Of Interest to Women



By ANNE ALLAN Notre Hear Lessely

Hello Homemakers! We've only & soft 'spot' on our butter plate after making hearty lunches for our industrious folk. Busy workers need more food for they use a lot of energy and should build resistance to the communicable diseases that are more provalent at this time. The butter for the extra sandwictes is limited those days. Butter contains fat to supply a lot of energy and Vitamin A which regulates the functions of delicate membranes, particularly the breathing system. A substitute for this gravy, fish, salad dressing or mayon- has been transferred to Montreal to naise, rich milk, supply similar fuels, take over the position of senior Engwhile Vitamin A is found in carrota lish news editor. tomatoes, green cabbage, milk and

stitutes is that there is always sometring else available and at compar-Meanwhile, 'stick' to recipes using other fats.

Brown Stow of Bool with Dumplings I pound round steak, 4 onfon, 3 theps. flour, . 2 cups bolling

water. Cut the round steak or stewing beef into 1 inch cubes. Fry out the fat from it and in this brown the onion, chopped fine. Dredge meat nicely with the flour, then add it to the fat and onion, and brown the cubes well. Add the rot water and one tap. vinegar. Let simmer one hour over electric element turned low. Fifteen minutes before the stew is done add the dumplings, made

as follows: Sift the flour, sait and baking powder into a bowl. Add the milk, using enough to make a soft dough. Drop by spoonfuls over the stew, Victory in Battle Against Pent cover closely and boll rapidly for 15 minutes. Serve on a platter with the dumplings as an order for the meat and garpish with bouquets of par-

Breaded Hireks

Three veal steaks, & incl thick, salt and pepper, flour, 1 egg, 3 thaps water, fine bread crumbs, 3 thans of shortening, 's cup liquid, grated-lemon rind and chopped paraley.

Wipe meat, sprinkle with sait and into crumbs. Brown in hot shorten- developed at the Swift Current, Sask', mato-Julce or sour-cream). Cover fornia and Canada in 1945. and cook slowly for about 45 minutes. The campaign to produce a solld did much talking but I know we were wide a difference. Jesus says, "YOU in oven. Serve very hot, sprinkle with stem of wheat tends to stop sawfiles all wondering how we could possibly SHALL HE FILLED." But if one L. combined lemon rind and parsley.

Carameal Dutch Apple Cake Cornmeal goes grandly with apples -as this delicious dessert will prove! Serve it hot from the oven, with cream, or try something unusual and serve this hot apple corn-cake with crisp sausage or bacon, as a hearty luncheon or supper dish.

14 cup pastry flour, 4 tspa baking powder, & tap. salt, 515 thaps, shortening, 1, cup brown sugar, 1 egg. 1 cup milk, 1 cup commeal, peeled apple wedges, brown sugar, ground cinnamon contional).

Add baking powder and salt, and sift quality "No. 4188 has a tendency toagain. To the soft shortening, add ward a high percentage of solidsugar, combine thoroughly. Beat and 'stem," he said Let stand, while Mix thoroughly peeling two apples and cutting into

mixture and combine well Spread strains of rust resistant barley, onts In greased 8 inch pan. Cover with and flax. These grains, like the sawthe apple wedges, pressing down the . Hy resistant wheat, will not be releasedges into batter. Sprinkle with ed for perhaps several years brown sugar, then cinnamon. Bake. Further experiments also will be in oven at 375 degrees for 25 to 30 'carried on with "prospect" barley, minutes. Cut in squares and serve developed at Swift Current, which is crisp sausage if a main course.

NOTE: If desired, the mixture may time to time served with Pudding Sauce.

Old-Fashioned Pudding Sauce 's cup sugar, 2 theps. flour, 's tsp. salt, I cup hot water, 1 thap. mild-flavored fat, 1 egg yolk, 1

tsp. vanilla. Combine sugar, flour, salt and the water. Bring to boilingpoint. Stir in fat. Add to beaten egg yolk, return to heat and cook, stirring for 2 minutes. Add vanilla.

