

# Of Interest to Women



**THE MIXING BOWL**  
*Annellea*  
 HOME ECONOMIST

**Mixing Bowl**  
 Hello Homemakers! In these busy times many of us have added the "lunch box" to our daily tasks, others find themselves preparing two or three every day instead of one.

The lunch box is an important responsibility. On it depends to a large extent the energy and efficiency of the school child or war worker.

Therefore it must be made both nourishing and attractive. Here are a few suggestions to accompany a thermos of soup, cocoa, tea or coffee, on these chilly days.

**SANDWICHES**  
 You might try these recipes to introduce variety. Whatever the fillings used, be sure to wrap each kind individually in wax paper.

**BEEF LOAF**  
 1 1/2 lbs. round steak, 2 eggs, 1 1/2 cups bread-crumbs, 2 tbsps. chopped parsley, 1/2 tsp. pepper, 2 tsp. salt, 1 tsp. celery, 1 tbsps. poultry dressing or onion.

Grind the beef. Mix it thoroughly with the unbeaten eggs, bread-crumbs, chopped parsley, pepper and salt. Place in a loaf pan and press firmly until it is molded to the shape of the pan. Bake in a moderate electric oven (350 deg. to 375 deg.) for about two hours. Cut in thin slices.

**CHEESE AND EGG SPREAD**  
 1 tbsps. fat, 1 tsp. grated onion, 1/2 tbsps. flour, 2 tbsps. sugar, 1/2 tsp. mustard, 2 hard-boiled eggs, chopped, 1/2 tsp. salt, 1/2 cup milk, 1 tbsps. vinegar, 2 cups grated cheese.

Melt fat and cook onion in it for 1 minute. Add flour, sugar, mustard and salt and stir till well blended. Add milk. Cool, stirring constantly until mixture thickens. Add vinegar and cheese. Continue cooking until cheese melts and mixture is smooth. Add eggs and cool. Store in a covered jar in a cold place. Makes 2 1/2 cups filling.

**TO STRETCH BUTTER**  
 Cream 1/2 pound butter till light and fluffy. Gradually beat in 1/2 cup milk, using a dove-egg beater. Store in a covered jar in electric refrigerator.

**DESSERTS**  
 Cookies, carefully wrapped in wax paper, make a good accompaniment to fruit in season, which is always welcome and easily carried. Puddings and custards, made to serve at home, may also be included in the lunch box if packaged. In custard cups. These standbys may be alternated with a serving of cake or pie, placed on cardboard, then enclosed in wax paper.

**OATMEAL CRINKLES**  
 1/2 cup fat, 1/2 cup brown sugar, 1 cup pastry flour, 1/2 tsp. salt, 1 cup rolled oats, 1/2 tsp. baking soda, 1/2 cup warm water, 1 tsp. allspice.

Cream fat and sugar thoroughly. Add allspice. Mix flour, salt and rolled oats. Add alternately with the warm water in which soda has been dissolved. This makes a stiff dough. Drop by teaspoonfuls into a greased cookie sheet and flatten with a fork. Bake in a moderate hot oven, 375 deg., 10 to 14 mins. Makes 3 dozen cookies.

**TAKE A TIP**  
 1. Here's a snack you should try mid-morning at home. Make up your leftover coffee to 1 cupful by adding some hot water to it. Put this in a saucepan and add 1 quart of baking chocolate, 2 tbsps. sugar, a pinch of salt and boil 3 minutes. Add a cup of milk and its ready. You may put it all in the double boiler right after breakfast, in fact, and let it simmer for 15 minutes; then cover and let stand on the element turned off.

2. To keep food hot throughout a staggered meal hour use casseroles for meats, vegetables and desserts and an enamelled pitcher for gravy. These all go back into a large shallow pan with a little hot water in it on the oven shelf to keep the food hot but not dried out. Then when the next one comes in its easy to lift them out, wipe off and place back on the table. Oh, and another thing, use a tray to carry them all on, making one trip do.

### MUCH INTO LITTLE

In the process of dehydration according to Canadian standards, the following weights of fresh fruits and vegetables are required to make one pound of each of the dried products:

**Fruits**—Apples, 7 to 10 pounds; apricots, 5 to 7 pounds; cherries 4 to 5 1/2 pounds; peaches, 5.3 to 7 pounds; pears, 6.1 to 8 1/2 pounds; prunes, 3.3 to 3.8 pounds.

**Vegetables**—Beets, 10 pounds; cabbage, 18 to 19 pounds; carrots, 10 to 12 pounds; onions 14 to 16 pounds; potatoes, 6 to 8 pounds; turnips, 13 to 14 pounds.

