

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Of the Home Economics

Hello Homemakers! Harvest fairs are striving to maintain many of our customs. At one fair we attended recently we heard some fiddlers tuning up for a square dance and it was fun to hear a boy call the changes.

We've changed many homemaking methods by using satisfactory substitutes. Gradually a few pre-war articles are being manufactured to assist in our homemaking jobs. MAY we not be too possessive of things we can do without. Just try to "carry on" with those things that are readily available. Let's not be too anxious to obtain the things we can do without until the great day comes. Save wherever you can and purchase more Victory Bonds and War Saving Certificates.

**Mock Mince Meat**  
6 green tomatoes, 6 apples, 1/2 pound seeded raisins, 1 tsp. cinnamon, 1/2 cup fruit-juice, 1/2 cup vinegar, 1/2 cup citron, 1 orange-rind, 1 tsp. salt, 1 tsp. cloves, 1/2 tsp. allspice, 1/2 tsp. ginger, 1/2 tsp. grated nutmeg.  
Chop tomatoes, apples and raisins. Add other ingredients in order given and cook until thick. This amount should make three pies.

**Gingersnaps**  
2 cups enriched flour, 3/4 cup of sugar, 1/2 tsp. soda, 1 tsp. salt, 1 tsp. ginger, 1/2 tsp. cinnamon, 1/2 cup molasses, 6 tbsp. shortening.  
Sift flour, measure, add sugar, soda, salt, and spices; sift again. Heat molasses to boiling, remove from heat; add shortening and dry ingredients, mix thoroughly. Chill. Roll thin on lightly floured board; cut into desired shapes. Bake on greased baking sheet in electric oven (350 degrees) about 8 minutes. Makes 5 dozen cookies.

**Applesauce Betty**  
2 1/2 cups unsweetened apple sauce, 2 cups cracked wheat cereal, 1/2 cup brown sugar, 1/2 cup melted butter, 1 1/2 tsp. cinnamon.  
Mix cereal with sugar, butter and cinnamon. Arrange applesauce and cereal in alternate layers in a casserole or baking dish having a layer of cereal on top. Bake in an electric oven for 20 minutes. Serve with milk.

**Steamed Apple Pudding**  
4 to 6 apples, sliced, 1/2 cup sugar, dash of nutmeg, 1 cup flour, 2 tsp. baking powder, 1/2 tsp. salt, 2 tbsps. butter, 1/2 cup milk.  
Place apples in buttered baking dish, sprinkle with sugar and nutmeg and steam until nearly tender. Mix the remaining ingredients as a biscuit dough and pour over the apples. Cover and steam for 30 minutes. Serve with sugar and cream of pudding sauce.

**TAKE A TIP**

1. Apply some colourless nail polish to buttonholes on workclothes that become a little frayed or limp.
2. Cut two stiff pieces of cardboard to fit the ends of ties for pressing. This prevents seam marks on the front of the ties.
3. After washing your window curtains, put a rod in each end and tix it on the clothes line with pieces of pliable wire at each end. If the line is low, double loop it up to be clamped on the second clothes line. This prevents sagging and little ironing is required.
4. Black marks on linoleum floors made by wartime rubber heels may be removed with liquid wax, turpentine, or cleaning fluid. Wax should then be applied after cleaning.
5. If you can't buy a rubber suction sink stopper, use a self-sealing jar lid instead. It works like a charm.

**THE QUESTION BOX**

Mrs. M. G. asks: What makes a stew in which the meat has been browned turn a grey colour?  
Answer: Add measured boiling water. Too much water or cold water may be the cause. In cases where the stew is thickened with flour or starch it may not be cooked enough.

Mrs. C. M. asks: Why did the enclosed procedure of making peach jam with commercial pectin produce a separated mixture?  
Answer: The ingredients and methods are correct. The important advice for perfect jam making is the use of standard measuring cup and a full rolling boil for the exact time. We also decided that a metal spoon is best for scum-skimming.

Mrs. J. D. asks: The brine does not cover the shredded cabbage in the crock for kraut and it has begun to darken. How can this be prevented?  
Answer: Remove darkened portions of food. Press down with potato masher. Add a small amount of water if juice does not cover cabbage. Spoon off scum daily for about two weeks, rinse plate and cloth in clear water.

## Expert Staff Looks After King's Mail

Private Post Office at Buckingham Palace Handles Big Volume of Business For Royal Family

By DAPHNE FARRERIDGE

LONDON (CP-Reuters)—King George, whose head appears on all British stamps, himself never purchases or uses any of the stamps that bear his effigy.

Yet from Buckingham Palace every day goes out one of the largest individual mail bags in the United Kingdom, with so many letters and packages that a special staff is always on duty to deal with it, and a permanent private post office has to be maintained at Buckingham Palace, with a travelling branch that goes wherever the King goes.

The reason the King uses no stamps is simple and logical. He cannot charge himself dues for his own services to himself—and the royal mail in Great Britain is, as its title implies, a service of the crown.

So all the King's personal letters, and any that are written on his own business by any of the officials at court bear no stamps.

