

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Home Economics Editor

Hello Homemakers! Fish dishes are the order of the day during Lent. There are many ways in which fish can be prepared and served to provide an appetizing table offering. It's not necessary to go in for sautéing and deep-frying all the time. Besides, frying requires plenty of fat and we should remember that fats have a fighting job to do in this war.

To get away from frying methods and off the beaten track as it were, here's something we tried in the Hydro kitchen the other day. We purchased 4 fish fillets and a can of condensed celery soup. The fish fillets were coated with half the can of soup.

Next, we patted them with finely crushed cornflakes and placed them in a lightly greased casserole. These were baked in a pre-heated oven for 25 minutes. They were delicious, served with the rest of the cream celery soup. Try this method and we're sure you'll agree.

### Mackerel Croquettes

2 tablespoons butter, 5 tbsp. of flour, 1 cup milk, 1 egg, 2 cups mackerels, 3 cups rice potatoes, 3 tbsp. chopped parsley, salt and pepper.

Prepare a white sauce with the butter, flour and milk; season. With 2 forks mix sauce with potatoes and fish, add egg slightly beaten, then the parsley. Place spoonfuls of the mixture on a buttered baking sheet; cook in electric oven (400 degrees) 20 minutes.

Baked Halibut with Tomato Sauce  
2 pound halibut, salt and pepper, 2 cups of tomato sauce or canned tomato soup.

Wipe the slices of halibut with a damp cloth or paper, place in buttered baking dish, pour the sauce or soup around the fish, and cook in electric oven at 350 degrees for 35 minutes.

### Fish Chowder

2 cups raw diced fish, 4 cups of water, 3 tablespoons butter, 1 cup chopped celery, 2 cups raw diced or grated potatoes, 4 cups milk, 1/2 cup minced onion, salt and pepper.

Fry onion in melted butter, add fish potatoes and celery, cook a few minutes, season well, add cold water and cook until tender. Then add cold milk and heat to the boiling point. Serve very hot. Any kind white-fleshed fish may be used.

### Tartare Sauce

To one egg, slightly beaten, add one or two teaspoons of mustard, 1 teaspoon of salt. Mix well, then add a few drops of oil and beat with Dover egg beater, adding oil regularly, a little at a time. When the mayonnaise is thick, add two tablespoons of vinegar, then chopped pickles, parsley or else dill pickles, onions, capers, etc.

### TAKE A TIP

To overcome fish odors: (1) Clean hands after handling raw fish by rubbing them with salt and then rinsing. (2) Kill cooking odors by scorching orange peel or coffee in a steel pan. Then add vinegar and water to cleanse it. (3) Dishes which have held fish should be washed in warm water to which a teaspoon of dry mustard is added.

### THE QUESTION BOX

Mrs. C. M. asks: Why does milk sometimes curdle when used to poach fish?  
Answer: Smoked fish may curdle milk. Slimmer fish in water before it is poached in milk.

Mrs. D. F. asks: What is parchment paper?  
Answer: Butter wrappers are parchment. Use to wrap fish.

Mrs. J. Mc. asks: Is it necessary to use lemon juice in the water to cook fish?  
Answer: No. Use vinegar when lemons are expensive. Vinegar is an acid that keeps the flesh firm and white. It is not necessary to use in the cooking of salmon.

### MECHANIZED WARFARE ON AUSTRALIAN RATS

SYDNEY (CP)—Warfare on rats in Sydney has been mechanized. The handy men who used to keep down these pests at their work-places are now on war jobs. Their places have been taken by women and the experts say that women are not so good as rats.

The rat population is overrunning city buildings, so the official ratcatchers have had to improve their technique to keep pace. Their most effective weapon is a tommy-gun firing cyanide. Six of them killed 114 rats in less than half an hour in one city basement.

"You can't miss," says one of the operators, "once you get a line on a rat he's dead."

There is also a hand grenade containing insecticide. In three seconds it kills the flea which bit the rats which carry the plague—and so on.

### EDUCATOR



Appointed producer of educational broadcasts in the Maritimes, Douglas B. Lusty left the announcer staff of CBC's Toronto studios recently to take up his new post in Halifax. Before entering radio, Mr. Lusty was a teacher and supervisor of music in Ontario public schools.

## Moral Leadership May Solve Problem of Lawless Tribes

### India Has More Than 100 Reform Settlements Where Criminals Work Toward Even-tual Freedom

NEW YORK (CP)—India's 60-year experiment with her "criminal tribes" may furnish a clue to the cure of some of the world's social ills.

This word comes from Rodney Usher-Wilson of Lincolnshire, England, who has just arrived in the United States after 10 years service on a rehabilitation project in the Bombay area where these tribes abound.

"All over India these people number nearly a million," he says, "and like parasites, they live off the rest."

The Chhattawaddars, trained from childhood to be pickpockets.

The Kalkadis, who have two specializing subdivisions: housebreaking by day and burglary by night.

The Haran Shikaris, who have a tradition of taking sheep and goats.