### ENGINEER RETURNS



Paul Johnson, engineer in CIBC's Overseas Unit, has returned to Canada after extensive service at the war fronts and in London. Mr. Johnson will shortly take up his duties as assistant to R. D. Cahoon in engineering operations of CIBC's international about-wave service.

### Rest Still Tops In Treatment of The Common Cold

Chicago Doctor in New Book Analyzes Remedies But Says Real Cure is Still Sought

By HOWARD W. BLAKESLEE, Associated Press Writer

**NEW YORK (AP)**—A survey of all known science and medicine for the treatment of the common cold leads, according to the strong probability that for most people rest in bed is the single best remedy. There are other remedies that help, or seem to help, but not one promises the long-sought cure.

This survey appears in a new book, "The Common Cold and How to Fight It," by North D. Fabricant, M.D., of the University of Illinois Medical School in Chicago.

The nose has eight defenses, and breaking any one of them may open the way to a cold. The eight are, a slightly acid nose, mucous secretion which amounts to a quart of fluid each 24 hours, ciliary action which is the sweeping out effect of living hairs that wave 250 times a minute, phagocytosis by the white blood cells, the sterilizing action of lysozyme, an anti-septic manufactured by the human body which hasn't even been investigated for cold protection, local reactions, natural immunity and local immunity.

With so many defenses there are at least scores of ways that they can be broken so that you catch cold. Germs can pierce them, weather can hurt them, improper cold medicine can damage them and your own state of mind can do it.

Contrary to popular belief, Dr. Fabricant says, the widespread ideas about alkalinizing the body to cure colds never had any convincing scientific basis. The normal condition of the nose is slightly on the acid side. Bacteria are found in great numbers when the nose becomes alkaline.

**Rest and Sleep Help**  
 Rest and sleep tend to promote the acid trend of the nose.

The causes of colds are listed as: influenza virus, chilling, exposure to pronounced weather changes, lack of sleep, physical fatigue, overindulgence in food and drink, dietary indiscretions, worry, fear, severe shock, excitement and sexual stimulation.

As for remedies, there is rest in bed, especially good at the start of a cold. Dr. Fabricant suggests that if every American worker could be made to rest when a cold starts, there would be a worth while economic gain. He estimates the annual common cold losses at about one billion dollars.

A steam kettle or vaporizer is good in the early stages, with a warm room at about 70. Alcohol, especially after chilling and in reestablishing circulation to the skin, but has dangers because it sometimes causes nasal congestion in some people, and excessive use may lower body resistance.

For cold-susceptibles it is well to hold a handkerchief over the nose for the first few moments when going out doors on a cold day.

With drops, some help, others are not safe. Good effects are likely from use of drops containing vasoconstrictors that shrink the swollen nasal passages. Dr. Fabricant himself favors drops that are slightly acid.

As for vitamins, Dr. Fabricant declares Americans have not reduced common colds by their tremendous vitamin intake. He shows independently also that vitamins fail.

As for the cold vaccines, with which many persons find relief, he says, "Whether this state of affairs is actually produced by the cold shots or perhaps by the psychodermic effect produced by the hypodermic needle is something physicians have not completely determined."

### Chronicles of... Ginger Farm

Written Specially for The Acton Free Press by OWEN DOLINE P. CLARKE

Was there ever a time when we had so much reason to be thankful for weather conditions? Just think of those mountains of snow that lined highways, byways and banked almost every farm building in the country. Now it has all gone and without leaving any serious flood conditions in its wake. Day after day I look around and marvel and this Chronicle records the phenomena. One week I write of snow blocked roads, the next of toadins warbling, daffodils budding, pussy-willows bursting, yes, and even of swamp frogs singing. Never, since we started farming, have we known spring to come so suddenly or so early.

I have been especially glad to have better road conditions because you see I have been on my annual job of canvassing for the Red Cross. At least that is what I am supposed to be doing but everywhere I go I generally combine canvassing with a nice little visit. One place I called last week the farmer had a horse to sell and I had to see it so I could tell Partner about it. As a matter of fact I looked out at one horse, but five, and had I been the farmer it would have been a real grief to part with any of them. At another farm ever a beauty! Just the kind I have always wanted but never had an English collic with long pointed nose just like Lassie of movie fame. This fellow paced around the kitchen table just as Lassie paced back and forth in her cage, you see he was a year old and the place where I visited had been his home only for two days. But he was quite happy. He spoke for his supper, shook hands, played "dead dog," jumped on a chair and sat down when he was told. If only I could have brought him home with me.

At two more farms I visited with baby chickens. But I wasn't anxious to adopt them as we shall have plenty of our own in a day or two.

Another call resulted in a discussion on consolidated school areas and at yet another farm I was asked to sample oatmeal cookies fresh from the oven which wasn't any hardship at all. And of course with each visit the Red Cross was enriched. No need to tell anyone these days what the Red Cross is nor how it functions. I just say "I am collecting for the Red Cross" and that's all there is to it.

