

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Home Economics Editor

**AFTER WORK COOKING**

Hello Homemakers! Never a day dawns but we have unexpected duties to perform, or contributions to make towards patriotic work—which do require time. Business women, war workers and busy homemakers should first of all, make contributions toward their specific job of serving adequate meals in order that time, electricity and expense are saved. It saves a lot of worry too, if a few plans and preparations are previously accomplished.

Many of us know what can be done but forget about them until the last minute. With this in mind, we list a few suggestions:

1. Boil a piece of beef shank while you are having dinner one night to have ready to put rice or pot barley into it the following evening for soup.
2. Stews may be made the night before and reheated for serving. In fact, many people think they are better on the second day than on the first. This also applies to Boston baked beans.
3. Make white sauce, a quart at a time, and store in the refrigerator. You will use it often for sauces, for vegetable or fish, as a basis for cream soups or scalloped dishes.
4. Dry bread in an oven after heat has been turned off. Prepare a supply of crumbs for topping scallops, crumbling fish, cutlets, croquettes, etc.
5. Have a quantity of biscuit mix (flour, salt, baking powder and shortening) in a covered bowl in the electric refrigerator, ready to add liquid and turn into baking powder biscuits or the base for an over desert such as a shortcake; dumplings, apple pinwheels or fruit dumplings; or as a crust for meat or fish pies.
6. Pastry may be prepared, wrapped in waxed paper and stored in the lower part of the electric refrigerator. Made into a pie shell the night before if a buttercrust or lemon pie is to be served. To conserve time, prepare one crust pie.
7. Desserts may often be prepared the night before serving—custards, gelatine dishes, etc.

### RECIPES

**Individual Stuffed Meat Loaves**  
4 cups ground cooked veal, 1 cup bread crumbs (fresh), 1 egg, 3/4 cup milk; 1 1/2 tablespoons chili sauce, 2 teaspoons salt, 1/2 teaspoon pepper, 5 pork sausages.  
Place the sausages in a greased hot pan. Add 1/2 cup water, reduce heat, cover tightly and fry until cooked and brown. Mix all the other ingredients and divide into equal portions. Encase each sausage in meat mixture. Place on a greased baking pan and bake for 30 minutes in a 350 degrees F. oven. Serve with chutney or spiced fruit.

**Favorite All-in-One**  
3 tablespoons bacon fat or dripping, 1 pound ground beef, 1/2 cup chopped onion, 2 tablespoons of flour, 1 tin tomato soup, 1 1/2 cups water, 1/2 teaspoon salt, few grains pepper, 1 1/2 cups spaghetti.  
Brown onion and hamburger in hot fat. Stir in flour and blend well. Add soup and water and seasonings. Cook the spaghetti in salted water till tender. Drain and rinse. Add to meat mixture. Toss lightly and serve. Serve 5 or 6.

**Sweet Dumplings**  
1/2 cup molasses, 1/2 cup sugar, 2 tablespoons each flour and butter, 1/2 teaspoon nutmeg, 1 1/2 cups hot water, 2 teaspoons vinegar, 1 1/2 cups flour to make into biscuit dough.  
Mix ingredients and pour into a baking dish. Let come to a boil. Make thin baking powder biscuits; place in hot syrup and bake at 450 degrees F. for 20 minutes in electric oven.

**Apple Betty**  
5 apples, rind of 1 lemon, 3 cups soft bread crumbs, 1/2 cup sugar, 3 or 4 tablespoons butter, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/2 cup hot water.  
Pare, core and slice the apples. Put 1 cup bread crumbs in a greased casserole. Cover with apples, lemon, sugar and butter and spice. Repeat with another layer of crumbs, fruit and flavouring. Top with crumbs. Add hot water. Cover and bake 1 hour at 350 to 375 degrees F.

