

Of Interest to Women



THE MIXING BOWL

By ANNE ALLEN
Editor Home Economics

Hello Homemakers: We have been reminded that we did not publish an article on Dutch oven cooking last year as we promised. Again, it is the time of year when mother does not want too much heat in the kitchen and using a Dutch oven is certainly an advantage. In it you can cook a roast, meat pie, or chicken as well as vegetables, all from the heat of one element. Since the Dutch oven is a dark, heavy kettle with a heavy metal, close-fitting lid there is very little electricity used after the product reaches simmering point. It maintains that heat and keeps in the steam.

If you buy a Dutch oven, season before you use it. Use about one-half cup of salt-free fat, rubbing it around the sides and on the bottom. Heat until it begins to smoke, take off quickly and rub with a piece of paper. When cool, wash it well.

This method of cookery lessens food costs too. You use cheaper cuts of meat, such as boned shoulder pieces and stewing fowl. The grate is taken out of the iron pot, then it is heated with a small amount of fat in it. Brown the meat leaving the cover off, then lift it out until you put in the grate and pour in a small amount of water. When it begins to boil put on the cover and turn the electric element to low. No further attention is required to regulate the heat, and the cooking period is calculated according to the size of the piece of meat—about 35 minutes per pound.

DUTCH POT ROAST

4 lbs. beef (blade, chuck or short rib), 3 lbs. baking fat, 1 cup of tomato juice, 1 bay leaf, 1 tsp. chili sauce, 3 stalks celery, 3 lbs. flour, salt and pepper, 1/2 cup water, 1 onion, 4 carrots, grated, 6 potatoes, sliced.

Sprinkle flour lightly over meat. Brown meat on both sides in hot fat. Place the grate under the meat; add water, tomato juice, and seasonings. Cover, heat to boiling, then turn low, simmering for two hours. Scrub potatoes and prepare carrots and celery. Add 40 minutes before the cooking period is finished.

BREADED CHICKEN

Stewing fowl, 1/2 cup flour, 1/2 cup baking fat, salt and pepper, 1 cup water, 1 cup milk, 1 green pepper, sliced, 2 cups carrots, sliced, 1/2 cup onions, sliced, 1/2 cup cut onions.

Dress chicken and cut in pieces suitable for serving, sprinkle with flour and brown in hot baking fat in the Dutch oven. Place the grate under brown meat, add water and seasonings. Cook at low. The milk and vegetables should be added 40 minutes before the cooking period is finished (one-quarter cup minced parsley may be added).

The Question Box

Mrs. A. B. asks: What are the proportions of salt and water to use in pickling brine?

Answer: Brine for preliminary salting should be more than one-quarter cup of common salt to 1 quart of cold water. Too much salt shrivels the vegetables instead of crisping them.

Mrs. R. B. asks: Is it possible to steam a dessert over the Dutch oven stew?

Answer: Yes, if you have a steamer to fit the kettle. If it does not fit, the food may stop simmering on low heat and become soggy.

You may cook a custard, bread pudding or steam pudding if you make a small quantity in a covered casserole and put on top of meat bones.

Take A Tip

On the use of processing food in tin cans:

1. We do not recommend processing food in tin cans placed in the oven.

2. There are three types of tin cans available. The plain can is a general purpose can which may be used for all foods. It enameled cans have a special coating which assists in maintaining the normal coloring of red berries and beets. C enameled cans have a special coating which prevents discoloration of corn. They are also suggested for processing green beans, peas and kidney beans. C enameled cans are not recommended for acid fruits or tomatoes.

3. If the food is not precooked, cover with hot syrup. The contents of the can should be processed according to the following method:

Place covered cans on a rack in processor with boiling water about 2 inches from the top of the cans. Keep the water boiling during the processing period, but do not let it bubble over into the cans. Seal with sealing machine according to the manufacturers directions.

