Of Interest to Women

THE MIXING BOWL

By ANNE ALLAN
Radio Home Economist

Hello Homemakers! Which came first, the chicken or the egg? It's an old, old question and no one has ever found a satisfactory answer. Peoples of ancient times believed the and regarded it as a symbol of creation. The Christians borrowed the secret of life to be within the egg, idea and made it part of their Easter festivities, but they made it emblematic of the Resurrection.

The custom of colouring eggs appears to be exceedingly ancient. Eggs were dyed in the days of the Persian and Gauls with the purpose of imitating the colour of growing things. But it is said that when the original custom was adopted by the Christians, eggs were coloured red to denote the blood of Christ. Since those early times the custom has lost its serious meaning and is now a practice merely for decorative purposes or to amuse children. Children's nursery rhymes and timely incidents are associated with the markings which are transferred to the cooked eggs for Easter festivities.

Since each child will want one of these pretty coloured Easter eggs, mother will have to use eggs wisely for the rest of the week. Here are some new recipes.

One Egg Muffins

Temperature: 400 degrees F.
Time: 22-25 minutes

½ cup shortening, ¼ cup of sugar or sugar substitute, 1 egg (well beaten), 1 cup milk, ¾ cup finely chopped apple, 1 tsp. lemon juice, 2 cups all purpose flour, 4 tsp. baking powder, ¾ tsp. salt, ¼ tsp. nutmeg, ½ tsp. cinnamon.

Cream together the shortening and sugar or sugar substitute; beat till fluffy. Add the well beaten egg; stir in the milk and the chopped apples and the lemon juice. Sift the dry ingredients three times. Add, all at once, to the apple mixture; stir with a knife only to moisten the flour. Pour into oiled muffin tins and bake in a fairly hot oven till firm and brown.

These muffins can be varied by scattering a few chopped nuts on top of each muffin; by mixing ¼ teaspoon of cinnamon with 2 tablespoons of sugar and sprinkling it on the raw batter; by pressing a wedge of apple, red skin up, in each muffin.

But without all these embellishments, the original muffins are grand. Serve half of them hot, with sauce, for dessert; save half of them for the breakfast coffee. They're nice with butter, delectable toasted and buttered.

Fruit Pudding

½ cup molasses, 1 egg (well beaten), 1 cup unsweetened apple sauce, ½ cup raisins, ½ cup chopped uncooked figs, 1 cup dry bread crumbs, 2½ cups all purpose flour, 1 tsp. salt, ½ tsp. baking powder, 1 tsp. cinnamon, ½ tsp. ginger, ½ cup chopped suet taken from tenderloin.

Mix together the molasses, the the dry bread crumbs; combine the well beaten egg and the apple sauce. Mix the chopped raisins and figs with dry bread crumbs; combine with the molasses mixture. Add all remaining ingredients and mix thoroughly. Turn into greased mould. Tie on wax paper. Place in steamer and cook for 2½ hours (large mould) or 1½ hours (individual moulds).

Orange Sauce

1½ tbsp. cornstarch, ¼ or ½ cup sugar, 1 tbsp. grated orange rind, ½ cup boiling water, 1 cup orange juice, 1 tbsp. of lemon juice.

Mix the cornstarch, the sugar and the orange rind in a saucepan; add the boiling water; stir and cook till smooth and thick (about 5 minutes). Add the fruit juices and again heat to boiling. Serve hot with fruit pudding.

TAKE A TIP

1. The sale of dried peas and beans is "frozen" until further notice by our government authorities.

2. Begin saving sugar now to can rhubarb.

3. Mrs. C. N. recommends cleaning windows with water to which 2 or 3 tablespoons of vinegar are added.

4. Mrs. J. D. says that warm water and warm tea may be used in place of hot milk to make a cake very tender, but the cake cannot be stored more than a day or two.

Kindly sign your full name to any correspondence. Limited space in your newspaper prevents publication of all letters.

PROBE CATTLE DISEASE

LIVINGSTONE (CP) — Successful experiments have been carried out in controlling Rinderpest disease in cattle. In the event of the disease occurring in the territory, the result of these experiments will be of the utmost value.

Chronicles of Ginger Farm

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

Spring tarries, and of course, we carry with it. Not because we want to but because we have no choice. Make up your mind to do some little job outside and what happens? You get absolutely mired in mud. You try walking where the going looks good only to find the mud squelching under your feet. If you wear rubbers you stand a good chance of losing them; if you don rubber boots then the weight of them impedes your progress. Comes a night with a sharp frost, and, by way of contrast, instead of slithering around in the mud you go sliding around on the ice, while a cold wind congeals your blood and destroys any energetic ambitions that had begun to make themselves felt. That is what happens when you go by the calendar. You look at the date and you think "The first week in April—high time for me to think of getting things shaped around for spring work." And then you worry if you can't get things done. But if we were guided by instinct instead of our so-called intelligence we wouldn't be worrying about how or when spring might be ushered in.

