

Of Interest to Women



THE MIXING BOWL
Ann Collins
 HOUSE ECONOMY

Hello Homemakers! Apples are too often overlooked as salad ingredients. In addition to the well-known Waldorf salad, diced apples, chopped celery, nuts and mayonnaise, they may be diced and mixed with raw grated carrots and raisins.

You might also try diced apples mixed with diced cantaloupe, sliced peaches and maraschino cherries, served on lettuce with French dressing. For a salad plate, cut a slice from the top of a large russet apple, core and scoop out the centre. Mix the centre with cream cheese, celery, nuts and enough mayonnaise to moisten. Stuff the apple cavity with this mixture, cut the apple in sections part way down for easier eating, garnish with fluffy mayonnaise and parsley.

CABBAGE AND APPLE SALAD
 1 banana, 1/2 cup French dressing, 1/2 cup sliced apples, 2 cups shredded green cabbage, 1/2 cup diced celery.

Slice the banana, drop immediately into the French dressing along with the apple slices to avoid discoloration. Combine with remaining ingredients, toss with a fork until thoroughly mixed. If desired, serve this with cream mayonnaise.

APPLE DUMPLINGS
 2 cups sifted cake flour, 1/2 tsp salt, 2 tbsp baking powder, 1/2 cup milk, 8 apples, 2 tbsp brown sugar, 1/2 tsp nutmeg, 1/2 cup peppermint candies, 2 tbsp butter.

Sift flour, salt and baking powder together. Cut in shortening. Add milk to make soft dough. Turn out on lightly floured board and roll 1/2 inch thick. Cut into 4-inch squares. Peel and core apples and place one on each square. Mix brown sugar, nutmeg, and candies together. Fill centres of apples with sugar mixture and dot with butter. Pull corners of dough squares up over apples and seal. Bake in an electric oven (375 degs.) 30 to 40 mins. or until apples are soft. Serve hot or cold with cream. Yield 8 dumplings.

FRUIT WHIP
 1 cup evaporated milk, 2 tbsps. lemon juice, 1 cup sweetened apple sauce.

Chill the milk thoroughly and whip until stiff. Add lemon juice and whip until very stiff. Fold in the cold apple sauce (which should be fairly thick). Serve cold. Fruit whip may be turned into freezing tray of electric refrigerator and frozen.

APPLE AND SALMON SALAD
 2 tart apples, diced; 2 cups of cooked flaked salmon; 1 cup diced celery; 1/2 cup grated raw carrot, about 1/2 cup salad dressing.

Mix the ingredients lightly together. Pile in nest of crisp lettuce.

Note: Cold ham, veal or chicken may be substituted for the salmon.

THE QUESTION BOX
 Mrs. R. C. asks: Recipe for Green Tomato Pickles and Chutney Sauce.

Answer: Green Tomato Pickles: 4 quarts green tomatoes, 4 small onions, 4 green peppers. Slice the tomatoes, onions and peppers, and sprinkle with 1/2 cup of salt and leave overnight in a crock. The next morning drain off the brine. Put in a preserving kettle 1 quart of vinegar, 1 level teaspoon each of black pepper, mustard seed, celery seed, cloves, allspice and cinnamon and 1/2 cup sugar. Bring to a boil and add the prepared tomatoes, onions and peppers. Cook slowly for 30 minutes. Fill jars and seal.

Personality Factor In Feminine Appeal

Painter of Movie Stars Says Make-Up Not Necessarily Key to Success

NEW YORK (CP) The next time you feel inclined to look like your favorite movie star, think twice before you copy her lips, the curve of her eyebrows or the color of her hair. Because it may not be any of these things that are responsible for her appeal.

You may find it is her personality that has contributed to the star's success, says Ladislav Segy, who has just completed a series of paintings of movie picture actresses to be shown at his next portrait exhibit.

If you must imitate a star, Mr. Segy advises discover the personality key of the one that is most like you. Then try to develop your personality along the same lines. With so many types in the movies this shouldn't be difficult. He explains:

"Your admiration may lean toward Katherine Hepburn, who has more of the cool calculating type of intellectual appeal. If you like independence you can be this type and attract an intellectual man."

To attract a man who likes to be dominated you've got to have a bit of Inceal in you. Lauren says Segy, in the mysterious type of person who emphasizes her mystery in her walk, speech and general manner.