Jiffy Drop Daughnuts. Delicious enough for the most special guests, these easy-to-make dough- els. nuts are zuitable too, for the children take up so little fat in cooking that they, remain so digestible you can include them in the lunch-box of even

the youngest! 2 cups commercial pancake mix Wcup sugar, 2 .oggs. 4 cup milk, & tsp. vanilla, fat for deepfrying, sugar and spice, for coat-

Beat eggs until light, add milk and They sawed an 18-inch pine log in negro, "Brudder, jist you wait till you vanilla: add to dry mixture and com- : 28 seconds.



R. S. vBob) Bryden, who started his

The encouraging part of food sub- ine well. Mix in a little additional reducing the roadway to a mere trail milk if required the batter should be The whiftle-free, in many places rather thick "drop" consistency. Have touched the hard-crusted snowbanks able prices. With everyone doing deep fat at 364 degrees () of enough on either side. But the forms plungtheir part less butter will be required to brown a cube of bread in 60 arc- ed along quite happily. It wasn't onds). Drop batter by small spoon- too cold and I was really enjoying it poverty in spirit here described. fuls into fat. To make shaping eas- Until Partner, in answer to an inler, dig spoon in fat before using to quiry said, "Yes, we'll be all right so ly strange. The world's estimate shape the doughnuts. Fry until a long as we don't meet the snow- is "blessed are those who are not callgolden-brown. Drain on crumpted plow!" Well, just as we got near the ed to mourn; those who have no heabsorbent paper, and coat with a mix- Base Line I said to Pariner, "Look reavements and no sorrows," "Not ture of sifted teing sugar and ground what's coming!" Sure enough it was so," says Jesus, "deep sorrow is one small, to give a generous proportion with the horses to say anything. For that now is " All who have learned of thin, crisp, golden-brown crust-. | tunstely the driver on the blg ma- to know the deeper Joys that are in Twenty to twenty-four small dought chine knew enough to stop until we Christ have been led into them

New Wheat Type Likely To Stop Sawfly Menace

May be Realized in Three or Four Years as Result of Experiments

REGINA (CP) -Victory in battle against the wheat stem sawfly may be realized in three or four years by introduction of a sawfly stem registant wheat, now being developed on Dominion experimental farms.

Dr. E. S. Archibald, Ottawn, direcpepper and dredge with flour. Beat | for of experimental farm work for the egg and water. Dip meat into crumbs federal department of agriculture, rethen into egg mixture, and again ports 500 bushels of the new wheat, stuck very soon after it had started God for something more, something ing. Add liquid (water, broth, to- station, will be multiplied in Cali- all the time we were in town. We we long to be perfectly like Him, be-

from boring from within, allowing get by no room to pass, banks of satisfied with present attainment, grain to fall to the ground before it snow on either side and deep-snowis ripe, it to counteract severe dam- filled ditches beyond the banks age to wheat fields in southern Al Neighbors B. and C. had got berta and southwestern Saskatchewan. by but with empty sleighs, and with Damere from the saufly this year is horses that were probably more used estimated at between \$71,000,000 and to traffic. \$25,000,000 said Dr. Archibald

sawfly resistant wheat are 'promising," he said. The popular strain of this wheat is No. 4188 and Dr Archi- knew now that we could get home hald reports experts of the entimology branch in co-operation with field husbands men and plant bree-less are striving to produce wheat that will be Sift flour once before measuring more resistant and even better in

The 1945 program also includes extensive work in the Dominion Rust Add dry ingredients to comment Laborators at Winniper with new

hot with cream if a dessert, with a heavy yielding feed grain in areas plagued with dry conditions from

be baked in greased multin pans, for . Play more suitable, for Western We have fearned one thing an way Individual Dutch Apple Cakes and Canada areas both linseed and fibre that snow-fencing is definitely of varieties-will receive extensive research attention in a long-range program. An execumental pilot fibre cism. After all the best of us are . . flax mill is under construction at caught napping at times and winter Portage la Prairie. Man., 50 miles certainly did creep un on us unaware west of Winnings which will aim to as it were. Don't you remember we devise wave and means of extracting were still looking for squaw winter every dollar from flax, making it a and Indian summer but suddenly we

dropped about 50 per cent in the three guess we'll live through it-and proprairie provinces in the 1943-44 crop bably remember it when the their year, yielding some 10,000,000 bush- mometer climbs to around ninety in .

