

Of Interest to Women



THE MIXING BOWL

By ANNE ALAN
Spice Shop Columnist

Hello Homemakers! Our fruits parade 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 quantity for our needs too. It is then up to us to make the best of true-flavored foods. Keep the flavor of late summer fruits by storing them in a cool place—preferably the refrigerator. Do not store too much raw fruit for a long period. Use the ripest ones first. It is a wise precaution to keep any strong flavored foods away from fresh fruit. In the preparation of fruit such as peaches, pears and apples drop in salted water as soon as peeled to prevent discoloration. Mix with citrus fruits if these fruits have to "stand" for some time.

PEACH COFFEE CAKE

Cream 2 tbs. shortening and 1/4 cup sugar. Add 1 beaten egg. Sift together 1 1/2 cups flour, 1/4 tsp. salt and 2 tbs. baking powder. Add alternately to creamed mixture with 1/4 cup milk. Mix just until blended. Pour into greased pie plate. Arrange sliced peaches over top. Crumble 2 tbs. butter, 1/4 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 1 cup water). Adjust lids; process in boiling water bath for 25 minutes. Process 35 minutes if peaches are firm.

CANNED PEARS

Peel—leave whole or cut into halves and core. Cook gently in a boiling light syrup 4 to 8 minutes according to size and firmness. Pack hot and cover with boiling syrup. Adjust lids and process 20 minutes in boiling water bath.

PEARS IN SALADS

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

PEACHES OR PEARS WITH CHEESE

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

BOIL FRUIT

Put slices of peaches and pears on a grill. Drizzle with honey and mint and broil for 5 or 6 minutes.

TAKE A TIP

1. Before fashioning corks into bottles, 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, brush off the starch and dirt will vanish with it.

3. Try adding a pinch of nutmeg to creamed corn—a 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 lost. 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 syrup into a sterile jar, cover at once, and place in the refrigerator as soon as cool. If syrup 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 Chili Sauce: Peel and core tomatoes, put in pan, mash with wooden potato masher, cut up onions, bring tomatoes and 2 onions to a boil, then take off lid of pan and let cool till Chili Sauce thickens. Then put in sugar, salt, (spices mixed with the vinegar) and let cool for a few minutes longer, stir well.

Chronicles of... Ginger Farm

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

Something seems to tell me that farmers were not included in the provincial government's plan for a forty-eight hour working week. For us a forty-eight hour sleeping week would be nearer the mark—and not always that.

This week for instance: There were threshings to go to but no possible chance of getting a man. That meant Partner was up several mornings at 4:30—and it is more likely other farmers without help are having to do the same thing, that is, where there are a good number of cows to milk. Just as I was beginning to wonder how 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 suddenly, 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 something to be thankful for.

Last week I spent most of my time pickling and canning—since there was only one day on which we were able to draw in, I knew I wouldn't have to run to the barn just as a kettle of tomatoes had come to the boil! I brought in boots from the garden by the pailful—now they are safely stowed away in the form of beet pickles.

One day I had a friend helping me and we had more fun than a picnic making tomato juice. I had a bottle capper which I had borrowed. Neither 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 quite 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 pieces. 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 with the capper sticking to it. Then 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. Stories that are better not published, but which make one realize that the sacrifices 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 today 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 15-year-old Norman May back to his home in Midland, Ont., after he had been thwarted in an attempt to stow-away on a Transport Liberator at Dorval airport. The young adventurer said he wanted to get overseas to avenge his brother who died in the sinking of the Canada-Newfoundland ferry Caribou two years ago.

FEEDING MORE WHEAT TO FARM LIVE STOCK

The feeding of wheat to live stock and poultry has exceeded the use of wheat for human consumption in Canada during four of the five years of war, and during the crop year 1943-44, animals ate twice as much wheat as did human beings, states the Quarterly Review of Cattle Grains. This conversion of wheat to live stock feeding has been a wartime development of note not only in Canada but also in the United States.

During the five years before the war, the average amount of wheat fed to live stock and poultry annually in Canada was 32,000,000 bushels against human food requirement of approximately 44,000,000 bushels. In the crop year 1943-44 human consumption of wheat is expected to total 50,000,000 bushels and the animal consumption more than 100,000,000 bushels.

"BUZZ" TO FIGHT JAPS

MONTREAL (CP)—F. L. Buzz Bourling expects to leave in mid-October for the Far East in search of aerial combat with the Japs. Bourling, 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 offered his services to the Chinese.

