

# Of Interest to Women



**THE MIXING BOWL**  
*By Annalena*  
 HOME ECONOMY

Hello Homemakers! Many a tiny tot mimics her mother by serving her best-loved dolly sandwiches and tea "just like Mommie's bridge party." It's a wonderful opportunity for a child to imitate pose and daintiness. Your junior hostess will be educating herself to take the part of mother's helper before you know it. Don't you think these few parties should be encouraged without too much concern in the gossip with Dolly? Give your daughter some dainty sandwiches and tell her how they are made and why they're good. Help her to arrange a few sandwiches on her own dolly dishes and garnish with carrot sticks. When your back is turned every word with the same inflection will be whispered to dolly perched up in a great big chair.

### CHILDREN'S PARTY SANDWICHES

1. Trim the crusts off the neatly sliced bread.
2. Cut a few squares or circles depending upon the number of children to be served.
3. Spread with butter mixture:  $\frac{1}{4}$  lb butter beaten with 1 cup milk and chilled for an hour in the electric refrigerator.
4. Make several open-faced ones: (a) a slice of peeled orange, (b) a slice of hard-cooked egg, (c) tinted cheese or pureed prunes or dates, (d) a whole sardine.
5. Make dainty filled ones: (a) finely minced meat moistened with salad dressing, (b) creamed cheese, (c) mashed cooked fish with a salad oil, (d) chopped hard-cooked egg and onion, (e) creamed milk and onion, (f) banana, (g) mashed with boiled dressing, (h) shredded lettuce sprinkled with lemon juice.

Note: Do not season fillings highly for children. Salt is sufficient.

### THE QUESTION BOX

Mrs. S. N. requests recipe for cabbage rolls previously published.

### CABBAGE ROLLS

Into a mixing bowl put 1 1/2 to 2 lbs of ground beef, 1/2 cup bread crumbs, 1 beaten egg, 1/2 cup milk or tomato juice and 1/2 cups cooked noodles. Season and blend thoroughly. Add the centre tender leaves of a small cabbage which has been washed and sautéed in a little bacon dripping.

Place mixture on the well-washed outer leaves of the cabbage and roll up each one and fasten with a toothpick. Brown in a little dripping and sprinkle with salt and pepper.

Arrange in baking dish. Pour in stock to a depth of about 1 inch. Cover and bake in an electric oven 325 degs for 1 1/2 hours. Arrange rolls on hot platter. Make gravy with dripping on pan, using a bit of top milk and strain mixture over the rolls.

Bake potatoes at the same time and choose an oven-cooked dessert and thus utilize oven heat to the best advantage.

Mrs. B. C. asks for a moulded fruit dessert using a small amount of sugar and available fruit.

### LEMON SPONGE

We made this lemon sponge pudding the other day, adding less sugar and a little more flour than usual. Instead of 1 cupful of sugar we used 1/2 cupful and found it sufficiently sweet. To the 1/2 cup of sugar add the juice and grated rind of 1 large lemon, 2 1/2 cups flour, 1/2 tsp salt and beaten yolks of 2 eggs. When smooth and well blended, gradually stir in 2 1/2 cups of milk and 1 tsp melted butter, and fold in the stiffly beaten whites of the 2 eggs. Pour into greased casserole or baking dish, set in pan of hot water and bake in a moderate oven 45 mins or until it is firm on top. Serve 4.

### FRESH ORANGE DESSERT

2 tbsps granulated gelatin, 1 cup cold water, 1 cup hot water, one eighth tsp salt, 1/2 cup orange juice, 1 tbsp lemon juice, orange sections.

Soften gelatin in cold water for 5 mins. Add sugar and salt and hot water and stir over heat until gelatin is dissolved. Add orange and lemon juice, mixing well. Pour 1 cup of the mixture into a lightly greased mould and chill. When it begins to thicken arrange orange sections in it. Chill remaining mixture and when it thickens whip until frothy and thick, then pour into the mould. Chill until firm in electric refrigerator. Unmould and garnish with additional orange sections.

Mrs. J. T. asks how to serve canned cut beans. Butter is scarce at her house and they don't like cream sauce.