**THE SUGGESTION BOX**  
Our salvage committee reminds us to save waste paper; do not burn it unnecessarily. Out of waste paper now paper can be made. There is another vital reason for saving paper. From it can be made munitions. Modern machines can work a miracle—can take waste paper apart, separate the tiny interlocked myriads which make up "paper" and roll them out into new paper or cardboard. The cardboard is then ready for trans-

## RECOGNITION



James R. Finlay, former secular producer at CBC's Toronto studios, has recently been appointed to the newly-created post of Manager of Station CHL. Mr. Finlay has been responsible for many of the corporation's most notable broadcasts, began his radio career in the technical field with Marconi in Montreal, and joined the program division of the CBC at Vancouver, in 1937. He was born in England where he received his early education before coming to Canada in 1927.

formation—into shell containers, cartridge boxes, package boxes for rifles, parts of aeroplanes, and many other items.

Do you know that: 1 breakfast cereal carton makes 2 cut-out targets; 12 old letters make 1 box for rifle cartridges; 60 cigarette cartons make one outer shell container; 6 weekly periodicals make 2 gun fuses; 1 envelope makes 50 cartridge wads; 1 newspaper makes 3 25-pounder shell caps.

Every householder can help to swell the enormous quantity of waste paper required for war purposes. Take your waste paper to the salvage depot now, to-day.

Questions have been answered directly by letter.

## JANUARY 1944, 1944

### Rationing Tine Table

(Clip this out and keep available)

#### COFFEE OR TEA (Green)

Coupons 14 to 27 inclusive now valid. Coupons 28 and 29 valid January 27. Valid until declared void. Each good for 8 oz. coffee or 2 oz. tea.

#### SUGAR (Red)

Coupons 14 to 21 inclusive now valid. Valid until declared void. Each good for one pound of sugar. Canning sugar coupons no longer valid.

#### BUTTER (Purple)

Coupons 32, 33, 34 and 35 now valid. Expire January 31. Coupons 36 and 37 valid January 20. Expire February 29. Each good for 1/2 lb. butter.

#### MEAT (Blue)

Coupons 30, 31, 32, 33 and 34 now valid. Expire January 31. Coupon pair 35 valid January 20. Expire February 29. Each pair good for 1 to 2 1/2 lbs. meat.

#### PRESERVES (Orange)

Coupons 14 and 211 now valid. Valid until declared void. Good for preserves, sweet spreads or sugar (see chart).

## Pipeline Carries Water 235 Miles

### Huge Steel Tube To Serve Great Area in South Australia

ADELAIDE, Australia (CP)—A pipeline which will carry water 235 miles across South Australia is nearly finished and soon 2,250,000,000 gallons will flow each year through this huge steel tube. 1,200,000,000 gallons to the Whyalla steelworks on the western side of Spencer's Gulf, 900,000 to the dry northern areas of the State, and 150,000,000 to the Commonwealth Railways at Port Augusta where their 1,000-mile transcontinental line to Kalgoorlie begins. Estimated cost is approximately \$11,000,000—40,000 tons of steel were used and 100,000 tons of cement. The line crosses almost every type of country. Salt swamps gave a headache to the engineers for welded continuous line above ground to eliminate corrosion by injurious salts. Concrete-lined pipes vary in size between 30 and 21 inches. Steel bridges carrying the line vary between 90 and 2,290 feet.

Four pumping stations are needed for the first sharp lifts. For most of the rest of the distance, the flow is by gravity.

LONDON—Fifty million books have been scrapped in Great Britain to be transformed into munitions of war.

## Churches Model World of Peace

### Federal Council of Churches Sets Out Principles for International Fellowship

By ZACHARY TAYLOR  
Associated Press Writer

NEW YORK (CP)—A canny Presbyterian with a soft voice and a flair for hard, biblical fact is at the bottom of this ground-swell of church activity toward peace.

His was the pen of declaration called "Six Pillars of Peace" issued by the Federal Council of Churches. He had started the job even before the war.

John Foster Dulles is chairman of the Council's peace committee. There was no comparable effort in 1918, but to-day the bulk of 25 million Protestant Americans—with the blessing of many Catholics and Jews—is receiving the message of the "Six Pillars."

