Of Interest to Women

THE MIXING BOWL

By ANNE ALLAN
Home Economist

Hello Homemakers! Almost every woman is a collector at heart, be it teaspoons, china, glass or antiques; but there is one collector's item which is altogether too popular left-over food.

Left-overs must be stored properly if they are to be used effectively at a later date. "Covered and cold" is the rule for keeping foods attractive and nourishing. If tidbits are congenial, store them together potatoes, peas and carrots can all go in the same covered dish. Keep a jar in your electric refrigerator in which to store the liquid that vegetables have been cooked in so that you may use this liquid to add flavour and vitamins to soups or cream sauces.

USING LEFT-OVERS

1. Try combining a few spoonfuls of left-over vegetables with a white sauce or a tomato sauce or a tin of condensed soup to make a delicious scallop.

2. A vegetable turnover is something we forget. Put diced vegetables in a square of pastry and fold over, then bake. Serve with gravy or onion sauce.

3. Tag ends of celery, onion shoots, outer cabbage leaves may be simmered for soup stock.

4. If you throw away the hard ends of cheese you are throwing away a butter substitute. Even though very hard, let pieces float in gravy, soup, or sauces, removing unedible parts after the fat and flavour are rendered out.

5. Left-over egg yolks poached and mixed with salad dressing make a good sandwich filling or garnish for salads and sauces.

6. You can do any number of things with left-over cereal. Reheat it next morning with diced fruit, or chill it, slice and fry and serve with scrambled eggs or use it to bind meat loaf together.

BACON MUFFINS

2 cups flour, ½ tsp salt, 3 tsps baking powder, 2 tbsps sugar, ½ cup cooked bacon broken into bits, 1 egg, 1 cup milk, ¼ cup melted fat.

Sift the flour, baking powder and sugar. Add bits of bacon. Mix the unbeaten egg and milk; stir in quickly and lightly. Add the melted fat. Fill well-greased muffin tins two-thirds full of the batter and bake in electric oven at 400 deg., for twenty to thirty minutes.

SARDINE CROQUETTES
(Requested)

⅔ cup mayonnaise, ¼ tsp salt, ¼ tsp pepper, 1½ tsps Worcestershire sauce, 1 tbsp minced parsley, 1 tbsp grated onion, 1 tbsp lemon juice, 1½ cups cooked rice, 2 cups flaked sardines, fine dry bread crumbs.

Combine mayonnaise and seasonings in a bowl. Add the rice and sardines. Mix with a fork; let stand five minutes. Shape into croquettes and roll in bread crumbs. Place one-half inch apart on ungreased baking sheet, lined with heavy brown paper. Bake in hot electric oven 450 deg. fifteen to twenty minutes, or until browned. Approximate yield, ten to twelve croquettes.

LEMON RICE PUDDING
(Requested)

2 cups cooked rice, 2 eggs, 2 tbsp lemon juice, 1 tbsp lemon rind, ¼ cup honey, 1½ cups milk, ½ tsp nutmeg.

Combine rice, slightly beaten eggs, lemon juice, lemon rind, honey, milk and nutmeg, and mix well. Pour into a buttered baking dish and place in a pan of hot water. Bake in a moderate oven at 350 degrees for about 1 hour or until set. If desired, serve with whipped or plain cream. Six servings.

THE LETTER BOX

Mrs K. Mr says: If you have some very old and treasured lace and you are afraid to launder it, try this method: sprinkle some powdered magnesia or borax over it thoroughly. Wrap the piece in a towel and allow it to stand for several days, then shake out the powder and iron over a thin towel.

Mrs C. J. says: An old sofa cushion covered with oilcloth makes a good kneeling pad. Dirt can be wiped off the floor as well as the cushion more easily.

FOR SAFER NIGHT DRIVING

LONDON — A new headlamp which goes far towards solving the problems of night-motoring has been produced by an English firm. The beam has a flat top with a very definite cut-off level, and the beam itself is in perfect focus, giving not only a distant view of the roadway ahead, but a sharply defined picture of the road sides.

The range of the lamp is stated to be well over 1,000 feet and it is further claimed that the special lens employed makes falling rain or snow invisible to the driver.

Chronicles of . . Ginger Farm

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

At long last we heard from our son. It was nearly five weeks. Time was measured not as from daylight to dark but from one mail time to another. When the long looked for letter finally arrived it was from Belgium and it said, "Don't worry about me. I am well and happy." Yes, we are quite sure our son is happy because he has attained his objective that of driving a high powered lorry in a theatre of action. But the why and wherefore of military command are hard to fathom. Bob had the choice of staying in England as a corporal or going to Belgium as a private. It just doesn't make sense. One would think it should be the other way round if men are to be encouraged to volunteer for active duty. Instead of that they are penalized.

