# Of Interest to Women



Hello Homemakers! Starting the New Year with good resolutions is often like admiring a jar full of cookies put on the kitchen table about three thirty in the afternoon Fifteen minutes later the children have been in from school, changed their clothes, helped themselves to a cookie or two or three, and then gone out to play. The jar of cookies, which you thought would last all week, has been completely emptied!

If you weaken for a day, we trust that your resolutions will be reconsidered, just as the cookie jar has twen refilled

### TAKE A TIP

The Homemakers resolutions

I Plan ments around the daily essentials I serving ment or fish or eggs, 2 servings of vegetables, 1 raw vegetable, I citrus fruit or tomato juice, 4 slices of whole wheat bread or whole grain cereals, I plat of milk or 2 servings cheese and a pat of butter.

2. Acquire the habit of using desirable working procedures

3. Check on purchases within the family income

4. Apply nutritive cooking methods for every meal 5. Develop new serving ideas as

well as attain standard products 6 Show the ability to set an attractive table

7 Entertain friends simply with case and pleasure.

### THE SUGGESTION BOX

During a recent visit to northern

FURGE CAKE (Mrs. D. G. R.)

milk and blend Stir in cracker enjoyable affair crumbs. Crush peanuts, spread half in bottom of greased pan, pour on KENTNER the partially cooked chocolate mixture and press down. Spread remaining nuts on top Chill to set.

## DARK GUMDROP CAKE

(Mrs. I. M. K.)

2 cggs well beaten, I cup granulated sugar, I cup butter or shortening, 1 tsp. salt, 1 tsp. cinnamon, 1 lb. gumdrops, cut with scissors, I cup sweetened apple sauce (thick), 2 cups all- Big Food Shipments purpose flour, 4 tsp. baking powder, 4 lb Sultana raisins (bolled 5 mins. in enough water to cover, drain and cool), I tap soda, dissolved in & cup boiling water.

Mix augar, butter add well beaten eggs, salt, cinnamon and thick applesauce, half the flour and drained raisins. Add gunidrops to rest of flour and add to batter. Stir in soda and hot water last. Cook in a covered casserole for 2 hrs. at 275-300 degs. Remove cover last 5 mins, to brown

## BRAN MUFTINS

2 heaping theps, shortening, & cup brown sugar, 1 egg. 1 cup milk oprepared dry milk or whole milk), & isp. salt, 12 cup prepared bran cereal, 1 cup flour, 25 tsps. baking powder.

Cream shortening and sugar. Beat in egg: Add milk, sift flour, add baking powder. Stir in flour until it would be available next year for often guilty of sins of omission and disappears. Pour in greased muffin Britain This was dependent, howev- commission but consciously, I haven't THOMPSONVILLE, Mass. (CP) degs for 15 mins

PRINCESS CAKE (Mrs. C. D. M.)

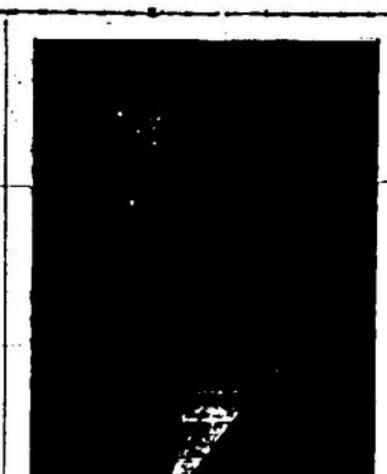
2 eggs, & cup shortening, I cup brown sugar, 1 cup raisins, 1 cup thick sour milk, 2 thsps. cocon. is tap, nutmeg, is tap, cloves, 1 tsp. soda, 1 tsp. baking powder, pinch salt, 2 cups flour.

add shortening and sugar, continue equals three dozen eggs. beating, stir in sugar and raisins. Sift dry ingredients together and mix into spokesman said this increase would; bowl alternately with soda and milk. not interfere with the previously en-Pour into greased cake pan. Bake in larged offer of 12,000,000 pounds of so that market gardeners may grow 45 minutes.

2 cups leing augar, 3 thans coffee, few pieces almonds.

## FOUR MEALS A DAY

code of labor regulations for harvest in the last normal crop year before hands, the Argentine government the war, 1910-11, according to a study stipulated they could work from sun- of canned vegetable consumption rerise to sunset, but they must be serv- cently completed by the American ed four meals. For breakfast, the Can Company. code ordered cheese and hot- or cold meat; for lunch, soup, meat stew and soup and a meat stew. Minimum



PERSONNEL CHIEF: William Manson who has been appointed vice-president of personnel for the Canadian Pacific Railway with headquarters at Montreal. He comes eart after 30 years with the C.P.R. in the West where he had rown to the past of general manager after experience in all four western provinces, including service at Vancouver as general superintendent of the important British Columbia district. Two intenuve tours of eastern lines right through to the Atlantic analoused in the last 30 months gave him a complete picture of the Canadian Pacific system.

