

Of Interest to Women



THE MIXING BOWL

Hello Homemakers! Showers are in the air but they are not raining anything except gifts and happiness for prospective brides. Many a future bridesmaid or favored wedding attendant is busy this month planning special shower parties for the bride-to-be. With all the multitude of things which demand consideration and time at this busy season, it is a relief to find that there are delicious party refreshments that can be prepared quickly in advance.

Delicate cakes are always a part of the shower party, so why not serve Cheese Salad Mold along with sectioned fruits (oranges, grapefruit and sliced apples), cheese toast strips, tiny hot biscuits filled with honey or marmalade, Orange Fluff, Queen of Heart Cakes and coffee or punch.

The heart shaped cakes do not call for individual moulds but are made from a sheet layer of cake and cut out with a heart cookie cutter.

QUEEN OF HEART CAKES
 1 cup shortening, 1 1/2 cups sugar, 3 cups cake flour, 3 tps. baking powder, 1/2 tsp. salt, 1 tsp. flavoring extract, 1 cup milk, 6 egg whites.

Cream the shortening, add sugar gradually and cream together until fluffy and light. Sift flour and measure, mix and sift with baking powder and salt. Add dry ingredients to creamed mixture alternately with the milk. Add flavoring. Fold in well beaten egg whites. Pour into greased shallow baking pans. Bake 35 mins. in an electric oven (325 degrees F.). Remove from pan and when cold cut with heart shaped cutters. Make 7 minute frosting and divide it into thirds. Add different colored fruit coloring to each and frost cakes. Top only in wartime.

SEVEN MINUTE FROSTING
 1 1/2 cups granulated sugar, 5 tbsp. cold water, 2 egg whites, unbeaten, 1 tsp. vanilla extract, 1 tbsp. corn syrup, fruit coloring.

Combine all ingredients, except coloring and coloring in top of double boiler. Mix thoroughly. Place over boiling water and beat briskly until mixture holds its shape. Remove from fire. Add coloring and coloring. Beat until cool.

ORANGE FLUFF
 2 eggs, grated rind of 1/2 lemon, 1 tbsp. lemon juice, 3 tps. sugar, grated rind of 1/2 orange, 3 tps. orange juice.

Separate eggs. Beat yolks with 2 tps. sugar. Add grated rind and the fruit juices. Add hot water, beating continually. Cook mixture in top of double boiler until it coats spoon, stirring constantly. Pour over egg whites which have been beaten stiff with remaining tablespoon sugar. Pile into glasses. Chill in electric refrigerator and serve.

Take a Tip:
 1. When a recipe calls for nuts and you can obtain some peanuts, rub off the hulls and excess salt with a damp cloth and use a small quantity. If recipe calls for 1 cup chopped nuts, you may use one half cup chopped peanuts and use one extra tsp. of flour.

2. If cooking utensils are soaked immediately after the food has been removed, they may be easily cleaned. Cold water is best for eggs, milk or doughy substances. Hot water acts more quickly on greasy foods.

The Questions Box:
 Mrs. T. E. asks: Do you get the best nutritive value by cooking spinach and adding it to the cream sauce for soup, or using raw spinach?
 Answer: Since spinach cooks quick-



Chronicles of a Ginger Farm

Some weeks go by and at the end of them you feel as if you had done nothing, been nowhere and seen nothing and no one. This definitely has not been one of those weeks. Every day has been full to its close—and beyond it.

Wednesday I was just putting the finishing touches to the dining-room which I had been papering—when I walked our son again. He had interrupted his furlough at home to visit his girl friend. Now he was back home again to wind up his leave. In the afternoon Partner and I had to go away on business, so that was one day gone. On Thursday, if it rained, Bob and I were going to Hamilton to get the car wheels straightened up. If it was fine Bob was going to work the last of the land with the tractor. The day dawned and it was neither wet nor fine—just foggy and damp. We went to Hamilton. When I came back I had all my work to do. But still the trip was worthwhile because we got the car wheels fixed although we almost had to go down on our knees to persuade the men to do it. Friday Bob finished working the land and Partner completed his long-delayed spring seeding. I was washing nearly all day—for ourselves and for the Army. That's what I thought anyway from the array of khaki that got itself into my washing machine—and a hand power machine at that, don't forget.