Unfortunately all my canvassing was not with farm folk whose main interest was in their chickens and livestock. There was also stark tragedy. One farmer gave me a really generous contribution. Half an hour later he received word that his nineteen-year-old son had been killed in action. Truly, war comes home to us in all its grim reality when it strikes in one's own neighborhood. Our own son and his boy and his brothers had practically grown up together. For every victory there is a price and we never know where, and from whom, the price will be exacted.

But we must not end on a sad note—"hope springs eternal in the human breast." Some day you know and it may be soon we are going to turn on our radios and we shall hear "Germany has capitulated the reign of Nazism is over." And on that day we shall hope, once again, for "peace in our time." One thing is certain, until that time comes, we all have plenty to occupy our heads and hands. But what a lot of tired people there will be after the war! Of course there will be tired people now. Tired still, going on, because in wartime there seems no alternative. After the war the labor shortage will be less acute and those who are now carrying on with little help, or in some cases, with no help at all, will, it is hoped get the rest they deserve. Many young people have already been looking ahead to post-war conditions. It is nearly six months now since Daughter left munitions. She is in an office now, manipulating one of those queer machines that juggle with figures, adding, subtraction, multiplying—what I would have given for a machine like that when I was struggling with arithmetic in my school days—since, for that matter? Wouldn't our grandmothers wonder what kind of a world they had stepped into if they could visit with us for a little while now? They would surely think we had all gone crazy using all these new contraptions for what their hands and heads used to do with no help at all. But in another hundred years we could come back we should see still more changes that would make us think our grandchildren crazier still. Evolution is a wonderful thing.

### Canucks Overseas Looking Forward to T-Bone Steaks

Airmen Think in Terms of Thick Sirloin with Onions for first Meal Back Home

With the R.C.A.F. Overseas (C.P.), here's some homey advice from the front lines to wives and mothers on the home front.

Get out the skillet, put on the stove and drop into it the thickest, juiciest piece of sirloin steak you can wedge out of the butcher. Then slice up a bag full of onions, fry them to a delicate brown and serve up the results to that husband or son of yours when he gets home from overseas.

He's been over here for a long time, and if the impromptu steak taken at the R.C.A.F. Nighthawk squadron in France proves anything, that's the menu he'll be looking for when he sits down to his first meal back home. It's number one choice of the men of this squadron, who are being repatriated to Canada after three years away from home.

There are some variations and a few individualists with the squadron having their eye on something in the oyster cocktail, lobster line. Pork chops run the steak a close second, and must rooms vie with onions for first place as accompaniment to the T-bones.

Typical of the reports is Sgt. Frank Williams of (2345 Atkinson St.) Regina, who's had four years overseas, three with the Nighthawk Squadron as chief rigger in the maintenance section.

"Put me down in the steak and onion class," the former professional boxer replied when asked what his first meal in Canada would be. His wife lives at (810 5th Ave.) North Saskatoon, Sask.

### Married in Scotland

Another T-bone fan is Ft. Sgt. C. G. Dunham of (11809-102nd Ave.) Edmonton who will take back with him his Scottish wife from Edinburgh. He headed the maintenance section where the squadron's Mosquitos got their regular overhaul.

An individualist, Sgt. Charles Atkinson of Norwood, Man., sends this message home: "Just try me up a nice plump spring chicken in Maryland, and I'll know I'm back in Canada." Cpl. O. Shum, armorer from (1657 Howard Ave.) Windsor, Ont., will take his favorite plate pleasures in one sitting. His menu goes like this: banana split, sundae for a starter, then a big juicy steak tenderloin with apple sauce, a fresh green salad, topped off by a large slice of buttered Scotch pie and a cup of real coffee. Like many other Canadians, he doesn't find English or French ersatz coffee much to his liking.

However, most of the talk of the first meal back in Canada comes back to those big steaks with a T-bone down the centre. This menu is backed by Sgt. Ray Cooper, Fort Qu'Appell, Sask., who will take six eggs with his, Sgt. Horace Townsend, Verwood, Sask., and Sgt. Jim Matheson, Bountifield, Sask., and Sgt. Darrell Gridale, Blind River, Ont., all of whom are ready for the trip home any day now.

### THE MILKY WAY

There is no point in reminding people who like milk and include it every day in their diet as a matter of course, that they should take it. The Nutrition Division, Ottawa, however, reminds others that they should not overlook this important food. They strongly recommend a pint a day for adults, with a minimum of not less than half a pint. Children need much more milk than adults, 4 cups a day being the very least required.

Milk is essential in the diet because it is the best single source of calcium and riboflavin known. Calcium is absolutely necessary for strong bones and sound teeth, riboflavin for healthy nerves.