## Twenty Years Ago

From the Issue of The Free Press of: Thursday, January 14th, 1926

ther we are getting pastorates in Ontario before going course she may have been worried or industrial field also will have a markin the old Methodist Church on suffer for 11? Church Street, Acton, in 1872.

ation for delicious food. From time Rapids, Mich, on the occasion of Mrs. along with her on the run. to time we are publishing their 'pet' Cook's birthday. The main topic of It just made me realize how de- farm help at the Dominion-provinc- valuable food ingredients through living music of a previously unst-

2 pkgs saited peanuts, 1 can The annual skating party of the After all there is far more to par- labor supply. sweetened condensed milk, 2 cups members of the Young Peoples' Lea- enthood than providing food and crushed graham crackers or vanilla gue of the United Church and the clothes for the children Do you Meanwhile, farmers who use Gerwafers, 2 sqs unsweetened chocolate. Guild of Knox Church was held on remember the press story a few man prisoners as help on their farms

BORN

daughter

H. Scott, in his fifty-second year.

# Australia Planning

Britain to Benefit by Larger Cargoes of Canned Fruit and Egg Products

tain" is a slogan heard throughout Already many hundreds of tons of food have been donated and many: more are on the way.

Whirlwind recently took to Britain,

Sydney soon with 400 tons of food. planning to double the quantity next year of the canned fruits made avail- her child has passed the "trustful" able to the British ministry of food, age Commerce Minister Scully said it was anticipated that about 1,000,000 cases when our children were small I was WHOPPER LEMON

apricot crop at the end of December, to enjoy my babies. I hate to think and the peach and pear harvests will of little children being forcibly drag- Florida last year. come a little later.

the quantity of egg powder offered chatter. After all, they are young and a half feet high. The lemon I to Britain from 500,000 to 900,000 such a little while. Mix soda with milk. Bent eggs, pounds. One pound of egg powder

A Commonwealth food control prehented oven at 350 degrees for egg pulp and 1,000,000 cases of shell eggs, which had already been accepted by the British ministry of food,

#### TOMATOES AND PEAS FAVORED VEGETABLES

SAN FRANCISCO (CP) - Tomat-ON ARGENTINE FARM ors rank first in favor among canned, vegetables with Americans, who ate-BUENOS AIRES (CP)-In a new 6.5 pounds per capita, canned weight, preferable,

sumption of 5.8 pounds, canned Brunswick beer bound for Nova Scotvegetables; for the four o'clock break weight, ranked second and corn, with is liquor stores was damaged when mate, a kind of tea; and for supper, a per capita average of 1.0 was third. struck by another train at Truro, N. wages from \$2 per day for ordinary capita consumption of all canned ve- spilled over a railway siding, but most harvest hands to \$3 for machine op- getables during 1910-41 was 25.43 of the 1,500 cartons were able to be pounds as against 20.94 for 1930-31, salvaged.

## Chronicles ot. .

Ginger Farm ·-- •} •( •••••• Written Specially for The Anton Free Press by GWENDOLINE P. CLARKE

One day last week I sat in our cat on Main Street walting for Bob to get through some business and, naturally, as I waited I watched what was going on around me. Here is what I saw and it sure started train of thought

A woman went by with a little boy, fill staff vacancles. as indeed he was. Later a youngish be operating in the spring woman came along with a little girl had it not have been for the mother's now can obtain adequate help. firm grip on the wee hand. Neither "Present work schedules should be equate diet in Canada could be obmother nor child were talking.

ed me. I wandered how, in the first labor now is available and may not be "cinty in exceptional cases can a pro- name. He answered to "Kaput." instance, the mother ever expected to later on." It's real old fashioned winter west retain the little boy's confidence if; While the letter made no specific dollars per person per week." she couldn't take enough interest in mention of agriculture, it was almost

A gathering of Actonians in Michi- ly wondered whether there was any- out the war. Ontario, we exchanged recipes with gan was held at the house of Mr. and thing so important that made it worth. It was recalled that Arthur Machomemakers who have a high reput. Mix George Wesley Cook of Grand while for her to pull that poor mite Namara, deputy minister of labor, the various types of pressure cookers gramaphone and records made under

conversation was Acton and the rest- fenceless children are against the all agricultural conference here last conventional methods of cooking. In tainable quality by means of which dents of the community, past and whims and fancies of those respon- month and said that farmers should proper pressure cooking "less than for the first time symphonics can be

