

# Of Interest to Women



## Prepares Hymnal In Cree Language

Veteran Anglican Clergyman Works for Indians While on Furlough

Hello Homemakers! Just as tea biscuit dough lends itself to all sorts of good hot breads by simple variations, so muffin batter may be used as a foundation for a wide variety of not-too-sweet cup cakes.

Muffins are made from a softer mixture than tea biscuits. Muffin dough is not stiff enough to stand alone, so it is baked in individual muffin pans. You can also cook muffins in glass baking cups.

The important point in making muffins is not to stir them too much. Mix the liquids into the dry ingredients just enough to moisten them. If you mix muffins too much they will be tough and coarse-grained and have tunnels inside and peaks of knobs on the outside. Excessive stirring overdevelops the elastic quality of the gluten in flour.

With the standard recipe as a foundation you can make many different kinds of muffins, raisin or currant, peach, spice and so on. When you have a bit of jelly or jam left, make jam muffins.

As soon as the muffins are partly cooked, put a teaspoon of jam or jelly in the centre of each. Do not remove pan from oven and work quickly.

### STANDARD MUFFINS

2 cups pastry flour, 4 tsp baking powder, 1-2 tsp salt, 2 tbsp sugar, 1 cup milk, 3 tbsp melted lard, 1 egg.

Mix and sift dry ingredients. Beat egg until light, add milk and melted fat, and add to flour mixture all at once. Stir only enough to dampen flour. Drop by spoonfuls in greased muffin pans until two-thirds full. Bake 15 to 20 mins in electric oven 400 degs. Makes 12 muffins.

### OATMEAL MUFFINS

1-1/2 cups flour, 2 tbsp sugar, 4 tsp baking powder, 1-2 tsp salt, 1-2 cup milk, 1 cup cooked oatmeal, 1 egg, well beaten, 2 tbsp melted butter or shortening.

Add oatmeal to milk. Mix and bake as for Standard muffins.

### ORANGE BRAN MUFFINS

3 tbsp butter, shortening or lard, 1/2 cup sugar, 1 egg, well beaten, 1/2 cup molasses, grated rind of 1 orange, 1 cup milk, 1 cup cereal bran, 1 cup pastry flour, 3 tps baking powder, 1-2 tsp salt.

Work butter with spoon until soft and creamy. Add sugar gradually, then beaten egg and molasses. Add orange rind, milk and then bran. Let mixture stand for 15 mins. Sift and measure flour and add to it baking powder and salt. Sift again and add to bran mixture. Fill well-greased muffin pans two-thirds full. Bake 25 mins in moderately hot electric oven (400 degs). Yield: 12 muffins.

### SUGGESTED RECIPES...

### VULTEIDE FRUIT BARS

(Mrs. S. T. B. and Mrs. J. C.)

1 cup flour, all-purpose, 1 tsp baking powder, 1-2 tsp salt, 1 cup light brown sugar, 1/2 cup melted shortening, 1/2 cup grated orange rind, 2 eggs, 1 cup cranberries, 1/2 cups orange peel, cut fine.

Sift flour, measure sifting, sift again with baking powder and salt, combine with sugar. Add melted shortening and orange rind and then bran. Let mixture stand for 15 mins. Sift and measure flour and add to it baking powder and salt. Sift again and add to bran mixture. Fill well-greased muffin pans two-thirds full. Bake 25 mins in moderately hot electric oven (400 degs). Yield: 12 muffins.

### SNOWBALLS

(Mrs. C. E.)

1 cup pastry flour or 2-1/2 cup bread flour, 1/2 cup salt, 8 tbsps butter, 1 tbsp fine granulated sugar, 1 tsp vanilla, 1 cup coarsely chopped nuts, meats.

Measure sifted flour and add salt. Cream butter and blend in the sugar. Stir in vanilla and the nuts/meats. Sift in flour mixture half at a time and combine after each addition. Work in little additional flour if necessary to make a dough which can be handled between the palms of the hands. Roll in balls about the size of a very small walnut or if preferred, shape as fingers. Place on an ungreased cookie pan and bake in a slow oven, 300 degs, about 20 to 25 mins.

### THE QUESTION BOX

Mrs. J. M. asks: What makes a lemon filling taste bitter?

Answer: Too much of the white membrane of the lemon may have been grated off or long cooking may have caused the bitterness. Add the rind after mixture is cooked.

Mrs. T. C. says: Try some stewed pumpkin and squash-to-make-pies during the spring. The vegetable may be spread on shallow pie plates and dried in a slow oven. Store in a small airtight jar. To use, soak the quantity required overnight in scalded milk and proceed as usual to make pie filling.

