

Of Interest to Women



THE MIXING BOWL

By ANNE ASLAN
Editor Home Economics

Hello Homemakers: "Cut peeling as thin as possible to save food value. Better still, cook vegetables with their skins on." These words of advice have been spoken by many food authorities.

There is sound logic in such advice because it has been found that there is more food value next to the skin in most vegetables.

When the skin is left on during cooking, not only do you retain the precious mineral and vitamins directly underneath, but the skin acts as a protective covering, holding in the food value of the rest of the vegetable. Among the early winter vegetables this theory applies to potatoes, squash, carrots, parsnips and egg plant.

So for food value economy we recommend potatoes boiled or baked in their jackets; squash, baked or steamed in its shell, carrots and parsnips just well scrubbed, not peeled, before boiling, and egg plant cooked unpeeled then stuffed for serving.

TOMATO STUFFED POTATOES
6 large baked potatoes, 4 tablespoons finely chopped onion, 5 tablespoons canned tomatoes, ½ teaspoon mustard, pinch celery salt, pepper, salt.
Cut baked potatoes in half lengthwise. Scoop out the contents. Mash and add chopped onion, canned tomatoes, mustard, celery salt and salt and pepper to taste. Mix well and refill the potato shells. Return to the oven and reheat thoroughly. Yield: Six servings.

BAKED STUFFED EGGPLANT
1 eggplant, 1 cup soft, stale bread crumbs, 2 tablespoons butter, 1 tablespoon finely chopped onion, salt and pepper, 1 egg, well beaten, buttered bread crumbs.
Cook eggplant 15 minutes in boiling salted water or ham stock to cover. Cut slices from top and carefully remove pulp with spoon, taking care not to break skin. Chop pulp and add crumbs. Cook onion with butter five minutes. Add to pulp, season, and, if necessary, moisten with a little stock or water. Cook five minutes, cool and add egg. Refill eggplant, cover with buttered crumbs, and bake 25 minutes in oven at 375 degrees F.

FRIED SUMMER SQUASH
Wash and cut in half-inch pieces. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in hot fat and drain.

CREAMED SALADY OR OYSTER PLANT
Wash and scrape the salad, throwing it immediately into cold water to which a little vinegar or lemon-juice has been added, to prevent discoloration. Cut in inch slices and cook in boiling water until tender, adding salt just before cooking is completed. When tender, drain and combine with medium white sauce. Serve with tiny fried sausage balls.

STUFFED PEPPERS
½ cup canned tomato soup, ¼ cup hot boiled rice, salt, 1 sweetbread, parboiled and cut in cubes, paprika, 6 green peppers.
Combine ingredients, except peppers. Parboil peppers, stuff with prepared mixture and bake 10 to 15 minutes in electric oven at 400 degrees F. Serve with tomato sauce.

TAKE A TIP
The old proverbs have again come into vogue as part of a well-planned garden. Freshly dried, leaves (and flowers) add interest to various dishes.

To prepare Herbs for Pickling: After the dew has disappeared, pick just the young and tender leaves which appear prior to the plants flowering to allow a second growth of leaves as tender as the first.

To retain the seed pods, gather the entire plant just before the seeds have matured. Caraway, dill, mustard and coriander are among the seeds used for seasoning.

Dry leaves in a very slow oven for 1½ hours, or tie in a loose bundle and hang in the shade until all moisture is removed. Crush the leaves to a powder and pack in airtight container. Seeds should be spread on a cloth rack and dried in the sun, turning daily.

THE QUESTION BOX
Mrs. F. M. suggests: Two new sandwich fillings that are special.

1. Mix ¼ cup chopped hardboiled eggs with 1 tbsp. chopped olives or pickles and 2 tbsps. prepared mustard.
2. Blend 2 tbsps. prepared mustard into 4 tbsps. butter. A grand spread for meat or cheese sandwiches.