Melt chocolate in double boiler. Add Monday evening and proved a very week's ago about the mother who have been assured of that supply un-In Acton, on Friday, judge and asked if there was not getting the Nazi captives back to January 8th, 1926, to Mr and Mrs. something that could be done about their conquered homeland

SCOTT In Esquesing Township, on ren", was the reply. "Madam," an- the return to Germany of the 35,000 Saturday, January 9th, 1926, Chas. swered the judge, "If you will go German prisoners being held in Canjuvenile delinquency,"

advice? There is more than charity. In this connection, it was recalled begins at home.

good parents but, alas, there are also ment last November that the Germthousands who lay the foundation of ans would remain in the Dominion future delinquency by lack of inter- throughout the winter. that can never be recaptured once both agriculture and industry.

I haven't a doubt in the world that 'JEWELER PICKS er, on the canneries being able to see too many regrets regarding child Wallace Marek, a jeweler, picked a cure their full complement of labor, training, except that if I had my time lemon during a recent blizzard, and Canneries will start processing the over again I would take more time is proud of it.

Yes, so soon they grow up and inches in diameter." begin to make their way in life. Right now at Ginger Farm, son Bob is a busy man with his truck, drawing odorous loads down to "the front" ing whether he has got stuck some Merlin Johnson reported that one of January thaw with a vengeance. Be- fashioned drill had been used. tween ice and mud it is hard to make a choice. However, since we are not given a choice I suppose we don't need to worry about which is more

## BEER RUINED

SAINT JOHN. N. B. (CP) - A Green peas, with a per capita con- freight car with 18,000 quarts of New The study revealed that the per S. Beer and broken bottles were

## The Week at **OTTAWA**

BY GEORGE KITCHEN Canadian Press Staff Writer

OTTAWA (CP) A tight Dominion labor market this spring, foreshadowing a shortage of help which uncast by vigilant government author- of nutrition in the health department.

situation in the spring, the letter ter of a pound if one were taken inasked employers to list their labor resistend of each meal quirements for the next three or four | Furthermore, if this were reduced vantage of an easier labor supply to tonal drug store variety, then "balf

was jabbering away as fast as his three years there is sufficient labor nutrition requirements. tongue could go. His mother took available to meet all reasonable deabsolutely no notice of him whatever, mands," the letter added. "It is not

Chance to Expand three or four years old. The mother "The present situation offers an obtain an adequate diet. Considers listely given the rank of sergeant, On was evidently in a hurry in fact she opportunity to employers. Those ing other "fixed expenses," it had his harness he wears three red servwas walking so fast the little girl had who have been in lower priorities been found that about 25 per cent. | ice chevrons, sergeast's hooks, and to keep up a steady trot to match throughout the war now can optain of people in this income class were ribbons of the Defence of Britain her mother's speed. But even on additional help. Those who can im- unable to provide a healthy diet for medal, 1939-45 star, France and Gerthe trot she couldn't really make it mediately expand their working force their families.

expanded to include an additional tained for "from two to three dol- land, symbolized termination of hos-Those two instances really provok- shift where this is warranted The lars per person per week," he said. tilites. By a fluke they hit on his

Rev Francis Swan, Vancouver, his conversation to give him some a foregone conclusion that any short- eat all their meals in restaurants UNITED KINGDOM HAS A REVOLdied there on Monday He held many kind of an answer once in awhile. Of age of labor extending through the had been a difficult one in many loc- UTIONARY NEW GRAMAPHONE west. He preached his first sermon preoccupied but why make the child ed effect on the situation on Canad- would cost "more than a dollar a And the second mother. I natural- hampered production efforts through- healthy food standards.

Stay Until Spring

was so concerned about juvenile til spring, at least, and possibly incrime waves that she went to a noted, to the summer due to difficulties in

it. The judge asked her if she had. This assurance came in a stateany family "Yes, three small child- ment by government spokesmen that home and bring up your children in ada still was in the discussion stage the way they should go you will be overseas, with the decision hinging doing your part to keep down future on a number of factors, including the shortage of transport and the Could be have given her better desperate food situation in Germany.

that Defence Minister Abbott told a We know there are thousands of parliamentary committee in a state-

