

# Of Interest to Women



## THE MIXING BOWL

By ANN ALLAN  
Radio Home Economics

Hello Homemakers! Mr. Grocer has been telling us that he has lots of figs but folks have not been buying them recently. Perhaps we are tired of the same dried fruit every week but we should be extremely grateful—remember when there were no dried fruits on the grocer's shelves.

Figs are known as one of nature's best laxative foods and a food which is rich in minerals. Besides their nutritional value, figs possess an unusually good flavor and add much to any dish in which they are incorporated.

In preparing figs, first wash them in hot water, rinse them in hot water and soak in water to cover for 2 or 3 hours, then cover the saucepan and stew for 20 minutes. Prepared in this way, they'll keep their shape and retain their own good flavor.

### Take a Tip

1. Figs are sweet of themselves but if you wish to add sugar, use the brown in preference to white and add a slice of orange or a dash of lemon juice or a few drops of flavoring. These figs are perfect on the breakfast menus as the fruit course, or may add extra food value to a cooked cereal.

2. Steamed or stewed figs make a helpful addition to muffins and hot breads.

3. Combined with cooked rice you have a hearty dessert. Use 1/2 cup cooked rice and 1/4 lb. cooked chopped figs. Fold in together with egg white, vanilla and one stiffly beaten egg white. Pour into serving dishes and chill. Serve with top milk.

4. Salads of figs stuffed with peanut butter or split and put together with cream cheese are served on a bed of finely shredded cabbage.

5. Scrumptious steamed fig puddings require a semi-sweet sauce which saves the sugar.

### Steamed Fig Mould

1 cup chopped figs, 2 cups bread crumbs, 1/4 cup chopped suet (taken from roasts), 1/4 cup honey, 2 eggs, rind and juice of 1 lemon, 1 tsp. molasses, 1/2 cup flour, 1/2 tsp. baking powder, 1/2 cup milk. Combine ingredients. Pour into a greased pan. Cover with waxed paper. Steam 2 hours.

### Fig Custard with Meringue

Scald 1 quart of milk. Mix 2 tbsps. cornstarch, 1/2 cup sugar, 1/4 tsp. salt with 1/4 cup water. Stir slowly into scalded milk and cook for 10 minutes.

Add yolks of 3 eggs, slightly beaten and continue cooking 3 mins.

Cut 1/2 lb. washed figs and put into double boiler.

Add 1/2 cup hot water, 4 tbsps. sugar and 1 tsp. lemon flavoring.

Cover and cook until figs are tender.

Combine mixture and let cool.

Pour into casserole. Cover with meringue made of 3 beaten egg whites with 2 tbsps. sugar folded in. Set in oven at 350 for 10 minutes.

### THE QUESTION BOX

D. J. asks:

Why does pastry shrink?

Answer: You may be using all-purpose flour instead of pastry flour, since there is a limited supply of the latter. In this case, use 2 tbsps. more fat for 3 cups flour. Use about 1/2 cup cold water sprinkled into fat-flour mixture, ample water should be used to make a dough that can easily be moulded together. The importance of chilling the dough, rolling out lightly and pricking before baking will prevent shrinkage.

T. C. asks:

To make a new broom last longer, soak in a strong solution of hot salty water before using it. This toughens the straw and makes it more durable.

Mrs. A. D. asks:

Why do bread crumbs become musty even when dry?

Answer: Crumbs need a little air. Put crumbs in a jar and tie a double layer of cheesecloth over top.

### OUTMATCHED BEFORE THEY STARTED

According to a German broadcast picked up by the BBC, a big football match arranged to take place the other day between the Champion Croat Gradjanaki Club and the champion Hungarian Magyararadi Athletic Club was prevented from taking part because partisans held up the arrival of the Hungarian eleven.

Their train stood throughout a Saturday and the Saturday night at the railway station of Brod, on the main Agram Belgrade Line, because fighting with partisans was taking place along the line and the partisans had torn up the rails of Agram.

## Chronicles of... Ginger Farm

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

This is the morning after! You know what I mean—the morning after Easter holidays... and the usual let-down feeling that follows all such occasions. The weather over the holiday was not the best—good on Friday but wet and foggy Saturday and Sunday. However we get around.

Did we have any trouble entertaining our guests? None at all. Part of the time we put them to work—and no one objected.

You see we had a very nice little job on hand that I had been rather dreading. It was moving about eighty pullets from one pen to another. Have you tried catching yearling pullets and carrying them about six at a time from one place to another? You have? Yes, I thought so. How do you know how hot you get and how tired of trudging through the mud—that is, if there are only two of you to do the work. But many hands make light work. So, after dinner I hunted old coats and overalls and the four of us went to work. I did the catching—with a hook—and the other three did the carrying. After the pullets were in their new pen we stood looking at them and I said something about the birds looking hot. Daughter said immediately: "Why should they look hot—they didn't have to carry themselves."