LUMBER CAMP CONTEST

recent log-sawing contest on the Mis- It was one or the other. The negro sissaura. River, two Quebec lumber- drew his trusty razor and made a men. Harvey Tardiff fo Rivere du mighty swipe at the German's throat. Loup and Pierre Racine of St. Hya- | "Ha!" gloated the German, "You cinthe, won first place honors in a missed me!" To pancake flour add & cun sugar, hand-is-quicker-than-eve performance. "Missed you, huh?" echoed the

MODE

Chronicles of. . Ginger Farm

Written Aperially for The Arton Press by GWENINHANK P. CLARRE

. We went TO TOWN last Friday that definitely should be written in capitals' l'artiner wanted chop and there was other business to attend to, as I went along too. There had been quite a fit of snow

with the team, aloughs heavily lunded with grain to be chopped, and Partner important product should be consid- CBC career as junior news editor in John and I perched stop the load. ered each day. More fatty mests, Toronto two years ago last September, I said to Partner, "Do you know, I haven't seen a team or car on the age belongs to the self-assertive and nad to-day!" We were soon to know the reason. The cut between the snowbanks on the road was practically filled in with fresh, loose snow. leth century is utterly opposed to the cinnamon. (Keep doughnuts rather the anowplow. Partner was too busy of the greatest blessings of the life had turned the corner and passed through great heartaches. The reahim. The horses were aide-stepping sen why those who mourn are happy and cutting up like a pair of cutts, is because "they shall be comforted." But I knew Partner could handle It is "the God of all comfort" Illmthem so I just hung on to the back self who comforts them (2 Cor. 1: 3, of his coat and hoped for the best. (4) There is so little to hang on to alop

> and he called out, "You! won't get shall inherit the earth" (Comp P. home!" and added something about 37: 11; Isa 57: 13)

lund of chop!

had never made the grade it had ments in holiness! How we cry to up the line. And there it had been higher, deeper, more perfect! How could see it shead of us. None of us tween whom and ourselves we see so

Suddenly Partner said, "I believe "Milling and baking qualities of the lit's moving!" We watched and sure enough the great machine was beginning to creep. We were saved -we because there was nothing big enough to stop the plow from where it was to our own gate. We followed slowly behind her and saw where our neighbors had had to take to the ditch and I can tell you we were mighty glad that we and our load didn't have to do likewise

> A little way past our gate the plow statted again. Inter it gave up completely, and a bull-dozer was brought in to finish the job

The itony of it struck me as being tather comic. The great machine that we saw was sent out to clear the road instead of that it_blocked it! And we have to pay for it that is, tax-payers in general

The pity of it, there is also a lot of

money being spent for snow-plowing

that shouldn't have been necessary;

had the snow fences been put un in

other places where the snow fences are, the road is in pretty fair shape creat value in a winter such as this one. But that isn't meant for critimore atractive crop for the West. found ourselves in the middle of an Despite wartime demand acerage old-time winter instead? Oh. well, I.

CLEAN CCT

the shade in a few months time.

An American negro soldier and a BLIND RIVER, Ont. (CP)-in a German Corporal met face to face.

tries to turn yo' head!"

The Sunday School Lesson

SUNDAY, JANUARY 21st, 1848

STANDARDS FOR CHRIST'S POLLOWERS Golden Text.- Blessed are they that ave been persecuted for righteousness sake: for theirs is the kingdom

of heaven. Matt. 5: 10. Lesson Text .- Matt 5: 3-10, 43-18. Time - Midsummer, A. D. 28 Place - Horns of Hattin. . Exposition. I. How to its Happy

In this leason Jesus knowers the question that man is ever asking tillow to be happy. By setting certain standards for Ilis followers, Jesus points to those whom the world esteems happy. They are in part thos-

whom the world exteems must un-

fortunate, but time has justified and

eternity will abundantly justify the

declarations of Christ. The first are "the poor in spirit, overnight but the lane looked much I e, the lowly in heart, those who the same as usual. So away we went percognize their need and are contrite and humble in spirit (I's 34: 18; 5) 17; Prov. 29: 23; Nas 57: 15; 66: 2; 19hit 3: 3). Theirs is the kingdom of heaven. The good of this present evil self-esteeming; the good of the coming age belongs to the self-renouncing and self-abhorring. The door of the kingdom is only open to those who realize their utter moral pover ty and humble themselves in the dust (Jan 4: 9, 30; 1 Pet 5: 6; Luke 18