BETHOVEN'S FRIEND



Here is Francis Goffman, who played her first part, that of a little lady of Peking, when she was in Junior grade public school in Dauphin, Manitoba. She has been acting ever since, in the University of Manitoba, at dramatic school in Los Angeles (Maria Ouspenskaya was her teacher) and home again in Winnipeg, under the direction of Esme Ijunga. Since moving to Toronto last year, she has played Alice in "Alice in Wonderland," a variety of heroines in "The Open Door," "The Children's Scrapbook," and now, Madame Erdmann, Beethoven's friend, in "The Man Who Wouldn't Die." The program will be heard Sunday, May 28 at 9:00 p. m. EDT.

Mines Cause Nazis A Heap of Trouble

Canuck Airmen Do Good Job Although Mine Laying More Exciting Than Exciting

A CANADIAN BOMBER STATION IN BRITAIN (CP)—A photograph showing a 6,000-ton ship lying on its side on a certain enemy coast brought a thrill of satisfaction to aircrews of this station who have recently been engaged in mining operations.

Mining is not a popular job with the crews of the big bombers. Although it is risky, it is lacking in excitement compared to bombing. It involves long dreary over-water trips and the boys don't see the results of their work as they do when the bombs explode beneath them and fire and smoke shroud the ground.

Though little is heard of the operation Canadian bombers have been going forth night after night to strewn enemy ship channels with a type of mine which causes the enemy plenty of trouble.

The job calls for exceptionally good navigation as the mines must be placed in the right spot. They go off automatically and not in contact with a ship. If a ship happens to be in the vicinity it is damaged. They must be placed in channels frequented regularly to gain their effect. That calls for accuracy.

Of more consequence than the actual destruction of ships is the trouble and expense the enemy is put to. These long cylindrical mines which look like household hot water tanks do not respond to ordinary mine-sweeping methods.

The enemy knows they are there, but not when they will explode. He has to tie up many ships and men in trying to locate and recover them or delay shippings.

The mine-laying operations are carried out with heavy bombers and are done at night. The bombers have to come down low on the coast in the face of anti-aircraft fire. Occasionally they run into flak ships which lie in darkness about the target ready to throw up a curtain of fire.

"Dole" Farmers Have Made Good

Successful British Experiment May Be Expanded After War

LAWFORD, England (CP)—Eight years ago when more than 2,000,000 Britons were unemployed, more than 300 families were taken off the "dole" and placed on miniature farms.

Today these families are prospering. Six men who were on relief in 1937 now are \$5,000-a-year farmers. The average profits of the 300 family heads last year after paying expenses were \$1,850.

They were lent sufficient capital to get started and helped to become self-supporting through co-operative marketing. Now officials look on the experiment as the forerunner of a post-war plan to put many British families on the land.

Arthur Felthorpe was one whose family was among the 300. He is helped on his two acres in Essex by his wife and mother-in-law, and 3 of his sons work in the co-operative packing station.

"We have found happiness here," he says with pride, pointing to his glass houses, his pigs and his hens. "We don't want to go back to the towns."

Chronicles of Ginger Farm

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

How is your head feeling these days? Is it slightly addled and have you been wondering what other tricks the government may have up its legislative sleeve for your particular enjoyment? Or are you one of the few who have not yet been requested to file income tax returns? If that is so don't worry about it—your turn will come! And don't say I didn't warn you. Remember—I told you some time ago that farmers would be required to fill out some kind of income tax form sometime in the near future and that it might be a good idea to get your accounts in order. Apparently some farmers have been requested to send in returns, while others have not. If you have received such a request for goodness sake do something about it. Don't put it on one side and think it doesn't matter. When the government has your number you can lay your hand to your heart if has you earmarked and pigeon-holed and will inquire into your movements of an erring off-spring.

And after all, what have we to complain about supposing we do have to file returns every year? Farming is a business just as is any other means of earning a livelihood. The butcher, the baker and the hardware merchant all have to keep some kind of business record—then why not the farmer? After all, if a married man on a farm has a net income of less than \$1200—and I venture to say that up to and including 1942 there were many with less than that amount—then he has nothing to pay. If he has more, then he must pay just the same as any other business man.