Have you heard the frogs singing yet? I haven't. Have you seen the first tender shoots of the daffodils? There are none showing in our garden. Are the pussy-willows out or shrubs showing any inclination to burst their protective winter shroud? No, because none of these go by the calendar. They don't know that April is here. But they do know that Nature cannot be hurried; that eventually the mud will dry; that cold winds will cease to blow and warm, life-giving sun will call to man and nature alike — "The year's at the spring . . . . all's right with the world."

Dear knows there is plenty to do without working around in the mud. If only it were not for that calendar . . . .

Yes, there is plenty to do—even if one had no more to do than fill out forms. If the war goes on much longer some of us may need a secretary. There are forms for this and forms for that until one finds oneself swearing about something or other nearly every day. Of course I mean "swearing" in a legal sense! Last week I spent the most of one afternoon filling out forms of one kind and another. Then I had to chase around town to find someone to swear to what I had sworn. It must have been an officials holiday, or something, for none of those I wanted to see were around town. Now I think we are through with forms for a little while. We have signed for new tires, filled out cards for food ration books; gas ration category, special gas ration category; furnace guarantee; car licence; driver's permit and radio licence. If Ottawa hasn't got us earmarked and docketted by now, it certainly should have. The only thing lacking is finger-prints—and, who knows, the day may come where they may be required of us too. We have no secrets from the government, but has it secrets from us? However, if forms and suchlike help win the war, we'll go on filling them. What say you, neighbors?

We can't thing of Italy and the invasion yet to be and grumble about our own little inconveniences, can we? And if, as we flounder through the mud, we think, "Oh, to be in England now that April's here" we may also remember that along with the primroses and violets that adorn the English country lanes there are also other things less beautiful but necessary. Where the primroses are thickest there may also be barbed wire entanglements or machine-gun or "Ack-ack" emplacements. Sentries may bar the way to anyone whose only mission may be to pick the flowers that grow in the spring.

Wait . . let me stop a minute and listen. Yes, as I live, I hear a robin singing. I cannot see him but he must be over in the wild apple tree. Joy, oh joy—"can spring be far behind?"

It's a ill wind . . this cold spring has given us plenty of opportunity to try out our new furnace—and we like it very much, thank you. We have also found that it couldn't have been arranged to suit us better. The check and draft chains are located in our bedroom—and also the smoke pipe. I jump out of bed, let down the check, get back to bed and after while feel with my foot to see if the smoke pipe is warm enough. Handy isn't it?

By the way, do you know we are going to have a wonderful treat in this district? Jan Chamberlain is coming to town. Jan Chamberlain, who does such wonderful monologues and impersonations and who recently kept a Toronto audience spell-bound. I am so looking forward to seeing and hearing her — but you never know on a farm. The very night we plan to get away that's the night it blows a blizzard or a cow produces her reluctant offspring.

However, here's hoping!

Rationing Time Table

COFFEE OR TEA (Green)

Coupons 14 to 29 inclusive and E1 to E6 (Old Book) are valid until declared void.

Coupons T30 and T31 (New Book) become valid April 20.

Each good for 8 oz. coffee OR 2 oz. of tea.

SUGAR (Red)

Coupons 14 to 29 inclusive (Old Book) now valid.

Coupons 30 and 31 (New Book) become valid April 13.

Each good for one pound of sugar.

BUTTER (Purple)

Coupons 54 and 55 now valid.
Expire April 20.
Coupon 56 valid April 6.
Coupon 57 valid April 13.
(All in Old Book), and expire April 30.
Coupon 58 (New Book) valid April 20.
Coupon 59 valid April 27.
Expire May 31.

PREMIUM (Orange)

Coupons D1 to D16 inclusive (Old Book) are valid until declared vald
Coupons 17 and 18 (New Book) become valid April 13.
See chart for values.

STATE BOASTS GIANT TREES

COLUMBIA (CP)—Three trees in South Carolina are the largest known of their species, reports Assistant State Forester W. E. Cooper.

They are a water oak 18 feet, 10 inches in girth in Allendale county; a willow 21 feet, 10 inches in circumference, near Pelzer, and a sweet gum in the Pee Dee Swamp near Florence with a diameter of 21 feet, 6 inches. Measurements were made four and one-half feet above the ground.