Early Saturday morning Daughter and a friend arrived for the weekend. The house was a shambles—but there was nothing I could do about it—at least, not all at once. However the weather was grand and the whole family was outside more than it was in. But not sitting around—dear me, no—our visitors make themselves very useful. Daughter swept and dusted the downstairs rooms for me and then started in to weed the garden.

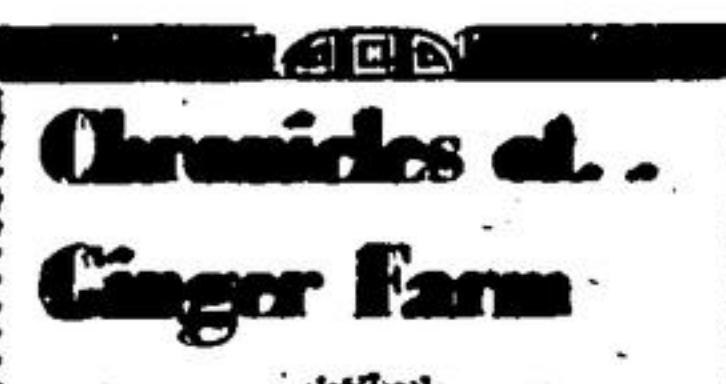
While all this was going on, Partner, son Bob and friend Bert went to work on a job that had been worrying Partner for some time—mostly because he wasn't able to tackle it alone. Partner will do nearly anything but he does like to have both feet on the ground. And this was one job where there was no telling where your feet might be. It was trimming a tree—a very big tree—in the centre of the front lawn and every time there was a bit of wind we have been afraid it would come down and wreck the roof of the house. Bob did the climbing—and the sawing—and presently one great limb after another came crashing to earth. After dinner there was the wreckage to clear away and all three men were busy chopping, sawing and carting. And now, to look at the tree you would hardly know it had been trimmed at all, there is so much of it left.

Sunday afternoon Bob went off to visit a favorite uncle in Toronto—the rest of us went for a short but lovely drive through the country. We might have been driving around yet if Partner hadn't been there. He was the only one who knew which way to go when we got onto strange ground. Of course, Daughter and I had to have the car stopped several times so we could pick wild flowers. After all, who could drive by nodding columbines and sweet-scented phlox? After supper there was the usual scramble to crowd a lot more into a little time. But at last came that trip to the station—and Bert's face was so red, particularly his nose that Partner said he would need an ambulance to explain his week-end activities.

I was hardly back from speeding the partying guests when Bob blew in again—having hitch-hiked from Toronto. Then a girl friend phoned to ask if she had left her wallet in our car. She had—and we found it. And then we turned round and found Daughter's wallet had been left behind too. Oh, these girls.

Now it is Monday—and Partner and I have said good-bye to our son. This time he is going back to B. C. One doesn't say good-bye lightly these days—there is too much at stake. However, we have to face it and make the best of it. After all "there's a job to be done... and a war to be won." But the house is quiet now... so very quiet.

The existing machinery of co-operation is much fuller and closer than is generally realised. The normal method of communication between the U. K. and Dominion Governments is through the Dominions office in London and the Departments of External Affairs in each of the Dominions.



Keen Demand for Tires

As more and more automobile tires become worn out or in need of repair the tire rationing representatives stationed in each of these offices with jurisdiction over the surrounding territory are also finding themselves very busy. They are pointing out to many of the motorists looking for new tires that these can be allotted only under strict adherence to the essential priorities in existence and that, because the supply of tires remains difficult in view of heavy demands from the armed forces, even those qualifying under such priorities may frequently be obliged to wait for tires. Often, the tire rationing representative is able to show a motorist how his most pressing tire troubles may be overcome by recapping or retreading, precious rubber thus being saved for more essential uses.

In the field of food rationing, earlier pressure at local offices of the Board has been materially relieved by the operations of the Local Ration Boards which have assumed responsibility for ordinary dealings between the Board and consumer. There remain, however, various other phases of rationing which have to be handled by the local offices and it is consequently necessary for them to keep well informed on the rationing regulations.

