

# Of Interest to Women



**THE MIXING BOWL**  
*Amazillian*  
 HYDRO  
 HOUSE ECONOMY

Hello, Homemakers! In view of the curtailed supply of commercial ice cream it behoves the housewife to make her own frozen desserts whenever possible. It is not a difficult task, especially when an electric refrigerator is available, nor need the ingredients be expensive. With heavy cream off the market for the duration the thin type will do and various syrups may be substituted for sugar.

The simplest recipe we have seen comes from the Department of Agriculture. It uses honey instead of sugar for sweetening. Mix a quart of coffee cream (18%) and a cup of flavored honey and freeze. The addition of fresh fruit or berries makes it an exciting dessert.

### TAKE A TIP

1. Set the refrigerator control for freezing. The tray of cream should always be placed on the bottom shelf unless there is an upper shelf over a freezing coil.
2. The cream is left until frozen solid, then removed to a chilled bowl and broken into chunks. Next, beat with a rotary beater long enough to break down all hard lumps, but not long enough to cause any liquid.
3. If the recipe calls for the addition of whipped cream or eggs this is the time to mix them in. Do this with a minimum of stirring.
4. Put the mixture back into the tray immediately and replace it in the freezing compartment and leave to freeze firm again. If the ice cream is ready before setting turn the control back to a point between freezing and normal cold.
5. Sweet chocolate can be shaved coarsely and added to unfrozen cream.
6. Fruit less are cool and refreshing and easy to make.

### LEMON CREAM

Six to Eight Servings  
 1 cup milk, 1 cup coffee cream  
 2 eggs, 1/2 cup sugar, 1/2 cup light corn syrup, 1/4 cup lemon juice, 1 tsp grated lemon rind  
 Beat eggs until lemon coloured. Add sugar gradually until the mix becomes a thick custard-like consistency. Combine with syrup, milk cream, and lemon juice and rind. Pour into tray and freeze with temperature control at coldest position. When frozen, remove to bowl and whip with an electric or hand beater until mix becomes light and creamy. Return quickly to freezing tray and allow to finish freezing. When dessert is completely frozen, turn temperature control half way back to normal position for holding until serving time.

### CHERRY WATER ICE

Four Servings  
 1/2 cup sugar, 1/2 cup water, 1/2 cup light corn syrup, 2 tsp lemon juice, 1 1/2 cups cooked red cherries.  
 Boil sugar and water 5 minutes, cool. Press cherries through sieve. Combine with sugar, corn syrup and lemon juice. Pour into freezing tray. Set control at coldest position; freeze to mush. Remove to chilled bowl; beat until light. Replace in freezing tray; freeze firm.

### CHOCOLATE ICE CREAM

1 tsp gelatine, 1/2 cup milk, 1 package Chocolate Pudding mix, 1/2 cup sugar, 1 1/2 cups milk, 1 1/2 cups light cream.  
 Mix gelatine with 1/2 cup milk. Place pudding powder in saucepan. Add sugar and 1 1/2 cups milk gradually, stirring constantly. Cook and stir over medium heat on electric range until mixture comes to boil and is thickened. Remove from heat. Add gelatine-milk mixture immediately and stir. Add cream and mix thoroughly.  
 Place in freezing tray of automatic refrigerator, setting control for coldest freezing temperature. When partially frozen, turn into cold bowl and beat with rotary egg beater. Return to tray. Freeze 30 minutes longer and stir; then freeze until firm. Freezing time: 3 to 4 hours. Makes 4 quart.

### THE QUESTION BOX

Mrs. J. B. says: I have large gelatine moulds, but since the family has scattered I don't know what to make in them. Any suggestions?  
 Answer: Make the whole main course in one, and it will be easy to serve. Put a layer of ham and vegetable salad on the bottom, then pack in a layer of potato salad. Chill and turn out on a bed of lettuce. Garnish with green onions and radishes. Serve extra salad dressing.