## Chronicles of... Ginger Farm

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

Really, I honestly believe that Christmas sneaks up on us faster with every passing year. A few weeks ago it seemed ridiculous even to be thinking about Christmas. And then the weeks just rolled away and here we are almost catapulted into such things as the middle of Christmas shopping, preparations for Christmas concerts, gift problems, poultry picking, Christmas cakes and puddings, invitations received or given, tax bills and advance notice flat instead of "dreaming of a white Christmas" we should be "preparing for it." That's a regular jumble, isn't it? But you know very well that's the way it goes. No one that I ever knew was able to give his or her undivided attention to Yuletide preparations, least of all on a farm.

Take this place. Now that we have ordered our turkey and invited six house guests for Christmas it becomes me to think about puddings and things. But do you suppose I can settle to it with the threshing machine sitting like a black menace in the middle of the yard? It has been there for three days waiting for decent threshing weather. You see it is clever we shall be threshing and for that we need cold weather. Yesterday it was cold enough to please anyone ten places by our thermometer but then yesterday was Sunday, so that settled that. However last night we did go so far as to arrange to thresh Monday afternoon. But now the weather has turned soft again; it is up to 45 degrees and I don't know whether to prepare for threshers or not.

Mrs. Farley went to the northern Manitoba post as a bride 17 years ago. She remembers the compliment of the chief who told her husband it was wonderful to see a white woman contented and happy in the north.

Tadies, I haven't told you about my advance Christmas present, have I? I'll tell you now because then if you are interested you might casually hand this paper over to your better half with the remark, "There, now, there's an idea for Christmas."

Well, now, this thing that I am referring to is a "pressure cooker." You have seen them advertised, haven't you? Personally, I have been reading the descriptive advertisements in American magazines for 2 years. I also knew enough about a pressure cooker to know it would be a jolly nice thing to have. It is rather an expensive thing to buy but I wouldn't put it in the luxury class because I feel the money is well spent because it saves time and fuel, and more important still, food cooked by pressure is finer and more nourishing than done any other way because none of the natural juices have a chance to escape. For instance, take a cheap cut of meat, add to it the necessary vegetables and you have a stew that really is a stews-flavoursome, nourishing and quick.

The time between unwrapping the meat and serving the finished stew, complete with dumplings, need not be more than half an hour. Macaroni cheese can be on the table in fifteen minutes, carrots in ten minutes, scalloped potatoes twenty minutes. I could go on and tell you more, but isn't that enough?" The time I have given you includes preparation time because after all all food must be prepared before my cooker can do its work. I might add I have had my cooker over a month and I don't think a day has gone by without my using it at least once, and often twice each day.

There are several makes of pressure cookers on the market now, either of aluminum, stainless steel or metal alloy of some kind. Ours is the latter. I believe all makes work much on the same principle. They are perfectly safe and easy to operate if used according to directions but I hate to think what would happen if the lid were forced open before the steam had been allowed to escape. There is a little gadget on top for that purpose.

Unfortunately so many people are inclined to take chances around the home. Chances which so often result in an accident that could have been avoided had the parties concerned taken just a little more time. We are all in such a hurry these days. But I ask you in a hurry for what? What is so important that we cannot take reasonable care so that disasters such as burns and scalds shall not occur? The death of little children as a result of fires started hurriedly with coal oil or gas is absolutely criminal.

### SYMPATHETIC TIRES

These new "synthetic" tires might rightly be called "sympathetic" tires. When one of them starts to slip on these slippery roads, the other three do the same thing out of sympathy. Durham (Ont.) Chronicle.

## Tolstoy's Idea, Farm School Now Fifty Years Old

Famous Russian Novelist Brought About Establishment of School Devoted to Agriculture

NEW YORK (CP) — Count Leo Tolstoy, great Russian novelist, never set foot on American soil, but his idea was responsible for the establishment of one of America's unique institutions, a school devoted to agriculture.

The story is told on the 50th anniversary of the National Farm School, located near Doylestown, Pennsylvania.

In 1894 a young American rabid, Joseph Krauskopf, of Philadelphia, visited Russia with a plan for the removal of persecuted Jews to unoccupied lands in the interior of Russia there to be colonized on farms.

Czar Alexander III was critically ill at the time and Dr. Krauskopf was unable to present his proposal personally.

