

Of Interest to Women



THE MIXING BOWL

By Anne Allan

Cookery Methods of Turnip

Hello Homemakers! The truth about turnips has given prominence to this vegetable which keeps us well provided during the entire winter.

There are two types of turnip—white and yellow (rutabaga). The white turnip is milder flavored but not as high in food value as the yellow. When the yellow turnip is overcooked it turns dark, is watery and generally unpalatable.

As a Canadian product turnips provide an ample amount of Vitamin C when served raw—combining the fact that splinters of chilled raw turnips are delicious. They also contain valuable minerals, provided they are properly cooked, i. e., the drained-off juices are used in the soup pot. And they are an energy food to serve with meat, fish or eggs.

- 1. Combine grated turnip with 1/2 cup celery, chopped lettuce, cubed apple and salad dressing.
2. Cut turnip into very small pieces to cook. Cook only until tender.
3. Cubed, cooked turnip, white sauce (made of part turnip liquid and milk) and cooked sausages make an appetizing dish.

4. When mashing turnips the method is to add 1/2 tsp. sugar, 1 tsp. flour, 1/2 cup top milk and mash thoroughly. Add a pinch of nutmeg for another variety.
5. Because of the pronounced flavor of yellow turnip we like to mash it and combine with an equal amount of mashed potato.

Scalloped Turnip with Cheese
1 yellow turnip, salt, pepper, flour, 1/2 cup grated old cheese, 1 cup milk, 1 cup bread crumbs.
Pare and slice turnip very thin. Cut into quarters. Arrange slices in greased baking dish. Sprinkle each layer with salt, pepper, a little flour and grated cheese. Add milk to come up to at least half the depth of the dish. Top with buttered crumbs. Cover and bake in electric oven at 350 degrees for 1 1/2 hours. Just before serving remove cover to allow crumbs to brown.

Baked Turnip Puff
3 cups cooked, mashed turnip, 1 cup soft bread crumbs, 2 tps. sugar, salt, pepper, nutmeg, 2 eggs, beaten, 1/2 cup milk, 1 tsp. butter.

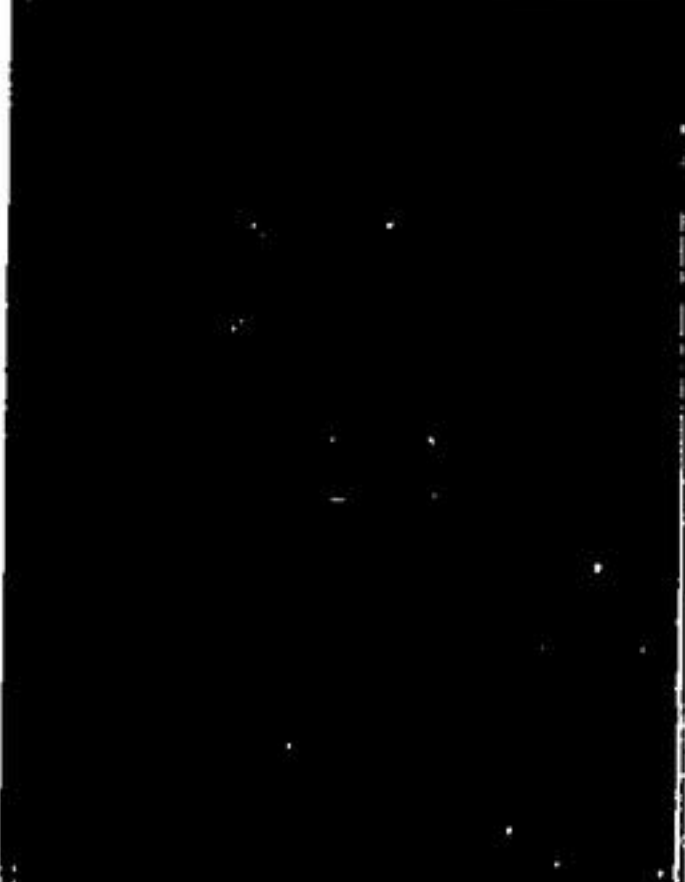
Combine turnip, bread crumbs, sugar, salt, pepper and nutmeg. Stir in eggs and milk and pour into greased baking dish. Dot with butter and bake in electric oven at 350 degrees for 25 mins.

