

# Of Interest to Women



## THE MIXING BOWL

By ANNE ASMAN  
Hydro Home Economics

Hello Homemakers! Since the children have steeled own to scheduled school hours, we have been thinking more about turning on the oven to pop in something that may be fresh and varied from the standard supper dishes of the past month. We can dream about rich pastry cases filled with creamed shrimp and mushrooms, or for dessert fruit and whipped cream—we can still get along without them. There are very suitable substitutes—pop-overs and plain pastry puff shells. The food that is put into these cases may be hot or cold, plain or sweet.

But no matter what you use as fillings, you need to make sure the shells are not tough and heavy. The secret of successful pop-overs and of puffs is two-fold—proper beating to incorporate plenty of air and careful baking to hold the shape of the pop-over and puff made by expanding the steam inside. The expanding steam causes the mixture to rise and the combination of gluten in the bread flour and the intense, even heat of the oven does the "puffing". Then reduced heat for the rest of the baking allows the puff to cook inside.

We give you the recipe for pop-overs and cream puffs (war-time versions) together in The Mixing Bowl column because they are similar in principal and use. Pop-overs are sometimes served piping hot with butter in the same manner as tea biscuits—to accompany salads or simple fruit desserts. But they are also good split and filled with cream chicken, creamed green beans and carrots. Use as a main course accompanied with browned potatoes and a generous serving of salad. The puffs, if made large, are perfect for a

company dessert if filled with cream custard, fruit sauce or chocolate mixture. You will find these sweet puffs easy on the sugar and yet a satisfactory substitute for rich cakes.

### POP-OVERS

¼ teaspoon salt, 1 cup sifted bread flour, ¾ cup milk, 2 eggs, ¼ tablespoon melted shortening. Sift salt and flour together. Add milk gradually, beating until mixture is smooth. Beat eggs until light and add to first mixture. Add shortening and beat well. Pour into hot greased muffin pan and bake in oven 30 minutes at 475 degrees F., reducing the temperature to 350 degrees F. for 15 minutes. Yield: Nine pop-overs.

### CREAM PUFF SHELLS

¼ cup butter, ¼ cup water, ¼ teaspoon salt, ¼ cup bread flour, 2 eggs, unbeaten. Combine the butter, water and salt in saucepan and bring to boiling point. Sift in flour and cook, stirring constantly until a smooth mixture forms. Stir vigorously until mixture forms a ball in the centre of the pan. Remove from stove and let stand 5 minutes. Add eggs, one at a time, beating vigorously after adding each egg. Mixture should be very stiff. Drop by spoonfuls on buttered cookie sheet. Makes eight large puffs or 18 small ones or 24 afternoon-tea size. Bake in very hot oven (450 degrees F.) for 15 minutes. Reduce heat to 350 degrees and bake for 20 to 25 minutes longer. Small puffs will not take quite so long to finish baking. When cool, cut slit in side of puff and fill with cream custard filling, salad mixture.

**CREAM FILLING FOR PUFFS**  
½ cup sugar, 2¼ tablespoons flour, ¼ teaspoon salt, 1 cup milk, 1 egg, ¼ teaspoon vanilla, 2 teaspoons butter. Mix the sugar, flour and salt in a double boiler. Add the milk gradually and cook, stirring constantly until the mixture is thick (3 to 5 minutes). Cover and cook for 10 minutes longer. Add a little of this mixture to the slightly beaten egg, mix well and return to the double boiler. Cook for a minute longer, stirring constantly. Remove from stove.

## Chronicles of . . . Ginger Farm

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

Farm Women surely have their troubles when it comes to doing war work!

Two or three weeks ago our Institute decided to hold a eucure and auction sale to raise funds for war work purposes. We also decided to make several quilts to be auctioned off. But alas, we didn't take corn bees into consideration when making our plans. So last Monday, when we had two quilts set up and were all ready to go, we were the corn cutters! In spite of the fact that nearly all our members are willing workers we were not tied up with corn bees had to work that much harder. We struggled painfully on, working against time and with very sore fingers. We somehow managed to get two quilts done but had to give up the third.

Then came the big day—Friday—and still there were corn bee complications. We began to wonder if there would be anyone out at all. You know how a feeling of gloom possesses you, don't you, how you think before the affair ever gets started that it cannot possibly succeed? But we did the same as you probably would have done—just carried on and hoped for the best. And the best was surprisingly good. We netted over a hundred dollars—corn bees notwithstanding. The auction sale was lots of fun. There was even a wee collic pup for sale.

But the next day . . . well, it was not only the morning after the night before, but the morning after a week of real hard work. However, so far as I know, everyone is still alive to tell the tale.

Sometimes I think we farm women are crazy to try doing any war work at all. We have so much to occupy our time. And yet if we did not make the effort there would be far less Red Cross work going overseas, because I have been told repeatedly that the proportion of work coming from the country is greater than that coming from urban and city centres. It looks as if there are "lifters" and "leaners" in war time as well as in peace. Making use of the odd minutes is largely a matter of habit and surely it is just as easy for the urban housewife as the farm woman to pick up a piece of knitting as she chats away to casual callers. No apology should be necessary. Rather should an excuse be needed if time is wasted. We can leave that to the men, if I ever see a man making use of spare time other than to puff at a pipe or roll a cigarette I shall drop in my tracks. Of course the answer to that is "We never have any spare time, or if we do we need to relax."

