FEEDING MORE WHEAT

BUZZ" TO FIGHT JAPS

Beurling expects to leave in mid-Oc-

tober for the Far East in search of

nerial combat with the Japs. Beur-

ling, whose resignation from the R. C.

A. F. was accepted, would not say

what air force he expects to be with.

It was revealed previously he had of-

fered his services to the Chinese.

MONTREAD (CP)-Fit. Lt. Buzz

TO FARM LIVE STOCK

in the United States.

ALCOHOL MADE

Of Interest to Women



MIXING BOWL

Hello Homemakers! Our fruits parades their luscious wealth each in their turn throughout the entire summer. In spite of inexperienced help, gardeners have displayed an excellent quality of produce and an ample cool place preferably the refrigerat- that. first. It is a wise precaution to keep chance of getting a man. That meant sumption more than 100,000,000 but uction in the Prairie Provinces. any strong flavored foods away from Partner was up several mornings at shels. fresh fruit. In the preparation of 4.30-and it is more likely other farm-Truit such as peaches, pears and apples ers without help are having to do the drop in salted water as soon as peeled same thing, that is, where there are to prevent discoloration. Mix with a good number of cows to milk. Just citrus fruits if these fruits have to as I was beginning to wonder how "stand" for some time.

PEACH COFFEE CAKE

Cream 2 thap, shortening and ¼ cup sugar. Add 1 beaten egg. Sift together 1% cups flour, % tsp. salt and 2 taps. baking powder. Add alternately to creamed mixture with 14 cup milk. Mix just until blended. Pour into greased ple plate. Arrange sliced peaches over top. Crumble 2 tps. butter, % cup sugar and 1 tsp. cinnamon together. Sprinkle over peaches. Bake in electric oven at 375 degrees for 35 minutes.

CANNED PEACHES

Scald, peel, halve, slice or leave whole. Pack raw in sterilized jars and cover with boiling hot syrup (1 cup sugar to I cup water). Adjust lids; process in boiling water bath for 25 minutes. Process 35 minutes if peaches are firm.

Open kettle method: Boil in syrup. Adjust lids and process 20 minutes in only one day on which we were able bolling water bath.

CANNED PEARS

and core. Cook gently in a boiling the pailful-now they are safely stowlight syrup 4 to 8 minutes according ed away in the form of beet pickles. to size and firmness. Pack hot and

peaches.

PEARS IN SALADS

Use equal amounts of diced raw pears and apples when you make Waldorf salad; stuff the cavities of peeled pear halves with salmon salad; mix diced pears, cubed canteloup and maraschino cherries with a light syrup.

PEACHES OF PEARS WITH

CHEESE For a dessert type salad, fill cavitles of peeled and cored halves of fruit with cream cheese or cottage cheese and apple jelly or old cheese and peanut butter. Dressing lan't necessary.

BROIL FRUIT

and broll for 5 or 6 minutes. TAKE A TIP

tles, boil them for five minutes to soften them. 'Then, while hot press them into bottles. The corks will fit tightly when cool. 2. Clean plaster vases by dipping

into a thick liquid starch. When dry.

1. Before fastening corks into bot-

brush off the starch and dirt will vanish with it.

3. Try adding a pinch of nutmek to creamed corn-u different but blending flavor for a change.

THE QUESTION BOX

Mrs. D. W. says: Is it true that you should sprinkle sliced cucumbers with salt and allow them to stand some time before serving?

Answer: There is no evidence that salt makes cucumbers easier to digest Salt would draw water from the cells and make the cucumber limp and unappetizing. This water contains valuable minerals and vitamins which would be host. Crispness would be lost too.

Mrs. E. C. says: Mould formed on some extra fruit juice I had in covered bottle in the refrigerator. Could I use it?

Answer: Such mould is not injurious to health, but may change the flavor. Usually the mould can be skimmed off and the syrup, boiled, will be all right. To help avoid it, pour hot ayrup into a sterile jar, cover at once, and place in the refrigerator as soon as cool. If ayrup is kept for an extended period, reheat it occasionally and always keep in airtight container.

Mrs. G. J. M. has a suggestion for

R. B.: To make red Chill Sauce:

Peel and core tomatoes, put in pan, home in Midland, Ont., after he had mash with wooden potato masher, cut been thwarted in an attempt to stowup onlons, bring tomatoes and 2 on- away on a Transport Liberator at ions to a boil, then take off lid of pan Dorval airport. The young adventurand let cool till Chill Sauce thick- er said he wanted to get overseas to ness. Then put in sugar, salt, (spices avenge his brother who died in the mixed with the vinegar) and let cool sinking of the Canada-Newfoundland