The next afternoon we went to Guelph—all of us, that is, except Partner. Nothing we could say would convince him that the trip was worthwhile for him. And no doubt he was right because instead of having a holiday he had extra work for the week-end. Two cows had calved in one day and a third had serious intentions along the same line. Warm drinking water to carry... calves to be taught to drink... cows to be watched in case of complications and to be milked just so much and no more. But I was glad of an opportunity to go to Guelph—or any city for that matter. There was shopping I just had to do. And then, too, I was hoping there might be a chance to pick up a good puppy. In fact I thought of so many things to do it is more than likely our visitors wished they had left me behind. We even went to a dog place and saw some of the grandest dogs. One of them was "Lassie Come Home" in real life. I would have loved a puppy from that place. But we didn't get one. For one reason there weren't any, and if there had been the price was \$25! After all we are not thinking of raising a show dog.

Sunday morning Partner had trouble at the barn. The expectant heifer got "hooked." Most of our cows are Ayrahites and their horns... However, although the heifer was torn she seemed to be alright. But of course we couldn't be sure. After supper I was getting ready to drive our departing guests to the station when Partner came for me to help him move the heifer to another stall. "Put on one of my smocks and hats so you don't scare her," said Partner. So I dressed according to instructions and went to the barn. The heifer still seemed to be alright. Then away I went to the station. The train was late and it was an hour and a half before I got home. Partner came in just afterwards. "How is the heifer?" was my first question. "It's all over," said Partner, "the calf has arrived. Just about the slickest calving I ever saw."

So that was that... three heifer calves in as many days. Very nice, of course... splendid for milk production, and all that. But why did they have to arrive just now when Partner would have liked a little more time to visit?—But—that's the way it goes. "Time and tide wait for no man"—neither do cows that decide to calve.

When Daughter comes I like her to have something from the farm to take back with her. This time what do you think her small extra parcel contained. No, not eggs or a chicken. Something far more exciting. It was onions. I was almost afraid to let her take them. I was afraid if ever the aroma made itself noticeable on the train or street-car there might be a stampede. Daughter also carried with her a big bouquet of pussy-willows gathered right from a nearby swamp. It is possible that other passengers may have given her a wide berth rather than risk a poke in the eye, from a pussy-willow branch.

LONDON—Over ten million Red Cross civilian messages from all over the world have now passed through Geneva since the beginning of the present war.

## Canada 1944

The publication is announced by the Dominion Bureau of Statistics of the 1944 edition of the Official Handbook "Canada".

Canada 1944 covers the present situation in the Dominion from Atlantic to Pacific, the weight of emphasis being placed on those aspects that are currently of most importance. So far as space permits, all phases of the country's economic organization are dealt with and statistics are brought up to the latest possible date. The text is accompanied by a wealth of illustrative matter that adds to the interest of the subjects treated.

The Introduction reviews Canada's war program, covering the growth and activities of her Armed Forces, the financial steps that have been taken, and the governmental organizations that have been created with their principal activities. It also reviews Canada's economic condition at the close of 1943. This Introduction is followed by a special article dealing with the Effects of the War on Canadian Forestry. This article describes the extent of the country's forest resources, the present rate of depletion and how our forest products have added the cause of the United Nations.

The chapter material reviews in detail economic conditions under the various headings listed on the following pages. All sections of the Handbook are well illustrated by up-to-date half-tone reproductions.

### CHECK RATION BOOKS

Those who have obtained ration book No. 4 are urged to carefully check the number of sheets in the new book. The book should contain 11 sheets consisting of one sheet of green tea-coffee coupons, one sheet pink sugar coupons, one sheet orange preserves coupons, two sheets purple butter coupons, four sheets brown meat coupons, and one each of "H" and "K" coupons. If the book does not contain this number, it should be returned immediately to the local ration board.

## Western Butter Output Increases

Since the commencement of the war, production of creamery butter in the Prairie Provinces had increased to a much greater extent in relation to pre-war volume than had occurred in the other six butter-making provinces of Canada, said J. F. Singleton, Dominion Department of Agriculture, at the Interprovincial Dairy Conference, held recently in Saskatoon. Production of butter in the three Prairie Provinces during 1943 was 49.2 per cent. greater than during 1938 as compared with an increase of only 2.5 per cent. in the other six provinces and with an increase of 16.5 per cent. in all Canada.

During 1938 the three Prairie Provinces produced 30 per cent. of all the creamery butter produced in Canada as compared with 38.5 per cent. in 1943. That meant, said Mr. Singleton, that the geographical centre of Canadian creamery butter production was moving westward rather rapidly—almost certainly more rapidly than if the movement had not been accelerated by circumstances arising out of the war.