Instead, there is a "frank" on the royal cipher, the letters G and R with the Roman numeral VI between them, and a crown above, rubber stamped in purple ink on the bottom left hand corner. A trusted servant at Buckingham Palace has the daily duty of franking the King's mails, and when he has stamped them, the King's mails, and official notes sent out by his secretaries and entourage, all go together into an ordinary pillar box let into the Palace wall, with an opening on both sides, so you can post a letter while you are inside the palace, or after you have walked out of it.

Over on the other side of the palace buildings is a long, low frontage behind which is the court post office. Here you can—if you are able to pass the sentries and the police at the gates—buy postage stamps, postal orders, and dog licences, in fact transact all the business of an ordinary post office, but the customers are limited to members of the royal household, guardsmen on duty and others who have business at the palace, so trade is not very brisk across the counter.

**Use Trusted Officials**

The real work of this office is done in other ways. Letters both going to the King and sent by him have to be treated specially, and the royal mail bags must be opened by only a few chosen officials. Masses of telegrams, some private, but most of them semi-public and official messages of congratulation on royal birthdays, anniversaries, and so on, are all dealt with by clerks here.

At times like the coronation or the Jubilee, so many thousands of telegrams came in from all parts of the world that a special number code had to be devised, and the telegram clerks sent off the appropriate form of reply when the King had pencilled a number on the message.

The palace telephone exchange, through which all the King's personal calls pass is here, too. Many of its lines are "scrambled" so that not even the most inquisitive operator could, if he tried, overhear anything of what is said. The King's own phone has a distinctive light signal on the board to ensure his majesty is not kept waiting.

Of the thousands upon thousands of letters that go through the court post office every month, not many actually come from the King.

## GREEK AND ROMAN GEMS

We think of gems as blazing stones cut to catch the light. But the Greeks and Romans were more interested in cutting gems for use in rings as imprint seals. They liked to cut figures or heads deep into the stone which would make a relief impression when pressed on sealing wax. They showed amazing skill in roughing out the cheek and shaping the curly hair so that many heads look like the portraits of their owners. How they did it with merely a tiny bow-drill without aid of eye-glasses or magnifying lenses is difficult to understand. The Royal Ontario Museum has just reset its ancient gems so that you can see for yourself the new heads, the animals the little Cupid picking grapes, which must have lent beauty even to mortgages and other legal documents as the business men of antiquity sealed them with these rings.

## HABIT

Corporal: That new recruit used to be a clerk.  
Sergeant: How do you know?  
Corporal: Every time he stands at ease he tries to put his rifle behind his ears.

## Chronicles of . . . Ginger Farm

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

Well, it was nice while it lasted wasn't it? — that marvellous warm weather I mean. Imagine 68 degrees in November. Did you make good use of it—doing jobs that you wanted done, but never expected would be? I was afraid to lose a minute. Partner and I were painting the outside of the house — and you know windows take a long time to do, what with putting and two coats of paint. But it is such a satisfaction to have them done—the fresh white paint looks so nice against the red brick. Only one needn't expect other people to notice what has been done—at least not the menfolk. Actually we had a man come in one day and I asked him what he thought of our paint job. "Oh, have you been painting—I really didn't notice!" And then, to cap it all, after Partner had been down for the mail one day I asked him how the house looked from the road and he said: "Goah, I forgot to look at it!" These men . . .

Working so much outside has led me to wonder if post-war inventions will include portable telephones. Directly I get back to the house I spend half my time answering telephone calls and every person starts off the same way — "Where in the world have you been—I've been trying to get you all week?"

Well, anyone who rings now will find me right at home. I haven't the least desire to be outside. There is a cold wind, snowflurries and a decided drop in temperature. It makes one begin to think of Christmas.

Christmas . . . another wartime Christmas. And so many people thought the war would be over by fall. Partner and I never thought that was possible. In any case don't you think I'd rather unwind to let oneself speculate very much as to when the war will end? Such thoughts are bound to have a slackening effect on our work. Unconsciously we begin to think more about our own personal affairs—and perhaps let down a bit on whatever we have been trying to do in war work activities. Don't let us fool ourselves. There is no easy time ahead. The day will come when the war will end, be it late or soon. But to war there is always an aftermath, and in that aftermath our work, our faith, and our courage will be taxed to the limit. So, if we must speculate as to the end of the war, let us think of it only as the end to fighting and bloodshed—not as the end of work and worry of ourselves. There will be plenty of both—but we are Canadian women, descendants of a fighting stock, we shall surely accept the challenge. Isn't that so? From the prairies and the towns, from the cities and the farms, Canadian women everywhere will surely prove they can work for peace as well as for victory.

We have just got a letter from our son. He is at a camp now which is recognized as the jumping-off place for overseas. At any rate his letters are censored. He says he doesn't know how long he will be there or where he will be going—and that if he did know he wouldn't tell us. "Don't look for any code messages from me," he writes, "because you won't get them. There is altogether too much of that kind of thing going on. I know you wouldn't tell, but then how is anyone to know what might happen to the letter—whether it might go astray or into whose hands it might fall?"

He also mentions the number of times he has been given a lift and the questions he gets asked, which, he says, are no doubt generally prompted by no more than a friendly interest. But in speaking to strangers how can anyone know who might be an enemy agent?

