

# Of Interest to Women



Hello, Homemakers! No matter how busy we have been recently the vim, vigour and appetite. It's a picnic day finds everybody full of ally the homemaker who has to satisfy the hunger pertaining to this pleasure lots of good food. Of course we begin a couple of days ahead to purchase supplies, meat, bread, butter, salad ingredients, and sandwich fillings, so that the day in question finds us well prepared.

If the meat has to be cooked, do so the previous day. To make butter go further, cream the pound of butter thoroughly and beat in a cup of hot milk, add salt and then chill. Salad dressing should be tasty and fairly thick for this meal. Drop cookies or large cakes makes a good dessert along with some fruit. You can also include an iced beverage depending on your family's taste.

Ample repast: Meat loaf or jellied veal or just plain bologna with a dish of savoury, potato salad, thick jellied, tomatoes, lettuce, and some of mother's tangy pickle relish, followed by generous sliced fruit turnovers of rhubarb, apple, berries, or some filling off the jam shelf will satisfy the most demanding appetite. Appetizing sandwich fillings. Whatever you do don't be sparing with the fillings, and don't make them too moist. Some appetizing fillings include:

- (1) Minced beef with a little onion juice and salad dressing.
- (2) Minced cooked liver with mustard dressing.
- (3) Chopped hard cooked eggs, green pepper and salad dressing.
- (4) Chopped hard cooked eggs with celery or grated carrot.
- (5) Cheese with olives, nuts, peanut butter, minced vegetables, marmalade, honey or jam.
- (6) Mashed baked beans with chili sauce.
- (7) Crumbled leftover meat loaf with creamed horse radish.
- (8) Leftever cooked fish with chopped celery, sweet pickle, moistened with mayonnaise.

### TAKE A TIP

1. Leather goods need every care they receive and those we have require regular attention. If they're damp, stuff with paper and leave to dry. Brush thoroughly. Use a cleaner to prevent dryness or cracking.
2. The printed linoleum on our kitchen floor was in good condition except for a worn spot in front of the sink. We cut out a semi-circular piece of the worn printed linoleum, and cemented in a piece of harmonizing solid colour instead of trying to match the pattern.
3. If your pottery vases and bowls don't fit into your colour scheme, paint them with cold water paint. Once the paint is thoroughly set you will find that the water will not affect the finish if the water is changed every day.
4. To make a sturdy, effective shade for small plants and seedlings, cut the bottom off quart milk cartons and fit the cartons over the plants, pressing the edges well down into the earth.

### THE QUESTION BOX

Mrs. J. M. asks: How to prevent strawberries from floating to the top of the jar?

Answer: This is one fruit which should be prepared for canning, then brought to boil cooled for an hour, then bottled and processed for the required length of time according to

the method used. (Electric oven at 275 degrees for 15 minutes)

Mrs. M. T. asks: Recipe for inexpensive salad dressing for raw vegetables.

Salad Dressing: Into the top of a double boiler put 4 lightly beaten eggs, 2 cup granulated sugar blended with 2 tbsps flour, 4 tbsps mustard and a tsp of salt. Blend well and stir in 1 cupful of mild vinegar. Cook over hot water until thick. Cool and store in glass jar in electric refrigerator.

When using the dressing, thin it with cream, plain or whipped. For a cabbage salad, we often use sour cream when it's on hand. Cut down the amount of mustard if you prefer less tang. Try adding a pinch of curry when using it for deviled eggs or a meat salad.

## Vatican Observatory Studies the Heavens

Jesuit Priests Supervise Work Now Conducted at Castel Gandolfo

VATICAN CITY (CP) — If Pope Pius XII take a vacation this year the bustle had one since the beginning of the war and goes to his summer palace at Castel Gandolfo, he probably will climb to the roof of the palace and spend a few hours at the Vatican Observatory peering at the now bombless sky.

The Vatican Observatory, considered by experts one of the finest in the world, is run by two Jesuit priests aided by three other priests, two mechanics and a cook.

Most of the observatory's work is done in two cupolas which house a giant telescope and a large camera for night photography. Both the telescope and the camera are of German Zeiss make.

The observatory, up to 1933 was situated in Vatican City but due to the installation of electrical equipment was transferred to Castel Gandolfo, where there was no electrical interference.