Dulles is an international lawyer who has made many diplomatic side-trips. He helped write the Versailles peace. His office is 20 floors above Wall Street. He is trustee of his church and of the Rockefeller Foundation, the son of a theological professor, the grandson of a secretary of state.

### Sees Fellowship of Nations

At 55, he is not a frustrated veteran of treaty-making. He nourishes a vision of a "fellowship of nations" which would do away with power politics and which evolved from many conferences and ecumenical resolutions since 1937.

"We have laid down our principles—international fellowship, economic co-operation, peaceful changes in treaties, self-rule ultimately for all peoples, control of arms and religious liberty," he said.

"And make no mistake, the church knows whereof it speaks. Even the finest parish supports world missions, in turn is aware of the seamy side and economic injustices in the world. Here is the secret of our love for China and our attitude toward imperialism in India."

How can the church hope for a just peace?

"We shall oppose imperialism, policies for a balance of power or for a rule of force in which the affirmative development of the fellowship of peoples is omitted. Force must be harnessed to justice and equity."

### A Plague on Antagonists

And, in practice, Dulles insists that all nations must cease knowing each other by antagonisms.

"We left out Russia at Versailles and spent the next 25 years in thinly veiled hostilities toward her. To-day Russia seems feverishly atheistic, but the world needs in its following the contributions of these creative peoples.

"America is stale in its freedom; Russia is dynamic. We have much for each other."

How is the United States to be committed to such a peace?

"Some of our churches—like the Methodists—are even ringing doorbells to educate our people. Some of us speak and write. We each put forward our plan in ways we think best."

## The Amazing Jeep

It doesn't take much imagination to foresee scores of users for the wonderful jeep in post-war agriculture. Corporals and generalists ride in it now, but when the war is over and every one gets back to real constructive work again the chances are the jeep will be very much in the picture.

The U.S. Department of Agriculture put a jeep through some real farm tests. The jeep ploughed an acre of cotton bottom land with a 16 inch plough in 1.72 hours, using 2.32 gallons of gasoline. It pulled up to 1,300 pounds before the wheels began to slip.

A jeep hauled a three-horse drill over a 20-acre field, with 10 gallons of gasoline, that is, a half gallon to the acre.

It is hard to see why a jeep cannot be used to plough, to furnish power for grinding, pumping and milking. It will take grists to the mill, produce to market and bring home light or heavy supplies. And then at night the family can pile in and go to town.

And why cannot it be used on the ranches? The jeep is right at home jumping from hilltop to hilltop, and the range bulls will become accustomed to the jeep as they now respect a horse.

Mail carriers have been trying to buy jeeps. Garage owners want jeeps for tow cars, and railroads seek them for track maintenance workers.

There will not be enough jeeps come out of the army to supply the demand. The question is, will the manufacturers use the models to turn out millions of these useful little vehicles with which to meet the everyday needs of people in all walks of life?

## Chronicles of... Ginger Farm

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

Generally, I leave recipes and such like to cookery columns or recipe books, but once in a while I hit on something original and then I like to pass the good news along. So here's my latest—and why.

I was making pies and wanted one in a hurry for dinner. An open pie filled with the same filling as for butter tarts is usually my emergency pie. But on this day my supply of raisins and currants was very low—and dear knows when we will get any more—so I looked around for a substitute. This was the result: I took 1 tablespoon of soft butter and mixed it with 1/2 cup of brown sugar and two small eggs beaten. Into this mixture I stirred one scant cup of mince-meat and then I put the whole concoction into an unbaked pie shell and baked in a moderate oven until it was set. It really turned out to be a delectable pie—it even brought forth expressions of unsolicited approval from Partner. Before that I thought the pie was good—but after that I knew, it was Partner, you will understand, like most men, generally expresses an opinion only if there is something he doesn't like. So I naturally thought a pie sufficiently unusual to arouse masculine comment was something to write to the column about. If you try my recipe and like it you might call it the "Ginger Farm Special." If you don't like it then let it be mine—and don't send me your doctor bills.