Another highlight of the week the lane is open. For the first time in almost three months. Opening it looked like an impossible task but after nearly three days of work the job is done. First they went up and down the lane with the discs to cut and loosen the snow, preliminary to digging and shovelling. Then Partner opened up ditches here and there while John travelled the lane again with some contraption attached to the sleigh that scooped the snow to either side of the lane. I never saw so much snow in our lane before. Now a lot of time is saved every morning since it is no longer necessary to hitch the team to take the milk to the road. The truck is driven in and the milk picked up at the gate.

And yet I still haven't driven to town. Really, I was afraid I might lose my way! However, I took our Lizzie to the nearest gas station for air and to make sure I hadn't forgotten how to drive. So we are getting out by easy stages. Incidentally Partner was used up for the rest of the week. After all we are warned that persons past fifty were not supposed to shovel snow. A propos of that We have a friend, a little over seventy, who keeps her sidewalk as clean as a whistle. One morning when she was thus actively engaged a neighbor came along and exclaimed, "Don't you know a person past fifty shouldn't shovel snow?"

"Yes, but I am only forty-eight," retorted our friend. Well, maybe she was right. It is possible for a person young in years to be prematurely old and for one past the natural span to be young in spirit. As to that, a neighbor friend and I must be almost infantile! Just recently, we walked all the way to town and all the way back for the sole purpose of seeing a show. It was "Dragon Seed" and after seeing on the screen something of the marvellous heroism and fortitude of the Chinese people our little walk didn't seem so much of a feat after all.

I have just been watching Elmer. Elmer is the boss of the barnyard, you know and what a time he was having out in the yard by himself. Partner says he isn't a bit ugly but because he is still quite young he likes to play. Maybe so, but I would rather be at a safe distance when he is playing. There is still a huge snowbank by the watering trough. Elmer burrowed into it with his horns until he almost stood on his head. Tiring of that he snooped around the sleighs, stuck his head under the loose sleigh boards and tossed them gaily into the air. When they came down with a bang it didn't bother Elmer. Finally just before Johnny came to chase him back to the stable he took one wild gamble around the yard, hooves flying and head tossing.

Now it is Monday and I really believe I am going to town. Just imagine a trip to town being something of an adventure! I almost feel as if they should have the band out to meet me! The week has started well we had another letter from overseas this morning.

POLICE MAXIMS AMUSE COMMONS

LONDON (CP) The House of Commons chuckled when Home Secretary Morrison read from an old poster distributed to the Lancashire police in the middle of the last century. It contained 22 maxims, including:

"Avoid alterations and display a perfect command of temper under insult and gross provocation to which all constables must occasionally be liable.

"Never sit down in a public place or beer shop.

"It is in the interest of every man to devote some of his spare time to the practice of reading and writing and the general improvement of his mind.

"Ignorance is an insuperable barrier to promotion."

New Graduate Fellowship for Food Research

Dr. W. Sherwood Fox, President, and Professor Ross Willis, Acting head of the Department of Business Administration, University of Western Ontario, in a joint statement have announced the establishment of the J. William Horsey Graduate Fellowship for Research in Food Distribution.

This new biennial graduate fellowship is open to graduates of the Business Administration Course of Western University and those of any similar commerce course in Canada. It carries an annual award of $1,500 yearly supplemented by travelling expenses to carry out research.

The fellowship is competitive and applications will be received at the University of Western Ontario, London, up until June 1st. The award will be made July 1st.

Under the terms of the fellowship, the winner will undertake university graduate work, field visits or research as specified, and the second year will be devoted to research in the actual field of food distribution.

Mr. J. William Horsey, for whom the fellowship is named, is President of Dominion Stores Limited, an organization keenly interested in the highly important field of food distribution throughout Canada. Comparatively little research has been carried on in the field of distribution embracing all phases from producer to consumer, and this, directly or indirectly, affects every consumer of food, as well as thousands of primary producers and retailers, wholesalers and facilitating agencies.

CHEAPER THAN PENCILLIN

LONDON A new development of penicillin, known as Hypholin, has been used with marked success in cases of meningitis, pneumonia, septicaemia and air-raid casualties. This drug is cheaper to produce than penicillin and will soon be available on a large scale for the treatment of civilian patients.

CLEARING
AUCTION SALE

FARM STOCK, IMPLEMENTS, HAY and REAL ESTATE

The undersigned has received instructions from

R. H. GALBRAITH

to sell by public auction at lot 10, 3rd line, N.S.S. twp. of Trafalgar, 2 miles east of Milton on

TUESDAY, MARCH 20th, 1945

at 1 o'clock the following:

HORSES- 1 Black Percheron Gelding, 9 yrs. 1400 lbs; 1 Black Percheron Gelding, 10 yrs., 1400 lbs.; 1 Brown Mare, 10 yrs., quiet, good worker; 1 Grey Gelding, aged.