Mrs. W. G. suggests: A good vegetable plate: Make very thick white sauce using two cups milk. Add ¼ tsp. mint, 1½ cups each of cooked peas, carrots and corn. Spread in 2 pans. Chill. Cut in triangles, coat with crumbs and fry. Serve with sliced tomatoes, cucumbers and wedges of lettuce.

CANADIAN PLAY BEST



Leon Peterson, whose play, "They Are All Afraid," was voted the best casting, excellent script, first class production and highly effective music for Education by Radio, held in Ohio early this month. The judges described the Canadian play as "an unusual dramatic treatment of psychological factors of human behavior, rarely dealt with in broadcasting; excellent script, first class production and highly effective musical treatment."

New Friendships Forged in Canada Will Outlast War

Men From Many Nations Make Harmonious Force at R.C. A.P. Training Station in Alberta

By ENID NEMV
Canadian Press Staff Writer

DE WINTON (CP)—The uniforms are those of the Royal Canadian Air Force. The shoulder badges read Czechoslovakia, Belgium, France, Netherlands for the men here at De Winton, air school, southwest of Calgary, are personnel of the Allied Air Force.

Their stories, they say are not exciting. Although memories cannot be completely erased they do not like to dwell on them because to these men the future is of paramount importance.

There is the tall blond flight lieutenant with the engaging grin whom we shall call just Hendrik because his parents are still in occupied Holland. Hendrik left his homeland in December 1941, but it was almost a year later that he reached Gibraltar. Two months of it was spent in a concentration camp and three weeks in jail, but "there's always a way out where there's a way in," he says.

Hendrik's experiences would make an adventure story seem pale but to him those days and nights of horror were only part of a pattern to freedom.

It isn't pleasant being hunted. Jan, the heavy set Czech with the eyes of steel, can tell you that. Jan escaped from the tiny republic which was his home, immediately after the Nazi occupation. His trek took him through Poland and France, where he was sent to Africa with the Foreign Legion.

Sent to Tunisia
When France declared war, he was transferred to the colonial air force in Tunisia, then posted to Algiers. A small cargo boat took him to England after the collapse of France. "We had nothing to eat for four days but food wasn't then important."

Albert, the dark, wiry, Belgian flying instructor with the rows of ribbons across his tunic, also got to England the hard way. Marseille, Oran and Casablanca are only movie names to most people, but not to Albert. They are only a few of the countless cities that provided a brief refuge to a man who was determined to fight for the things in which he believed.

The friendship that has grown up between these men of different nationalities here in Canada will not be severed when peace is declared. It will be just the beginning. For their commanding officer, Sqdn. Ldr. A. J. Laing is already planning a post-war Allied club.

"The club could play an important part in cementing relations between European countries," he says. And if Sqdn. Ldr. Laing has his way it will.

SQUARE MILK BOTTLES

After a year's trial, the innovation of square milk bottles in quarts and half-pints at Cedar Rapids, Iowa, and other cities in the United States, has proved a success. Basic of the change from round milk bottles was the desire to conserve cold storage space and to increase truck loads. It was found that about 45 per cent. more milk could be stored and considerably more milk be carried in trucks using new cases, more compact and lighter in make than the conventional type. These cases require about one-third less space inside the truck and save much work and time to the driver. Grocers and retailers say that they can put 36 square milk bottles on a refrigerator shelf that held only 25 round bottles.

Chronicles of... Ginger Farm

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

Every little while someone thinks of a new definition of "the meanest person". I was just wondering—would it be possible to think of a better illustration these days than that of one who borrows sugar or butter and "forgets" to pay it back? Most of us have had such an experience at some time or other as housewives are nearly always sympathetic towards one another, understanding full well what it means to be suddenly called upon to provide a meal for threshers and perhaps have no way of getting extra supplies. "I can let you have sugar out of my canning ration and you can pay me back next week," Mrs. A. says to her neighbor.

"That would be a help," says Mrs. B. "thanks so much. I'll be sure to get it back to you in a day or two."

