

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
What Do Canadian Meals Lack?

Hello Homemakers! Dishes containing adequate amounts of calcium, riboflavin and niacin are not being considered by Canadians to-day is the announcement made by Dr. L. B. Pett, Director of Nutrition Services, Ottawa.

Calcium is one of the important minerals necessary for building strong bones and teeth, and as a stimulant in the process of the beating of the heart. Milk is the important source of calcium. The nutritional requirement is 1/2 pint daily for each adult and one quart for children. Other foodstuffs containing calcium are: egg yolk, dried peas and beans and whole-grain cereals.

Riboflavin and Niacin are part of the B Vitamin group of which there are now 11 known units, hence the term Vitamin B Complex. Vitamin B is the modern version of sulphur and molasses and bitter "tonic" of a half century ago. But there is a difference. Vitamin B foodstuffs produce good results.

The B Vitamin Complex is made up of: Vitamin B1 or Thiamine, Vitamin B2 or Riboflavin, Nicotinic Acid or Niacin, Vitamin B6 or Pyridoxine.

Value of Vitamin B2 (Riboflavin)

1. Helps to "burn" sugars and starches.
2. Helps to prevent nervousness.
3. Aids normal growth.
4. Helps digestion.
5. Helps to maintain healthy eyes and skin.
6. Preserve the characteristics of youth.

Good Sources of Riboflavin

Organs of food animals (liver, kidney, heart and sweetbreads), green and yellow vegetables, milk, cheese, egg-yolks, soybeans, dried yeast, peas and beans.

Value of Niacin

1. Promotes healthy skin.
2. Promotes good digestion.
3. Helps freedom from nervousness.
4. Prevention of pellagra.
5. Aids in resistance to disease.

Sources of Niacin

Lean meats, liver, kidney, fish, poultry, milk, cheese, eggs, whole-grain cereals, green leafy vegetables.

Mock Turtle

Cut a large incision in one whole beef liver, forming a pocket. Scald 1/2 minute with hot water. Stuff with any favorite bread stuffing, skewer, rub well with dripping, dredge with flour. Bake in electric oven at 350 degrees for 1 and a half to 2 hours.

Codfish Cakes

2 potatoes, 1 cup cooked codfish, 1 egg, 1 tsp. grated onion, 1 tsp. horseradish, 1/4 tsp. dry mustard, 1/4 tsp. pepper.

Peel and cook potatoes (or use 1 and a half cups left-over potatoes). Combine potatoes, codfish, beaten egg and seasonings. Form into cakes. Fry in hot fat for 3 to 5 minutes. Serve with hot sauce.

Split Pea Soup

2 cups dried split peas, 2 quarts water, 4 stalks celery, 2 carrots, 1 onion, 1 quarter pap. thyme, 1 bay leaf salt and pepper.

Wash and pick over peas. Place in large kettle. Add water, sliced vegetables and seasonings. Boil hard for 20 minutes, then simmer slowly 4 hours adding more water if needed, strain through colander.

THE QUESTION BOX

Mrs. C. M. asks: How to clean scorched grease from the enamel lining of the electric oven.

Answer: Leave a saucer of ammonia in the closed oven overnight and the fumes will tend to soften grease. Wash with a stiff brush dipped in hot soapy water. Rub with a scouring powder or scouring pad. Wipe with a moist cloth and then a dry one. It is difficult to clean a burnt residue off, but frequent cleaning will prevent further corrosion. Leave oven door open after each baking period.

Mrs. W. R. asks: Recipe for a tasty salmon dish that will serve six, using small amount of rationed product.

Salmon Loaf

1 cup cooked salmon, 1 tbsp. baking fat, 1 1/2 cups fine crumbs, 1 1/2 cups hot milk, 2 eggs (beaten), salt and pepper.

Combine ingredients. Press into greased loaf pan. Bake in electric oven at 350 degrees for 30 minutes.

