

Of Interest to Women



THE MIXING BOWL
Hello Homemakers! Home lighting by electricity makes our work easier, but we are often careless in failing to use it to the best advantage. Insufficient or improper lighting can be guarded against. Use a table lamp placed so that the light shines on the work in hand from the left side. If there is not a close enough outlet, use an extension cord. Inside frosted bulbs and white-lined shades are highly recommended. Sixty to 100 watt bulbs are suggested for tedious work when the light source is three or four feet away. A good light will prevent unnecessary fatigue and strain from cleaning, scrubbing, painting, scrubbing and ironing or any household chore.

TAKE A TIP

1. Dark bulbs and dark shades absorb light.
2. Colored lights are decorative but do not give as much light as white ones.
3. Clean lighting fixtures occasionally to obtain maximum amount of light and life of bulb.
4. Keep a few bulbs in stock for replacements.

REQUESTED RECIPES

SQUASH AND APPLE SOUP
1 onion, 4 apples, 3 tbsps fat, 1/2 tsp salt, dash of pepper, 4 tbsps flour, 2 1/2 cups light stock or water, 2 cooked and peeled acorn squash, 1/2 cup cream, 2 tsp chopped chives (optional).
Slice onion and apples. Add fat and cook until mushy. Stir in salt, pepper and flour. Pour on stock of water and stir until boiling. Slice squash and add to stock mixture. Return to pan with cream and chopped chives. Reheat and serve. Serves 6.

FRESH BRISKET OF BEEF WITH VEGETABLES

2 1/2 to 3 lbs boneless beef, bricket water or soup stock to cover, 1 onion seasonings as desired, 10 sweet potatoes, 1 turnip, chili sauce.
Cover beef with water. Add onion salt and pepper. Any other seasoning desired. Cover and simmer until meat is tender from 4 to 5 hours. One hour before meat is done, add sweet potatoes in jackets and peeled sliced turnip. When meat and vegetables are done, remove meat to hot platter. Garnish with the turnip, topped with hot chili sauce and serve sweet potatoes in a separate dish.
Note: Use the stock in which the beef and vegetables are cooked for soup.

BUTTERLESS CAKE

4 eggs (separated), 1 cup sugar, 1 cup flour, 1/2 tsp salt, 1/2 tsp baking powder, 1 cup raisins, 1 cup peanuts (skinned and chopped), 1 tsp vanilla.
Beat yolks of eggs until light and lemon-colored; then add sugar and beat well. Add vanilla. Sift flour, baking powder and salt together. Stir the dry ingredients into egg mixture. Add raisins and nuts. Fold in stiffly beaten egg whites. Pour into oblong greased pan, and bake in a moderate electric oven 20 mins.

TURNIP PUDDING

1 cup baking fat, 2/3 cups mashed turnips, 2 tbsps flour, 2 eggs (separated), 1 tsp salt, 1/2 tsp Worcestershire sauce, 1/2 tsp pepper, bread crumbs.
Melt baking fat, stir in flour, add turnips and beaten egg yolks. Fold in seasoning and stiffly beaten egg whites. Pour into greased custard cups. Top with crumbs and oven poach in electric oven at 350 degrees for 30 mins.

THE SUGGESTION BOX

Mrs. B. T. says: A white sauce for vegetables is improved by the addition of a pinch of dry mustard.
Mrs. S. A. N. says: Bake peeled egg plant that has been soaked in salted water for 20 mins. When partially baked (10 mins) stuff with cooked sliced meat and moistened bread crumbs and continue baking until stuffing is browned.
Mrs. E. M. says: Enclosed potatoes are a new dish if you blend peanut butter with the milk.
Mrs. H. C. says: Left-over cooked turnip greens go well in stews.
Mrs. J. R. says: Cook fish slowly to retain natural flavor and oil. Salt at the table.

CEMETERY "VASES" UPSET KENT VICAR

SHOREHAM, England (CP)—Pickles and jam jars are useful substitutes for vases in decorating graves, but the labels are offensive and should be removed, says Rev. Paul Glendon, vicar of Shoreham, Kent.
I set to go to a grave and find that the first words you read are "plum" or "chutney" or "mixed pickles" is to have a severe strain put upon your sense of reverence," he wrote in the parish magazine.