Chronicles of.. **Ginger Farm**

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

Something seems to tell me that

long Partner would stand the pace, young John appeared on the scene and was ready and willing to come back and work for us. John, you may remember, is the young lad we had living with us a year or two ago. Isn't that a fair sample of the way things often happen? You get to the place where you can't see any solution to your many problems and then auddenly, the way is clear. In this instance we have even better luck than we had hoped for-steady help at last. Help with the milking, the chores, the field work, and last but not least, the threshings. Partner begins to look better already. We may not get down to a forty-eight hour week but we shall at least get something better than a forty-eight hour sleeping week-and that will be some-

thing to be thankful for. Last week I spent most of my time pickling and canning-since there was to draw in, I knew I wouldn't have to run to the barn just us a kettle of tomatoes had come to the boll! Peel-leave whole or cut into halves brought in beets from the garden by

One day I had a friend helping me cover with boiling syrup. Adjust lids and we had more fun than a pienic and process 20 minutes in boiling wa- making tomato juice. I had a bottle capper which I had borrowed. Neither Open kettle method: Same as for of us had ever used one before or seen such a thing in operation. However it didn't look too complicated so we tackled the Job with the utmost confidence.

We experimented first by capping an empty bottle-pressing down hard on the bottle. Then I tested the cap. It lifted off guite easily without the use of an opener; We tried again-"Press hard, press real hard," said my friend. But I was scared. I thought if I pressed any harder the bottle would fly to pleces. ... However my friend was less nervous, so she tried -this time with a bottle of juice. She pressed hard all right-so hard we couldn't release the bottle afterwards. So we took the bottle off the stand Put slices of peaches and pears on | with the capper sticking to it. Then a grill. Drizzle with honey and mint we had a tug-of-war. I had hold of the bottle of Juice, my friend the capper. We were almost helpless with laughter but eventually got the two things separated. And the cap stayed put as did those on twenty-four other bottles.

Isn't it wonderful how laughter lightens the work? And what a blessing it is that we can often find something to laugh at. What a world this would be if there were no fun and no laughter. Dear knows, there is little enough to laugh at in the world today, but thank heaven, the capacity is still there.

Daughter is home this week-end and she had some harrowing stories to tell concerning the return of wounded men from the battle fields and repatriates from the far east. True stories that she had learnt of at first hand from relatives or friends of the returned men and women. Storles that are better not published, but which make one realise that the sacritices and hardships of this war are anything but equally shared. That is Inevitable, but when we hear of instances of unbelievable suffering we should at least have the grace to remind ourselves that only the force of circumstances have made other people

victims rather than ourselves. The news from all the battle fronts to-day is almost too good to be true. What I like to hear best is stories of our own men being released after long years of prison life. And of people in formerly enemy occupied countries being free at last to lead their lives as they see fit.

HALTED STOWAWAY

MONTREAL (CP)-Police sent 15year-old Norman May back to his for a few minutes longer, stir well, ferry Caribou two years ago.

Milk Production Up in Prairies

In 1939 the total production of mill in Canada was 15.7 billion pounds. and by 1943 it thad increased to 17.5 billion pounds, an increase of il.8 ibillion pounds, or ILLA per cent. While it may be observed, states the Economic Annalist that an increase in The feeding of wheat to live stock total production of milk was general prices." and poultry has exceeded the tuse of in all parts of Canada, the most strikwheat for human consumption in Can- ing change thas taken place in the ada during four of the five years of Prairie Provinces where the productwar, and during the crop year 1943- ion of milk in four years increased 44, animals ate twice as much wheat more than 12 per cent. This was due as did human beings, states the Quart- in part to more favorable prices of erly Review of Coarse Grains. This dairy products in relation to grain

conversion of wheat to live stock feed- prices. ing has been a wartime development Since the start of the war, many of note not only in Canada but also prairie farmers have changed from straight grain growing to mixed farm-During the five years before the ing with the result that creamery butfarmers were not included in the pro- war, the average amount of wheat fed ter production particularly has inquantity for our needs too. It is then vincial government's plan for a forty- to live stock and poultry annually in creased to such an extent that in 1943 eight hour working week. For us a Canada was 32,000,000 bushels against production in the three Prairie Provvored foods. Keep the flavor of late forty-eight hour sleeping week would human food requirement of approx- inces made up more than 38 per cent. summer fruits by storing them in a be nearer the mark-and not always imately 44,000,000 bushels. In the of the total produced in Canada. With crop year 1943-44 human consumpt- the increase in grain prices during the or. Do not store too much raw fruit This week for instance: There were ion of wheat is expected to total 50,- last year, it is expected that there for a long period. Use the ripest ones threshings to go to but no possible 000,000 bushels and the animal con- will be a levelling off of dairy prod-

HIAMERE TWINS

ELORA, Ont. (CP)-Twice within short time, Mrs. John Hosking of Elora found an "egg within an egg" in her supply of hen fruit. The outer legg was nine inches long and seven Inches around and the shell was thin and rough. When it was broken another complete egg was found along with the usual yolk and white.