CATTLE 1 White Durham Cow, calf at foot, 1 Holstein Cow, in full flow, bred Feb 8; 1 Ayrshire Cow, in full flow, bred Feb. 9; 1 Roan Cow, in full flow, bred Jan 4; 1 Red Cow, in full flow, bred Dec 4; 1 Holstein Cow, in full flow, bred Dec. 10; 1 Roan Heifer, due time of sale; 1 Holstein Heifer, due time of sale; 1 Holstein and Jersey Heifer, due time of sale, 1 Holstein and Jersey Heifer, fresh, 1 Holstein and Jersey Heifer, due April 9; 1 Red Heifer, due time of sale; 5 Hereford Steers, 1 year, extra good stockers, 2 Veal Calves, ready for market; 1 Holstein Bull, rising 2 years.

PIGS. 1 Sow, second litter, due April 11; 1 Sow, second litter, due April 15; 10 Pigs, 8 months old; 9 Pigs, 4 months old. These are extra good grading bunch of hogs.

SHEEP 7 Breeding Ewes, bred.

HARNESS 1 Set Brass Mounted Breeching Harness, good, 1 Set Backband Harness, 1 Set Single Harness, Top Collars, Odd Collars.

IMPLEMENTS M. H. Grain Binder, 6 ft. cut, extra good, Case Mower, extra good, M. H. Steel Dump Rake, 10 ft., M. H. Hay Tedder, M. H. Hoe Drill, C. Brown Drag Cultivator, 4 Section Steel Harrows, M. H. Root Pulper, Bissel Disc, infurrow, Speight Wagon ¾ height, Truck Wagon and Dump Box, Flat Hay Rack, 16 ft.; M. H. Sloop Sleighs, 3 inch runner; Bench Sleighs and Box; Platform Scales, 2000 lbs.; Extension Straw Pipe, 16 ft.; M. H. 121 Walking Plow; No. 3 Wilkinson Walking Plow, No. 2 Kid Cockshutt two-furrow Plow with rolling coulters and skimmers; Hand Cutting Box; Ditcher, 2 Buggies; Cutlet, Stoneboat; Fence Stretcher; Post Hole Auger;-Several new Pine Timbers 21'x8", 500 ft. Elm Plank; Log Tongs; Bags and Sacks, Emery Grinder, Sugar Kettle, large; Steel Barrels; Several White Oak Tongues; Scufflers; Binder Tongue Wheel; Neckyokes, Horse Blankets; Buffalo Robes; 1 Cabin 9'x12' with veranda, painted and plastered; Doubletrees; quantity of Corn in sheaf, 10 ton Timothy Hay, baled; other numerous small articles.

REAL ESTATE At the same time and place there will be offered for sale, subject to a reserve bid, the farm, being lot 10, con. 3 N.S. twp of Trafalgar, 2 miles east of Milton and 1 mile from No. 25 Highway. This farm consists of 100 acres, more or less of choice level, fertile clay loam land, in extra good state of cultivation, all cleared except 10 acres of bush and pasture. On said farm is erected a brick house, frame barn 60x80 with suitable stabling; drive shed; garage, windmill and never failing well. Water in stable; 40 acres fall ploughed; 8 acres wheat, balance in hay and pasture. Reason for selling, ill health. Inspection of this farm invited previous to sale. Terms on Real Estate made known day of sale.

TERMS on Chattles Cash Settlement with Clerk day of sale. No reserve. 2B

M. Turner, Clerk
J. A. ELLIOTT, Auctioneer

Still Need Plant Wartime Gardens

Those who in recent years have been active in the "army" of wartime gardeners are advised by the Agricultural Supplies Board to continue their activity in 1945.

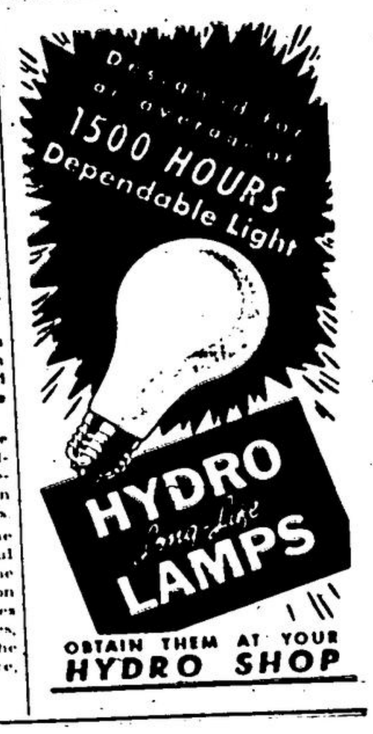
Food production in such gardens will help relieve the transportation problem which at present is acute and is likely to continue to be so, says the Board.

