

# Of Interest to Women



**ROAST TURKEY**  
 Stuff the bird with ample tasty dressing (four quarts for a 14-lb bird). Place bird on one side of the breast in a roasting pan. Do not add any water. Roast in a preheated oven of 325 degs. allowing 20 minutes per lb. When bird is half-cooked, turn, baste and sprinkle with salt. Cover during latter part of cooking period with lid or moist paper.

**RELISH TRAY**  
 Match-like strips of yellow turnips. Sliced radishes cooked in thin chutney sauce. Sliced cucumbers dipped in spiced beet juice. Green tomatoes sautéed in dressing.

**GEORGIAN SWEET POTATOES**  
 Cook 2 lbs. sweet potatoes for 30 mins. Drain, peel and mash. Add 4 tbsp. baking fat, 4 tbsp. molasses, salt and hot milk and beat smooth. Put in a casserole and heat in a hot oven for 10 minutes.

**SAVOIR-DE-TOUR**  
 9 large onions, 1 tbsp. chopped green pepper, 1 cup grated old cheddar, salt and pepper. Place the peeled onions in a greased baking dish and add the listed ingredients. Cook in preheated oven of 350 degs. for 40 mins. or in a double boiler on top electric element.

**PUMPKIN PIE**  
 1 1/2 cups steamed and sieved pumpkin, 1/2 cup of brown sugar, 1/4 teaspoon cinnamon, 1/2 teaspoon vanilla extract. Heat the mixture thoroughly and when cool add 2 well beaten eggs, 2 cups of cream or top milk. Line an extra deep 9-inch pie tin with rich pie crust, leave a fluted edge. Pour in the pumpkin to the top of the crust. It will shrink in baking. Bake in a hot oven 475 degs. F for 15 mins. reduce heat to 350 degs. F and continue baking for another half hour until a golden brown.

**TAKE A TIP**  
 1. Cut squares of fresh hot gingerbread and place on individual serving plates. Place a spoonful of hot or cold fresh applesauce on top and serve.  
 2. To make sure meringues do not become watery, roll sugar fines and sift small quantities into egg whites which have been beaten to the frothy stage. Beat only until mixture will stand in peaks.

3. Cut slices of bread into shapes and toast slowly to tempt children who are convalescing.  
 4. For a Fruit Delight soften 1 pkg. gelatine, mash a banana and add to gelatine, stir in 2 cups hot fruit juice and place pieces of cubed fruit in mould when properly set.

**THE QUESTION BOX**  
 Mrs. B. C. asks: "Can you make a cottage pudding without sugar?"  
 Answer: "You can make a feathery plain cake without sugar and serve with a fruit juice sauce thickened with cornstarch and sweetened while hot with sugar substitute. Do not add too much of grain tablet for 1 tsp. of sugar."

Mrs. D. M. asks: "How do you prevent cauliflower from turning grey?"  
 Answer: "Prepare and soak in cold water to draw out any insects. Cook whole in a small quantity of rapid boiling salt water for 25 mins. only, or in small flowerets for 10 minutes."  
 Mrs. S. N. asks: "Applesauce turns brown if it is cooked in a tarnished saucepan."

## Offer Free Plans For Root Cellar

Although there are many effective ways of storing root crops on the farm, the root cellar has proved one of the best particularly in districts where low temperatures are common. A root cellar is not costly to build, and what outlays there is will soon be repaid in the savings of roots and vegetables from loss and wastage through moisture and decay. Old lumber and materials at hand may be utilized.  
 To the farmer who has a root cellar, the time has come once more to make certain that the ventilating system will be in working order during the coming winter. To the farmer who has not a root cellar and is thinking of making one, the Dominion Department of Agriculture has made available publication 708 entitled "A Practical Root Cellar". It is a root cellar, ground floor side and front elevations, together with information and directions as to location, temperature, humidity, and ventilation. A copy may be obtained by writing to Dominion Department of Agriculture, Ottawa.

## TRUCKS FOR FARMERS

**MONTREAL (CP)**—Quebec farmers will soon have an opportunity of buying surplus army four-wheel drive trucks through the Quebec Council of Farm Forums, according to R. Alvin Sim, Council Secretary.