The Chapparrabandis, Moslems, once counterfeilers, but now under reclamation and taking pride in honest masonry.

No Minor Voices  
The Lamanis, once so lawless that, according to legend, Tipu Sultan made an edict that they might be "excused three murders a day" provided they supplied his armies with grain.

"Many other tribes gain their living and rear children to be thieves, robbers, moonshiners and bundle snatchers," continued Usher-Wilson, "with murder, rioting, drunkenness and immorality thrown in."

"Now, for the last 60 years, India has tried legislation."

Reform Settlements  
If this treatment does not succeed, the criminal tribesmen are interned in settlements. They are given occupational training. If they respond, they work toward eventual freedom with gradually increased privileges.

They are put to work in industries; hospitals and baby welfare centres are established; cleanliness and sanitation are taught.

Usher-Wilson was in charge of one such settlement containing 3,000 persons of all ages, representing 10 tribes. There are more than 100 settlements in India.

"We feel this work has achieved excellent results," he says. "We do not feel legislation will solve moral problems. We recognize that the only answer for groups, systematically trained in wrong living, is new moral leadership—not from without, but raised up within the group itself."

"Such leadership among the house-breakers, for instance, began to emerge when they associated religion with morality, as opposed to their tribal beliefs which sanctioned crime."

COUNTING THE CHANGE  
Someone remarks that old timers can remember when the change from a dollar was worth counting. In modern times a dollar does not seem quite the big sum that it did to our ancestors. On making change, a good many people stuff what was returned to them into their pockets without counting it. Apparently they think that if an error was made, it was not important.

Many persons now throw around their money a little carelessly. When depressions and unemployment come, they may wish they had looked after their change a little more carefully. Nearly everyone is honest in making change, but it is easy to make mistakes. Old fashioned prudence said it was better to discover these errors before it is too late.

## Chronicles of Ginger Farm

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

### "It pays to advertise"

so runs the slogan. And believe me, it is true. I have found the latest proof. We had promised to help Daughter buy a radio in last Christmas which she wanted to get for herself. Wanting was one thing—getting another. Apparently there wasn't a small radio to be bought in the city of Toronto. I said I would see what I could do and as a beginning I ran a small "want" advertisement in our local weekly. A young fellow answered it who lived almost next door to us. He hadn't known we wanted a radio—we didn't know he had one to sell—but through the medium of a small town weekly we managed to make a deal.

So there you are—anything you want, from a pink-eyed cat to a congenial companion—object matrimony—just advertise and you will get it. But if it's matrimony, be careful, advertisements can be misleading. We had a bachelor neighbour—out west who advertised for a wife. He finally arranged to meet her at the nearest village to his prairie home. They were married and after the ceremony drove straight to the farm. The woman took one look at the non-fog-free one room shack and insisted that her "husband" drive her straight back to the station. It was the last the poor fellow saw of his "bride."

It has been cold this week—very cold. The only thing that looked warm around here was Partner's nose. It had a lovely warm glow all its own. No, Partner had not been imbibing. It was merely the result of a boil, the inflammation from which spread itself over the extreme end of Partner's nose making that part of him look both bulbous and bibulous. By the way, I have twice taken up Red Cross nursing and First Aid but at no time did I learn how to dress or bandage a boil immediately under a patient's nose.

And speaking of the ills of the flesh... I suppose you have been taking an interest in press reports of the health insurance plans that our federal and provincial governments are arranging for us. As I see it, it is too early yet to formulate any definite opinion as to their respective merits even though they differ in so many ways. It is proposed to make the federal health plan mandatory; the provincial, optional. Optional health insurance would be a fine thing—for those contributing—but what about the ones who wouldn't? The fact that they wouldn't insure is no guarantee that medical care would not be required by them. I am afraid optional health insurance might work out pretty much the same as optional car insurance. A man plays safe and insures his car against property and personal liability. Then one day some fellow comes along driving a car whose brakes won't hold, smashes into the insured car with dire results. The other fellow carries no insurance and has no means to compensate to the owner for damage inflicted. Thus with optional health insurance voluntary subscribers would be protected and yet, through additional taxation, would have to pay for the medical care of indigent patients who were non-subscribers.

On the other hand, the federal plan seems like a pretty steep financial proposition. The per capita tax would come hard on families with limited means. However, I am strongly in favor of some kind of health insurance. We need that much social security anyway. And I hope a complete medical check-up every year would be one of the conditions of the plan, with a medical card stamped to that effect. Thus incipient disease would be nipped in the bud and many unsuspected cases of venereal disease brought to light. It would appear that V. D. in Canada threatens to become a national disaster. I understand that when a person thus afflicted consults a doctor, embarrassing questions are not supposed to be asked. In Russia, where V. D. has practically been wiped out, many questions are asked. A Russian doctor is required, not only to cure his patient, but to track down the infection to its source. That may be one reason why Russia has been able to put up such a magnificent front. It wouldn't be possible in people ravaged by the effects of venereal disease.

