

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALAN  
Spice Home Economics

**Hello Homemakers!** Delectable in summer and all year round are foods prepared in the refrigerator. One of their chief claims to culinary fame is that they can be prepared early in the day and be in readiness for the evening meal. They're easily adaptable to party occasions, especially the buffet supper.

### JELLIED LAMB STEW

2 pounds lean neck of lamb, 3 tbs. gelatin, half cup water, 1 medium sized onion, 3 medium sized carrots, 1 cup chopped spinach, 1 cup cooked macaroni, salt, pepper.

Cover lean lamb with hot water and let simmer until the meat is tender. Put carrots and onions through food chopper and cook in as little water as possible. Soak gelatin in cold water and dissolve in three cups hot meat stock and vegetable broth. Grind meat, cooked seasoned spinach, macaroni, carrots, and onions. Season and add partially cooled, dissolved gelatin. Pour into a mold which has been dipped in cold water. Chill in electric refrigerator and when firm unmold unto a platter. Garnish.

### MOLDED FISH SALAD

3 cups cooked fish, flaked; 1 green pepper, finely chopped; 1 tsp. pepper; half cup celery, diced; 1 tsp. grated onion; 1/4 cup mayonnaise.

Combine ingredients and pack firmly in greased molds. Chill in electric refrigerator. Unmold on crisp lettuce. Garnish with tomato wedges.

### BERRY PARFAIT

Pudding: Beat 2 egg yolks, 1 whole egg and 1/2 cup sugar until lemon-colored. Gradually stir in 2 cups scalded milk. Cook in double boiler, stirring constantly, until mixture coats spoon. Cool quickly. Add 1 tsp. vanilla; chill.

Berry layer: Combine 1 pint crushed berries and half cup sugar. Chill in electric refrigerator.

Meringue: Gradually add 3 tbs. sugar to 2 beaten egg whites; beat until meringue forms peaks. Alternate pudding and berries. Top each parfait with a meringue swirl and berry.

### WARTIME ICE CREAM

(Suggested by H. G.)

2 egg whites, 1/2 cup granulated sugar, 1 tsp. vanilla, 1 cup 18 per cent cream.

Beat the egg whites stiff but not dry and gradually beat in the sugar; beat after each addition until the mixture stands in peaks. Fold in vanilla and cream. Turn into pint freezing tray of your automatic refrigerator and with the control set at fast freezing, freeze for half an hour; take from refrigerator and stir mixture until smooth. Return to refrigerator and freeze half an hour longer; take from refrigerator and mix until smooth. Continue this procedure until the mixture is firm and there is no separation. Return control to a point that will just keep the ice cream frozen.

### TAKE A TIP

1. Filling jars of vegetables too full may cause them to spoil.
2. Use a sterilized knife to slide down inside the packed jars of fruit or vegetables before sealing.
3. It is wise to use new zinc bands.
4. Process filled jars in water-bath counting the time from when water begins to boil.
5. Do not remove jars by lifting the tops. Dip out some of the hot water and then remove them.
6. Opening jars to refill is not necessary if there is an air space but no leakage or detection of such.

### THE QUESTION BOX

Miss E. J. asks: Why is jam or jelly more successful done in small quantities?

Answer: For several reasons: evaporation is more quickly accomplished; does not burn as rapidly and there is less scum.

Mrs. J. C. asks: How do you make two cups of rhubarb juice to add to berries for making jam?

Answer: Cut one quart of rhubarb into one inch pieces, add one cup of water. Cook ten minutes and then press through a sieve.

Mrs. M. M. asks: Recipe for plumb jumbo.

Answer: 2 quarts plums, 3 cups of sugar, 1 orange.

Wash and cut plums and remove pits. Slice orange very thinly. Cook together slowly for 15 minutes. Add sugar. Cook rapidly 5 minutes. Pour into hot sterilized jars, cool and seal. Yield: about 2 and a half pints.