Well, the women don't have any spare time either—not in the country anyway. When we relax we do it by working at something different. We wash dishes and then sit down and knit. Or we finish the ironing and then darn the socks. Personally I have often darned the socks in more ways than one. That is one reason why I like the radio, you can keep up with all the news—or listen to any program you like as you work. But it takes time to wade through the daily press. That doesn't go for our home-town weekly though. You just have to read that—no matter what happens. The radio won't tell you anything about Mary Smith's wedding or what happened at that club meeting at which you failed to appear.

This is Thanksgiving Day. I celebrated by having a huge wash, and as surely as washday comes around, I wish more and more for hydro. When it was available we couldn't afford it. Now we might be able to scrape up an 'odd dollar, or two, we can't get it. However I did have a good strong arm to help me to-day. Now Partner is busy putting windows and I—well, you know what I am doing. But don't think we have —but we don't feel it necessary to celebrate in the ordinary way. There is too much other work to be done.

### PROUD OF CLEAN STREETS

CHARLOTTETOWN (CP) — Charlottetown has the "cleanest streets of any similar-sized city in Canada," said Dr. F. C. Douglas, chairman of the Street Committee, in reply to criticism by a city council member on the state of the city's streets.

## Twenty Years Ago

From the issue of the Free Press of Thursday, October 14, 1924

Motor parties have been enjoying the gorgeous autumn scenery the past week.

Bannockburn Women's Institute aspired to see the erection of a community hall for that district.

Mr. and Mrs. Louis Starkman and family removed to Toronto this week. They have been residents of Acton for seventeen years. Several of the family have good positions in the city so the family will be together.

The first Inter-High School Field Day in this county was held at Burlington last Friday. Oakville students won first place, Burlington was second and Acton third.

Andrew Gilmour, 16 year old son of Mr. and Mrs. John Gilmour, of Campbellville, was killed on Monday evening when the car in which he was riding overturned on the Guelph Road.

**MARRIED**  
FOLSTER-CLENDENING—At Christ Church, Niagara Falls, on Wednesday, Oct. 8, 1924, David Kirkness Folster, to Dorris Lillian Irving, daughter of Mrs. Charles N. Clending.

**DIED**  
McLEAN—In Erin Township, on Thursday, October 2, 1924, Angus McLean, aged 64 years.

**HARDING**—At the home, lot 28, concession 6, Esqueping, on Tuesday, October 14, 1924, Sarah Jane Price, beloved wife of John W. Harding, in her 68th year.

### WINDFALLS UTILIZED

KENTVILLE, N.S. (CP)—Annapolis Valley farmers who lost 175,000 barrels of apples in recent windstorms have received permission to send the windfalls to processing plants, under government contract. Previously processing of windfalls was forbidden.

### RELICS DISCOVERED

EDMONTON (CP)—Dr. H. Raup, director of Arnold Arboretum at Harvard University said he recently found ancient Indian stone tools in areas adjacent to the Alaskan Highway, extending from Fairbanks through the Laird Gap in the Rocky Mountains. He could not guess the age of the tools.

## NOTICE

TO THE HOLDERS  
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(WHICH HAVE BEEN CALLED FOR PAYMENT AT PAR ON OCTOBER 15, 1944)

Your holdings of these issues may be converted into Seventh Victory Loan Bonds dated November 1, 1944. Bonds of these issues will be accepted at a price of 100 1/2% in payment for Seventh Victory Bonds. This conversion may be arranged during the Victory Loan with your Victory Loan salesman, with your Bank, Trust or Loan Company from whom details are available.

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## RATION BOOK 5

issued between October 14th and 21st

Distributing Centres will not be open on all days. Make sure that you know exactly what days and hours the Distributing Centre you intend to go to will be open. Failure to get your new book during distribution week will cause you inconvenience.

RATION BOOKS WILL NOT BE MAILED OR DELIVERED — THEY MUST BE CALLED FOR

### HOW TO GET YOUR NEW BOOK

Before you go to a Distributing Centre:

- Write your name and address on the front of the stub of the K coupon sheet in your Ration Book 4. The age of persons under 16 years must also be written in.
- Fill in your prefix and serial number on the back of the stub.
- Do NOT tear the K coupon sheet or stub out of the book. This must be done by an official at the Distributing Centre.

Take Your Ration Book 4 with the K Coupon Sheet Attached and the Stub Properly Completed to a Distributing Centre and Your Ration Book 5 will be given you.

<b>ARMED FORCES</b> Members of the Armed Forces will obtain their Ration Cards from their own units.	<b>APPLYING FOR OTHERS</b> Any responsible persons may apply for Ration Books for other members of their families or neighbours, providing above requirements are complied with.	<b>PARENTS MUST APPLY FOR CHILDREN</b> Children under 16 may not apply for their Ration Books or those of others.
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### WHEN AND WHERE YOU GET IT

Address	Date	Hours
ACTON—Town Hall	October 19th, 20th October 21st	From 2 p.m. to 5 p.m. From 10 a.m. to 5 p.m.

Books will also be issued at the following plants:—Boardman & Co., Wool Combing Corporation, Storey Glove Co., Mason Knitting Co. and Baxter Laboratories

**RATION ADMINISTRATION**  
THE WARREN PRICES AND TRADE BOARD