Grooming Technique
 But if you want the man to wear the pants, he says, you can appeal to the he-man with a little of the girr, girr, girr technique. This is the ultra-feminine type who must constantly be building a man's ego and must adjust herself to his whims without saying boo.

Hedy Lamarr is the beautiful type and one of Hollywood's exceptions. She is the decorative type of woman a man marries because he likes to see her admired by other people and because he likes her cool and composed attitude showing "intellectual control," says Segy, who adds:

"If you are nervous and sensitive, women like Hette Davis, you should appeal to the cultured type of sensitive man.

"But if you are cool and detached like Veronica Lake, whose passive personality flares up only under extreme pressure of circumstances, you will probably attract the cool reserved type of man."

Of course you may find yourself not in sympathy with any of these personalities. In that case, advises Segy, develop your own. And if you are the "naive" type don't underestimate yourself. There are many men, says Segy, who admire unsophisticated women and it is worth developing this charm.

CONVENTION BAN OFF NOVEMBER 1

The ban on conventions and other meetings, in effect for the last few months to turn over maximum hotel and travel facilities to troops in transport, is scheduled to be lifted November 1, according to an announcement made last week by Wartime Prices and Trade Board.

The Prices Board sees heavy travel falling off in November together with some slackening in the volume of troops returning home. The Board's announcement is made well ahead of time so that any groups planning conventions may have sufficient time to make full arrangements.

THE OLD MAN IS THANKFUL

Our family has a lot of troubles (said the old man). The boys had troubles with Germans and they seem likely to have troubles with Japs for some time. Then here at home there are these high taxes—income taxes and nuisance taxes of one kind and another. I can't get anybody to climb up and fix the eavestrough. I can't get the kind of cigars I like. They're only one consolation in all these troubles. During the past few years some of my friends have bought themselves farms, so they could have something solid under their feet in all this world turmoil. Well, I never got around to buying one of those nice, attractive places out in the country.

And now, when I hear the difficulties my friends are having it makes me feel thankful to think that at least our family doesn't own a farm.

Chronicles of : Ginger Farm

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

We threshed last Friday. And that completes the round-up of summer chores. At least I think it does, but I'm not sure because there is some red clover that we hope to harvest but the continued wet weather has put it down so badly it may not be worth cutting or threshing if it is cut.

We had the threshers this time for only one meal and for it I had good help. You see Partner was promoted he helped with the meal instead of with the threshing. I didn't spoil it by asking which he would rather be doing, one shouldn't look a gift horse in the mouth.

My, but it is nice to feel the season's work is coming to an end, even though the end of one season means the beginning of another. Fall ploughing is naturally the beginning of next year's crop.

And in the house what have I done? Not very much, I'm afraid. We have been so unsettled, what with the weather and Partner being away. But I have managed to chase a few spiders around and their number is less. They were very happily settled down in what they probably hoped were their winter quarters. That also applies to mice. After being free of mice here for months suddenly they were everywhere. One night young John even found one sitting on his bed. He said he couldn't make any attempt to catch it because we were all in bed and asleep and he was afraid of waking us. Nevertheless I hardly think he slept with the mouse.

Naturally I am taking means to reduce the number of our unwanted guests. And do you know, in spite of modern inventions the best mouse-trap I have used to date is the old-fashioned kind with four holes, one on each side. I don't even bother to put bait on the hooks. Just drop a few crumbs where I plan to set it and then just set it down on top of the crumbs. And if any of you dislike setting spring traps as much as I do you will know what a relief it is to deal with a trap that won't scare you with a sudden snap.

Is this a trivial subject to write about, do you think? I don't think so. Mice around the house can do a lot to mar the happiness of a home. They are annoying and unsanitary. Who wants to eat food or use dishes that mice have been running over? And if mice are in the house how can anyone be sure where they will go? And what woman can guarantee to stay good-tempered if she finds rodent trademarks over her freshly laundered tea-towels.

Or it may be that she is alone in the house and trying to like it. She knows there is absolutely nothing to be afraid of—no prowling knights of the road are likely to come her way. She ignores the sound when boards start to creak or when furnace pipes emit a crackling noise. Those are sounds to which she has become accustomed. But she is taken completely by surprise when suddenly across the stillness comes a scurry of feet. Where did the sound come from—was it overhead, in the walls, out in the kitchen, or mercy me, was it mice running across the floor of the room in which she was sitting? But then again, was it mice? Could mice make all that noise? If she were sure it were mice she wouldn't be frightened, but it could be rats, or squirrels or perch the thought a skunk might somehow have got into the cellar. Thinking such thoughts is not conducive to a quiet happy evening. It leaves the nerves with frayed edges, lowers one's self-respect and finally it makes one feel utterly ridiculous when watchful pussy makes one flying leap and then proudly ambles across the room with one small mouse tightly held between her teeth.