RECORD SAVINGS  
LONDON (CP)—Post Office savers set a record on Saturday, January 29 and nobody knows why. On that one day, 370,000 depositors put £3,000,047 in the Post Office Savings Bank more than in any 24-hour period since the bank opened in 1861. "It's a mystery," an official said.

## Maybe Noah Laughed at These

Housewife: "Well, I'll give you a job. You can gather the eggs in the chicken house if you won't steal any."  
Tramp: "Lady, youse could trust me wid anything. I was manager of a bath house for ten years and never took a bath."

"How did you lose your job at the dress shop, my dear?"  
"Just because of something I said. After I had tried 20 dresses on a woman, she said, 'I think I would look better in something flowing so I told her to go jump in the river.'"

Customer (pointing to laundry parcel): "Is that my name in Chinese?"  
Laundryman (hesitatingly): "N-No."  
Customer (getting curious): "It must be some kind of an identification mark. What is it?"  
Laundryman: "It's discipline—it say 'I'll man who never smile.'"

A man travelling in South America entered a shop in the capital of a small state to buy a watch and chain. The watch maker wrapped up the articles and with them a revolver. "I say," observed the astonished traveller, "I didn't want a revolver." Said the watchmaker: "Why you buy a gold watch! You mean to keep it don't you?"

### WOMEN IN LEAD

LONDON (CP)—The number of women among the 21,000,000 Britons registered for employment exceeds the number of men by 1,000,000 with registration of women aged 50. There are 11,000,000 women registered altogether and 10,000,000 of them are employed on war work.

### FARM GIRL DOES HER BIT TO WIN THE WAR

A 12-year-old Nova Scotia girl has shown how farm boys and girls of the province are doing their bit to help win the war for democracy. She is Adele Kalzer of East Hills Harbor. Recently she told an official of the Agricultural Department of the Canadian National Railways how she did this.

"Last year I took the prize money I won at the Potato Club and bought a calf," she said. "I tended it all winter and this spring I turned it out to pasture. Now I am fattening it and plan to sell it for beef. During my vacation last summer I got a job pulling weeds and later picking tomatoes. With this money I bought 2 cows and a pig. In the spring I expect to have some lambs and the pig to sell. This winter my sister and I are doing the barn chores so my brother can go to the lumber woods. We have four pigs, thirty hens, fifteen sheep and a cow to look after. With the money I make for the beef I am going to buy another calf and put the balance of the money in War Savings."

### SUBURBAN HOUSE, 1375 B.C.

A model of an Egyptian nobleman's house has just been put on exhibition in the Royal Ontario Museum. It is entirely based on houses excavated at Tell el-Amarna, a short-lived city of the 14th century before Christ. Some of the detail has been supplied by wall paintings of the same period. The model was executed by Miss Sylvia Hahn. Except for the absence of window glass, which was unknown to the ancients, it closely resembles the modern "functional" house. Not only has it a modern appearance, with its flat plain exterior in a charming garden setting, but it is actually as carefully planned for comfort as are the best of the modern houses. The kitchen and servants' quarters are in outbuildings. The house itself possesses spacious living quarters for the family. The central living room was well removed from the summer heat and winter cold. The north room was used by the family in summer, while on the west side was a sunny winter living room. On hot summer evenings the occupants enjoyed the breeze on the flat roof.



Seen here, from left, of the 8th Highland, wounded in Sicily later in a broadcast with two pals at Christie Street Military Hospital. Fred, who has just had an operation on his eye, was flown from the scene of battle to hospital in North Africa, and later to England. He had more transfusions of dried blood serum than he could count. "When men lose blood the way they do in this war," says Fred, "Well, there's nothing else they can give them, is there?"

# BANKING IS ADAPTABLE

## ...it changes constantly to meet this country's changing needs

### FOR INSTANCE...

Ever wonder where your ration coupons go? The answer is that your grocer takes your sugar, butter and other coupons to his bank, which acts as the government's agent in identifying and accounting for millions of spent coupons. This vast bookkeeping job—known as "Ration Coupon Banking"—is just one of the new, additional assignments which the banks have assumed as part of their wartime service.

Another is the payment, on behalf of the government, of certain subsidies arising out of wartime price control. Still another is the handling of exchange transactions as agents of the Foreign Exchange Control Board.

At the same time the banks have arranged facilities to serve military establishments and new war-industry centres alike.

Through loans to industry and agriculture, they have helped to increase the supply of raw materials, weapons and food.

They have acted as issuing agents for approximately \$5,700,000,000 worth of Victory Bonds and War Savings Certificates, as well as lending direct financial aid to the government through short term loans.

All this in the face of widespread staff changes resulting from enlistments of 8,360 trained bank employees.

The war emergency has proved the readiness and ability of Canada's banks to adapt their services to new conditions. It has proved, once again, the strength of your banking system, which is providing a firm base of financial service for the greatest economic effort in the nation's history, and will with equal resourcefulness meet the challenge of the years ahead.