CANBERRA (CP) "Food for Bri- est in what interests their children, Under international agreements particularly in the pre-school age, governing the treatment of prisoners the length and breadth of Australia. During school days, boys and girls the German captives cannot be forcsoon develop interests that lie out-jed to work but they may volunteer kide the home; before that time they to enter the labor field. Some 14,are more or less dependent upon 000 have chosen to do so and of these The British destroyers Wager and mother to share their amusements 3,496 were employed tast summer in and to whom they may turn for sym- agriculture alone 1,650 in Alberta, 10,000 Christmas puddings, 26,000 pathy and understanding. If the 1,130 in Ontario and 716 in Manitoba. tins of jam and 11 tons of Christmas mother is too busy, too impatient, or The remainder worked in logging cake. An aircraft carrier will leave just too lazy, to encourage small- operations and further food and matchild conversation then she is losing erials production operation, thus ensemble The Australian government is something very precious, something ing the labor burden as it affected?

It grew on a tree he brought from

ged along by hurrying mothers or "I moved it indoors when it turned The government will also increase receiving no response to their excited frosty," he said, "and it's now three picked was a whopper, nearly five

## SPEEDV SEEDERS

COVE, Ore. (CP) -- Former servbetter stuff. It means irregular ice pilots are making seed planting meals and little worries like wonder- easy and fast-in this community. place or had a break with the truck, his planes planted mixed grass seed And certainly it is no trouble to get on 160 acres in 35 minutes. The jeb stuck these days. We are having a would have taken hours if an old-



## Food Habits Are Better

Scientist Says Canadians Getting Finds Streets of Manitoba Capital Better Food but Still Danger of Inadequacy

OTTAWA (CP)-The popular idea that science is on the verge of producing a pill which would eliminate the bother of eating meals has been doubtedly will extend into field of squetched by Canada's No 1 author-

In a recent lecture here, Dr. Pett, The prediction was made last week said the invention of such a pill was in a letter sent to 175,000 Canadian scientifically possible, but it would employers and signed jointly by Lab- be "big enough to choke a horse." If two of the legion of furry friends or Minister Mitchell and Reconstruct- all the elements of a well-balanced that have shared the fortunes of the ion Minister Howe, the two cabinet diet were included in the most conministers to whom falls the task of centrated form yet known, the mythkeeping the labor market stabilized heal daily pill still would weigh Warning of a much tighter labor three-quarters of a pound, or a quar-

months with national employment to a size of pill that could be swal- slit trenches, band living conditions offices and to take immediate ad- lowed conveniently like the convent- and dangers of fireswept beachheads in dozen would have to be taken evpossibly about eight years old. He "For the first time in more than ery ten minutes" to obtain the daily

Improved Diet

not even a reproof. The boy might continue for long, as increased indus. habits, were improving constantly, leatrols into enemy country. as well have been talking to the air trial and construction programs will but families in income groups earn- | Caesar, official mascot of the 12th

Depending on the locality, an ad- Service Medal. per diet be provided on less than two |

The problem of single persons who alities in wartime In Ottawa, it ian farms, where shortages of nelp day" for an individual to maintain any of England has announced two

warned of an impending shortage of "unquestionably" prevented loss of the new system is stated to produce pay more to share in the available 10 per cent of vitamins were lost and beard in the home with the same clathe flavor and texture of the food rity, definition and realism as in the made it more attractive "

## Winnipeg Boasts Canine Sergeant

More to His Liking Than European Trenches

WINNIPEG (CP) This city has

some interesting dogs. Like Sgt. Caesar who had a batman monkey pick his fleas on an invasion bound tank landing craft. And like-Canadian agriculture, has been fore- ity on foods, Dr. L. P. Peft, director Kaput, the mixed terrier, who sensed the jig was up for his dachshund

Caesar and Kaput, - now romping the boulevards of Winnipeg, are just 1st Canadian Army in its finest and its darkest moments : For the dog, regardless of pedigree, was, the favored pet of Canadian soldiers in the Second Great War

Dogs of all sizes, temperament, cowith the best troops,

They stowed away on troopships. suppressed their whimperings in dark kit bag as their soldier master smuggled them past immigration of-Showed no interest, gave no answell, anticipated that this situation will. Dr Post sast that Canadian diet I ficials. They have gone on probing

ing less than \$1,000 annually were in Manitoba Diagoons, was given regi-"some danger" of hot being able to mental number H-77000 and immedmany star and Canadian Volunteer

Kaput, for the Canadians in Hol-

The Germans were using that word a lot at the time.

LONDON, Eng. A record compimportant developments; a new re-Dr Pett also had a good word for cording system and a new revolution-"pressure cooking." If properly used any gramaphone. The combination of concert hall.