THE QUESTION BOX
Mrs. A. H. S. suggests this recipe for pumpkin pie and stresses baking the pie-paste shell for 3 minutes before adding the filling.
Pumpkin Pie
3/4 cup brown sugar, 2 tps. butter, 1/4 tsp. nutmeg, 1 tsp. cinnamon, 1/2 tsp. salt, 1 1/4 cups cooked and strained or canned pumpkin, 2 egg yolks, 1 1/4 cups scalded milk, 2 egg whites.

SCOUTING LIVES ON
A British sergeant, stationed at a North African hospital, tells of the way in which Boy Scouts helped the Allies when they landed in Algeria. A hospital was set up, he says, and the adult population fled from the district. But a little band of Boy Scouts, aged 13 to 16, stayed on helping in every way they could with the sick and wounded. "Never once," he adds, "did I see any fear although the bombing was concentrated on this small target."

NOTED BOTANIST DIES
EXMOUTH (CP)—Sir Jno. Brettland Farmer, 78, eminent British botanist died here. He was professor emeritus of botany and formerly director of biological laboratories at the Imperial College of Science and Technology.

NEW OFFICE HEAD



First woman to receive executive appointment in the CBC is efficient, pretty Edna Slatter, recently assigned to the office management of Toronto studios. Announced at the staff Christmas party, appointment is universally popular because of Mrs. Slatter's undoubted qualifications, smart handling of personnel, quick grasp of technical problems—technical, program, and administrative. Hobbies: golf, homemaking (she is the wife of radio executive Jack Slatter), and 21-year-old son, Wally, of the R.C.A.F.

A King's Scout is a Useful Citizen to Have Around

The ambition of every Boy Scout is to attain the rank of King's Scout. This is no mean achievement, and its provisions would stump many a capable and educated adult. King's Scouts were created at the suggestion of King Edward 7, who suggested to Lord Baden-Powell that a high standard of efficiency be recognized by this badge which is the crown worn on the left sleeve. Here is what a boy must accomplish to be a King's Scout. He must first be a King Scout. He must mean he must have one year's service, be able to swim, have a savings account, be able to sign in semaphore or Morse, have a comprehensive knowledge of first aid, cook several kinds of food, including bread over a campfire, be able to read and use a topographical map, be able to properly use an axe for felling and trimming timber, be able to estimate distance, numbers, height and weight with reasonable accuracy, train a less advanced Scout, and take the first class journey.

The Journey is a 14 mile return journey by foot or boat, or a 30 mile journey by bicycle, accomplished in 24 hours with an overnight camp. He must carry all his camping kit, cook his meals, write a report and map his entire journey. Having passed all these tests he is ready to become a King's Scout with the acquisition of four special qualifying proficiency badges. One of these is the Ambulance Badge, the requirements for which are similar to the St. John's Ambulance Badge. Another is the Pathfinder badge, which provides that the boy must have an adequate knowledge of the community in which he lives, making a map showing all streets, fire stations, police stations, schools, public buildings, principal stores, the homes of doctors, historical sites, and have a knowledge of the history of the community. In addition he must know all the principal highways leading to his community and a knowledge of the district within a 25-mile radius.

Another King's Scout badge is the Cyclist Badge. To earn this the Scout must own a bicycle which must be fully equipped, and which he must promise to use in public service if called upon. He must know how to keep it in good running order, must be able to repair punctures and take the bicycle apart, clean it and put it together again. He must know the rules of the road, traffic signals, the principal highways, and repeat a verbal message after a ride of at least one hour's duration, and must retrace the provision's annually. A fourth King Scout's badge is the Rescuer Badge for which he must perform in the water four methods of rescue and three of release from the clutches of a drowning person; must dive into five feet of water and bring up a weight of not less than five pounds, know artificial respiration, swim out 50 yards and undress in the water; and throw a life-line to within one yard of a small object 15 yards away three times out of five.