### GREEN BEANS, CREOLE

2 1/2 cups canned green beans, 3 tbsps bacon fat, 2 tbsps finely chopped onion, 1/2 cup condensed tomato soup or chili sauce, salt and pepper.

Drain beans, melt bacon fat and add onion. Cook slowly until onions are soft. Add tomato soup or chili sauce and beans. Toss together well. Cover and heat through over electric element turned "low." Yield: 4 to 6.

## Uses Aircraft To Bag Coyotes

Sharp - Shooting From Plane Brings 250-400 Pelts Yearly

LETHBRIDGE, Alta. (CP) — Hunters who seek success in bagging coyotes should take a tip from Gordon C. Sands of Havre, Montana, who hunts them from the air.

Mr. Sands, who visited Lethbridge seeking a market for a load of skins, has been a pilot for 20 years and a coyote hunter for eight. His bag runs between 250 and 400 pelts a year.

He uses a light aircraft, which he usually flies about 50 feet above the prairie. His gunner is John Hary, a Havre sharpshooter who uses an automatic shotgun with No. 2 shot shells, the type popularly used for geese. He prefers BB shot, but has been unable to obtain it lately.

From the plane it's easy to spot the silhouettes of coyotes against the horizon. Once one is spotted, Sands puts his plane into a shallow dive, levels off at 10 feet. Hary fires through a rear window from the back seat of the two-seater craft.

To hit the coyote is not easy. Normally they run directly with the plane, veering off when they realize it is almost upon them.

Hary says a sort of "reverse lead" is needed. When shooting running game, the object usually is "lead" a certain distance that is, the sportsman fires ahead of his target and the speed of it, with the speed of his shot, brings them together.

### Difficult Target

In shooting from an aircraft, its tremendous speed as compared with that of the running coyote makes it necessary to "reverse the lead" if the animal is running in a direct line with the plane shooting behind and letting the shot catch up with the animal.

The reverse lead must be greatly varied if the shot is fired after the coyote breaks from a direct line and strikes off at an angle, but Hary has had considerable success, and has learned to judge distance and speed to a fine degree.

Many coyotes are bowled over with a single shot. Sometimes two are needed, and in one instance, Sands said Hary pumped in five shots before his quarry fell.

When a coyote is sighted, Sands flies over the area until a considerable number have been killed, then lands and collects the hides. The plane lands even if a single kill is made and very few kills are left uncollected.

When the day's hunt is finished, Sands flies home, checks in his hides, pays the royalty and then seeks a market for them. Frequently the Alberta market brings higher prices than that in Montana, and Sands brings the hides back to that province to sell. He shoots coyotes extensively around Havre as well as in southwestern Alberta.

## Woman Pilot Spends 1,000 Hours in Air

Mrs. Winnifred Fair Helped Organize Women Fliers in Britain

MONTREAL (CP) — Winnifred Fair, who has rejoined her husband, Capt. Peter Fair, at present residing in Montreal and in the service of the British Overseas Airways Corporation, is probably one of the most experienced women fliers in the world today.

A veteran of more than 1,000 hours in the air and able to fly 50 different types of military aircraft, Mrs. Fair has never had an accident or damaged a plane in all her years of flying, including six years of wartime flying in England.

She began flying in 1934 and at the outbreak of war had achieved 2,000 air hours to her credit; a commercial licence which necessitates a knowledge of international legislation, navigation, meteorology and a certain amount of engineering; an instructor's licence, ownership of her plane. She also was an air acrobatic star for six months.

Shortly after the outbreak of war, Mrs. Fair aided in organizing the women's section of the Air Transport Auxiliary, an organization formed to ferry military aircraft in the British Isles.

After the second front was well established, she went to the continent. She said most of the A.T.A. casualties which included several women pilots, were due to bad flying conditions. The A.T.A. was demobilized at the end of 1945 and the women's section, which started with eight pilots, numbered 70 at the time of demobilization.

Of her future plans she had this to say: "I enjoy flying so much that soon I will be keen to get at it again element turned 'low.' Yield: 4 to 6. — just for my own enjoyment."