BANK CRACKING FROM THE AIR

The glass dome of the Bank of New Zealand building in Collins Street, Melbourne, Australia, was smashed open recently when a petrol tank falling from an aircraft flying overhead, crashed onto the roof, broke through the cupola and exploded inside. Heavy damage was caused, but no one was injured and the fire which followed the explosion was quickly put out.

REPRESENTS CANADA



DR. THOMAS H. INOGGER

Chairman and chief engineer of The Hydro-Electric Power Commission of Ontario, who has been named a member of the Public Utilities Committee set up by the Combined Production and Resources Board of the United Nations. Britain and the United States are also represented on this committee which will survey utility needs of allied nations and liberated countries.

Famous Actress Busy War Wife - And Mother Too

Canadian-Born Mary Pickford Finds Plenty to Occupy Her Time with Two Adopted Children and War Work

By ADELAIDE KERR
Associated Press Writer

NEW YORK (CP)—Mary Pickford, who gave her early years to a movie career, has now turned back the book of life to the chapters with which most women begin.

"The life of wife, mother and homemaker, busy with the earning and the children's birthday cakes."

Mary Pickford's life to-day is much like that of millions of war wives in some respects. While her husband, (Huddy) Rogers, ferries planes for (Uncle) Sam in the Navy Air Corps, Miss Pickford lives at Pickford, Beverly Hills, with her two adopted children, Ronnie, seven years old, Sonja, 17 months. She carries one of the baby's shoes with her when she goes shopping to match it in size, ponders over the children's care and sees that all the tomatoes in the Victory garden are canned.

But aside from that her life is a very different story from that of the other war wives. She is the first national chairman of the woman's division of the National Foundation for Infantile Paralysis. And she recently finished a whirlwind trip of 11 United States cities in 13 days on behalf of the annual march of dimes. In that four she did a job which few others could have done — talking to the crowds, making as many as seven speeches a day, working with local committees, smashing champagne bottles on ships prowls at launchings.

"Still an Actress"

"A wonderful trouper!" they called her. And a movie actress still apparently, for when she was rehearsing her part for a ship launching. . . . "I thought it was the real thing," said Miss Pickford. "I shared my movie camera there. So I showed the only bottle of champagne they had. And they had to go out and get another before we could go on with the christening."

Her laugh rang out as she told the story in the suite of a New York hotel, and her head, with its crown of golden curls, turned up in that quick little side thrust that captured the hearts of movie goers two decades ago. The Canadian-born actress has been touched lightly by the years. She has added a few lines, but she still has a lovely vivid face. Her dark grey eyes are alive with vitality, her skin has a warm glow.

She has not turned her back on motion pictures. She expects to return soon with the picture "Junior Miss."

Does America's Sweetheart expect to return to screen acting?

"I think I've retired for good," said Miss Pickford with a soft little smile. "I doubt if I go back. . . . Still, if I ever do, I'd like to play the part of Vinnie, the mother, in 'Life with Father.' That would be a part after my own heart."

MARINES IN THE VAN

LONDON (CP)—Royal Marines will be in the first wave of attack when Europe is invaded, it was revealed here. Under officers back from the Middle East, hundreds are putting finishing touches to their training as flotilla officers, coxswains and crews of landing craft which will be the first to touch down on enemy beaches.

NEW OVERSEAS HATS

LONDON (CP)—Women of the Auxiliary Territorial Service who go overseas are to be issued with new hats, something after the style of the Boy Scout hat. Made of khaki felt, the new hat has a double lining, similar to that in a steel helmet, which allows a current of air to circulate between the hat and the head.

Chronicles of . . . Ginger Farm

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

"Come wind, come weather" I still have a feeling that spring is hiding somewhere just around the corner. I think that, because, in spite of the snow covering the ground, the birds, who are smarter than we are, are acting quite differently these days. They chatter away among themselves and show a lot more activity than they did a month ago. There is a little white-breasted nuthatch on the front lawn that interests me tremendously. He is a happy little fellow. Sometimes he perches on the window-sill for a second or two, takes a peck through the next time I see him he is hunting a meal from the bark of the poplar tree. The tree is quite close to the house so, by keeping well back from the window, I can watch his antics of the nuthatch without his being aware of it.