So be warned, my friends, and the very first time you see or hear a mouse get right down to business. If you don't—well that one mouse may soon be twenty. I don't know the rate of increase but I do know that in three days I caught eight mice.

And now, if you will excuse me, I will set my trap for the night and tie me to bed. Boards have already done their creaking and pipes their crackling but I definitely don't want to hear the scurry of little feet.

TUNA RETURNS HOME

WEST LEDDRE (CP)—When a tuna, fisherman Douglas Baker happened made off to sea with 100 fathoms of mooring cable and a buoy Baker gave his equipment—and tuna—up for lost. Several hours later he found the exhausted tuna lying in his own slipway, with the line and buoy beside it.

HAMILTON (CP)—Allan Borer of Clappison's Corners went away around that old saw about getting two birds with one stone. He shot at a flock of starlings taking off from a field and the shotgun blast brought down 31 birds.

Value of Feeding Vitamin A to Hogs

Rapidly growing hogs kept from an early age in confined quarters and fed grain lacking mineral rations often develop symptoms of paralysis caused by a deficiency of Vitamin A, says C. H. Anderson, Dominion Experimental Station Beaveridge, Alberta. Many such hogs are lost or at best develop into chronic runts. At various times since 1934 it has been observed that peculiar symptoms have developed among rapidly growing pigs kept at the Beaveridge Station. These symptoms have varied with individual cases, but among the most common have been strained facial expression and peculiar position of ears, giving a wild-bear appearance; nervous derangement; incoordination of muscular movement, usually developing quickly into posterior or more general paralysis; inability or disinclination to feed normally; contortion and miscellaneous ailments such as straggling and a foamy discharge at nostrils. An occasional pig may walk in circles.

After considerable experimental work, this trouble was diagnosed as a Vitamin A deficiency. Pigs fed fish oil high in Vitamin A and those receiving green or cured alfalfa have not developed any of the symptoms in question. Frostrated pigs paralyzed in the posterior and otherwise failing were in most cases restored to good health and sent to market in normal condition by the feeding of skim milk, fish oil and greens. In other cases alfalfa alone or fish oil alone has effected marked improvement, only one or two advanced cases failing to recover under such treatment.

Green or well-cured alfalfa would appear to be the most economical source of Vitamin A for hogs but other green stuff is also good. Should green stuff not be available, fish oil given in tepid water may be substituted. Fish oil has the advantage of furnishing Vitamin D as well as Vitamin A.

Pigs fattened from sows that have been fed a sufficient supply of Vitamin A in one form or another are born with more resistance to prevalent disease germs.

Fish oil when used should be fed at the rate of one tablespoon per sow daily throughout pregnancy. In fattening hogs the same dose should be given until the pigs reach a weight of 100 pounds.

PRINCE RUPERT (CP) Prince Rupert is staging a campaign to have a naval base established there. City council has petitioned the federal government to establish a division of the navy reserve there because of the northern city's strategic location.

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"SALADA" TEA

Hours of Work and Vacations with Pay Act, 1944

The Industry and Labour Board which administers The Hours of Work and Vacations with Pay Act, considers, in view of the termination of hostilities and the cancellation of war production, the acute manpower shortage which existed during the war years will be minimized, therefore the postponement as to working hours previously provided shall be cancelled and effective November 1st, 1945, the working hours of an employee in any industrial undertaking shall not exceed forty eight (48) in the week.

1. Regulation 4 of Ontario Regulations 8/44 is amended by adding thereto the following subregulation:

(1a.) Notwithstanding the provisions of subregulation 1, an employer may adopt one or more overtime work periods in his industrial undertaking between the 1st day of November 1945 and the 31st day of December 1945 without a consent in writing of the Board, but the overtime shall not exceed thirty hours in the aggregate.

INDUSTRY AND LABOUR BOARD,
 Department of Labour, Ontario.

Rev. Charles Deley,
 Minister of Labour.

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