Mrs. C. D. says: I would like the recipe for the mustard raisin sauce served hot with ham.  
 Answer: Mustard Raisin Sauce: 1/2 cup brown sugar, 1/2 tsp dry mustard, 1 tsp. flour, 1/4 cup raisins, 1/2 cup vinegar, 1 1/2 cups water.  
 Mix the dry ingredients. Add raisins, vinegar, and water, bring to a boil and serve with hot ham.



**MR. ALEX MACLAREN**  
 Director of the Ontario Farm Service Force

Mr. McLaren is urging all cities and towns to organize local Farm Commando Committees. And asks that those interested write to the Ontario Farm Service Force, Parliament Buildings, Toronto, for detailed information.

## Mexican Soldiers Fight The Poppy

### Government Tries To Stamp Out Opium Trade With International Smugglers

MEXICO CITY, (CP) — The annual race between opium growers and Mexican army troops is under way in the desolate hills of northwestern Mexico.

If the growers can extract the sap from poppy plants during the current harvest season before the soldiers reach them, there is a ready market for the contraband, particularly since the war has shut down the main supply route to the United States.

The Mexican federal health department and the United States government, has waged a silent war on opium during the past six years, but officials admit they have been unable to "dry up" the area.

Army troops, aided by state police and two U.S. "observers," recently arrested 12 men, including two municipal officers, who now are on trial on charges of violating federal health laws. "Opium production has diminished as a result of our campaign, but we have been unable to stop it," an official helping direct the roundup said. "We try to convince the farmers that they could make just as much money raising vegetables, and we are making headway."

### Easy Profits

"However, there are no transportation facilities in the poppy region, which includes parts of Sinaloa, Sonora and Chihuahua, and the growers find it easier to sell opium to international smugglers than to get tomatoes to market before they rot. There are no roads, only trails, and transportation over the hills is either abject or on burros."

"We have evidence that competition among contrabandists is brisk, particularly now that the U.S. underworld depends almost entirely on Mexico for its supply."

The Mexican opium poppy, adorned with a sleeping plant, bears a large red flower and looks like an ordinary poppy, except that the bulb beneath the petals is larger.

Poppy plantations sometimes are hidden between rows of corn or camouflaged amidst flower beds, but more often are out in the open.

Until recent years they have been fairly safe in the inaccessible area without camouflaging.

The growers slash the bulb with a razor, then put out tin cans or paper bags to catch the sap. This becomes opium gum, which later is refined.

There have been gun battles in the poppy area, both between gangs and between contrabandists and authorities. In Sinaloa, State Police Chief Alfonso Leyzola was slain and two other officers were wounded in a fight with an opium gang in 1941.

On several occasions women have been arrested on the border attempting to smuggle opium hidden under their clothing.

### BERMUDA FIGHTS T. B. IN CATTLE

HAMILTON, Bermuda (CP) — Bermuda is making headway in its campaign against tuberculosis among the colony's dairy cattle. A recent agricultural report says that the tuberculosis test was made compulsory for all cattle and, in place of the annual test, arrangements were made for the testing of all cattle at six monthly intervals, and in herds where disease was found, at three-monthly intervals until two consecutive tests showed no reaction.

## Chronicles of... Ginger Farm

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

We have been seeing the world! We have been on two trips since I wrote last week. One was a visiting and business trip mostly business—the other was a sight-seeing occasion. Partner and I went to Guelph last Friday and that busy little city was about as busy as we ever saw it. When we visited with friends just above the College we discovered the reason and I suppose we should have known it all along. It was some kind of "Farmers' Day" at the college and it appeared as if most of the farmers and their families for miles around had moved in and taken over the college lock, stock and barrel. But we didn't go in. At the time we went by it was nearly five o'clock and at five o'clock a farmer's falling is to turn reluctantly to thoughts of home to cows that need milking and to poultry that wants feeding. So we had an oat-and-rum cup of tea with our friends and after admiring their chickens and gardens, and what we could see of their crops, we made tracks for home, our faithful old Lizzie chugging along, contentedly purring because we were on a down-grade nearly all the way home.

Over the week end Daughter and friend Bert were here and it was they who took us on a sight-seeing trip. For a long time Partner had been wanting to see again the Grand Dam at Fergus. So that's where we went. But we found it had been renamed since we saw it before. Now it is "The Grand River Dam" which seems quite appropriate since it is the Grand River which it controls. By any name it is a marvellous piece of engineering and well worth taking a little time and trouble to see.