When a Scout has accomplished all these things he is a King's Scout, and we should say, a pretty useful sort of citizen to have around.

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Canine Mascots Hold Top Place With Fighters

Varied Assortment of Animals Make Canadian Army's Menagerie—CWACs Favor Ducks and Cats

TORONTO (CP)—If all the mascots of its various units were put into one big pen the Canadian Army would have a fair sized and varied menagerie. A bear, a raccoon, a deer, ducks and even goldfish have at one time or another been the pets of formations in Military District No. 2, but dogs predominate by far. Soldiers returned from overseas report that almost every Ontario regiment in the field had at least one dog. The 48th Highlanders had almost 10 dogs when they were in England. CWacs have a weakness for feline followers. Almost every C. W. A.C. barracks has its cat mascot. One girl, back from overseas, reports that a cat, "Victoria" by name, attended morning inspections, wandering in the most unregimental fashion among the lines.

The bear was the mascot of the Toronto Scottish, 2nd (Res.) Battalion. It was a cub who didn't know the meaning of discipline, however, and the regiment gave short shrift. Finally he was taken north and released in the bush. The raccoon when last heard from was still the somewhat unorthodox pet of Niagara Area Command Headquarters.

Perhaps the most affectionate pet of all is "Bambi" the mascot of the Royal Canadian Army Medical Corps at Camp Borden. "Bambi," of course, is a deer. The little fellow, injured by a motor-car, was picked up on the highway. Medical men at first thought he was badly hurt, but later found the deer was only dazed. "Bambi" grew fond of his new home and his foster folk grew even fonder of him. He has his own compound and sleeping quarters.

"Duck-Cwac" once drew rations at the St. George Street, Toronto, barracks of the CWAC, "Donald," is a real wild duck, as was his partner, "Donald." The little fellow, wearing a motor-car, was picked up on the highway. Medical men at first thought he was badly hurt, but later found the deer was only dazed. "Bambi" grew fond of his new home and his foster folk grew even fonder of him. He has his own compound and sleeping quarters.

None of the canine mascots was ever more popular than "Kilkenny" the huge Irish wolfhound of the 1st Battalion, Irish Regiment of Canada, the gift of Lt.-Col. J. W. Flanagan. The dog used to accompany the men on all route marches, the longest being the 120-mile stretch from Montreal to Three Rivers. "Kilkenny" died at Debert, N. S., he was given a military funeral and buried in a plot in front of the officers' mess.

FAROE'S GAIS SOLVE MANPOWER PROBLEMS

LONDON (CP)—The British soldier has been the cause of introducing modern women's fashions to the women of the bleak, icy Faroe Islands, which Britain occupied after the invasion of Denmark. When the troops moved in, said Dr. Gavin Henderson on his return from a lecture tour of the islands, the girls wore thick woollen stockings and wore no make-up. Came movies with the troops and the girls now wear silk stockings and use make-up. "Cleverly" said Dr. Henderson, "most of the women want to leave the islands and live in Britain so they have the 'covered and clear intention' of finding husbands among the troops. They're succeeding, too, for 120 of the islands' short supply of 500 marriageable girls have married Tommies.

The Faroes lie 200 miles northeast of Scotland and have a population of 28,000.

A TEMPORARY MEASURE

A recent improvement in the modern shoelace, and one for which the war has been entirely responsible, is the elimination of the metal tip. Apart from the need for metal conservation, metal tips have always been a bugabear to manufacturers and wearer alike. To-day the shoelace manufacturer uses tips of plastic called "pyralin."—Melfort (Saak.) Journal.

