

Of Interest to Women

THE MIXING BOWL

By ANNE ALLAN  
Dishes Home Economic

LUNCHEON PARTY FOR VALENTINE

Hello Homemaker! A box party has many possibilities for entertaining children—and it's time to plan for their Valentine party. Have the children decorate a box or basket. Let them clip colored pictures and paste on attractively. Each box should hold several small sandwiches, (use brown and white bread, spread with egg, vegetable, cheese or jelly filling) raw crisp carrot or turnip strips, a muffin and some cookies. Wrap each food separately in waxed paper. Place the lunch in neatly, together with a serviette. The tea party will then be complete with the exception of the hot chocolate to be prepared by the hostess, who will have very few dishes to wash afterwards.

Valentine Sandwiches

24 thin slices of white bread, 1 sharp cheese (three ounces), 2 tablespoons butter or margarine, 1/4 teaspoon salt, 1 small bottle Marshmallow cherries.

Cut fluted rounds from the slices of bread. Cut small hearts from 12 slices. Spread each slice with butter and blend, add salt and enough liquid from cherries to make mixture of spreading consistency. Spread whole slices with cheese mixture, sprinkle centre of each with cherries minced and cover with remaining slices. Makes 12 sandwiches.

Lucy Cakes

24 cups oatmeal, 24 cups light brown sugar, 3 tablespoons flour, 1/2 cup sugar, 1 cup cooking fat, 1 egg, 1 cup lightly beaten, 1/4 teaspoon vanilla.

Combine first four ingredients. Add cooking fat and stir. Add egg and vanilla. Drop spoonfuls of batter 2 inches apart on a greased cookie sheet. Bake in oven (325-350 degrees F.) for 12 minutes. Top with Marshmallow cherries cut in halves.

Raisin Muffins

2 tablespoons shortening, 1/4 cup corn syrup, 1 egg, 1 cup packaged bran, 1/2 cup milk, 1 cup flour, 1/2 teaspoon salt, 2/3 teaspoons baking powder, 1/4 cup raisins.

Cream shortening and corn syrup thoroughly; add egg and beat well. Stir in bran and milk; let rest 5 minutes. Sift flour, salt and baking powder. Add to first mixture and stir in raisins. Pour into greased tins. Bake in oven at 400 degrees for 30 minutes.

TAKE A TIP

1. Take precautions to serve foods providing Vitamin C in simple amounts. Due to seasonal conditions (one being the loss of the C vitamin in potatoes now so long stored), the most helpful foods are: citrus fruits, oven canned tomatoes, potatoes (cooked in the skins), raw cabbage and turnip, black currants in any form, and other fruits contribute a "little. Serve slow, crisp turnip sticks and grated turnips in mixed salads and Cook vegetables in as little water as possible—as short a time as will make them tender—and serve at once. Standing steels their Vitamin C—don't expose them to air until on the family plates. That means covering with a tea towel if they have to stand.

2. Serve baked potatoes three times a week in good steaks.

THE QUESTION BOX

Mrs. C. M. asks: Recipe for Carrot Marmalade.

Answer: Carrot and Orange Marmalade—6 medium sized carrots, 3 oranges, 1 lemon, juice and grated rind; sugar. Dice carrots and cook until tender, using a little water as possible. Cut oranges and lemon into small pieces. Combine carrots and fruit and add two-thirds as much sugar as mixture. Simmer mixture until it is clear and thickened. Use electric element on Low after product begins to boil. Pour into hot sterilized jars and seal.

Mrs. D. T. asks: Why do the standard ingredients for butter tarts become dry and hard?

Answer: Do not use too much egg in the mixture (small egg to 1 cup sugar). The tarts may have been baked at too high temperature—use 400 degrees for small tarts and small quantities, and 350 degrees more for two or three pans.

Mrs. J. R. asks: Recipe for potato stuffing for tenderloin.

Answer: Potato Stuffing—3 cups mashed potatoes, 1 cup soft bread crumbs, 1/2 cup melted butter, 1/2 teaspoon poultry seasoning, 1 beaten egg, 2 tablespoons chopped onion. Mix above ingredients together lightly with a fork.

SOUTHPORT, England (CP)—Adopting the policy that every good husband should be a good gardener and every wife a good cook, this Lancashire town launches a five-week scheme to make it a centre of perfect married couples.