Well, it sometimes happens that the days slip into a week, and the weeks to a month, and still Mrs. A. is minus the sugar she loaned her neighbor. She doesn't like to mention it to Mrs. B. because she is afraid Mrs. B. might feel badly to think she had forgotten to pay her back! Which just goes to prove that it is possible to go too far in being polite. After all, forgetfulness is not a major sin, but just a very common failing, then why shouldn't one friend remind another if such precious things as butter or sugar are not returned within a reasonable time. Surely no offence would be taken. If you had borrowed and forgotten to pay back, wouldn't you rather be reminded about it than risk a chance of your friend thinking your apparent forgetfulness had been deliberately planned? Or if you should be the person who made the loan, wouldn't it be more straightforward to remind your friend—give her a chance to pay you back—rather than let ugly suspicions of her intentions poison your mind against her? So many hurt feelings come about solely through misunderstandings.

On the other hand, although we can all forgive forgetfulness—or I hope we can—yet to lose our precious sugar to the meanest person, that is a little hard to take, isn't it? And surely there couldn't be anything meaner or more despicable than to keep what one had borrowed. For that reason I think we should be especially careful to give our friends the benefit of the doubt and remind them of small commodity loans if that be necessary.

Comparisons . . . I suppose they are all more or less dated. For instance at one time we thought—"She would share her last crust with you" was a pretty good description of generosity. Now we express our meaning better if we say—"She is so generous she would share her last crust of bobby pins with you!" Personally I don't measure up to that standard. When Daughter comes home I don't share my bobby pins—I hide them! Maybe in a case of dire necessity I might come across but generally I feel that she has more opportunity of getting them than I have.

I am doing my typing to the accompaniment of the hum of the tractor. Partner is out in the front field putting the finishing touches to the land before sowing his fall wheat. The soil looks to be in pretty fair condition and we are certainly getting some good growing weather—early morning fog and then clearing to fair and warm. But the fog isn't so good for finding the cows in the morning. One neighbor said it took him an hour to find his cows yesterday morning. Our men don't have to worry—they have Tippy to help them. Tippy is getting to be a great little cattle dog—and a good watch dog too. Yesterday I heard a terrific barking going on. I went out to investigate and there were four little boys sitting on the barnyard fence. The boy had walked out from town to hunt for pigeons and there they were, not daring to move while Tippy stood there barking and on guard. However, Tippy is quite friendly to any of the neighbors or to anyone who has been here before, but he certainly has an inquiring mind if any stranger come around! And what a time Tippy and our Mitchie-cat have together! It's a wonder to me the pup doesn't get his eyes scratched out. They race around and play together but Mitchie, being ten years old, gets tired first and tries to put an end to the fun by using her claws. It is then I have to come to the rescue.

Proportionate to their body weight turkeys are shorter in the legs than chickens. The heavy breeds of turkeys are proportionately shortest in leg, and the female leg is shorter than that of the male.

Maybe Noah Laughed at These

Cushing Young Man: "How I should love to be a cowboy and dash about like they do in the movies!"
Real Cowboy: "So would I."

Doctor: "Congratulations on your sixth son, Mr. Quiverful."
Father: "You mean my fifth, doctor?"
Doctor: "Yes, on the fifth as well."

"Waiting for a trolley car buddy?"
"Yes, I am."
"Well, I'd be the last man to interfere with anybody's fun but this trolley line stopped running in 1923."

Minister (to man about to enter a public house): "Do you know, my man that that door will surely lead you to perdition?"
Thirsty One: "That don't matter, minister. They turn us all out again at ten o'clock."

Daughter: "But, daddy, why do you object to my becoming engaged? Is it because of my youth?"
Daddy: "Yes, he's hopeless."

Magistrate: "It is very unusual for a sober man to climb a light-post."
Culprit: "That's what I thought. A record, perhaps."

1st Film Star: "Valerie is getting married very early tomorrow morning, isn't she?"
2nd Film Star: "Oh, it doesn't matter. She's done it so often that the wedding bells just sound like an alarm clock to her."

A political candidate in the course of a long speech, dramatically asked the audience:
"My friends, do you ever stop to think—"
And a weary voice from the audience interrupted:
"My friend, do you ever think to stop?"