## Chronicles of... Ginger Farm

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

Partner is home again! Three weeks since he went away so I need hardly tell you how glad we are to have him back with us once more. I am sure many of you have seen through a similar experience and know exactly what I mean. You know what it means to live a divided life as it were with your thoughts in one place and your work in another, getting done such jobs as you can between trips to the hospital, and after each trip sometimes coming away hopeful and other times disappointed. Yes, Partner is home all right but it certainly seems strange when making time comes around to have him staying in the house instead of going to the barn. He never thought that was possible before. However, he is able to be up and around most of the day and absolutely refuses to let us make an invalid of him. But let all convalescents be thankful he can do far more than his strength will really let him. The quickest way to settle an argument is to let him find out for himself.

He has plenty to tell us that is quite interesting regarding his experiences in the hospital and praise for many of the doctors and nurses, impatience for some of the students and absolute respect for the various patients who spent most of their waking hours in voicing complaints about things in and around the hospital, the doctors, nurses, food, treatment, in fact just about everything. There was hardly any thing that suited them. Mind you, the attention they are given is by no means one hundred percent but can't it be expected under present conditions? Shortage of help is very evident for those who will see it.

One troublemaker made a point of putting the new patients "wise" as to what they might expect. On one of those occasions he tried to draw Partner into it but Partner told him they all came there of their own free will and anyone who wasn't satisfied was just as free to ask to be transferred to some other hospital. Partner said he never bothered him again and he shut up for the rest of that day anyway.

There have been quite a few letters in the press lately as to whether or not flowers should be taken to hospital patients. Naturally there are some in favor and some against. There isn't a doubt in the world that flowers for the sick are a kind of joy and in the past I doubt if anyone would speak against the practice particularly for private room patients.

Today there are few private patients people who are really sick cannot afford to wait until a private room is available so there are more ward patients than ever before. And, from what I was able to see in Toronto, there is absolutely no room in a suite, he would for flowers for anyone. One small table beside each patient's bed must do everything. Time after time flowers must be moved so that space may be given for other things. So, no matter how much you may be tempted to take flowers to your friends in a city hospital, think again—and don't. Fruit or easily digestible food is far more acceptable depending of course upon the patient's needs.

And by the way, if by any chance any of you people are getting fed up with the weather I suggest that you go to hospital to forget about it. All the time Partner was away we were telling him how wet it was everywhere and how the rain held up the work and so on and so forth but it wasn't until he was actually home that Partner realized what awfully wet rain we had been having if you know what I mean and I think you do. He said one day was much like another in hospital that a dull day was hardly noticeable at all. So there you are folks, if the weather doesn't suit you I've told you how to get away from it. But don't forget to take your cheque book with you—you might find it rather an expensive form of escapism.

Well, the time is getting on and my boys will soon be in to breakfast. Yes, breakfast, that is what I said, for the time is 7:15 a.m. and I am making some attempt to get this job done before my brain gets added with the problems of the day. Believe me, there is no time like the early morning if one really wants to get a job done. The hardest part is getting out of bed instead of shutting the alarm off and turning over for another forty winks.

## SHIP FISH BY AIR

**CHARLOTTETOWN (CP)**—Regular air shipments of fresh fish from Prince Edward Island will operate within a few weeks if plans of three former R.C.A.F. members are carried out. They plan to make 20 round trips monthly.

## New Wax Emulsion To Aid Housewives

Non-Toxic, Non-Inflammable Fluid Will Waterproof Clothes and Fabrics

**NEW YORK (CP)**—Something new has been added to mom's list of post-war laundry aids.

This time it's a wax emulsion that will waterproof your raincoat, duck's sport jacket, mummy dress and household fabrics.

A small amount of the liquid added to the final rinse water of the family wash will waterproof the fabric.

It can be used on summer clothing because the wax does not fill in spaces so that clothes may still retain their porous qualities.

Fabrics that have been waterproofed with the wax are not likely to become stiff and are more likely to become softer to the touch.

A non-toxic, and non-inflammatory fluid, it is recommended for fabrics that must be stored away in closets or other trunks where they might otherwise be harmed by dampness and mildew.

The fabric emulsion can be used with as much as 50 parts of water in the rinse to provide efficient water repellent. If a housewife desires to stretch her fabric she may do so in conjunction with the emulsion.