Chronicles of a Ginger Farm

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

Winter has come at last—and with a vengeance, as we have reason to know already. Yesterday, I went to town—which of course was nothing unusual. Everyone in this district goes to town on Saturday. Business of every kind is reserved, if possible, until the end of the week. Unless it is something special you don't bother opening your friends about this and that through the week because you know you are sure to see them on Saturday. Yes, going to town on Saturday is almost an institution—although restricted buying and early closing has modified it considerably. But some things remain much the same—neighbour still meets neighbour; and there are two shows at the theater each night; the library is open afternoon and evening; the local department store is as crowded as a city bargain basement; and any time there is an auction sale you can almost stake your reputation on the chance that it will be on a Saturday. A week ago, for instance, I arrived in town about 4.30. Crowded! There wasn't parking room anywhere within reasonable distance of the stores. Cars were everywhere, but yet very few people in the stores. I was mystified... and then I remembered. Of course, an auction sale—one which included every kind of fool a man was likely to need either on or off a farm. So I suppose those who usually came at night had come this week in the afternoon instead. And I understand the bidding went just about as wild.

But it is really yesterday I wanted to tell you about. Not only was there shopping to do but there was also a martine. For weeks I have been longing to see "Lassie Come Home." Now it was here—but alas, so was the worst storm of the winter! Frankly, I was dubious about going out at all. It was so cold and the lane looked as if it might fill in any time. However, Partner assured me the snow was too light to give me any trouble. Finally I decided to try my luck. I got through the lane all right, arrived in town; did my shopping, changed my books and went to a real wild duck, as was his partner, "Donald." Despite their embarrassing cries of "Duck-Cwac," they were very popular pets. However, when it was learned that by-laws prohibited the keeping of fowl within the city limits, the ducks were taken away. They were the gift of a CWAC admirer. The ducks were wild when they arrived at the barracks but much more so when given notice.

At St. Clair, Toronto, barracks, the C.W.A.C. had two goldfish, it is said one of the feminine owners was actually afraid of the little finny fellows. In fact, she was afraid to handle them when changing the water. In a printing and stationery detachment of the Royal Can. Army Service Corps overseas one of the lads kept rabbits. Some say he kept them for pets. Others claim for food. Profitable creatures, his pets soon numbered more than 25.

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GUILTY OF MANSLAUGHTER

LEICESTER (CP)—Pte. Raymond Bushell, 18, told the Jury trying him on a murder charge he threw a Mills bomb at his instructor to "frighten him." Bushell was convicted of manslaughter and sentenced to 10 years imprisonment.

GOLD COAST EDUCATION

ACCRA (CP)—Steps have been taken in the northern territories of the Gold Coast to increase facilities for girls' education. Experimental classes have been successful, and similar developments are being planned in other native administration schools.

Service men in Newfoundland Find Living Costs Rising

Canadian servicemen stationed in Newfoundland are finding it hard to meet the rising cost of living, according to Herb Morton, Canadian Y.M.C.A. War Services area secretary for Newfoundland visiting National headquarters of the Y.M.C.A. in Toronto. Morton has served with the Y.M.C.A. in Yarmouth, North Sydney, St. Catharines and Halifax, and has been in Newfoundland since August, 1941.

Eggs are 90 cents a dozen, milk is 34 cents a quart, butter 80 cents a pound (but most people use margarine) potatoes are \$4.50 a bag, bread is 18 cents a loaf, and Christmas turkeys were 75 cents a pound, Morton told interviewers.

Despite high prices Canadians are finding Newfoundlanders "the most hospitable people in the world," the Y.M.C.A. secretary said. "Nothing is too much trouble for them; they have opened up their homes; their girls and women are kind to our men; and long after the war Newfoundland will hold a place in the affection of our men."

Eighteen Y.M.C.A. supervisors serve the troops in 44 different positions in Newfoundland, Morton said. The Y.M.C.A. operates two clubs, Caribou Hut at St. John's (owned by the St. John's War Services Association) and the Y.M.C.A. Red Triangle Club. Both clubs serve 3400 meals a day, and provide 500 beds nightly. In addition to organizing recreation, sports, dances, religious services and craft clubs for the men, the Y.M.C.A. visits scores of ships docking at Newfoundland ports each month. Men aboard are given magazines, books, writing paper, small games, sports equipment and musical instruments. One hundred old gramophones were put aboard ships recently. Fifty radios were also provided by the Y.M.C.A. Religious services held by the Y.M.C.A. are attracting large crowds in the Red Triangle Club and Caribou Club, Mr. Morton said.