Shall We Eliminate Depressions?

Depressions have a long history. I have on my desk a chart covering 153 years of economic progress from 1790 to 1943.

It was compiled by the Cleveland Trust Company, an institution which does a good deal of research in regard to the trend of business, has been doing it for many years, does it rather well.

In this chart the normal line is taken as zero. Variations are represented by plus or minus signs above and below that level. It is in two colors, black and red. "Black" rising above the line marks an era of prosperity. "Red" below indicates depression.

The "reds" are, at least, equal to the "blacks." We have had perhaps more years of hard times than of good. The 1929 to 1939 period was the deepest depression of all time. The present wartime boom gives us the highest level of production in human history. Nice, isn't it, that those now living know more about booms and depressions than those who lived in any other period of human society? We have a wider experience.

Despite it all, or is it because of it, we have made more progress in the last 153 years than in all man's previous existence on earth. Human progress would not have been as great if, over that period of 153 years, these fluctuations in the tempo of business could have been eliminated.

The ups and downs represent changes in mood and temper. A dynamic age can never escape them. We learn from depressions, progress would lag without them. High blood pressure may be dangerous so is low. Life does not consist of lying in a hammock. If Adam and Eve had stuck to the garden they might have skipped the depression but mankind would have missed a lot.

The chart records 153 years of human history, its ups and downs, the restless heaving of the tide of life. If during this long period there had been family allowances, unemployment insurance, free medical services and housing schemes, would human life have escaped depressions, lived only in the booms, or have held with it, in its grasp as great a measure of human progress as it now holds?

The cold fact is that we may have along these lines if we care to discuss, but we have tried our own effort if we consider these the final answer to the problems of human progress. We shall lose human progress if we put our gaze upon social services. We forget the fundamental fact which reflect in more clearly the direction of human efforts, its progress, its restlessness.

We cannot solve the problems of society by eating the red grain. It is madness to assume that a redistribution of existing income can solve our economic problems. We have attained a high level of national income under the pressure of war demand where costs could be ignored, but we cannot live in the faith that the world can prosper from destruction, or that we can enrich ourselves from the deepening poverty of our customers and friends. Never in all previous Canadian history was there greater need for clear thinking and resolute action. R. J. Deachman

WHAT PRICE TURKEY?

With Santa Claus on the radio and parading down the streets it is obligations to one and all that Christmas will rapidly be with us. People begin thinking in terms of big Christmas meals, kudos to which in most homes is a big luscious turkey. Confusion about how much should be paid for that Christmas turkey here are the main market quotations and retail prices as listed by Waitman, Francis and Trade Board:

Maximum prices for young hens and toms which is what most Christmas turkeys are delivered to the buyer's place of business are: Special Grade, 38 3/4 cents per lb.; A Grade, 37 3/4 cents; B Grade, 35 3/4 cents; C Grade, 32 3/4 cents. These prices are for loose-packed birds. For old hens, the price is 3 cents less per lb. for old toms, 4 cents less. If box packed, the wholesaler may add 3/4 of a cent per lb. to his prices. These are the top prices stores will pay wholesalers.

The maximum prices the housewife will pay for her turkey will be either 46 cents for Special Grade, 45 cents for A Grade, 43 cents for B Grade or 39 cents for C Grade. These prices are for loose-packed. If she buys a box-packed turkey, the ceiling price would be either 47 for the Special; 46 for A; 43 for B or 40 for C. These prices are for young hens and toms, which are the majority of birds offered for sale.

CARRY RECORD CARGO

MONTREAL (CP)—Four British freighters scheduled to sail from Montreal shortly will carry a record cargo of 60,000,000 pounds of frozen meat, the largest shipment of its kind ever to go from a Canadian port.

Chronicles of... Ginger Farm

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

We have been celebrating Partner's birthday this week-end and I might say it has had additional significance for us this year after the worry and uncertainty regarding him during the last six months.

Of course Daughter and her friend were here and with son Bob already home from Europe it meant we were a united family once again something we had hardly dared to hope for. That, in itself, was sufficient reason for rejoicing and we rejoiced.