Though it is best to dip the article into the liquid while still wet from the last water, the dry fabric may be run through if necessary. Either process requires only a few seconds.

Tests conducted by the manufacturer have shown that the wax-treated fabric not only becomes water resistant but at the same time does not spot easily and is apt to retain its gloss longer and be less likely to wrinkle than untreated garments.

Such articles as dresses, slacks, play suits, cloth hats, shorts and even fabric shoes can be made water and mildew repellent.

## To Remove Honey From Bee Hives

In detailed instructions to Canadian beekeepers with reference to the removal of honey from bee hives, C. B. Goodenough, Dominion Apiarist, advises against removing honey until it is at least three parts capped over. Leave the bees enough to carry them through the fall, especially if there is no flow following the clover, he says. The use of the wood-wire bee escape board, fitted with two-way bee escape is the easiest method of clearing the honey super of bees. If no bee escape boards are available, shake or brush the bees from the combs. Escapes placed in 4 or 5 o'clock in the afternoon should have supers cleared of bees by next morning from 11 to 21 hours. See that the springs of the bee escapes are set to allow the passage of one bee through them but not wide enough for return. After placing escape boards, see that no cracks or openings are in the supers above them.

To prevent robbing, remove supers immediately to the honey house. Leave no comb or honey exposed at any time. Extract the honey as soon as possible in a warm building. Keep uncapping knife hot. This facilitates uncapping and prevents tearing the combs. A steam heated knife is best. To prevent combs breaking in the extractor, run the extractor slowly at first until one-half of the honey is removed from one side of the comb. Reverse the combs and increase the speed, removing all honey from that side. Again reverse the combs and extract the remaining honey from the first side. The reversing of the combs does not apply to radial extractors. If the honey house is not absolutely bee proof, stack the supers with one above cover below and another above each pile.

To clarify the honey, strain it through two thicknesses of fine cheesecloth. This will remove particles of wax and other items. Straining may also be done by the gravity process. Fill the pails before granulation starts and close them. It is a good plan to save a number of well-filled combs for the bees next spring. The honey in these combs need not be of the best quality for spring use.

## SQUIRRELS NUISANCE IN FOREST OF DEAN

**GLoucester, England, (CP)**—Grey squirrels, said by naturalists to have come from North America, have become the chief vandals in the Gloucestershire Forest of Dean, since gamekeepers went away to war. They not only destroy trees but raid orchards, strip poultry pens, and bound into houses after food. They frighten women and children as they bounce through open bedroom windows and often they are found in kitchens.

A forestry commission official said that only a nation-wide offensive could do any good. Mass shooting parties were needed and nine penes a bill is being offered those who have permits to shoot. Grey squirrel shooting clubs can get cartridges free.

## Saskatchewan Plans Brighter Province

Mobile Units to be Used to Paint Schools and Buildings in Rural Areas

**REGINA, (CP)** It may be a five-year job, but provided plans now being made by the Saskatchewan reconstruction department go through, thousands of farm buildings which long have stood grey and weather-beaten against a prairie background will become splashes of colour amid the wheat lands.

The rural housing committee has estimated that predominantly rural Saskatchewan has 80,000 sets of un-painted farm buildings and 20,000 which require paint. In the depression years farmers lacked the money to have their buildings touched up, and during this war they've been unable to obtain painters to do the work.

As part of the government's post-war reconstruction and rehabilitation program, application has been made to War Assets Corporation for three two-gun spray painting units as soon as they are declared surplus. When obtained the units will be mounted on trucks and will require crews of three to five men each. It is planned to train ex-servicemen in the use of the power sprays.

When a painting unit becomes available, efforts will be made to paint some rural school building as a start and later to organize municipalities one at a time for these improvements. One departmental official estimated that it would take 40 crews approximately 200 men five years to paint the country's structure needing colour.

Reconstruction minister J. M. St. Paul said late last year that as a part of a project a paint manufacturing plant in Saskatchewan would be established in Saskatchewan, using linseed oil from the proposed flax crushing plant in Saskatchewan of Saskatchewan Co-operative producers, Ltd.