Chronicles of... Ginger Farm

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

Signs of the times! That is what I thought as I went for the mail this morning. You see in the little time that it took me to walk from the house to the road and back again, six planes went over my head, all in different directions. But never a car did I see at all. More planes in the air than cars on the road—Isn't that something?

I wonder how it will be after the war—I mean, will there be more planes and less cars, or more cars and less planes? Naturally planes will be in greater demand for commercial use but I suppose, unless they develop some kind of aerial "trivet" you and I will still be quite content to roll along on the road—and think ourselves mighty lucky at that, having passed through a period of not being able to roll along just when we felt like it.

Recently I wondered whether our car was doomed to be laid up for the duration. You see, one day Partner and I were going to town and as we started Partner said I had better drive today as I had a tire that looked as if it might blow out any time. (I have told you that Partner absolutely refuses to drive a car, haven't I?) That may have been good advice—it is better to be safe than sorry, especially where a car is concerned—but I certainly didn't add to my luck. I knew I should have tried my comfort at getting a couple of new tires but with one thing and another I had put it off.

Now I was really driven to it. The application was sent away. And I waited and waited and waited. Each passing day increased my uneasiness. I heard rumors of applications being turned down; and government regulations being tightened up—and I can tell you that shabby old '38 of ours began to look like a million dollars.

And then after three weeks the permit came through. I think when we got the lines I shall trim them up with plink bows just to celebrate. Did I hear someone say—"Oh yes, a farmer gets all the breaks. Just let me try for new tires and see how far I would get!" Well, I can understand your viewpoint—it must seem pretty tough to you when you probably feel that a car is just as necessary to you as the farmer. But yet, you are getting along without it, aren't you? Whereas the farmer—well, a car is as necessary to him now as any of his field implements. Take our car for instance: it hardly ever goes to town without bringing back a hundred of bran, shorts, chop or laying mash. It takes in eggs and chickens, grain to be chopped and sometimes it is piled high with Red Cross sewing, knitting and quilts. It takes people to and from the station; it gets repairs and does the weekly shopping. It goes to church and to meetings; it calls at every farm in the district whenever a Red Cross drive is on, and occasionally, it does take us to a show. Oh yes, and once in a while it goes to the city when shopping becomes a vital necessity. But never, since gas rationing, has it used up all the coupons to which it is entitled. We apply for the lowest category on which we think we can manage—and then we try to use less.

When we have orders for boiling fowl it is my job to pick out the birds that are not laying. Experts tell you that if you look for this and that you can always tell if a bird is laying or not. Well, if I follow all the rules and pick a bird that definitely shouldn't be laying I generally find—too late—that she was all set to lay eggs for the rest of her natural life. So now I ignore the experts. Instead I stand quietly inside the pen and watch the biddies. What I watch for I can't tell you, but there is something about the look of a hen that tells me whether she is laying or not. Take that one yesterday—by all the rules she should have been laying, but I didn't think she looked as if she were. So Partner killed her—and she wasn't. Was I glad I was right? Second sight? Oh, I don't think so. Just hen sight, I guess.

It is twelve-thirty—perhaps it might be a good idea if I went to bed.

CIVILIANS HONORED

LONDON (CP)—Gen. Sir Bernard Montgomery headed the list of nearly 3,000 soldiers mentioned in dispatches for "gallant and distinguished services" in the Middle East. Among 11 civilians in the list, published in the London Gazette, was Basil Gingell, Exchange Telegraph war correspondent.

Proper Meals A Big Factor In Air "Show"

R.C.A.F. Cooks See That Airmen Get Right Kind of Food Before Taking Off on Bombing Flights

By MARGARET ECCLES  
Canadian Press Staff Writer

WITH THE R.C.A.F. IN BRITAIN (CP) —When an R.C.A.F. bomber, navigator, gunner or pilot is over Germany it doesn't pay if he develops "nervous stomach."

He has enough things to worry about without butterflies on the inside. And that's one of the jobs of the R.C.A.F. (Women's Division) cooks in Britain—to see that when the planes take off every man has just the right amount and right kind of food.

"A girl realizes she's pretty important to a bombing op," said Law. Dorothy Newman of Regina, Sask., as she mashed potatoes for the pre-flight supper for air crews.

"Good food—or bad food—may make the difference as to whether a bomber crew gets back or not."

She explained that before a "show" the boys are given poached eggs, bacon and mashed potatoes. Fried food might upset their stomachs.