Because of its location, Rev. John Seis, director of the observatory, had a direct view of the Anzio landing and battle. He saw the fighting inside down, since there are no curtains for losses on astronomical telescopes.

It is reported that the Germans did not use the telescope respecting the astronomical character of the observatory. But they did place a long telescope on the bottom of the hill to get a view of the Pope's summer palace and they shot over the observatory.

The Vatican Observatory observed the partial eclipse of the sun on July 9. The next solar eclipse in Italy is scheduled by astronomical calculations to occur on February 16th, 1949.

### DISCUSSING THE ATOM

SASKATOON, Sask. (CP) — Dr. Gerhard Herzberg, research professor of physics at the University of Saskatchewan, said the atomic bomb which utilizes the release of energy locked in the atom may bring about an industrial revolution of the same magnitude as that made by the invention of the steam engine.

## Chronicles of... Ginger Farm

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

Concentrating on one's own work has been almost impossible these last few days. Mixed up with harvest and home activities are thoughts and fears of the awful possibilities of atomic bombing. It grips one's imagination, sends shivers down the spine and is so utterly fantastic as to be almost unbelievable. Comments from the press, pulpit and public have also been thought provoking, especially those which assert atomic bombing to be inhuman. There is no doubt that such bombing is, of necessity, inhuman but one should also remember that it must be either they, or us, and if the use of atomic bombs serves to bring about the end of the war then surely their use is justified.

What a week-end this has been! Everyone on their toes expecting the news that V-J Day had at last arrived. And then when the news did come it wasn't true. The whole thing has all the appearance of a clever piece of enemy propaganda. However, I suppose it will be true, sooner or later and may it be soon.

No doubt those in Canada most interested in the progress of the war with Japan are the men in the services who have volunteered for the Pacific. And of course friends and relatives of the men are equally interested. We are among that number. Our son's thirty-day furlough expires on Tuesday. And after that only the powers that be know the answer and they won't tell!

The month has gone so quickly and son Bob has been busy all the time. And having more help and less worry has made a new man of his father. It will be a good thing when the labor situation is relieved for it seems to me that many men and women too who have passed the age at which they should be taking things a little easier, are now working harder than they ever did. At the same time readjustment to peacetime conditions will be no easy problem to solve. There is bound to be discontent. But it will help if we all try to cultivate a greater degree of common-sense coupled with sympathetic understanding.

What our men have been through under shell fire and as prisoners of war is bound to have its effect in the immediate future. Those will be times when they will be irritable, restless, and moody. I know because I went through it after the last war. This is a different war, and a different generation, but fundamentally, cause and effect are the same. The men have done their part and for those who return whether they are able to adjust themselves to peacetime conditions, depends largely upon the women in their homes. A woman who matches her husband's irritability with more of the same cannot expect a very happy future; nor can the woman who drags her man around against his will with the idea of giving him "a good time" and helping him to forget.

I don't suppose many young married folk read this column, but if there are a few war brides who do let me beg of you to have patience with that returned man of yours.

remembering that all casualties are not obvious to the beholder. Generally marriage is a case of fifty-fifty but the aftermath of war can make it anything — sixty-forty seventy-thirty — with a gradual evening of the scales according to the courage, understanding, sympathy and plain common sense with which a returned man's family deals with his every mood.

If a man feels like walking the floor it isn't going to help if you tell him to sit down and read a book and stop being so restless. Far better to suggest that he take it out on the woodpile. Or if he is quiet and moody keeping up an endless chatter of small talk isn't going to have the effect of cheering him up. It is more likely he is remembering things of which you have no knowledge, and of which he does not wish to speak, so that frivolous, inconsequential small talk can only add to his impatience and may well act as a wedge to drive job apart.

Think it over, war-brides. Your men have fought to win a war. It is your job to fight to win the peace in the new homes of Canada.

### FATHERS AND SONS

There is a keenly felt pang in the hearts of many fathers when their sons enter wartime military service. Perhaps many of these fathers never quite realized that their boys had become men, and were able to go out and fight. Some of these fathers may wish that they had lived more intimately with these youth of theirs, that they had exercised more influence over them, and had included them more in their sports and activities.