Farmers are also urged to continue to maintain a fair-sized kitchen garden. There are ample supplies of vegetable seeds, fertilizers and garden tools to meet all normal requirements.

A special pamphlet, entitled "The Wartime Garden" which gives helpful tips on how and what to plant in the home and community gardens and on the control of insects and diseases which attack and affect vegetables, can be obtained free by writing to the Dominion Department of Agriculture, Ottawa.

TRADE WITH MEXICO

QUEBEC (CP) Provincial Treasurer Gagnon and Trade Minister Beauliau, returned from a visit to Mexico and Haiti, said Mexico intends buying Canadian ships to help build a strong merhant marine. Canadian products will find a good market in Mexico, they said.



Help The Red Cross
"SALADA"
TEA

The Continuing Job of the
CANADIAN RED CROSS

THE EUROPEAN WAR is nearing its end. That is obvious. Many people, including members of the Canadian Red Cross, have asked us what our job will be if the war should suddenly end.

We reply that we can only see ahead greater responsibilities than ever. Both in Europe and at home the work of the Red Cross must go on. The war will not bring an end to suffering and want, to the care of our Prisoners of War, to our Wounded, and to the millions whose homes and way of life have been dislocated by strife.

We therefore feel that every Canadian has a right to some knowledge of what our responsibilities will be in the event of peace, and just how we propose to discharge those responsibilities. We treat each of our main activities under its respective heading.

PRISONERS OF WAR—With the end of hostilities our Prisoners of War will automatically cease to be Prisoners. Chaos and breakdown in Germany will probably ensue. The German state will cease to care for them. They will become wards of the Allied General in command of the Occupation Forces. Transportation will be difficult, and it will probably take a minimum of six months to repatriate the 2,100,000 Canadian, British and Allied Prisoners in German Camps. The need of Prisoners' Parcels and Medical Supplies will be doubled. They will be distributed by the Allied Command, and will play a vital part in feeding our men pending repatriation. After the magnificent job we have done during the last five years we cannot let our boys in German prison camps down. Our Prisoners in the Far East will also be a continuing responsibility. We must carry on until every man is back home.

EUROPE'S STARVING MILLIONS—The job of feeding Europe's hungry millions is staggering in its immensity. Over 17,000,000 humans have been torn from their homes. Many have nowhere to rest their weary heads. They are starving. Malnutrition is the rule rather than the exception. There will be an urgent need for food, clothing and medical supplies. The Red Cross in these stricken countries are utterly dependent on their sister societies for supplies to meet these dire needs. Can we let them down? The Canadian Red Cross must go on!

RED CROSS WORK WITH OUR ARMED FORCES—Until the last Canadian soldier has left Europe and has been discharged from hospital, there will be important work for the Red Cross to do. How long this will be we do not know, but one thing we are certain of and that is that every Canadian at home will want to make sure that our boys will be as well looked after with the coming of peace as they were in war. The care of the wounded both in Europe and Canada is a permanent responsibility which we cannot evade. No Canadian wants to evade it. Here again the Red Cross must go on!

BLOOD SERUM SERVICE—Red Cross Blood Serum has saved countless lives in battle. The end of the war will see the end of painful war wounds. The demand for serum on the fighting fronts, except the Far East, will cease. But the Red Cross Blood Serum Service should be continued for civilian use. If the Red Cross makes it freely available it can save thousands of the lives of our own civilian citizens when war has ended.

OUTPOST HOSPITALS, CHILDREN'S CLINICS AND DISTRICT NURSING SERVICE—This is part of the Red Cross service to civilians in Canada. It is carried out in the sparsely settled parts of the Dominion, and it must go on.

FIRST AID AND HOME NURSING SERVICE—One of the finest peacetime activities of the Canadian Red Cross. It is truly a worth-while work and must go on.

TEACHING CANADIANS HOW TO BE BETTER NOURISHED—There is important work yet to be done in the matter of Nutrition. Thousands of Canadians are not eating the proper food. Their health could be improved immeasurably. The Canadian Red Cross has undertaken to educate where education is necessary. This work must go on.

PREPARATION TO MEET EPIDEMIC OR DISASTER—In case of these twin evils the Red Cross is always first on the job. For this reason alone the Red Cross must go on.

JUNIOR RED CROSS—A great crusade of 900,000 Canadian school children for health and good citizenship. A work that must go on.

Norman F. Gallagher
Chairman,
National Executive Committee
CANADIAN RED CROSS

Red Cross Work Must Go On!