There will be still more rejoicing this week, but it will not be on account of birthdays or family reunions. In fact some folk might not consider it a reason for jubilation at all. Bob thinks otherwise. To cut a long story short, He is expecting the delivery of a long looked for truck. Do I bear shorts of disgust? "Hub a truck that is about all a lot of these young fellows can think about." Isn't that what you said? Well, maybe there is some reason for so thinking, but I ask you, where else is a truck more necessary than on a farm? It seems to me the time is coming when a truck will be considered as part of the necessary equipment on a farm. Anyway, that is how we have it figured out. When Bob has his truck he will be able to do all the hauling that is needed at home and also have the means for making money for himself. In our estimation a truck is not a liability unless it is misused. And the use or abuse of a vehicle is naturally up to the owner.

Bob also has a motorcycle which I don't think I have mentioned before, and believe it or not, I encouraged him to get it. I never thought the time would come when I should be glad to see a motorcycle around here. I always thought they were such noisy, dangerous things. I still do for that matter. But on the other hand they are very mobile, economical to operate and since Bob spent half his time on one in the army it seemed foolish to raise motherly objections. Besides that it meant the car was not so likely to be away when I wanted it. We move with the times. We started farming with a team, a wagon, a horse and buggy and a baby carriage. Now we have a tractor, a truck, a car, a motorcycle and a push-bike.

We also had a kitchen stove, a box stove, oil lamps and a lantern and a mighty cold and dismal house. Now we have a furnace, warm rooms everywhere, electric lights at the house, at the barn and to lighten our darkness from one building to the other.

Also in those early days we had health and strength, the buoyancy of youth, a generous inheritance of ambition, faith in the future and our ability to cope with it, and two small children to share the best we could give them.

Now, we have health and strength comparable to that of the "old grey mare" experience that we have gained throughout the years, ambitions that have been only partly realized, and in place of our little ones we have two grown children and in them we stake our hope and faith in the future once again, praying that for them and their kind national and international problems will be solved so that their generation may not be victims of another depression, not another world war.

I am sure the company I have given you are by no means unimportant and will apply to a good many homes other than Ginger Farm.

In lighter vein, last night I was awakened by chickens cackling. Now what or what? As happening early pullets do I lay eggs in the middle of the night? I said to myself, "I tried to ignore the noise but it was no use. I had to get up. I looked outside the door. The moonlight was almost as bright as day, so bright it had awakened those crazy pullets perched up high in the chesting tree and they were cackling in surprise and protest. I went back to bed and left them to cackle.

PARENTS' "COURT" FOR DELINQUENTS
OMAHA (CP) The Rev. Joseph Meeck, assistant at St. Francis Catholic Church, has put the juvenile delinquency problem into the laps of the parents in his parish by setting up a board of four fathers and four mothers to bring reports of misdoers to the attention of the violators' parents.

The parents are then given the opportunity to take the violators and the punishment in hand. Although the parish board has been in operation only a short while, Father Meeck says it has proved effective.

Even Cowboys Have A Union

Lanky Teen President Says It Protects Rodeo Operators and Performers

NEW YORK (CP) Yipes, and git along little doggie. You're being pursued by a union man.

It probably doesn't make much difference to the broncos or the steers but the rodeo cowboys who provide the thrills and spills at Madison Square Garden and other rodeo bookings throughout the country are organized. The members of the Rodeo Cowboys Association, and pay dues of \$10 a year for the privilege of risking their necks for prize money.

Current president of this roarin' outfit is Lanky Teen, Lanky Teen Mansfield of Rankin, Tex. Four times winner of the calf-roping championship, Mansfield takes up the gavel instead of the lasso two or three times a year, whenever enough of the 2,000 members are around to make a meeting worthwhile. Generally it's at any one of the six or seven hundred rodeos held in a year's time.

The union was formed in 1936 and its first job, Lanky Teen explains, was to get the roping entry fees, ranging anywhere from \$30 to several hundred dollars, added to the prize money for each event. Formerly the rodeo operator kept the fees which amounted to quite a pocketful of change if a cowboy entered several competitions.

Works Both Ways
"We aim to protect the cowboy and the rodeo," draws the blue-eyed teen. "We pass on the prize money, it's \$120,000 at the Garden, make sure it's enough. Then we guarantee that the boys will work, and that there won't be a strike." At the moment, the union is taking up such matters as hospital care and the need for an ambulance to be present at all times in case of accident.