Considerable has been done in recent years to encourage closer ties between fathers and sons. Father and Son dinners have been a popular feature. At these affairs the men would feel young again to get with these kiddish fellows, and sing the same songs and laugh at the same jokes. The boys would feel more dignified to get with these older men.

Many parents entertain the comfortable feeling that their sons are coming along fine and are shaping themselves into worthy patterns. Frequently these boys are thinking many things that their parents do not know about. Some of these thoughts are not so good.

If some day those fellows act in a surprising way, and turn off in an unexpected direction, the father will perhaps wish that he had had closer companionship with that youngster, so that the boy would tell all his thoughts.

Usually the influence of the father is stronger on the boy than the latter realizes. The youth may think his parents are old-fashioned and behind the times, but when some undesirable thing, the way the father at home would think of it often holds him back. The more the fathers in their daily life come close to their boys, the more likely these youngsters are to be loyal to family traditions.

### GOLD PRODUCTION

OTTAWA (CP) — Production of gold in Canada in May totalled 217,250 ounces, compared with 222,757 in the preceding month and 256,837 in the corresponding month of last year, the Dominion Bureau of Statistics has reported.

## High Food Value In Scarlet Runners

The Scarlet Runner bean has been neglected by gardeners in Canada. This is probably due, for the most part to lack of knowledge of the great merit of this type of bean for culinary as well as ornamental purposes says H. M. Adamson, Dominion Experimental Station, Sault Ste. Marie, B. C. The chief culinary use of the Scarlet Runner is as a snap pod. It should be quickly grown to avoid fibre, and for the same reason must be harvested while still young and tender. At this stage they may also be gathered for preservation for winter use by salting.

A layer of salt to a depth of 1/4 inch should be on the bottom of a large stone crock and then a 1/4 inch layer of beans. These are first sliced into long shavings. About the same amount of salt as that used on the bottom of the crock is poured over the beans and another layer of beans added. The proportion of beans to salt may be increased somewhat when the brine has formed. After processing all the beans on hand, a large plate is put on top and weighted down with a heavy stone. When the next lot of beans is ready, the process is repeated.

To prepare for the table, sufficient beans for a meal are removed from the crock, washed with cold water to remove adhering salt, and placed in a saucepan with boiling water. They are then boiled for three 6 or 7 minute periods, the water being poured off each time and fresh boiling water added. By this method all saltiness is removed and the beans remain tender. A more common method is to soak in water overnight, strain, and boil for 15-20 minutes, but some toughness may result.

Culture of the runner bean is relatively easy. It should be staked for highest yield, quality of bean, and ease of picking. The seeds do not germinate well in cold soil, and the young plants are tender, so that sowings should not be made until the regular time of planting other pole bean varieties. They may be sown in single or double rows or in hills according to personal preference. For quick, vigorous growth and succulent pods an abundance of plant food is required and particularly on soils of relatively low fertility, it is advisable to dig a trench about a foot wide and 12 to 14 inches deep, working in a 3 to 4 inch layer of well rotted barnyard manure or good garden compost before replacing the topsoil. Where available, irrigation will pay dividends in promoting rapid growth during dry weather.

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## HOO-O-DUNNIT?



The Toronto Park Zoo did it when it was recently responsible for the conversion of a Canadian Pacific Express car into a veritable Noah's Ark to accommodate a shipment of live bear, beaver, deer, opossum, racoon, squirrel, marmot, turtle, alligator, quail, fox, heron, bittern, de-odorized skunk, and, of course, the quizzical owl seen above. The consignment of former "Torontonians" left that city recently for Vancouver, B.C., en route to Sydney Zoo, Australia.

## Pounds of Sugar WASTED

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to all persons planning to move to

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HAMILTON  
TORONTO  
OTTAWA  
HULL

No person may move to and rent or occupy family quarters in any of these congested areas without a permit from the Administrator of Emergency Shelter.

Before making arrangements to vacate your present home, be sure that you have other accommodation and a permit to occupy it. Applications for permits should be addressed to the Administrator of Emergency Shelter in the area to which you plan to move.

Every person who rents or occupies family quarters in any of these districts contrary to this order, commits an offence and, in addition to other penalties, will be required to vacate the shelter and the district at his own expense.

Issued under the authority of the Emergency Shelter Regulations, Order-in-Council P.C. 9430, December 10, 1944.

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