Everybody waits with hearts in their mouths for the return of the squadrons, but among the most anxious are the Wids to wait in the kitchen, hoping they will serve as many pre-dawn breakfasts as they did suppers before the raid.

Counts Retaining Places

LAW, Edna Coombs of Sarnia, Ont., was frying bacon and anxiously counting every plane that roared over the mess on the way to the landing field.

"Twenty—" she said half to herself as she looked up from the stove. "Yes, we don't mind when we're called out to cook—as long as the boys come back."

"I could fry potatoes all day," said LAW, Violet Gabbey of Edmonton, as she shook a wire basket of chips. "All we hope is that the boys come back to eat them."

In the airman's mess, Sgt. Myles Wilson of Montreal disclosed that only that day 10 more Wild cooks had been added to the station's messing staff.

"It's a good thing," he said. "R.C.A.F. girls are more interested in food than W.A.F.s. They'll take more trouble to make the rations we get taste appetizing."

Flt. Lt. H. J. Wilson of Winnipeg, messing officer for the Canadian squadrons under Bomber Command explained the difficulties Wild cooks face when they come to Britain.

"They bring their recipes along when they come," he said, "but they have to forget about them and learn to cook with what we can get."

TIME LOST NEGLIGIBLE

LONDON (CP) —The number of working days lost by strikes in Britain during 4 1/2 years of war would, if spread over the whole wage-earning population, amount to less than one-half day, one economist has estimated.

The Week at OTTAWA

By DOUGLAS GREEN  
Canadian Press Staff Writer

OTTAWA (CP)—Canada's policy regarding post-war immigration appears to be one of the most contentious of the issues being discussed in the House of Commons.

Several Quebec members already have registered opposition to the large-scale admission of refugees. Before the Session opened a movement was launched to obtain signatures for a petition asking that Canada relax her barriers against their admission and accept immigrants without regard to their race or creed.

Since then Gordon Fraser, Progressive Conservative member for Peterborough West, has expressed his personal opposition to the admission of refugees or other immigrants to Canada until all Canadians have been established in jobs after the war.

When and if immigration were permitted, he said, all prospective immigrants should undergo strict physical and mental examinations before being admitted.

One school of thought on the immigration question takes the view that Canada's immense area and widely-scattered population renders her particularly suitable as a settling place for newcomers after the war and that her full potentialities will not be realized until her population is greatly increased.

An opposite view is that the Dominion's arable area is small in relation to her size and that industry is concentrated in eastern Canada, where the density of population is greatest.

Ontario Wants Reforms  
Premier George Drew of Ontario said while on the recent visit to Britain that he favored the admission of immigrants of British stock and that Ontario would welcome them after the war.

Considerable British capital already is invested in British Columbia, which is expected to attract many settlers in the post-war years.

Scope of the federal government's legislative program as indicated in the speech from the throne has drawn from critics of the administration the claim that Prime Minister Mackenzie King is putting his political beliefs in order against the general election which in some quarters is expected later this year.

Victor Quetch, New Democracy member for Acadia, characterized the government's throne-speech outline of social security legislation as a "patent medicine cure-all," and said the people are suspicious of "death bed repentances." He added that the government's capacity to handle post-war questions is doubted.

New CBO Governor

Announcement by War Services Minister LaFleche of the appointment of William J. Parker of Winnipeg to the board of governors of the Canadian Broadcasting Corporation followed a statement by H. H. Hannam, president of the Canadian Federation of Agriculture, that the organization no longer would be content to play a "menial" part in Canadian affairs.

Mr. Parker, president of the Manitoba Pool Elevators, is also vice-president of the C.F.A., and his appointment adds a representative of agriculture to the board.

Recently the CBC board decided to allot half an hour a month to leaders of the principal political parties to enable them to expound their views

between elections. This action was a sequel to the banning of the CBC of an address at Hamilton by John Bracken, national leader of the Progressive Conservative party.

The CBC itself already has been the target of criticism in the House of Commons, and some sections of the press have been critical of the extent to which it has accepted revenue from sponsored programs while collecting a yearly licence fee of \$250 from listeners. Further debate about the CBC's policies is to be expected.

Gordon Graydon, Progressive Conservative house leader, and M. J. Coldwell, C.C.F. leader, have asked the government for a statement of the resignation of Lt.-Gen. A. G. L. McNaughton as overseas army commander.