Do you know what I have done this year? I'll tell you. I have actually read two whole books and started on a third. And that's really something. Not because I don't like reading—don't ever think that—but it just seems that one's time is so crowded these days that reading to any extent is something one has to sacrifice. A scanty perusal of newspapers, magazines and "digests" is about all I've had time for—writing letters, knitting and sewing for the Red Cross, are so much more important, to say nothing of meetings, and reports and suchlike, to take up what would otherwise be one's spare time. Not that I have run out of jobs—far from it—but I just felt as if I had to give myself a break, as it were. You know how it is once in a while, don't you? However, in case you think I'm lying down on the job, perhaps I should tell you that in the last three weeks I have also knitted five pairs of mitts, two helmets and two skull caps. But alas, the most one can do is still so little. If I hadn't done any reading I might possibly have had two more skull caps to my credit. But then I wouldn't have known as much about "The Men Around Churchill" by Rene Kraus or the struggle of the Comant family in "The Sea Is So Wide" by Evelyn Eaton. Another distraction was the show "In Which We Serve." I knew it to be a splendid show but it was even better than I expected because I had not realized that a picture of that type would have so much humour in it. Without that sewing, knitting, the patching of the picture would have been a little more than one could take.

And then there's the radio. . . . Tell me, my friends, what part does radio play in your life? Do you find it a diversion? Does it help you, amuse you, keep you informed, or is it an irritation and a hindrance? We know it can be any, or all, of these things. Like other inventions, its use or abuse depends upon the public. I keep on saying that the means of much wanted time. You story, I follow—I'll just wait until it's over before starting that letter! And then something else comes along and first thing you know the letter doesn't get written. And what about the "soap dramas"? Oh yes, I know you can work and listen too, but just watch and you will notice that your pace slackens as the tempo of the story increases. I know, even though I am not a regular radio drama addict, there is one story I like to listen to—and I know how it can hold you. After all, we should control the radio not let the radio control us. And yet there are women—more the pity—who listen to one drama after another every afternoon from Monday to Friday. It is a wonder they keep their sanity. And what is the story, I follow? The same as hundreds of other listeners—"The Road of Life." Quite a story, isn't it?

### OLD BOGEY NUMERAL NOW AT LLOYD'S

LONDON (CP)—For the first time in its long history the Committee of Lloyd's, the world's greatest underwriting institution, consists of 13 instead of 12 persons.

The precedent was caused by the decision to allow Sir Eustace Pultbrook, chairman of the firm for four years, to continue for another period. According to company procedure he was due to retire this year.

## Red Cross Parcels Boon to Prisoners

### Canadians in London Tell of the Society's Work For Fighting Forces

By MARGARET EAKER  
Canadian Press Staff Writer

LONDON (CP)—Across the wasteland of enemy fortresses and barbed wire entanglements to Canadians in European prison camps the hand of the Canadian Red Cross stretches out offering a little cheer and a little comfort in the long day of captivity.

As soon as a man is reported a prisoner of war, Red Cross headquarters in London rush a "captured" parcel to him—warm underwear, towels, soap, toilet and shaving articles, a blanket, warm sweater, chocolate, shirt, two pairs of socks and a sewing kit.

Then as the long months behind prison walls stretch on, at intervals food parcels, packed in Canada, go out to the men.

"A 'guy who escaped from a prison camp in Italy was just here to say that these food parcels kept him alive," said Mrs. Marjorie Cost, director of Toronto, Calgary and Vancouver, of the department.

Mrs. Cost's own son, Bob, of the R.C.A.F., has been a prisoner since September 1939.

Besides food parcels the Red Cross can, if requested, send uniforms to the officer captured; ranks must wear prison clothes. Also through the assistance of the Canadian Legion and British universities such as Oxford and Cambridge, arrangements are made for educational books to go to the men in the prison camps.

Mrs. Cost's son is studying medicine on his own and will go to medical school as soon as he is released.

Nancy Laing of Toronto, who is assisting Mrs. Cost explained that this department does more than send parcels to the prisoners—the material for which all come from Canada. They also have an extensive record department that works with Mrs. H. E. Plimpton's Red Cross Prisoner of War department in Ottawa in keeping next of kin posted on the prisoners' welfare.