## Chronicles of a Ginger Farm

Written Specially for The Acton Free Press by OWEN DOLINE P. CLARK

We have seen it before, we shall see it again, but even so, the speed with which the snow gets away is still something to marvel at. This time last week, to go from the house to the barn meant struggling knee deep through snow. Today the greater part of the ground around the house is bare. And yet we have not had a quick spectacular thaw.

There have been no floods so far, the ditches are not even running and yet a tremendous quantity of snow has disappeared. Where has it gone to? Perhaps soaked into the ground. That is what we hope, but we thought there was too much frost in the ground for that. Wherever it went we hope it is all for the good. We don't want another false spring like we had last March. What shall we do if we don't get apples and small fruits again this year, or a good wheat and cereal crop? And when I say, "what shall we do?" I don't mean just you and I, but the whole world!

Naturally we have known for some time that food conditions were pretty serious the world over, but stories of threatened famine have come as a tremendous shock, particularly when we know so much food is wasted here in Canada. Day after day, week after week there is food left on plates, food thrown into garbage pails, children allowed to leave crusts at mealtimes and in their school lunches. I suppose in these days of realism children are no longer told that if they eat their crusts up properly their hair will curl!

Every night when I give Tippy his main meal of the day, mostly bread, milk, perhaps a cracked egg, and whatever scraps there are, I look at it and think "That, probably, is more food than any one person in Europe would get during the whole day." It seems terrible, doesn't it, and yet our dog must be fed.

Yes, it must be dreadful in Europe, but our sympathies, naturally, are aroused more for the people of the British Isles. They have had to take so much, and yet they must still sacrifice food, clothing and a good many things that we don't even know about, for the sake of others who are, supposedly, in a worse plight than themselves. If only fortune and misfortune could be more evenly divided. And if only the powers that be would see fit to reduce the postal rates on parcels to Britain.

The foregoing was written yesterday. Today "it might as well be spring." Ditches are running, birds are singing. Partner is opening up ditches and I have been opening up the back porch. By that I mean I have been more or less housecleaning, which really amounted to an opening up process, because had the porch been left much longer, it would have been like Fisher Mevies' hall closet.

Now the cobwebs are down, the walls and floors are clean and an accumulation of things "that might be needed sometime" have finally been destroyed. To make the job less irksome, I had our small radio out there this morning and this afternoon I visited with a Jewish gentleman who wanted to buy fat hens. He didn't get any hens but we had a visit anyway.

Well, I can see I am in for another interruption. Our son has just driven into the yard. He has just come back after delivering what he calls a load of Rainyard "bone". The time is nearly four o'clock and that means time out for a cup of tea.

Maybe you will think I am contradictory speaking of saving food one minute and of afternoon tea the next. But I wouldn't mind betting that over in England, come what may, they will still manage to have their spot of tea, even if they have precious little to go with it. Afternoon tea in the Old Country is more than something to drink it is an institution a cure-all for every ill, real or imaginary. I wish it were served more often in Canada. But so often I hear people say "Oh, if I have tea in the afternoon it spoils my supper." Naturally it would if one makes a meal out of it. That isn't the idea at all. A cup of tea and a thin slice of bread and butter, what could be nicer, and how could it possibly spoil anyone's appetite for supper? But in serving afternoon tea, as with other meals, many people try to outdo each other until it is not thought proper to serve tea unless there are sandwiches, two or three kinds of cookies, and some kind of cake. Maybe this new food scare will bring us, once again, back to simple living. And may-it-so continue.

Rubbing in the other man's mistakes doesn't rub out ours.

## I Revisit The Glimpses of the Moon

By R. J. Dearbman

A few days ago at the O. A. C. Club, I spoke to the second year class in economics. Time brings strange changes. I graduated from the O. A. C. in 1905. These boys will graduate in 1948. Forty years from that date they too may look back from my vantage point. It will then be close to the end of another century. Will the view be clearer, the prospects brighter, or will they again be living in the shadow of war? History alone can tell and history is always written by the survivors. All we can do is wish them well and give them all the help we can while we linger along the way.

What are these boys thinking about? Few, I imagine, have followed the somewhat common cult that the man will soon abolish food, that the state will do everything, feed the cattle, milk the cows, take care of the milk, market it and guarantee prices far beyond the dreams of agriculture.