And of course there are plenty of sparrows and an odd starling or two — and I like to watch them too. The starlings seem to be gathering up nesting material. It seems a little early for that but then maybe they have heard of the acute housing shortage and it may be that they think that even the birds of the air should take some thought for the morrow. Yes, Mrs. Starling, it might be a good idea to start around because, if you should fly down the road, you will find that the mailbox in which you so persistently took up living quarters in last year has been removed. A bigger and better box has been installed instead, and one to which you, Mrs. Starling will find it impossible to get into.

It would seem the horses and other livestock have also a feeling of spring. The cows and heifers are gambolling about in the sun like young things. About, even nineteen-year-old Cissy was kicking up her heels this morning. And then, when I sat down to write just now, I looked across the front field and there was our neighbor's three-year-old colt leading its owner a merry chase across our field. I watched to see what would happen and it wasn't long before the colt took the fence like a hunter. Well, maybe not quite like a hunter, because he must have touched the top wire as I notice one fence-post is leaning towards the line at a drunken angle.

The squirrels have been having quite a time too. The other day when there was so much fresh, soft snow, I thought I saw something dark moving in the snow—you know how you sort of see things out of the corner of your eye—and then I looked again and saw nothing. But I kept watching and presently out of the deep snow, jumped a little black squirrel. And did he even have a time getting where he wanted to go?

"We, too, have been having a time getting where we wanted to go—and there were times when we were not so successful as the squirrel. Nearly every afternoon Partner would hitch the team to the car and we would open up the lane that way ready for the next morning. And then in the night the wind would blow—or there would come more snow—and our newly made track would be all filled in again. Finally Dame Nature relented and gave us a partial thaw, so now, with reasonable care, we can get in and out without too much trouble."

Free Cancer Treatment in Saskatchewan

REGINA—Beginning on May 1st, the Saskatchewan Government will provide free treatment and hospitalization for cancer. It was announced in the Speech from the Throne at the opening of the Saskatchewan Legislature. In recent years treatment has been available at reduced charges through the two cancer clinics at Saskatoon and Regina.

Saskatchewan has provided free diagnosis, treatment and hospitalization for tuberculosis for the past 15 years, and the Province enjoys the lowest tuberculosis death rate in any registered area in the world.

Free treatment is also provided for venereal disease. The Province, moreover, provides free sera and vaccines for immunization for communicable diseases such as diphtheria, smallpox, whooping cough and scarlet fever.

The Government has announced plans to set up a department of labor and public welfare to bring under one administration various services that are now being managed by a number of departments.

Greater Profits On Farm Produce Sought in House

British Government Counters Farmer's Demands with Claim That Recent Higher Income Covers Increased Labor Costs

By DOUG HOWE
(Canadian Press Staff Writer)

LONDON (CP)—On the British Labour has fallen the spotlight of public controversy which had played for months upon another to whom has come the same inheritance of a past which warps hopes of the future—the coal miner.

For seven hours a packed House of Commons debated the immediate cause of the strife which has marred the relations of agriculture and the government for months. That cause has to do with prices and with the differing interpretations of the war cabinet and the farmers put upon a pledge given by Agricultural Minister Robert Hudson when farm prices were frozen in 1940.

But underlying the grievances of the farming man, and the mining man, too, is the knowledge that he was forgotten after the last war and the fear that he will be again. He views government statements with reserve and even doubt. The admission of the Eton-educated, capable Mr. Hudson of the variance in viewpoint of the cabinet and the farm leaders in judging his promise of 1940 could do little to soothe his suspicions.

That pledge said "prices will be subject to adjustment to the extent of any substantial changes in the cost of production." Its object was to assure the farmer that if he entered into long-term commitments and produced the types of food the nation required, he would be certain of guaranteed prices in a remunerative market.