A Few More Smiles

When this wife ran away with another man, a city druggist inserted sent Parliament is to be made, Reime the following notice in the news- Minister iking made clear to Parliepaper: "This its ito motify the iparty, ment. In the Commons the Prime who so kindly relieved me of my Minister said that "there may the sas wife that if can supply thim with illn- election this year ar next" that exetment, bandages, arnica, bealing salve. ainly ibefore July il, 1965. Werm of absorbent cotton, indine, sleeping Parliament expires next spring. The powders and crutches at rockbottom Frime Minister said that family al-

A doctor was trying to check an apidemic in a willage. Wisiting a family, just before an appeal to the people as he :asked:"Are you taking precau- had been done by a Conservative Covtions to prevent the spread of con-emment.

tagin?" "Yes sir, doctor," replied the thead of the family: "We have bought a sanitary cup and we all drink from

First visitor: My dear, these cakes are as hard as stone.

c passed them around?

HAS STERING ATTACHED

:No extension of the life of the pre-

lowances will not the brought in un-

til after the election, as the did mot

want cheques going out to Canadians

THURLEY, England (CR)—The wioarage in this South Lincolnshire willage, a thouse with 40 trooms, its for sale. It can be had for \$25, ghost and all. But there's the catch: the buyer Second visitor: If iknow. Didnit you must take it away with thim ibecause hear ther say, Take your pick, when the site is wanted for a more modern

> You'll enjoy our Orange Pekoe Blend



must provide us with milk to drink, with butter, cheese, evaporated and other products.

concentrated milk and a score of

(c) Our Armed Forces and Allies

make heavy demands.

by rationing by subsidies, by careful planning and by other.

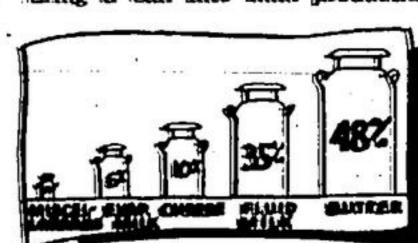
our various food needs.

controls to divert our milk sup-

ply into channels most suited to

than .540 million quarts over 1998.

They have done this in the face of a 25% reduction in farm help, equipment shortages, and the fact Canadian farmers have done a that it takes two to three years to magnificent job. They have increased bring a calf into milk production.



TAKES 35% OF OUR MILK

THAT HAPPENS TO ALL THIS MILK?



IT TAKES F QUARTS

OF MILK TO MAKE

CHILD & BAD

In spite of greater production, the

demand for milk and milk products

(a) There's more money to spend;

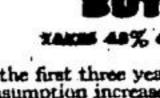
(b) More people are working, with changed food hubits and in-

has risen even more, because --

creased food needs:

Because fluid milk is regarded by nutritionists as the most nearly perfect food, nothing has been allowed to interfere with its sale. Today, Canadians are drinking more milk and a greater percentage of our milk supply is being consumed as fluid milk-than ever before. Fluid milk has the right of way, but don't waste a

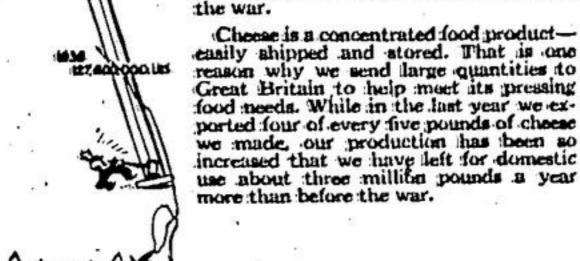
BUTTER TAKES 45% OF OUR MILK



In the first three years of war, our butter consumption increased 10.9%. So, rationing was established to prevent too much milk going into butter, at the expense of other important milk products, and to naure a fair share to everyone.

The rationing of butter was influenced by the fact that it has less nutritive value than some other milk products, and because we get a generous supply of fats or their food equivalent in other forms.

To maintain a proper balance of consumption between various milk products and to ensure that butter is put into storage for winter use - when production drops—it is necessary to reduce the ration! from time to time.



ported four of every five pounds of cheese we made, our production has been so increased that we have left for domestic use about three million pounds a year more than before the war.

CHEESE

TAKES 10% OF OUR MAK

Canada's annual cheese production has

gone up by about 37 million pounds nince

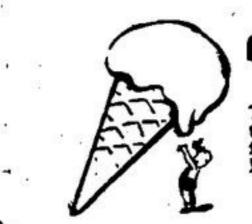
Cheese is a concentrated food product—



TAKES 6% OF OUR MILE More than twice as much (152 million lbs.) was used by Canadians this last year as in 1938 (74 million lbs.). And yet, there has

not been enough. Where has it all gone? It's an important food for bubies -- and there are 50,000 more of them a year. Larger quantities have one to areas where fresh milk is not available. Armed Services have added new demands. In spite of this, our exports of evaporated milk to Great Britain, Newfoundland and the West Indies, etc., are

maintained at pre-war level.



TAKE ABOUT 15% OF OUR MILK

to the 1941 level because milk is needed for other purposes. Milk Powder and Condensed Milk are tak-

The manufacture of ice cream is restricted ing more milk. Milk sugar is used in the manufacture of Penicillin and for other wartime purposes. Casein (a milk by-product) is used in making glue for aeroplanes.