As for the forms themselves, they are surprisingly easy to understand—or at least they seem so compared with what I remember of the questions that were asked farmers in the 1911 census. But it doesn't do to read the entire form and try to remember everything at once. That way madness lies. Concentrate on one question at a time and thus avoid confusion of thought. Incidentally, you might keep track of the aspirin you use and charge it up as a farm expenditure!

Did you get any of that nice little wind-storm that swept through Ontario last week? We thought when we heard that terrible wind that there must be an awful gale blowing somewhere, so we were not surprised when we heard of the damage that had been done in some districts. A wind storm is such a frightening thing. We have experienced two in our time—and that was enough. After this wind we looked around next morning but could not see that any damage had been done. But then Partner went over to the driving shed and got quite a surprise. The outside was all right, but the inside was a shambles. Half the driving shed has timber across the top like the straw loft in a barn. Across these timbers Partner has been in the habit of storing used lumber, odds and ends of machinery, spare tongues and other stuff that seems to accumulate around a farm and is generally used for repair work some time. Imagine Partner's surprise to find this grand collection scattered all over the driving shed floor. One of the timbers had broken in the middle and let everything down. We suppose the wind rocked the building and the timber, which although it looked all right on the outside, must have been rotten through and through and just gave up the struggle and collapsed. And Partner was walking on top of it the other day.

Well, it's nice having weather we're having, isn't it? Is your hay cut and still out in the field? Ours is in that condition but we are hoping to get some in on Monday as the weather really does show signs of being a little more settled. Shortage of help is bad enough, but add to that unsettled weather in haying time and it really puts one on the spot. And do you know the barley is in head already—that is, there are a few heads here and there, proof that the whole field will be headed out in less than a week.

I have just come up from getting the mail and did I wish I had had a camera with me. A bob-o-link and a meadow lark were perched on two separate stalks of chicory for a friendly chat and sing-song!

GETS FOURTH DECORATION

LONDON (CP)—Capt. F. J. Walker C. B., Royal Navy's ace U-boat killer, has been awarded his fourth D. S. O. One of his ship's company, Petty Officer Harry Kelly of Manchester received his fourth D. S. M.

Weekly War Commentary

BY JOHN C. SCOTT
Canadian Press Staff Writer

As Allied armies hammered against Cherbourg at the week-end and other forces of the United Nations carved out fresh gains in Italy, from Moscow came the news that was necessary to complete the picture of an encircled Itch seized in the tightening grip of implacable disaster.

The Red army, already pushing Finland within sight of breaking-point, had opened its eagerly-awaited summer offensive along Germany's eastern front.

Now from three sides, as well as from above, relentless Allied forces are striking at the Nazis with vigor and success which prompted Prime Minister Churchill to say recently that "the months of this summer may bring full success to the cause of freedom."

Start of the Russian advance from the east disclosed what was apparently the third major aspect of the master-plan evolved at last year's Teheran conference—a plan designed to throttle the Germans through attack on a series of major fronts.

Berlin now stands in the centre of the circle of steel. British, Canadian and American units in Normandy, British 8th army veterans at Perugia, and Red Army forces between Vitebsk and Mogilev all are within an approximate 600-mile radius of the Nazi capital.

The Russian offensive opened on the vital White Russian front, northwest and southwest of Vitebsk, and in its first day advanced 9 1/2 miles, liberating 150 towns.

The Moscow announcement said the attack started June 23, but an earlier Berlin broadcast set the date at June 22—third anniversary of Hitler's ill-fated march against the Russians.

The Red communique said the railway from Vitebsk to Orsha, 50 miles to the south, was cut when Zamoche, 14 miles from the Vitebsk line, fell in early fighting. Another German-held rail line between Polotsk and Vitebsk were covered by the capture of Strolno, 27 miles northwest of Vitebsk.

Immediate fate of Vitebsk was not clear but it appeared Soviet troops had smashed past it on either side in their now-familiar pattern of encirclement.