Farmers' Viewpoint

It is the contention of the National Farmers Union that this meant the government would revise prices after each substantial rise in costs and that the now level in each case would be the basis for future increases.

It is with that in mind that they asked the government to increase the prices of their products to cover the \$67,000,000 a year it will cost them to meet the jump in farm wages the government authorized.

It is the contention of the government that the 1940 level is the permanent basis on which all alterations are to be made. A farmer himself, Mr. Hudson quoted the fact that the gross income of the farmers had risen more rapidly than the gross costs, that changes in total level of profits but in increasing it. Existing price increases, asserted Mr. Hudson, already cover the \$67,000,000.

Mr. Hudson promised questioners that the present price level will include all harvests including that of 1947; offered new price-fixing machinery; asserted with certainty that the European war will end this year; announced an \$11,000,000 bonus scheme for milk producers in England and Wales; bespoke his "unswerving determination to frame a satisfactory, long-term policy for agriculture;" revealed that "in terms of shipping space saved, the latest estimate shows that farm production has increased 120 per cent. since the war."

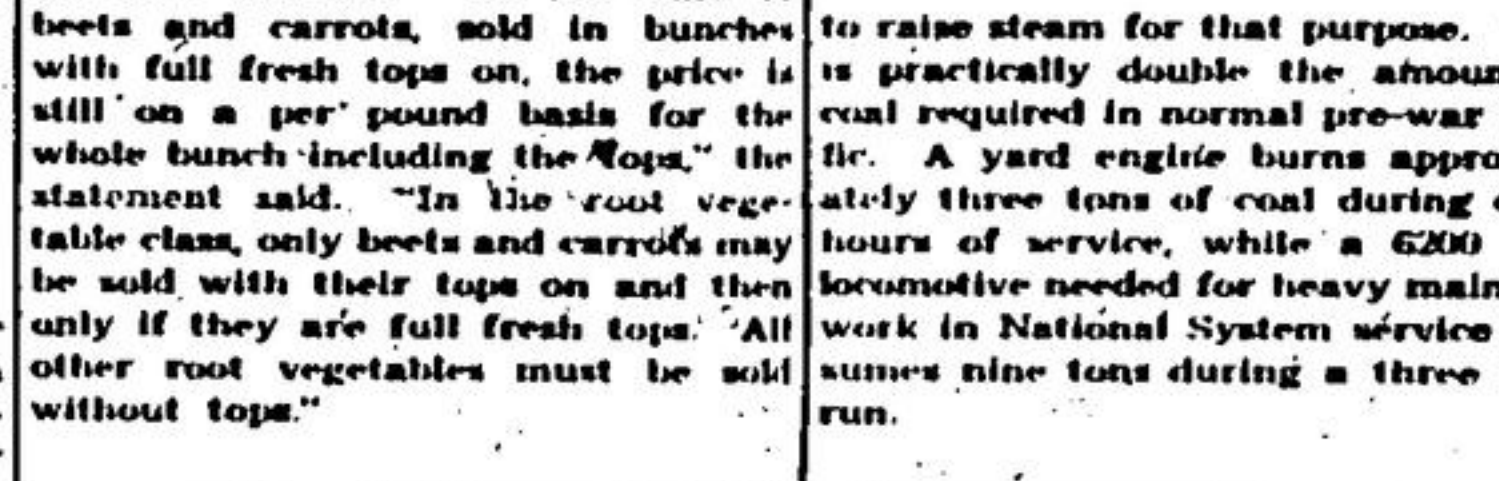
Chancellor of the Exchequer Sir John Anderson said: "We are paying something like \$720,000,000 a year to maintain our policy of stabilized prices." He said that if there is anything more the government might do to devise better means of bringing the treatment of a small farmer up to the level of the treatment of the big man it would be very pleased to do it. He promised that his inquiry into the impact of taxation on industry would give special consideration to the effect it has had on the farmer.

