLEM



At the National Health Conference held at Ottawa under the auspices of the Dept. of Pensions and National Health, the serious problem of venereal diseases was tackled and plans laid for a vigorous public campaign. Besides representatives of Canada's armed forces and provincial health authorities, Assistant Surgeon General J. R. Heller, Division of Venereal Disease Control, United States Public Health Service and Professor A. D. MacDonald, Medical Research Council of Great Britain (shown speaking) were present at the conference. At Prof. MacDonald's right is shown Dr. R. E. Wodehouse, Deputy Minister of Department of Pensions and National Health.