14: 1: 53). The spirit of the twent

The second heatitude sounds equal-

The third class who are happy are the "meck," I c. The humble, gentle We were in town a little over two and mild as distinguished from the hours. Two hours let me emphasize self-assertive and contentious and that Hardly had we started home I arah (1 Cor 4: 21, 6: 1; Eph 4: 2. when we met friend B ... with his 2 Tim. 2: 23; Tit. 3: 2) The world's team and sleigt but the only load thought is that there is no chance for that he had on was his wife. He the meek man in a settish, hustling laughed when he saw us and called age like this; and that his gentle out, "You'll never get home with that voice can never be heard amid the fond." Then we passed neighbor C., universal clamor. Jesus says, "They

the plow. We flought by that the "Blessed are they that do hunger plow had been up the line and was and thirst after righteousness, for on its way down and that we would they shall be filled." There are few have to walt until it had turned the sweeter promises in the Bible than this. How dissatisfied God has made But it wasn't that at all. The plow some of us with our present attainthere is nothing more for him (l.uke

> "The merciful" Mercy is that genuine loving kindness toward the nexty

that leads to helpful action in their dermine us, to blast our reputation, behalf. The man who helps others to curtail our influence, should be in their distress will be helped of the object of our kindest consider-God in his own distress (Luke 1: 68, atlon. When others curse us we Ps. 41. 1). On the other hand, he should bless them; when others hate who has a deaf ear to the cry of the us we should do them good; when needy will find that God has a deaf others persecute us and despitefully ear when he cries to Him (Prov. 21; use us, we should pray for them. The 13: Matt. 18: 23-351.

face of God. The pure in heart and literally. He will have no more anthey alone have this ineffable joy viety from persecutions and lies and (Heb 11: 14) A sinful heart makes slabilers. blind eye The pure in heart al-

day "fare to fare" (1 Cor. 13: 12) heraus "they shall be called sons of To love them that love us is no indi-God" (It V). The God of the Bible cation of grace; even the publicans is "the God of peace" (Rom 15: 33; do the same. The last verse is very 16: 20, Phil 4: 9; Heb. 13: 20). Sure- wonderful, holding up the perfection, ly then the peacemakers are justly of God as our standard. It is really called Itis sons. On the other hand, a promise more than a command. The one who stirs up strife must be a immediate reference is to perfection son of the devil All discord and in love; toving enemies as well as strife has entered the world through friends, bad as well as good (Luke the devil. The wisdom that leads to 6: 35, 36) tetter envying and strife "Is earthly, sensual, devillah."

II The Law of the Kindgom, 43

more people there are to persection The next happy ones, "the pure in us, we should pray for them. The heart" Theirs is the supreme bless more people there are to persecute relness. "they shall see (ind" (ind is de the more there are for whom we infinite beauty and infinite glory in will have the privilige of praying. In personal manifestation. The joy of this way persecution becomes & beholding the greatest masterpiece of imeans of unalloyed blessing, a slapart, the most wondrous landscape, the ping stone on which we step higher face of most -matchless, heauty, is justo the life of Jesus Christ. Happy nothing to the joy of gazing into the in the Indeed, who takes these words

. Hy loving our enemies, we shall ready see Gut (Jno 14: 19, 21, 23), ourselves be sons of God; for the son but "in a glass darkly" in the comin.: It like the father, and this is the way the heavenly Fatter acts lie returns "Pencemakers," their blessedness is blessing for cursing, kindness for fate.