PAPER FROM WOODLOTS

The farm woodlots help in Canada's huge production of paper, because coniferous woods at the present time are the chief papermaking material in Canada and in the world, ninety per cent of the total production coming from wood, mostly coniferous. Itags, sparite grass, straw, bamboo, sasal grass, old ropes, fibres and waste paper make up the remaining material. No other country in the British Commonwealth of Nations, apart from Newfoundland, approaches Canada in importance as a source of wood pulp for paper.

Need Stronger Shells for Eggs

A call has gone to Canadian agricultural scientists to help the poultry industry in obtaining greater strength in the shells of eggs. There are two special reasons for this—the loss to the industry generally through breakage during the past year has been excessive, and Canadian eggs for export in the shell require strong shells.

Poultry authorities point out that the loss is not alone in the actual breakage but in the smearing of the unbroken eggs. Shortage of help, inexperienced help, and more volume of business than can be properly serviced are all contributory causes. To prevent the breakage, there are two methods of approach—greater care in handling and a lighted-textured stronger shell. The latter may be solved by research work.

BATH-TUB SURGE A PET HAIR SEAL

VICTORIA (CP)—Suste may be only a few weeks old but she swims in the bath-tub two hours a day and eats fish—preferably tinned sardines and pilchards. You see Suste is a young hair seal, pet of Mrs. A. J. Webb of Victoria.

The seal was caught by Capt. Robert Webb while fishing at Deep Bay near Nanaimo. At present only 36 inches in length, Suste drinks her milk from a pop bottle complete with rubber nipple—just like any other baby. "She's as gentle as a lamb and just like a puppy dog only she hasn't any legs," Mrs. Webb said.

ARRON CHARGE

VERNON (CP)—Wm. Fat, 75-year-old Chinese was sentenced to two years imprisonment when convicted of arson. Evidence showed he set fire to the Women's Institute here.

ROOM FOR EVERYBODY

PRODUCTION MEN—keeping in constant touch with sources of raw materials, suppliers of parts, government and military authorities.

THE ARMED FORCES—with responsibility for training and supply, for troop movements, for operations on land, air and ocean battlefronts.

GOVERNMENT OFFICIALS—in touch with every phase of our production and military programs—with foreign governments—with national and international war agencies.

YOU—depending on your telephone for quick, essential communication at work and at home.

But telephone lines can carry this wartime load only if we all use existing facilities sparingly, and keep our calls just as short and business-like as we can.

Additional equipment is severely limited by material shortages; co-operation must take the place of construction if essential calls are to go through promptly.

The Acton Service Giving Wings to Words



HISTORIC Windsor Station in Montreal, nerve centre of the vast Canadian Pacific Railway system, is much more these wartime days than merely a place to get on or get off trains. Under the impetus of war and in keeping with C.P.R. traditions of service, many new features for the use of the general public have been added.

Not the least can be viewed in the flag-bedecked Concourse, where four huge wall maps have been installed depicting the Pacific Theatre, the Italian Front, the fighting in France and the Russian Front. Each day brightly colored thumbtacks are re-arranged to show the very latest gains as announced by the army headquarters in each theatre of war. Not only the travelling public, but many hundreds of Montrealers take advantage of this service by means of which they can secure a vivid, up-to-the-minute picture of all the world's battlefronts. The Concourse itself is decorated with all the flags of the United Nations, each one named.

Over 2,500 officers and employees of the C.P.R. are stationed in Windsor Station, which first opened its doors in 1859. Each day between six and eight thousand telephone calls are made over the company's switchboard there, as well as many long distance business calls over the company's own wires which stretch from Halifax to Vancouver.

Kings and queens, lords and ladies, diplomats, dowagers, immigrants seeking a new life of freedom, young seafarers starting for the far corners of the earth—all these have passed through Windsor Station's lofty portals not only during this war, but in the days of other wars and the years of peace between. Windsor Station is a worthy monument to the world's greatest travel system and the country it so faithfully serves.