### POST-WAR GOAL

VITA, Man. (CP)—Premier Garson of Manitoba told a meeting that employment for those who can work and security for those who cannot are the two chief responsibilities of the province.

## Chronicles of... Ginger Farm

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

Oh dear, what a week of sweltering heat this has been—and no possible way of keeping cool. It is just as hot to do nothing as it is to keep on working—which after all is a comforting thought since one has to keep on working anyway. However we did have a few days that were really enjoyable—for which I was very thankful as our Saturday-to-Monday visitors stayed for nearly a week. They called it a holiday but Partner's brother was helping with the harvest all the time, while Jessie was giving me no end of help in the house. Young Betty was here, there and everywhere apparently having a grand time. Really, I would call them the "perfect guests" because they were even on time for breakfast!

While they were here we finished getting in the barley. I say "we" because I was helping too. I did something I haven't done for years—I worked in the mow. The first two loads Partner pitched off the sheaves and Colin and I placed them in the mow. The rest of the loads were built on slings. In case our non-farmer readers don't know what I mean by "slings" perhaps I had better explain.

Ropes, specially made for the purpose, are laid across one half of the rack. The sheaves are laid across the ropes, first one way and then another until a bundle is built. This is repeated three times. The load is then brought to the barn, the ropes are tightened and hooked on to the hay fork cart. The next thing you see is the horses pulling a huge swaying bundle to the top of the barn, over to the mow and then, when the trip rope is pulled, the tightly packed sheaves drop down in the mow in one solid mass. After the load has been dumped, it is generally one person's job to disentangle the sheaves and place them where they should go. It is hard work any time but at ninety-in-the-shade temperature—and under a steel roof—it is really something. You want to try it sometime.

I am sitting here by the front door writing this column and just now a strange sound smote my ears. It was the rhythmic sound of horses hooves on the highway. I watched and in a few minutes a horse and buggy went by. What is the world going back to! The other night I heard a very different sound... a terrific bang... somebody's tire blown out. Presently I heard men's voices but they were too far off for me to hear what was said—which was probably just as well under the circumstances.

Here is an item I must mark down in our farm diary. August the 10th—the day we got our first pullet egg. And the chickens were hatched March 23rd. Not bad, eh?

Here is another item—but not one for rejoicing. We got word from our soldier son the other day that he is in a New Brunswick hospital with a broken foot. If it keeps him from going overseas that boy is going to feel pretty sick. Strange, isn't it, how some boys would move heaven and earth to get overseas and yet are kept in Canada, while others, not one bit anxious to go, get shipped out so quickly. I heard of one officer—a major—so anxious to see active service that he volunteered to go as a private. His voluntary demotion was not accepted and, as far as I know, he is still in Canada.

It takes more than a war to down Cockney wit—which is nevertheless often quite unconscious. Here is a real sample which you may or may not have heard on the radio. It was heard in an air-raid shelter. Harriet: "Lor-lumme, they ain't half dropping them bombs tonight, are they?" Harry: "Well, that's what they sent 'em over for, ain't it?"

### GOOD BUSINESS

SANTA FE, N. M. (CP)—First time offenders are in for a surprise when they enter City Magistrate Joe A. Berardinelli's courtroom.

Instead of the usual fine accompanied by a group reprimand, they get a friendly explanation of Santa Fe's driving regulations and what amounts to an apology for any inconvenience. "It's just good business," Judge Berardinelli explains.

### TRIBUTE TO CHINESE

MONTREAL (CP)—McGill University has established a number of fellowships in medicine for post-graduate training of outstanding Chinese medical men. The first fellowship went to Dr. Yang Gie-Land, associate professor of surgery at West China Union University.