LACOMBE, Alta (CP) - Civic officials are jubiliant over the fact that tove should go out to all, not 97 per cent of the current tax levy merely to friend and neighbor but to has been collected. They claim this the enemy as well. The man who is something of a record for Atheria's does everything in his power to un- towns and cities

The Quality Tea TEA

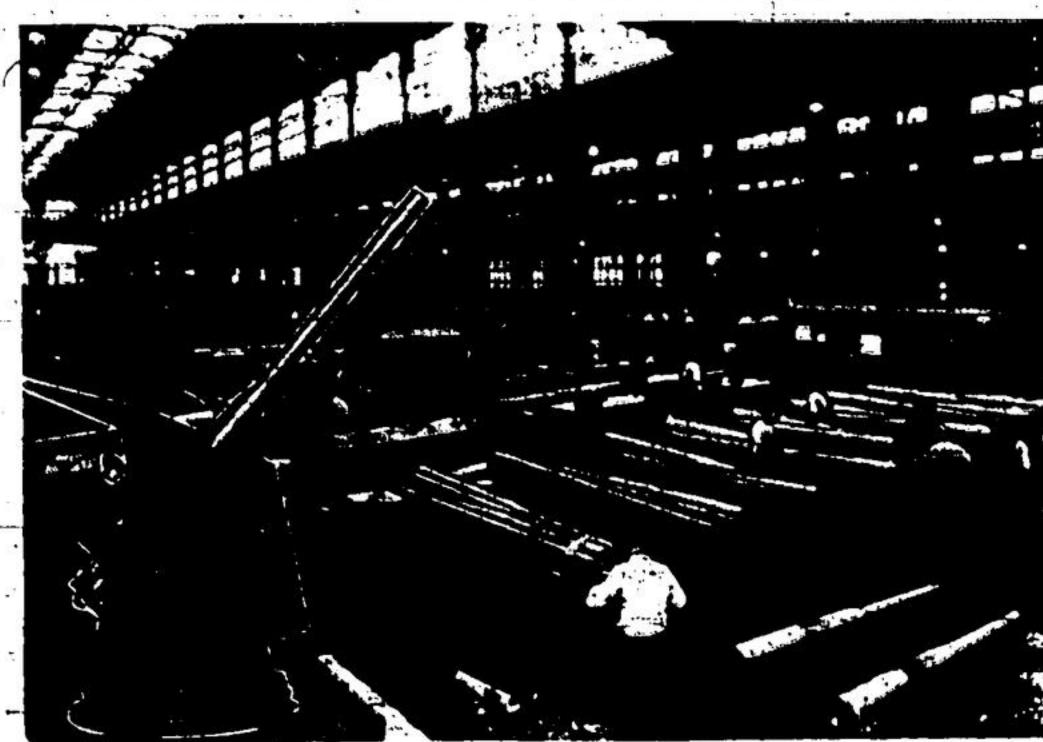
Unloading Equipment On Normandy Beaches



The seas were calm off the Normandy beaches on June 24th and unloading from various craft was in full swing. With the front established the process of unloading magnificent equipment

Photo shows: Activity on the beaches as the vehicles are driven from the landing craft (tank) on to the beach.

C.P.R. Gun Plant in Foothills Aids Atlantic Convovs



Three thousand, tour hundred | work finishing gun barrels in Calgary shop was an ideal place ing, their part on those other ers. celebrated approaches—the At-Country - ever , which supplies 235,000 square feet, full overhead ments. Heavy repairs now go to

for the fighting fronts have to crane service and geographical Winnipeg and in some cases as location first convinced the De far as Angus Shope in Montreal The 12-pounder gan, inset on partment of Munitions and Sup- and light repairs to smaller local the left, in this picture of men at ply and its advisers that the repair shops.

and thirty-eight feet above the great foothills work centre, to turn out the naval guns and sea level and 2,600 rail miles is a sample of the type of a request was made for its use ordnance turned out at Ogden late in the Fall of 1940. To make Shops in Calgary provides an Shops, which now is preparing to way for the navy work the shops. outstanding drample of the go into production on its fifth had first to be cleared of the switch-over of the entire C.P.R. type of naval gun mount. British, major locomotive and mechanical system from peace to war. Naval | Canadian and American sea ser repairs it normally handled .forguns made there, at one of the vices all have shared in 'the C.P.R. from British Colums to the Rocky Moun- ordnance turned out to fight bia, Alberta and part of Saskattains, have played, and are play- against Hitler's underwater kill- chewan, with this repair schedule. of vital importance in itself to Ogden Shops' floor space of war freight and passenger move-