VICTORY BELLS RING IN MOSCOW

MOSCOW (CP)—A great emotional wave of enthusiasm and determination is sweeping over the people of the Soviet Union as the Red Army continues its mighty drive to push the Nazi invader across the Russian frontier.

Prospects of shoving the Nazis entirely from Russian soil are enticing people to work harder in their factories. Poems of praise are appearing in the newspapers.

Meetings are reported being held in war plants from the newly restored Ukraine to the Pacific. Workers in one plant voted to fulfill their normal work allotment by 120 per cent. In another factory, enthusiastic workers pitched in with furious efforts and turned out 40 per cent more work the night that Kiev's forces drove the Germans across the Rumanian border.

Alexei Surkov composed a poem, "The Great Day," for Red Star. Sergei Vasilev contributed one to Izvestia called "Army of the People's Glory". Writing in Izvestia, Maxim Rylsky showed the emotion typical of many people in Moscow. He said:

"I write my article in the embrasures of Moscow's midnight listening to the Kremlin bells and the thrilling notes of the national anthem. Our victory over Hitler's bandits is a victory of light over darkness."

Reports here indicate that all of Russia has been similarly swept by great enthusiasm.

In Stalingrad 31,000 steel workers gathered at the Red October factory to hear victory speeches. Big meetings were reported throughout Leningrad, all ending on a note of greater determination to speed production to hasten Hitler's downfall.

The Red Army's arrival at the frontier brought an immediate change in civilian life in Moscow. The general sentiment is that while the Germans are crumbling they are still strong. It is widely believed that if American and British troops would get the second front underway soon, the Nazis' fate would be decided.

ROTARY TRENCH DIGGER

LONDON (CP)—A rotary trench-digger invented by an Australian was employed extensively for laying cable by the Post Office during the blitz. The machine, which cuts a trench 20 inches wide, a yard deep and 330 yards long in an hour, is towed by a tractor and handles stones up to potato size. War agricultural committees have used them for drainage work.

PREDICTS GROWTH OF AIR COMMERCE

LONDON (CP) — Merchant navies of the air, with liners flying the house flags of famous shipping companies, are forecast as a post-war development in the 1943 edition of Talbot-Booth's "Merchant Ships".

Other familiar flags, the book added will probably appear on the fuselages of the craft of the air fleets "which undoubtedly will take their place in increasing numbers in the transport of the after-war world."

BLIND WOMAN HOUSE HUNTER

OAKLAND (CP)—Blind almost 57 years, Mrs. Ada Kennedy is conducting a telephone canvass of Oakland to find rooms for war workers for the War Housing Bureau.

She calls every home in the telephone book. Unable to see herself, she copies them in braille as a neighbor reads them off. Results of her survey, recorded in Braille, are exceptional.

Thoughts of Spring and paint-minded people everywhere are "suddenly" aware of the familiar Martin-Senour sign (although it's there all the year 'round) because Spring is the usual and accepted time to repaint for fresh beauty and protection!

And this sign is a sure sign of an enduring paint because Martin-Senour is 100% pure!

Whenever you see the sign of Martin-Senour, there will be found the paint of endurance and longer lasting beauty. It is the sign which in one breath welcomes Spring and the chance to beautify as well as to do the patriotic job of protecting property!

4419

MARTIN-SENOUR
100% PURE PAINT VARNISHES ENAMELS

We Can Do Better

IN the past, wars have brought with them a high cost of living, ending with inflation.

This sapped the strength of nations and added poverty and injustice to the other tragedies of war.

Later it has led to falling prices and unemployment.

In this war, we Canadians are determined to head off this danger.

We have done much to avoid a repetition of the disastrous price rises of previous wars.
We have paid higher taxes.
We have bought Victory Bonds.
We have severely limited profits.

We have put a ceiling on prices. And to make it possible to hold the ceiling, wages and salaries have been controlled.

In one way or another most increased costs have been absorbed and very few passed on to the consumer.

Holding the ceiling has been a struggle. But the results have been worth while. From 1914 to 1919 prices rose 60%. From 1939 to 1944 the rise has been only 18%.

This effort of the Canadian people has been successful enough to be noted in other countries.

But we must continue to hold the line. We need not let history repeat itself. We can do better.

We can all help—

By cutting down unnecessary spending, and buying Victory Bonds instead.

By not hoarding or buying in black markets.

By not taking advantage of the war situation to press claims for higher prices, higher wages, higher rents or higher profits.

(This advertisement is one of a series being issued by the Government of Canada to emphasize the importance of preventing a further increase in the cost of living now and deflation later.)