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The Work at OTTAWA

OTTAWA (CP)—Further debate upon the development of the Athabasca, Alta., tar sands and their commercial possibilities as a source of oil may be expected to develop later in the present session of parliament in the light of vigorous criticism by some opposition members of the policy which the government so far has followed in attempting to ascertain the worth of the sands.

The exploitation of Canada's north land and its post-war possibilities are topics which already have engaged the attention of the House and Resources Minister Greer has said that he will be glad to have discussion later in the session concerning development there.

Speaking during discussion of his department's war appropriation estimates, he said "much information" still had to be obtained before a conclusion could be reached that the tar sands were capable of successful commercial development. The Athabasca plant produced 20,222 barrels of virgin crude oil from the sands in 1941 and 9,222 barrels in 1942, after the old plant destroyed by fire had been restored.

Successes for Married Women
 Announcement that women employees of the civil service who marry now may continue their jobs at the rate of pay which they received before marrying is expected to have a stabilizing effect upon their tenure of employment in the service.

Demands of the armed services and industry for men have led to their replacement in the civil service by women, but the exodus of single women who came to Ottawa to take positions in the service and later left on the grounds that their salaries, after deductions barely covered their expenses has been a source of worry to the government in the past.

The civil service commission's announcement that women employees who marry now are entitled to increases instead of being reduced to the initial pay rate as in the past and so losing increases will no doubt have the effect of inducing many who may have considered leaving to remain.

No final decision has yet been reached upon the question of making additional Canadian workers subject to compulsory transfer orders, under which men from 16 to 40 years of age engaged in industries and occupations considered non-essential are shifted to more essential activities.

Bank Reserves
 Arthur Slaughter, Liberal member for Parry Sound and supporter of the view that the inner reserves of Canada's 10 chartered banks should be made public, has so far not obtained the information he is seeking from witnesses appearing before the Commons banking committee—but has been making a determined effort to do so.

Mr. Slaughter, like C. G. McGeer, Liberal member for Vancouver Burrard, is an exponent of momentary reform, and holds the view that the public through the Bank of Canada—chief loaning customer of the banks—should be informed of the amount of the inner reserves.

C. S. Thompkins, inspector general of banks and a witness before the committee said the inner reserves amounted to more than \$1,100,000. S. M. Wedd, president of the Canadian Bankers' Association, said the reserves were set up to meet losses which the institutions might encounter, but it had not been practice to reveal their amounts.

Finance Minister Hiley, who is kept informed of the amounts placed in these reserves, has not yet reached a decision on whether or not he will make them public.

NOVEL USE FOR RADIO
CANBERRA (CP)—Some years ago an Australian invented a radio set which could be worked by pedal. It gave communication with the Flying Doctor Service to many homesteads in the great spaces inland, and saved many lives when prompt medical aid was needed.

Homesteads could also converse with each other, and a gossip hour in the evenings became general, with each household exchanging news and views. When war came, one woman made a habit of listening to outside stations, writing down the news, and retelling it to neighbours in the gossip hour.

Now the invention has gone farther. A Parliamentary Committee on Social Security visited Broken Hill and took evidence over the Flying Doctor network which covers 4,000 square miles. In some cases, witnesses 500 miles away were heard and questioned.

South Shields, England (CP)

For ringing churchbells at midnight the court said they might have caused a panic, two royal marines were fined \$2.50 each.

LONDON (CP)—A stage star, seen in the wake of the United Nations' armed forces will follow special relief units and specialists in rehabilitation. Preparation for this relief work has been going on as part of the Allied invasion plans.

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Royal Visit to Britain's Bomber Command



King George VI and Queen Elizabeth paid a private visit to the Headquarters of the R.A.F. Bomber Command in the country on February 7th, 1944. The King and Queen talked to the men who are directing Britain's air offensive. Air Chief Marshal Sir Arthur T. Harris, K.C.B., O.B.E., A.F.C., C. in C. Bomber Command is here showing their Majesties the Operations Room.

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DEPARTMENT OF NATIONAL WAR SERVICES