Last time when we were there the sluice gates of the dam were open and the water was flowing at will. Yesterday the gates were closed so that on one side of the dam a great body of water, which I believe is known as Bellwood's Lake was held in check, while on the other side of the dam the water amounted to little more than a good-sized creek, fed by controlled water, cascading from what appeared to be smaller gates in the lower part of the cement foundation.

Personally I shall have reason to remember our visit to the Grand River Dam for several days. You see, after looking at everything from the level of the bridge we naturally wanted to see things up from below. But going all the way around looked like a long way to walk so we tried taking a "short cut" down the shale rock embankment. It was a short cut in distance but certainly not in time. Believe me, it was some feat. I declare that that bank got steeper and longer with every step we took and the footing was particularly treacherous. We finally made it, of course, but to-day I am so stiff in my joints it is really painful to move.

From Fergus we went on to the Rocks at Elora. For Partner and I it was a case of "Elora Re-visited." Even at that we found several little walks and look-outs that we had missed before, particularly that of an island rock which stands in the middle of a waterfall. It was Daughter's first visit however, and, knowing her wandering propensities — which she probably inherits from her mother — I don't suppose there was very much that she missed. We had our lunch with us and because it began to rain the car was our picnic ground, which didn't seem to make any difference to the enjoyment and ease with which our lunch was dispatched.

Coming home by way of No. 7 Highway and then across country, we finished our journey by visiting a young mother and her three-week-old baby. Naturally for quite a little while the women-folk indulged in baby worship, while the men sat around outside discussing crops, weather conditions, milk cows and other mundane affairs, dear to masculine hearts and from which we women folk benefit — but I might add, to which we also contribute our share of work and worry.

## Hand Milking is on the Way Out

Freedom from the tiring and tiresome job of hand milking twice a day has been gained by thousands of farm families through the use of a modern milking machine.

One person can milk up to 20 cows in an hour with a milking machine—it keeps a good hand milker busy to milk 7 to 9 cows in the same time.

This saving of time and labor is important, especially when good farm help is hard to get, but at any time milking is a disliked chore that the family is glad to have taken off their hands. The hours of time saved with a milking machine does mean something in dollars and cents but it means a lot more in making farm life easier and more pleasant. Everybody welcomes the relief from the milking time blues that a milking machine brings.