Well, I guess our son is on the right track and if all the boys would be equally careful it would be all to the good. What about that merchant vessel that blew up in the St. Lawrence last week. Apparently, no one yet knows what happened. It may have been a submarine or sabotage, and either could have been helped in their work by idle gossip. Who was it said—"Any fool can talk but it takes a wise man to hold his tongue."

## HEIGHT OF CALLOUSNESS

VANCOUVER (CP)—A car struck Charles H. Williams, breaking his leg. The driver stopped ran back to Williams. But instead of helping him the autist carefully removed Williams' wallet, ran back to his car and drove away.

## Twenty Years Ago

From the Issue of The Free Press of Thursday, November 13th, 1924

Last Friday the temperature at midday rose to 65 degrees; on Saturday it was down to 28.

The body of Alva Stafford of St. Thomas was found at the foot of his apartment stair in that city on Tuesday morning. Apparently overcome with heart trouble, he fell downstairs. Mr. Stafford spent his boyhood days in Acton and was highly esteemed.

The annual Thanksgiving supper and concert of Knox Church Ladies Aid was held on Monday evening and was a decided success.

The Guelph Association of Baptist Churches held a rally at Brampton on Monday. Acton delegates attended the sessions.

The Armistice Memorial Services were well attended on Monday and impressive commemorative services were held.

**DEED**  
LOWRIE—At the family homestead, Lot 3, Concession 5, Erin, on Saturday, November 8th, 1924, Elizabeth Yorath, wife of Robert Lowrie, in her 62nd year.

**McTAVISH**—At her home, Lot 12, Concession 5, Erin, on Sunday, November 9th, 1924, Nancy Black, beloved widow of the late Douglas McTavish, in her 90th year.

## English Girl Gave Life For Guerillas

Quiet Wiltshire Girl Fought and Died with Tito's Partisans

LONDON (CP)—Behind a recent "In Memoriam" notice lies the story of a frail, quiet English girl who died from exhaustion while fighting with Marshal Tito's forces in Yugoslavia.

Eileen Babington of Swindon, Wiltshire, who would have been 33, this month, went to Belgrade as a young girl and fell in love with Yugoslavia and its people. She was persuaded to return home to get her B.A. degree from Exeter University but then went back to the Balkans.

On the way she met a Belgrade schoolmaster named Kostic and they were married.

After the Germans bombed Belgrade she worked on an underground newspaper for a time before taking to the hills with Tito's guerrilla army. For almost three years she lived and worked with the Partisans, fighting with them and enduring their hardships. She did secret and important work for the Marshal.

But her health began to fail. Finally she was taken to a Partisan hospital where she died in May 1942.

Buy Victory Bonds  
**"SALADA" TEA**



**Free Enterprise IS THE DRIVING FORCE!**

LUMBERING is one of Canada's greatest industries. It creates employment for thousands of men.

But lumbering didn't just happen. It took enterprising men . . . men who had courage, initiative and vision to turn our forests into lumber, prepared for its journey to the markets of Canada and the world. Free Enterprise was the driving force . . . then as now, creating employment and increasing individual and national prosperity.

This century-old Bank has long been identified with Canada's lumber industry . . . has supported it with essential banking facilities . . . sharing in the growth of a self-reliant, prosperous Canada.

*Keep Canada Strong and Free!*

**The BANK of NOVA SCOTIA**  
Branches from Coast to Coast

Buy Victory Bonds Now --- To the Limit

**LET'S be quite frank.**

When you read—as you probably did during the past few months—that more than 300,000 people in Canada have syphilis, what was your reaction? Did you say, "That's too bad; something should be done about it," and then turn to the comic page? Chances are you did.

But if that article had told you that Tommy Jones, the lad who used to mow your lawn after school, had syphilis—how would you have felt about it? Or that the young couple who built that cute house in the next block, had just lost a baby through syphilis . . . would that have made you stop and think?

Or, if you suddenly discovered that your Mar . . . No! That couldn't happen! But it can. And it does . . . to hundreds of Tommies and Mays every year, right here in Canada. Right in your community. You'll never read articles like that, of course, for these are the personal tragedies that people bear in silence.

So, when you pick up the paper sometime and read, " . . . there were 5,000 new VENEREAL DISEASE cases reported in this province last year . . .", remember! These are not cold figures. They represent 5,000 heart-breaking . . . heart-aching situations.

Yes, VENEREAL DISEASE is a serious problem. It's a problem for parents; for taxpayers; for young people on the threshold of life; for everyone.

VENEREAL DISEASE need never strike if we all do our part. If we know the facts. If we use these facts to advantage. If we don't shrug our shoulders and say, "This couldn't happen to anyone in my family."

You have a duty to your family and the community.

**LEARN THE FACTS!**

**FIGHT VD ON THE DEFECTOR FRONT**

For all the facts about VD with your Provincial Department of Health for the new, new booklet "VICTORY OVER DISEASE".

Sponsored by DEPARTMENT OF NATIONAL HEALTH AND WELFARE in further Canada's fight against VD.