The demand was made in the light of a newspaper report quoting Gen. McNaughton on his return to Canada as saying there was nothing wrong with his health.

Prime Minister Mackenzie King said the government wanted to give the whole picture and that could best be done when army matters were before the House on the war appropriation bill. If the bill was not reached soon because the throne speech debate dragged on he promised to set aside a day for discussion of the McNaughton matter.

Apple Tree Pruning Often Misunderstood

Although pruning of apple trees has been practised from the earliest days of apple culture, it is the one orchard operation that is most generally misunderstood in its practical application. D. S. Blair, Horticultural Division, Dominion Department of Agriculture, told the Northumberland and Durham Apple Growers Association in a recent address.

Orchardists were not entirely to blame, he said, because it was only within the last quarter century that carefully planned experiments had been conducted to study the effect of pruning upon the growth and fruiting. Even today leading authorities could not agree on some of the minor details.

When pruning the grower should have a definite plan in mind, whether the trees were young or old. The purpose of pruning the young non-bearing tree was primarily to train or shape the tree so that the main scaffold branches would develop strong wide-angled crotches capable of bearing fruit without breakage.

This training should develop a framework of openwork capable of supporting heavy crops of fruit when the trees reached bearing age. The aim in a commercial orchard was not to produce a tree pleasing to the eye but rather one that was commercially profitable within a reasonable period of time.

The main objective in pruning bearing trees was to prevent the trees from becoming too dense, so that sunlight could reach all parts of the tree to assist in carbohydrate manufacture and the coloring of the fruit; also to facilitate orchard operations, such as spraying, thinning and picking. Another purpose was to remove weak growing wood throughout the tree which never produced fruit of satisfactory size and quality. With trees in full bearing, pruning assisted proper fertilizer applications. And other soil management practices in maintaining a good growth condition in the trees.

BRIDGETOWN (CP)—The British West Indian Island of Barbados is to send Canada 50,000 pounds of fancy molasses from the 1944 sugar crop.

PROCES FOOD NEEDS

LONDON (CP)—John Mand, food expert, has been appointed to the staff of Lord Woolton, reconstruction minister, and will devote most of his time to ways and means of meeting food needs after the war.

PROMOTE RUBBER INDUSTRY

LAGOS, Nigeria (CP)—In accordance with a recommendation of the ministry of supply rubber, a mission which recently visited Nigeria, six forestry officers have been assigned to promote production in rubber-producing areas there.

BOMB EXPERT HONORED

LONDON (CP)—Alfred Cecil Brooks, designer and producer of Britain's first 8,000 pound blockbuster bomb, has been awarded the M.B.E. "for outstanding service of a nature that cannot be revealed."

MANY SEEK ADVICE

LONDON (CP)—The Ministry of Food reports increasing number of men asking information at its 28 advice centres scattered through the country. Most of them are war-workers living in one room away from home.

CARROLL'S THE BEST SPECIAL EVERY WEEK! WAR STAMPS 25c PRINCESS Soap Flakes 2 lbs. 29c PALMOLIVE 3 Giant Cakes 23c CHIPSO Soap Flakes 1 lb. pkg. 23c RED RIVER CEREAL 15c, 25c QUAKER OATS QUICK 19c OLIVES McLaren's Stuffed 1-oz. Jar 43c FRY'S COCOA tin 19c, 31c Prepared MUSTARD 6-oz. Jar 8c Kallor's ALL-BRAN 1 lb. pkg. 21c A Health Drink Ovaltine Jar 58c, 98c Tender Leaf TEA 1/2-lb. pkg. 40c Aunt Jamaica Pancake FLOUR pkg. 15c, 35c MUFFETS 2 pkg. 17c Aylmer Dehydrated BEANS 2 tins 19c Hawes' Floor Wax 45c, 83c To Open Clogged Drains SINKO tin 25c One Coupon Blueberries tin 30c One Coupon for Three Jars of Molasses 2 1/2 lbs. 27c Quaker Two Coupons—Aylmer Bitter Marmalade 32-oz. Jar 33c Aylmer Green PEA SOUP 2 tins 17c SPECIAL! CALIFORNIA ORANGES, Size 220 Per Dozen 34c NEW TEXAS CABBAGE Per lb 6c FRESH LETTUCE, Size 5 Each 13c TEXAS SEEDLESS GRAPEFRUIT, Size 96 4 for 25c Fruit and Vegetable Prices Until Saturday Night Only.

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