Milk Production Up in Prairies

In 1939 the total production of milk in Canada was 15.7 billion pounds, and by 1943 it had increased to 17.5 billion pounds, an increase of 1.8 billion pounds, or 11.4 per cent. While it may be observed, states the Economic Annalist, that an increase in total production of milk was general in all parts of Canada, the most striking change has taken place in the Prairie Provinces where the production of milk in four years increased more than 12 per cent. This was due in part to more favorable prices of dairy products in relation to grain prices.

Since the start of the war, many prairie farmers have changed from straight grain growing to mixed farming with the result that creamery butter production particularly has increased to such an extent that in 1943 production in the three Prairie Provinces made up more than 38 per cent of the total produced in Canada. With the increase in grain prices during the last year, it is expected that there will be a levelling off of dairy production in the Prairie Provinces.

MIANESE TWINS

ELORA, Ont. (CP)—Twice within a short time, Mrs. John Hosking of Elora found an "egg within an egg" in her supply of hen fruit. The outer egg 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 his wife ran away with another man, a city druggist inserted the following notice in the newspaper: "This is to notify the party who so kindly relieved me of my wife that I can supply him with liniment, bandages, arnica, healing salve, absorbent cotton, iodine, sleeping powders and crutches at rockbottom prices."

A doctor was trying to check an epidemic in a village. Visiting a family, he asked: "Are you taking precautions to prevent the spread of contagion?" "Yes sir, doctor," replied the head of the family: "We have bought a sanitary cup and we all drink from it."

First visitor: My dear, these cakes are as hard as stone.
 Second visitor: I know. Didn't you hear her say, "Take your pick, when she passed them around?"

SELECTION WILL BE MADE

No extension of the life of the present Parliament is to be made, Prime Minister King made clear to Parliament in the Commons the Prime Minister said that "there may be an election this year or next" but certainly before July 1, 1945. Term of Parliament expires next spring. The Prime Minister said that family allowances will not be brought in until after the election, as he did not want cheques going out to Canadians just before an appeal to the people as had been done by a Conservative Government.

WAS STIRRED ATTAINED

THURLEY, England (CP)—The vicarage in this South Lincolnshire village, a house with 10 rooms, is for sale. It can be had for \$25,000 and all. But here's the catch: the buyer must take it away with him because the site is wanted for a more modern vicarage.

You'll enjoy our Orange Pekoe Blend "SALADA" TEA

about the things you buy in wartime

The production of milk and milk products in Canada has achieved a notable record. Careful planning makes the best use of every quart. But we must improve the conditions that in these times we all can't get all we want.

Milk IS NOT ELASTIC

Milk is our most valuable food. It must provide us with milk to drink, with butter, cheese, evaporated and concentrated milk and a score of other products. Canadian farmers have done a magnificent job. They have increased milk production in 1943 by more than 540 million quarts over 1938. They have done this in the face of a 25% reduction in farm help, equipment shortages, and the fact that it takes two to three years to bring a calf into milk production.

WHAT HAPPENS TO ALL THIS MILK?

In spite of greater production, the demand for milk and milk products has risen even more, because—

(a) There's more money to spend;
 (b) More people are working, with changed food habits and increased food needs;
 (c) Our Armed Forces and Allies make heavy demands.

It has therefore been necessary by rationing, by subsidies, by careful planning and by other controls to divert our milk supply into channels most suited to our various food needs.

FLUID MILK
 TAKES 25% OF OUR MILK

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 drop of it.

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 insure 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 foods.

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.

CHEESE
 TAKES 10% OF OUR MILK

Canada's annual cheese production has gone up by about 37 million pounds since the war.

Cheese is a concentrated food product—easily shipped and stored. That is one reason why we send large quantities to Great Britain to help meet its pressing food needs. While in the last year we exported 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.

EVAPORATED MILK
 TAKES 8% OF OUR MILK

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 babies—and there are 50,000 more of them a year. Larger quantities have gone 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.

ICE CREAM AND OTHER MILK PRODUCTS
 TAKE ABOUT 1 1/2% OF OUR MILK

The manufacture of ice cream is restricted to the 1941 level because milk is needed for other purposes. Milk Powder and Condensed Milk are taking 90% OF THE MILK PRODUCED IN CANADA IS CONSUMED IN CANADA

THE WARTIME PRICES AND TRADE BOARD