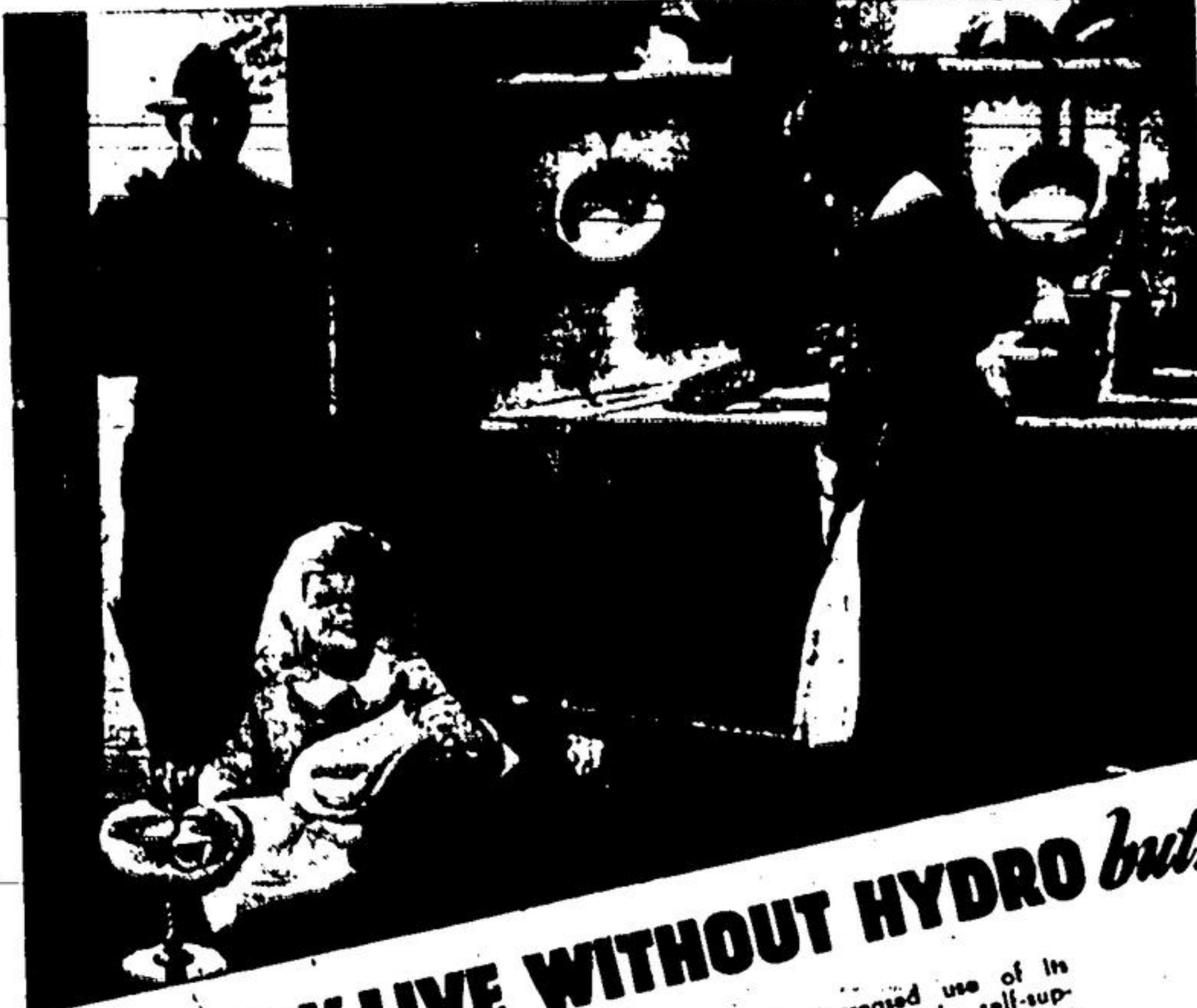
The modern, practical and economical way to do things is to use machines instead of muscles wherever possible—that is why hand milking is out for dairymen who have experienced the comfort and convenience of a mechanical milker.

Among the time and labor saving machines your local Massey-Harris dealer has to offer is the Rite-Way Milker—the modern milker with the natural action. Ask him for particulars about this machine that does so much to make dairy farming easier and more profitable.



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## YOU CAN LIVE WITHOUT HYDRO but...

Can you remember when making toast meant holding bread over red hot coals? ... and wash day meant hours of rubbing on a board? ... and oil lamps had to be cleaned and trimmed every day? Lots of people do remember those days when it took hours of toil to perform tasks that can now be done electrically in a few minutes. In a comparatively short period of time they have seen electricity grow from a small beginning into one of the most important and beneficial services in the world to-day.

To bring the electrical way of living to more and more people, Hydro has harnessed Ontario's great water power resources to provide this Province with an abundant supply of low-cost electricity, enjoyed by law places elsewhere in the world. This is largely because citizens of Ontario co-operated to organize and support Hydro, and have built it up through steadily increased use of its service. Hydro is completely self-supporting. It operates on a service-at-cost basis, and the more it is used the less it costs.

Here is how Hydro rates have dropped with increased use:

Year	Average Annual domestic use	Average cost per kilowatt-hour
1914	270 kilowatt-hours	5¢
1924	960 " "	1.9¢
1934	1716 " "	1.5¢
1943	2220 " "	1.19¢

As you plan your post-war home remember that you will want more and more electrical comforts. When you build or remodel, be sure that your home is wired adequately, with plenty of wall and other outlets in every room. Plan wisely now to take full advantage of this Hydro of yours.

THE HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO

THERE IS NO OTHER TOBACCO  
 Just like **OLD CHUM**  
 FOR PIPE OR ROLLING YOUR OWN