Of course, the small increase of 2.5 per cent. between 1938 and 1943 in creamery butter production of the other six provinces, continued Mr. Singleton, reflected diversion from manufacture of butter to other purposes, such as manufacture of cheese and concentrated milk, and to meeting increased fluid milk requirements. That applied particularly to the Provinces of Ontario and Quebec, the two greatest butter and concentrated milk producing provinces and the two most populous provinces of the Dominion. About 62 per cent. of Canada's population was in those two provinces.

## ANDY KING BUYS ESTEVAN MERCURY

ESTEVAN (CP)—Andrew (Andy) King has bought from Rouleau, Sask., where he resided for more than 34 years, to Estevan following acquisition of the Estevan Mercury.

His poster printing plant, known from Quebec to British Columbia, will remain at Rouleau, he announced. But later it will be brought here. For 15 years he was a member of the Rouleau Town Council, 10 of them as mayor.

## SCIENCE BEATS THE SUGAR BEET

BERKELEY, CALIF. (CP)—The sugar beet doesn't like crowds and won't produce sugar unless it has plenty of elbow room to grow—as any beet grower knows who has pulled beets until he has pulled about every muscled he owns.

What makes the sugar beet's habit intolerable is that it sprouts from a seed that is a cluster of cells, which means it comes up in clusters, somewhat like a bunch of grass.

Every year armies of workers have to kneel down and thin the little rascals by hand. That's a lot of work, and the country didn't have the labor to spare when it came to beet-thinning time last year.

Whereupon Prof. Rain Balser of the department of agricultural engineering at the University of California rigged up a shearing bar which split the seed into a lot of little seeds. It couldn't be done by hand because the seed is tiny but tough.

Sheared seed was distributed extensively for the first time in 1943 and agricultural engineers figured that more than 3,000,000 manhours were saved. Planted at intervals, the beets can be thinned with a hoe.

### WARTIME INNOVATION

The local Board of Trade's recommendation that manufacture and sale of oleomargarine be legalized in Canada to offset the butter shortage would be aimed only at taking up the breach between capacity production of butter and wartime requirements. Such legislation would cease to be operative once the position of supply was such that the substitute no longer was serving its intended purpose.—Powell River (B.C.) News.

## HERE'S A REAL LONG SHOOT UNLIKELY OF REPEATING

Strange things can and do happen in operating the largest System on the continent, the Canadian National Railway, and some of them can be included in the "Believe it or Not" class. Here is an example, practically two and a half million to one shot. A recent payday produced no pay cheque for an expert Morse operator on the staff of the Montreal Terminals. The reason for its non-appearance was that the precious document was swallowed up to the last cent by payroll deductions for income tax, unemployment insurance and the final payment on a five hundred dollar Victory Bond. Nearly 2,500,000 pay cheques are issued by the Canadian National Railway during a year and the possibilities of such an incident occurring again in a man's lifetime is astronomically scant.

### HOME-TOWN ENTHUSIASM

Some good folks are perpetual boosters for their home towns. Whenever they go, they carry the word of the advantages given in the place in which they live, and the work and business opportunities to be found there.

In an age when so many people are self-centered, and dwelling so largely on their own interests, it is admirable to see these loyal home town folks who are so concerned over public causes of progress and welfare. They help their own home folks to love the home town better, and work for it and back up its organizations and movements. It spreads the reputation and influence of their home town over a wide area.

Famous for flavour since 1892 — the 'Salada' name assures you of a uniform blend of quality teas.

# "SALADA" TEA

# Income Tax Returns FOR 1943 MUST BE IN NOT LATER THAN 30<sup>TH</sup> OF APRIL 1944

## 1. WHO MUST FILE RETURNS?

If you are single, and your income was over \$660.00—  
Or, if married, and your income was over \$1,200.00—  
Or if you had tax deducted in 1943—you must file returns.

## 2. WHAT FORMS TO USE

For income under \$3,000.00 use Form T.1 Special.  
For income over \$3,000.00 use Form T.1 General.

## 3. WHERE YOU CAN GET FORMS

You can get income tax forms from—  
1. Post Offices.  
2. District Income Tax Offices.

Your early co-operation is requested. Over 2,000,000 Canadians will be filing income tax returns. You can help by getting your forms now, and mailing them promptly.

It is important that income tax returns be filed promptly. First, these returns must be filed to obtain credit for tax deductions. Second, to claim any refund to which you may be entitled. Third, to establish the Savings Portion of your tax, which will be paid back to you with interest after the War.

Make your returns now, but not later than 30th of April to avoid a penalty of 5% of your tax.

The unpaid balance of your 1943 tax may be paid any time before 31st of August WITHOUT PENALTY.

## GET YOUR "T.4 SLIP" FROM YOUR EMPLOYER

To get a record of your 1943 earnings and tax deductions, ask your employer for a copy of the "T.4 Slip" he filed with the Government. Do this. It will save you time, and help prevent errors.



DOMINION OF CANADA—DEPARTMENT OF NATIONAL REVENUE  
**INCOME TAX DIVISION**

COLIN GIBSON  
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