About 200 of the 2,000 cowboy members are in the Garden show, many are still in uniform. The boys pay their own expenses, and may attend as many as 30 rodeos in a year. Many have ranches or stock raising businesses back home. Lanky Teen himself has a ranch and a family in Rankin, Tex., and has been rodeoing around for the past ten years.

The union is organized along the proportional representation lines. The boys vote for representatives from each competitive field—calf roping, wild cow milking and trick riding.

CHICKEN PIE SOCIAL

I guess you know how a fellow tries to think of something pleasant when he's sweating out a trouble the said, reaching for a third piece of pumpkin pie. Well, some think of one thing and some another, but for my money, it was mainly a chicken pie social.

Odd, eh? I saw it just about the way it is here. I figured on more butter and sugar than we have tonight, and more fruit, too. Notice there aren't any apples this year, or apple pies? And a good many of the old gang I used to go around with haven't tumbled up. Some aren't back yet, and some won't be coming back. The general setting is the same, though the church cellar with the table set up on sawhorses, and the girls hustling good? More coffee? Sure, thank, Jenn. There's a feeling of a kind of glow to a chicken pie social. It's more than just the eating though that's important.

Luxury Cabin Amazes Seaman
British Shipping Company Plans Topnotch Quarters for Crew

LONDON (CP) Salty lads used to the crowding and discomfort of the facile traditional crew's quarters in ships from time immemorial, rasped with amazement at the quarters in the new 540-ton motor vessel Stork here.

When Able Seaman Bob Smith joined the Stork he expected to find the usual dark and narrow bunks, with hard wooden benches and cots and three-tiered bunks.

Instead he had a cabin to himself, with upholstered seating, a radiator, modern ventilation, a comfortable bunk with basin with hot and cold running water, a writing table and a reel locker.

"Said Bob: "It's wonderful to find all this in a small ship. We even have fresh water showers and a dining cupboard. Any seaman would want a stateroom like this where the accommodation is so good. Meals are good too."
Said a director of the General Steam Navigation Company: "Such improvements in living accommodation we have put into the Stork cannot be made in all ships yet. Provision of a cabin for every man means a slight loss in cargo capacity, but it will be well worth it."

Annual salary rates for teachers in the publicly controlled schools of Ontario provinces have gone up an average of \$250 since 1939.

The Quality Tea
"SALADA"
TEA

Keeping Meat Fresh for Europe



2,300 CARS SINCE V-E DAY was the record of the Canadian Pacific Railway at Montreal up to the end of October for using the refrigerator cars which transport perishable food for export to Europe. Of these cars, 95 per cent were loaded with meat, as seen in the refrigerator car (above) which keeps its valuable cargo at low temperature by having up to a ton of crushed ice (lower left) and salt (lower right) added to its bunkers daily.

NO LETUP ON FARM

Discharges from the armed forces to discharged states labor released from war-penalties to peace-time production and unimpaired farm machinery are factors tending to ease the farm labor situation, states the Current Review of Agricultural Conditions in Canada. The high levels of agricultural production a fact during the war years through the efforts of Canadian farmers with unflinching labor and machinery have been phenomenal. With sufficient labor and machinery, their efforts cannot be relaxed now that hostilities have ceased, says the Review. Food must be provided for the people of Europe until their own farms are able to produce the necessities of life.

400 'Reefers' Each Month Canadian Pacific Record

MONTREAL: Pouring in a load of ice, adding a giant-size dash of salt and mixing well is the recipe the Canadian Pacific Railway follows to help provide meat for Europe.
This formula, carried out daily on refrigerator cars full of food for Europe, enables the C.P.R. to send off approximately 400 carloads of perishables monthly for export from Montreal. Of this supply, 95 per cent is meat.
To pour up to a ton of crushed ice daily into each of 150 "reefers," which is the daily servicing average in the Canadian Pacific yards here at Outremont, a system has been developed which makes it certain that the cars will move on time.
The ice is loaded through bunker openings by means of a shuttle track which carries the ice upwards from a crushing machine and slides it into the bunkers. MacClonias of salt poured into the bunkers intensify the cooling.
For the 2,300 carloads of perishables for Europe which had been handled by the C.P.R. in its Montreal yards from V-E Day to the end of October more than 5,200 icings were undertaken. On a recent occasion more than 200 cars were iced in one day.