## WANT DIRT? GO AND BUY IT

**DIRT**, the insecticide about which there has been much talk lately, has been freed for public sale by Wartime Prices and Trade Board. It has been sold since it was not very plentiful but G. S. Frost, Administrator of Fertilizers and Pesticides, W.P.T.B., explains that supplies have been improving and therefore it may now be sold for general civilian use.

## CLEAN HOUSES FOR POULTRY PAY

Sanitation is one of the most important factors governing successful poultry production. It is a waste of time and money to grow good, healthy chicks out on clean land and later put them into winter quarters in a filthy pen, or even just a dirty pen. Well cleaned houses will pay good returns, says M. H. Jenkins, Dominion Experimental Farm, Napan, N. S.

The usual time of cleaning the laying house at Napan is in August or early September. After the older birds have been removed from the laying house, all feed and feeding equipment, roosts, nests and nest boxes, dropping boards, as well as the litter are removed from the house. A thorough brushing of ceilings, walls and floors is made to remove all loose particles of dust and dirt. Then the walls and floors are thoroughly soaked and scrubbed with hot water in which cresolin or lye solution has been used. This is done with a stiff broom so as to get into the cracks and crevices of the walls and floors. Following the scrubbing the whole building is given a thorough hosing to remove all particles of dirt and litter. All doors and windows are opened in order to permit the pen to dry out thoroughly.

While the pen is drying, the equipment which has been moved out into the open is brushed and hosed, using a disinfectant solution in the scrubbing. After the pen and equipment are dry the litter is put back in place and fresh litter is put in. This makes a nice, clean pen for winter quarters for the laying stock. Further cresolin

or lye may be used. Care should be taken not to get it on the body or the clothes. At Napan one pound of lye to 3 gallons of hot water is used. When cresolin is used the mixture is one-half a pint to 12 quarts of water. Both solutions have given excellent results. If this practice is followed yearly there will be fewer colds and diseases among the poultry flock.

## ORKNEY WAR CAUSEWAY TO BE PEACETIME AID

**KIRKWALL, Orkney Mainland (CP)**—Built for war, to seal the eastern entrance to Scapa Flow, the gigantic causeway joining the four islands of Lamb Holm, Gilles Holm, Burray and South Ronaldshay to the Orkney Mainland island now is being used to carry peacetime supplies.

Until recently the islanders were dependent on the weather for their supplies since all had to be landed from coastal boats. Now by means of the causeway, one and one-half miles long and built across channels as deep as 75 feet, the four islands form part of the Orkney Mainland. There can in future be no repetition of the attack by a U-boat which sank the battleship H.M.S. Royal Oak in October, 1939.

Decision to build the causeway was reached early in 1940 by Winston Churchill when he was First Lord of the Admiralty. Rock quarried on the islands and enclosed in large tubs, flexible steel wire fabric cages, each holding approximately five tons, were used in the construction. The scheme cost an estimated £2,000,000 (£1,000,000) and took three years to build.

**GIVE CLOTHES TO WAR VICTIMS**  
**OCT. 1st to 20th**  
 Take your contributions to your nearest Post Office or any official COLLECTION DEPOT.

**"SALADA" TEA**

**HYDRO provides fast, dependable "Made to order" SERVICE**

Do you realize that Hydro power must be made to your order... made and delivered to you so quickly that it would seem to be always there? Electricity cannot be stored. It must be made within a tiny fraction of a second of the time it is used. The flow of water to the generators is controlled by sensitive automatic gates, so as to make only enough for the demands of the moment.

Whenever you flip a switch, you use electricity before the water which made it can leave the power house. Your order is received and filled faster than a good camera can wink its eye. Yet the power comes to you through a giant transformer station, a local distribution station, a small transformer near your home... all connected by many miles of transmission and distribution lines.

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Your house must be adequately wired if you are to have full benefit from the electricity you may want to use. If your place is wired for a range and a water heater, you can assume that you have enough wiring from the small transformer to your house. From there, be sure that you have enough circuits and plenty of outlets conveniently placed in every room. Remember that any one outlet can supply only a limited amount of power efficiently and safely. Remember, too, that you will want an ever-growing number of electrical conveniences in the years to come. This economical time to wire adequately is when you are building or making major alterations. Plan now for your electrical future by wiring completely.

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