Improved supply conditions in preserves, honey and molasses have permitted the Prices Board to double the value of D coupons for these items. One D coupon now entitles the holder to 20 fluid ounces of canned fruit, 12 fluid ounces of jam, jelly, marmalade, maple butter or honey butter or one quart of molasses. Coupon value of honey has been increased to 24 fluid ounces (two pounds) or two standard sections (two notched) during the producing season, ending May 31, the coupon value of maple syrup will be 40 fluid ounces. Coupon values for corn, cane or any blended table syrup have been upped from 14 to 15 ounces. Sugar remains unchanged at one-half pound per D coupon.

RURAL ELECTRIFICATION

The problem of rural depopulation has become serious and calls for the attention of all those who sit in our Legislatures. One way to keep people on farms is to remove, insofar as possible the hardships that have been the lot of farmers and farmers' wives and the electrification of the farms will help a lot.—Pembroke (Ont.) Standard-Observer.

FOUR ADVERTISEMENTS

BRISTOL (CP)—The window of a drug store here was filled with bottles of anti-flu mixture. On the window was a notice explaining that the shop would be closed for several days because the entire staff was suffering from influenza.

First Motorist: "I love the beauties of the countryside." Second Motorist: "So do I. Sometimes I give them a lift."

HOLDING ONTO JOBS

While the work of the National Selective Service may be excellent during the trying period of war, and possibly for a short time after the war, there certainly will be no desire for a permanent government bureau, except from the host of job holders who will fight to the last ditch to maintain their stranglehold on the public pay roll.—Granby (Que.) Leader-Mail.

CARROLL'S TUESDAY IS AUNT JEMIMA PANCAKE DAY. Super Suds 20c. Palmolive Soap 2 Cakes 11c. COWAN'S COCOA 1-lb. tin 24c. ROMAR COFFEE 1-lb. 19c, 35c. POT BARLEY Pound 5c. QUAKER SOUFFLE 2 pkgs. 17c. LIPTON'S SOUP MIX 2 pkgs. 25c. CANADA SEAL HERRING Plain tin 15c. P & G The White Naphtha SOAP 3 Bars 14c. CAMAY TOILET SOAP 3 Cakes 17c. SANIFLUSH large tin 29c. OLD DUTCH CLEANSER tin 10c. QUICK HAND CLEANSER 3 tins 25c. MAXWELL HOUSE COFFEE 1-lb. pkg. 41c. SPECIAL! WAR STAMPS 25c.

C.P.R. Express Finds and Ships Reindeer for Hollywood.



George McMurray, traffic solicitor for the Canadian Pacific Express Company at Edmonton, Alta., was the "Santa Claus" who provided four reindeer for Paramount Pictures in Hollywood when that company had to have them for scenes in "Road to Utopia", forthcoming film on the Alaska gold rush, starring Bob Hope, Bing Crosby and Dorothy Lamour.

He had a recollection of "a fellow somewhere in Saskatchewan" driving a reindeer "when the word went out that the film had to have atmosphere for the picture. He checked with the publicity office of the Saskatchewan Government in Regina and found J. J. Dalke of Fortuna Junction and Tisdale, was the "fellow". He had nine reindeer, all trained.

Having found his man, Mr. McMurray made arrangements to ship immediately and in the top picture the Canadian Pacific Express man had his picture taken with Mr. Dalke (left) and the unusual cargo. Alge provided naturally segregated from the reindeer for shipping. were 27 sled dogs, with the lower picture showing some of the huskies being trained at Ryan's Farm at St. Albert near Edmonton.

Mr. McMurray's claim always has been "the Canadian Pacific Express can ship anything" and lined up on this assignment, makes it no idle boast. The reindeer—five-year-old Cupid, a lady; and Dunder, Prancer and Dancer; quales aged six, two and three—

required a specially heated car and their diet of turnips, carrots, potatoes, cabbages and grain also called for special care. The reindeer were available because Mr. Dalke, their owner, refused to believe those who said it was impossible to train and harness the creatures. He has the Hollywood bill, an omission which the property department likely will remedy. The reindeer must be back from the United States in 29 days, according to the first permit issued on them.