Milk is the cheapest form in which one can get calcium. To get the amount of calcium supplied by a pint of milk it would be necessary to eat 3 1/4 pounds of carrots, or 12 1/2 pounds of beef or 37 pounds of potatoes. But who could consume a baron of beef, or a gab of potatoes or a small mountain of carrots every day in order to get the daily quota of calcium?

Those who are not fond of milk as it can take it in soups, in desserts or partly as cheese. About 2 1/2 ounces of cheese contain the same amount of calcium as a pint of milk.

## Help The Red Cross "SALADA" TEA



YOUR CORNER STORE IS A Free Enterprise

THAT modern corner grocery store that serves you and your neighbours didn't just happen.

Back of every such venture, from the days of the "cracker barrel" store, to today's modern grocerias, is an individual with the courage to assume risks and face competition for the privilege of directing his own business.

Recognizing the needs of his community, he strives untruly to serve... he works hard, and in doing so, he prospers. This is free enterprise.

By loaning money and affording other essential banking facilities to retail enterprises for over a hundred years, this bank has played a part in the building of a strong, self-reliant people and a prosperous Canada.

Keep Canada Strong and Free!

## The BANK of NOVA SCOTIA

Branches from Coast to Coast

### AUCTION SALE

FARM STOCK, IMPLEMENTS and FURNITURE

The undersigned has received instructions from the Executrix of the Estate of the

LATE WM. J. CHISHOLM to sell by Public Auction at Lot 4, Con. 6 Township of Esquewaug, on

FRIDAY, MARCH 23rd At 1:30 o'clock, the following

LIVESTOCK—1 Clyde Mare, 3 1/2 yrs., 1 Ayrshire Cow, fresh, calf 1 side, 1 Durham Heifer, 1 yr. old, 1 Veal Calf, 2 York Sows, not bred, 1 Pig, about 200 lbs., 80 Hybrid Puliats, laying heavily, 5 Broadbreasted Bronze Turkey Hens, 1 Broadbreasted Bronze Gobbler, 1 Black and White Collie Pup, 1 yr. old.

IMPLEMENTS—1 Int. Disc Drill, Dump Rake, Set of Harrows, Wheel Cultivator, Odd Drawbar for Harrows, Disc, 2 Furrow Plow, 12 Row Plow, Fanning Mill, Scuffer, Cream Separator, DeLaval, Set of Sling, Scales, 2000 lbs., Lawn Mower, Bag Truck, Wheel Barrow, Sugar Kettle, Cyclone Sifter, Scythe, Hen Coops, Crosscut Saw, Chicken Feeders with Harrows and Collars, Cutter, Stone-bomb, Shovels, several Steel Barrels, Pails, quantity of Lumber, Chains, Dinner Bell and frame, extra good Coal Oil Lamp, Hanging Lamp, 3 Mirrors, one extra large, 2 Toilet Sets, 2 Aladdin Lamps, 1 Linoleum, 1 Washing Machine and Wringer, Clothes Horse and other household effects.

REAL ESTATE—At the same time and place there will be offered for sale, subject to a reserve bid, the farm consisting of 100 acres, more or less, of extra fertile, level land with brick house, 10 room, furnace, water, barn, 54x70 with double drive and new roof, implement shed, 30x60, pigery 24x40, with hen house above; also, endless supply of water, 37 acres ploughed, 12 acres fall wheat, 2 acres seeded to alfalfa, 24 to red clover, balance hay and pasture. Handy to school, church and town. Terms on Real Estate made known day of sale.

TERMS OF CHAPLES—Cash Settlement with Clerk Day of Sale. Everything Advertized will be sold without Reserve as the labor situation makes it necessary for the proprietor to sell.

42-2 J. A. ELLIOTT, Auctioneer Geo. Currie, Clerk.

APPLIANCES SHORT IN 1945, PREDICTS OTTAWA OFFICIAL

OTTAWA, Nov. 14.—Mark Lane, Press Board administrator and member of the Ottawa Electrical Association, today said the shortage of electrical appliances is likely to continue for some time.

Mr. Lane said that the shortage of electrical appliances is likely to continue for some time because of the shortage of raw materials and the fact that many of the factories which produce these appliances are still working on a war basis.

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"Say, how about telephones?"

Here's the situation: Makers of telephone equipment have been busy on orders of all kinds for the armed services. For them, the time to start reconverting still lies ahead. Even after war needs have been met, these manufacturers must make a major change-over before they can resume normal production of supplies for civilian use. . . . Which means that we must continue to defer many requests for telephone service, awaiting the day (we hope it may not be too long delayed!) when materials in adequate volume and skilled manpower again become available. The applications on our waiting list will be filled as promptly and fairly as possible, on a first-come-first-served basis.

On Active Service Giving Things & More