Thus Russia has flung her potent army at the Germans with full force. The goal is Berlin, but the immediate objective probably is to liquidate German control of Baltic states, perhaps by a drive on Riga in Latvia.

Finnish operations could be co-ordinated through capture of Tallinn in Estonia, stronghold of Nazi U-boats.

Russian observers in Moscow declared that the drive on both sides of Vitebsk was only the first phase of the great summer offensive. It was recalled that in the great winter assault the Red Army made rapid feints in several directions before striking its main blows.

At the week-end the push on the central front had put Russian units at a point only 75 miles from the Latvian border. Attacking forces were encountering swollen rivers and deep mud in their drive toward Polotsk in the sector northwest of Vitebsk.

Southeast of the German stronghold Russian forces were moving in the general direction of Minsk, key rail centre near the Polish border.

Put Up Strong Fight
Isolated in the great support at the tip of the Cherbourg peninsula, German forces at the week-end were bitterly contesting every foot of ground as American troops sought to make the port available to Allied shipping. The docks were in sight of the Allied soldiers as they fought hand-to-hand in the streets with the Nazi defenders. Allied Headquarters confirmed news that advanced patrols had reached the sea on either side of the port.

Activity on the eastern end of the

beachhead, limited to patrol action for several days, flared up again late last week when British troops captured Sainte-Honorine, northeast of Caen. To the east of the River Orne German troops and armor were under heavy shell fire from Allied warships. Also, Allied naval units continued intermittent shelling of the Germans at the eastern end of the beachhead.

In Italy, German forces halting their headlong flight to the north, are making a strong stand against the 8th army on both sides of Lake Trasimeno, about 85 miles north and slightly west of Rome.

On the two wings, the Allied advance continued, though the Americans pushing up the west coast and the French on their immediate inland flank encountered increasing stiff resistance. In the Adriatic sector the Nazi retreat continued and Allied forces were reported less than 25 miles from the big port of Ancona.

A crippling blow was struck at Japanese naval strength by the United States Pacific fleet in the Philippine sea battle early last week. According to reports at the week-end the Japanese lost an aircraft carrier, a destroyer and three tankers and a large Shokaku class carrier was listed

as probably sunk. Nine other vessels, including three aircraft carriers and a Kongo type battleship were damaged.

Admiral Chester W. Nimitz announced that 353 Japanese planes were shot down in battle, but losses to United States aircraft and warships were said to be negligible. (Continued on Page Five)

ALL OVER

J. Doubt: Travelled all over the world eh? Went up the Rhine, I suppose.

A. Spout: Yep, climbed it to the top.

J. D.: Saw the Lion of St. Mark?

A. S.: Sure, fed it.

J. D.: And visited the Black Sea?

A. S.: Filled my fountain pen there.

AIR INVASION HISTORY

LONDON (CP)—Hilary St. George Saunders, author of the official history of the Battle of Britain, "Bomber Command," and other best sellers of this war is writing the air side of the Allies' battle for Europe's liberation.

R.A.F. BALTIMORES ATTACK ENEMY



Bombers of the R.A.F. are keeping up their attacks on enemy transport, road junctions and troops rushed up to the West Rome front. They are playing havoc with the efforts of the enemy to reinforce and supply his troops. Picture shows: Bombs leaving an R.A.F. Baltimore on their way down to their target on the Rome-Pescara road between Avezzano and Popoli.

English Born Star, Madeleine Carroll



Madeleine Carroll, well-known English-born stage and film star broadcasting from New York in a British Broadcasting Corporation transatlantic program.

She began her career as a schoolteacher and for a year was a French mistress at a South Coast high school for girls. She had amateur experience with the Birmingham University Dramatic Society before appearing on the professional stage. She has had a number of successes in films; some of her best known screen parts have been in "Secret Agent," "The General," "Died at Dawn" and

AMERICAN DELEGATES TO EUROPEAN COMMISSION



The first photographs taken during a session of the European advisory commission in London. Picture shows: The American delegates (left to right) Lieutenant General W. Sargent, G. F. Kennan, J. S. Winant and Admiral Harold Stark.