## Watch Your Step

Many serious accidents occur on stairways, both in industry and at home. Here are some common-sense pointers:

1. Do not run or crowd on or near stairways.
2. Whenever going up or down stairs walk and use the hand rail provided.
3. High heels are especially dangerous on stairways, as are shoes in need of repair.
4. Look carefully in the direction you are going; if your attention is distracted, stop until you can proceed carefully.
5. Never walk on stairs with hands in pockets.
6. If necessary to carry a large or bulky package on a stairway, handle it so that you can always see where you are stepping. Get help, if necessary.
7. Be especially careful when carrying glass or other sharp objects.
8. Do not carry scalding liquids in open vessels; use covered containers.
9. If lights have failed and the stair is dark, hold to the handrail and feel your way from step to step. Use a flashlight, if possible.
10. Help prevent accidents by picking up loose objects on the stairs, and removing them.

### ELECTROCUTED OWL

FORT QU'APPLE, Sask. (CP)—An owl roosting on a transformer hampered efforts of volunteer firemen fighting a blaze at the nurses' home here. The bird caused a short circuit and was electrocuted at the same time causing a temporary shut-off of the water supply.

## NEW INSECTICIDES FROM OLD RECIPES

By H. Leslie Knudde  
Many of the newer insecticides are new only in their general application. The sensational DDT, for instance, was produced by a European chemist 70 years ago, but its merits as an insecticide were not discovered until recently. Rotenone, the active principle of derris and cube root, was used by gardeners in the Orient long before its virtues became recognized elsewhere. The insecticidal properties of pyrethrum were discovered accidentally in Dalmatia, when around a bouquet of aster-like flowers hosts of flies lay hors de combat. Ten years ago Japan was the chief source of pyrethrum, but now it is the British East African Colony of Kenya.

From earlier curiosities these organic insecticides grew in favor to become necessities. So great is the demand now that supplies are inadequate and government regulations restrict their use to certain specific purposes. Thus, most of the rotenone in Canada is required for cattle warble-fly powder. DDT is nearly all demanded at present in the preparation of delousing powders for the armed forces, which is true also of pyrethrum.

Sabadilla, or the ground, treated seed of a lily plant grown in Venezuela, is now coming into use as a substitute for rotenone. Sabadilla likewise is not a new remedy. It is recorded that ranchers in Venezuela used concoctions of the seed in water to control lice on cattle, for which purpose it will now be used in Canada. Experiments conducted by several investigators in the U. S. A. have proved its value beyond doubt.

### CO-OPERATION NEEDED

HASKATOON (CP)—Dr. N. Williams, principal of the Lutheran College and Seminary, told the Canadian Lutheran home mission conference that a much larger measure of co-operation between Lutheran bodies in Canada is possible and desirable now.

## U. S. TREASURY HEAD A PRACTICAL FARMER

FISHKILL, New York (CP)—Secretary of the nation's billions, Secretary of the Treasury Henry Morgenthau, Jr., places the pennies as he practices the art of practical farming. His is a 1,000-acre Dutchess county farm. Franklin D. Roosevelt, a "registered tree grower" is his neighbor.

Morgenthau knows his crops. His Freedom grapes were planted to compete with the Concord of Maryland and Delaware. Unproductive peach trees are being replaced with an apple orchard. The fruit is sold to chain stores.

Post-war plans include the opening of a roadside stand at which this man who announces that "farming is my real business" can sell his produce. Now Morgenthau and Roosevelt alike are "long distance farmers" but says the secretary, "we are pretty well agreed we will retire together and come back to Dutchess county."

### NON-OPERATIVE RABBITS

CANBERRA (CP)—Large scale tests to control rabbits by means of disease known as myxomatosis are being made, but though the animals rarely recover from the disease it has been found difficult to spread it. The disease ultimately dies out because sick animals wander away from the others.

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TEA



*"I guess it's up to me!"*

Now that I can go I'm not going to stick around and let the other fellows do it.

Bill and Jack went over last week, and Fred's been over there a year. Now it's my chance.

It's going to take months of training before I can get fighting-fit, so I'd better get moving today.

Yes sir! I'm going now, to tell Dad and Mom that I'm on my way to sign up.

**VOLUNTEER TODAY**

**Join the CANADIAN ARMY FOR OVERSEAS SERVICE**



WEAR IT ON YOUR ARM