However Count Tolstoy, an ardent proponent of the agricultural life, invited Dr. Krauskopf to his home there, seated under the Poverty Tree where Tolstoy usually received those who brought their wives to him, he heard the young rabbi out.

"Your plan to lead your people back to the soil," commanded Tolstoy, "back to the occupation which your fathers followed with honor in Palestine, is of some encouragement to me."

"It shows that the light is dawning. It is the only solution of the Jewish problem. Persecution, refusal of the right to own or till the soil, exclusion from the artisan guilds, made traders of the few. And the world hates the trader."

"Make bread producers of your people and the world will honor those who give it bread to eat."

### Back to Farm

"There is little chance at present," Tolstoy continued, "for a Jewish colonization scheme in Russia." But "If the plan cannot be entered upon in Russia," he asked, "why can it not be made successful in the United States?"

"Lead your people to the country and to the farm. Start agriculture schools for them. Teach them to exchange the yard stick for the hoe, the peddler's pack for the seed bag, and you will solve the problem while yet I don't know of a better one."

Before Rabbi Krauskopf left, Tolstoy won his promise to found a farm school in America. In 1896, the National Farm School became a reality.

The school set up as its primary objective the education of city youth, particularly Jewish boys, in a type of farm training that would enable them to enter practical farming pursuits.

For 50 years the school has attracted most of its students from large cities. In those fifty years, the school has grown from a one-building, 122-acre farm to an attractive campus and multi-bunked 1200-acre plant devoted to all phases of farming and farm management and marketing, as well as floriculture and landscape gardening.

The schoolroom is non-sectarian. The students (from 17 to 21 years of age when admitted) live together, work and study together in the fields and classrooms, and play together on their athletic fields.

### GREATEST LIVING CELLIST

It is seldom that a man so great as Pablo Casals wears so few traces of the public adulation. The Spanish cellist, the greatest artist of his instrument in the world, has no tricks of personal appeal, no "temperament," by which to trap a quick and excited attention. He is not interested in such matters. He plays the 'cello. He is the 'cello. When that bulbous head is bent over in an attitude of profound meditation on what the instrument is doing as if it were doing something quite apart from its master, the music is born afresh and the composer's thought is re-created as faithfully to the original as it is possible to imagine.

Enemy of tyranny, friend of the people, resister of the Nazis, Casals, who has been living in France, not far from the Spanish border, recently made his first appearance in England since the war. With the BBC Symphony Orchestra, he played the Elgar and Schumann Concertos and received one of the most resounding ovations any artist has ever had. At the end of the concert, attended by over 6000 people at the Royal Albert Hall, London, and heard by millions of wireless listeners, he was applauded and recalled for a full five minutes.

### CONFIDENCE NEEDED

Several Nova Scotian towns are planning small airports of the "Jitney" variety. Such ideas are excellent, but unless something is done to relieve the fear instilled in the mind of John Public, air travel in this or any other province will take untold years to develop . . . Believe it or not, the airlines to-day are one of the safest means of travel ever devised. The people need to know it. Liverpool (N. S.) Advanced.

## Sailor Sentenced To 15 Years With Labor and Lashes

In Police Court in Milton last week John Stephenson, Brantie, received suspended sentence for one year and promised to pay back \$15 to Mr. Kenneth Lewis and \$15 costs within a period of five months or to serve three months in jail.

Thus Cranney, the former sailor,

out of sight in the truck. When they reached Oakville by way of the Queen Elizabeth highway, the driver was told to keep going until they reached the Hunter bridge. Here Cranney slid out and told the driver to keep going. Jones pulled into a Barber shop and phoned police. Both sentences are to run concurrently with any previous sentence already imposed. In passing sentence Judge K. M. Langton said Cranney was very fortunate he was not charged with a more serious offence.

### TOO OBEDIENT PASSENGER

The daily newspaper column never lacks a joke about the boy conductor. My favorite is that one about the dance of the Polish soldier. At one of our busiest stops, a Polish officer was seen performing a kind of Scotch reel between the steps of the bus and the roadway. Everybody gazed and wondered. Those bad in the queue were laughing out loud, for the conductor was shouting "Come on now, get off, come on get off," and he was obeying her every word." (As Seen from Scotland," a BBC overseas talk by Mrs. Jean Mann.)

### BEULAH BEDIZENED

ELIN FLON, Man. (CP) "Vanishing Beulah" Thornton Lakes three-foot jackfish is willing to be hooked, but refuses to be landed. A reward is offered to the fisherman who pulls her ashore. She is said to be adorned with hooks and lines of luckless fishermen.

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