In agriculture, there is a close relationship between effort and result. The cows must be milked before the milk is sold. The young men and women entering upon careers in agriculture have their feet on the ground. The position of the farmer will not be improved by shortening hours. If the farmer worked thirty hours a week the price of the products would rise to the point at which demand would be reduced. The change would mean depression, not prosperity. The world needs more efficient production, not higher prices.

So farm boys, in studying economics at the O. A. C. are old, calm realists. The things they want to discuss in regard to the future bear directly upon costs of production, markets, more efficient ways of doing things. Here are some of the questions they brought forward for discussion:

- (1) What will be the major changes in farm machinery in the next few years?
- (2) What about markets?
- (3) When may we expect world conditions to settle down?
- (4) How can we achieve more efficient use of farm lands?
- (5) What of labor relations in the future?

Their interest in farm machinery is not surprising. The changes of a century have been great. Industry seeks markets for its products. Agriculture contributes the first essential of industrial progress—an effective demand.

During the latter half of the 19th century labor on this continent was scarce, new farming areas were opening up. Machines had to be provided to cultivate an expanding area of farm lands. Capital, seeking new instruments of production, provided new instruments of production. So we had a long program of changes—from the cradle to the reaper, from the reaper to the binder, from the binder to the combine changes are still taking place. We may expect new machines, new methods. In a competitive economy we scrap the old, introduce the new, no man, no group can afford to stand still. If we cease to go forward we begin to go back.

Now another factor has entered the situation. There is a tendency towards larger farms. Modern machinery makes this possible. The old 100 acre farm is out-moded, it will give way to the larger farm of two and three hundred acres and more. This does not mean that the small farm will disappear. There will always be room for the man who understands intensive cultivation. Industry will be more helpful to the man with 5 acres and the man with 500. Then hydro power will be extended over wider and wider rural areas and this will bring new lines of equipment for the farm and for the farm home. Refrigerators of different types, larger, capable of storing substantial quantities of farm products are on the way. The farms of the future, thirty or forty years hence, will be far ahead of the farms of today in the things which add to the amenities of life.

The big problem before agriculture is markets and this is tied up with the present unsettled condition of the world. This is a condition which normally follows war. In the recent war the destruction has been greater than in all the wars of the past 200 years. National passions have been aroused, they will pass slowly. Never in modern history has the world been so hungry as it is to-day. Normal methods of exchange have been destroyed by the inability of some nations to produce. These things hamper recovery.

On the other hand if wars can be avoided recovery may be quite rapid. There are, however, obvious restrictions. Men are unwilling to go back to their old jobs. They search for easier tasks—more pay. There is less self-reliance—a greater tendency to lean than there was in the days of our fathers. There is plenty of employment but this does not mean that the average man is likely to find, at once, the type of task he desires. This may hamper temporarily the prospects of recovery.

We fight against progress. Science tends to reduce the amount of work

## OUTPUT OF EGGS HIGHEST ON RECORD

Production of eggs in 1945 in Canada estimated at 395 million dozen was an all-time record. It was 34 million dozen above 1944. In 1946 it is estimated the output of eggs will be about 17 million dozen less than in 1945.

There is not likely to be any problem in connection with the marketing of eggs and poultry. Eggs available for export in 1946, after allowing for a continued heavy demand, due to meat rationing are estimated at 88 million dozen, which will be sufficient to fill the contract with the British Ministry of Food. Shipment of fresh eggs to Britain will be made as follows: 500,000 cases during this winter and next spring, and 850,000 cases next autumn. During 1946 exports of dried egg powder will total 11,200,000 pounds the equivalent of about 33,800,000 dozen shell eggs. Since 1940 a total of 267 million dozen eggs have been shipped to Britain from Canada.

Concerning poultry it has been estimated that under normal conditions between 20 and 25 million pounds of poultry meat will be available for export during 1945, but the introduction of meat rationing has resulted in such a heavy domestic demand for poultry meat that exports will be affected. As to the outlook in 1946 there is uncertainty. Should meat rationing continue poultry will be in high demand in Canada. If, however, meat rationing is discontinued then there may be a surplus of poultry for export.

Keep your ear to the ground too long and there'll be no time left to put your hand to the plow.

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