ROOT VEGETABLE PRICES STILL ON POUND BASIS

All root vegetables must be sold on a per pound basis whether they are loose or in bunches and with or without tops, the Prices Board has announced in answer to inquiries from all over Ontario. "In the case of beets and carrots, sold in bunches with full fresh tops on, the price is still on a per pound basis for the whole bunch including the tops," the statement said. "In the case of vegetable class, only beets and carrots may be sold with their tops on and then only if they are full fresh tops. All other root vegetables must be sold without tops."

NATIONAL LOCOMOTIVES NEED BIG COAL PILE

The large fleet of locomotives hauling urgent war traffic over the Canadian National Railways lines during the past twelve month period used seven and a half million tons of coal to raise steam for that purpose. This is practically double the amount of coal required in normal pre-war traffic. A yard engine burns approximately three tons of coal during eight hours of service, while a 6200 type locomotive needed for heavy main line work in National System service consumes nine tons during a three hour run.



GOVERNMENT NOTICE NATIONAL WAR LABOUR BOARD

Incorporation of Cost of Living Bonus into Wage Rates

THE ATTENTION of all employers in Canada, subject to the Wartime Prices Control Order (P.C. 9384), is directed to the provisions of the Order requiring them to establish for each of their occupational classifications, not above the rank of foreman, a single wage rate or range of rates as prescribed by the rules set out in Schedule "A" of the Order by adding to the previous authorized single wage rate or previous authorized range of wage rates the amount of previous authorized cost of living bonus, and that such established single wage rate or range of wage rates shall be effective for the first payroll period beginning on or after February 15, 1944.

Employers who may not be paying previous authorized cost of living bonus as required by General Orders of the National War Labour Board, issued under dates of August 4, 1942, and November 3, 1943, pursuant to the provisions of the Wartime Prices Control Order, P.C. 9384, are required to include such amounts of cost of living bonus in the establishment of wage rates of their employees under P.C. 9384 effective for the first payroll period beginning on or after February 15, 1944, as stated.

C. F. McTAGUE,
Chairman
NATIONAL WAR LABOUR BOARD

Ottawa, Canada
D-244W

CARROLL'S

Mix with Hot Water
CHAMPION DEHYDRATED DOG FOOD 2 lbs. 19c

Beaver or Napierville BLUEBERRIES
No ration coupon required
20-oz. tin 30c

DRIP or Regular MOTHER PARKER'S COFFEE 1-lb. tin 47c

WAR STAMPS SPECIAL FOR FEBRUARY 25c

Don Kist Tomato Juice 2 20-oz. tins 17c (Only 4 tins to a customer)

PRUNES 40-50 lb. 13c

Peanuts in shell lb. 25c

Herring Canada Seal in oil tin 15c

Haddie Chicken J-lb. tin 33c

Floorwax Hawa's 1-lb. 45c 2-lb. 83c

Oxydol pkg. 9c, 23c

Quaker Oats Quick 1/2 pkg. 19c

We reserve the right to limit quantities of all merchandise.

Woodbury's Facial SOAP 2 cakes 15c

Ivory SOAP 2 lg. cakes 19c

Kirk's Castile SOAP 2 cakes 9c

BRASSO - 13c, 22c

Keen's Mustard tin 10c, 27c

Post Bran FLAKES 1/2 pkg. 10c

Grape-Nuts CRAPENUTS 2 lg. pkgs. 27c

CRAPENUTS pkg. 14c

Aylmer Evaporated APPLES tin 9c

CANADA NO. 1 NEW BRUNSWICK POTATOES, 50 lb Bag \$1.53 (No Delivery)

SPECIAL! CALIFORNIA ORANGES Size 288, Dozen 21c

Fresh Pineapples, Coconuts, Celery, Lettuce, Tomatoes, Week-end Prices

Fruit and vegetable prices subject to market fluctuations

Coupons to use Feb. 24th

SUGAR — 14 to 26 PRESERVES — 1 to 13

TEA or Coffee 14 to 29, E1-2 BUTTER — 46 to 51

MEAT — 35 to 40