"If a prisoner is ill or suffering from wounds, they can find out through their sources how well he is progressing."

"Prisoners of war get excellent medical care," said Miss Laing.

"We do other things—but we can't tell you any more."

### PRISONERS IN GERMANY HEARS OF NEW STATION

Even prisoners of war in Germany have learned about the new Central Station of the Canadian National Railways. Lt. Daniel Doherty writing from a camp in Germany to E. C. Elliott, former general passenger agent of the system, comments: "The new Canadian National Railways station must be pretty good. Hope to see it soon." Lt. Doherty went overseas with the Artillery and was taken prisoner in the Dieppe raid. He is the son of the late Hugh Doherty, widely known to railwaymen as a contractor. Lt. Doherty, a student in law at McGill University, is continuing his studies but, at the same time, is taking a keen interest in athletics, and his correspondence cards express thanks for skates and sports clothing.

Lt. Doherty is interested in the Canada and Gulf Terminal Railway, operating from Mont Joli to Matane, and known to thousands of Canadians who annually travel by the Nation System for a holiday at Metis Beach.

### LEADS (CP)—One of the main problems of the small British farmer would be solved by a wider adoption of machinery pools. If they don't do this, he said, their only alternative will have to be amalgamated with adjoining farms to form larger units.

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## HOW TO MAKE GOOD

Young people beginning work often ask us to how they can make good in business jobs they are taking. Their lack of experience is of course, a handicap, and their employer or foreman may often be annoyed when they make blunders or fail to carry out directions. They are not blamed too severely for this lack of experience if they show earnestness to acquire skill and learn the arts of their trade.

The one thing that is not readily excused is a continued inability to remember instructions and the failure of effort to obey requirements. If an employer has to tell a green hand the same thing over and over again, he may conclude that the novice is not adapted to that kind of work, and would better transfer his effort elsewhere.

### FROM THE NORTH SEA

SEATON SLUCE, Eng. (CP) A "mystery fish" weighing half a ton was washed ashore at this Northumberland village. It appeared a dark green and white and had a bottle nose and a fan shaped tail. No one was able to identify the species.

## BIG SUGAR-BEET CROP

LONDON (CP)—The product of Britain's bumper 1943 sugar-beet crop is being processed night and day, seven days a week. The work is done in the 18 factories of the British Sugar Corporation and there was no let-up for the holidays.

Mother: "I'm afraid Robert is burning the candle at both ends."  
Father: "Huh! That boy has cut the candle in two and has lit all four ends."

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# "SALADA" TEA

## C.P.R. Relieves Coal Shortage



This huge overhead travelling bridge, equipped with 10-ton clamshell bucket, is one of two such units operating at the Canadian Pacific Railway Company's big coal dock in Fort William, Ontario, where 1,223,000 tons of American bituminous coal were handled during the Great Lakes navigation season in order to relieve western Canada's threatened fuel shortage.

According to an announcement by H. H. Egan, general fuel agent for the C.P.R. in western Canada, the company acted to avert the coal shortage with permission of the government, importing the coal from the United States on the assumption that coal fields in Alberta and British Columbia would not be able to supply the increased demands of transportation, industry and the general public. Of the total imported 1,050,000 tons were for the C.P.R.'s own use and 175,000 tons for other users.

Based on the number of pounds of coal required to haul 1,000 tons of freight one mile the C.P.R.'s share of the coal represented a total of 14,385,714,000 gross tons miles of passenger and freight movement, or about one-third of the gross ton miles operated on western lines for 1943.

## BRITAIN'S NATIONAL DAY OF PRAYER



September 3rd, 1943, was observed all over Britain as a national day of prayer. Services were held in every church and were broadcast by the BBC and wherever possible, work stopped for fifteen minutes to enable workers to take part in them. Picture shows fruit pickers at the service held in an apple orchard at Leeds, near Maudstone in the county of Kent. The service was held by the Reverend Guy Halliday.