

Of Interest to Women



THE MIXING BOWL
Illustration by
HOME ECONOMIST

Hello Homemakers! When we ran into Aunt Mary's kitchen the other evening and found 14 year old Jamey eagerly waiting beside the oven, we naturally expected to see butter larts or a luscious pie appear, but, to our amazement, a pan of spicy whole wheat cinnamon rolls issued forth. Since when had the bubbly sevens become interested in the lowly bun. As Jamey tutted with each hand clutching a hot bun and a burned tongue protruding from his mouth, Aunt Mary explained that cinnamon rolls, made with whole wheat flour, were just too good for anyone to resist.

And the same rules apply to the cooking of any cereal. Make it attractive and the whole family will enjoy it.

TAKE A TIP

- 1 If it's porridge you are making be sure it is sufficiently cooked. Many people have acquired a dislike for cereal because they have never tasted it when it has been free of starchy flavor.
- 2 Serve cooked cereal piping hot, smooth, without lumps, and with rich milk or cream topped with brown sugar. This last item often does the trick with children.
- 3 Most cereals require a much larger quantity of salt to heighten the flavor than other foods.
- 4 Use a little psychology when serving a new cooked cereal: never announce that it is full of vitamins and minerals. Wait until the teen-agers exclaim "Huba-Huba!" then nonchalantly introduce a few health pointers into the conversation.
- 5 Keep in mind that whole grain cereals are the most inexpensive foods to buy. This is, in itself, an important reason for their extensive use.

No let's roll up our sleeves and make the whole neighborhood jealous of the aroma of cooking bread and rolls.

WHOLE WHEAT BREAD

3 cups lukewarm milk, 3 tps salt, 3 tps sugar, 3 tps fat, 2 yeast cakes, 6 cups whole wheat flour, 2 1/2 cups white bread flour.

Combine salt, sugar, fat and milk and when lukewarm, add crumbled yeast. Let stand until bubbles appear. Add white flour and beat well. Add whole wheat flour. Place in greased bowl, remembering to grease the surface of the sponge also. Let rise until double in bulk. Knead on floured board and return to bowl, which has been washed and greased well. Let rise again until double in bulk. This time knead it in the bowl. Let rise until double. Knead again in the bowl, always greasing all surfaces. Let rise again until double and turn onto a floured board and shape into loaves. Place in pans and allow to rise until double in bulk. Place in a hot oven, 400 degrees, and cook for 20 mins. Reduce heat to 350 degrees and bake until done. If a small pan of water is placed in the oven during the cooking period the crust will be much thinner and of better color.

CLOVER LEAF ROLLS

Proceed, using the same method as above, but when sponge is ready for pans, break off small pieces about the size of a large walnut, roll lightly in the palm of the hand and place three of these together in each individual muffin tin. Allow to rise and place in oven and cook about 15 minutes.

CINNAMON ROLLS

Make sponge similar to that used for whole wheat bread but place on floured board and roll to about 1/4 inch thick. Spread with the following mixture: 3 tps fat, 1/2 cup brown sugar, 1 tsp cinnamon, well creamed. Roll the dough like a jelly roll and cut into slices about an inch thick. Place in greased muffin tins and let rise. Bake in hot oven for ten minutes. Do try to serve immediately.

NOTE: At this time of year, one should take particular care to see that all cooking materials are warm, also the ingredients. No drafts should reach the sponge when it is rising, or, in fact, at any time. A little care makes all the difference in the quality of the finished product.

THE QUESTION BOX

In answer to many requests we publish the simple method of making Butter Spread: Let a pound of butter stand in a warm place until soft, but not melted. Cream butter. Gradually add 2 cups milk, beating with a rotary beater, until perfectly blended. Add 1/2 tsp salt and combine well. Chill before placing on table or making sandwiches.

An increase in the price of vegetable oil in the United States will boost the price of sardines and herrings slightly.

Chronicles of... Ginger Farm

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

Permanent waves and trouble with the bull don't make a good combination at least that is the way I feel about it. It also makes one ask the question "Why go farming?" but unfortunately it doesn't supply the answer.

It was this way. I had an appointment to get a permanent at 9 o'clock Monday morning. It was a job that had long been delayed and which I would gladly have postponed still further, only self-respect plus the bounding of a husband drove me to it. So there it was, 9 o'clock Monday morning. At the time I made the appointment, I knew no reason, other than disinclination, why I shouldn't keep it, even though it did come at an inconvenient hour. Came Monday morning, my son Hob went out to the barn. Partner followed a little later. In a short while Partner was back, very white, and looking for a bull ring that we always keep in reserve. Ten minutes later Hob reappeared, looking even whiter than his Dad, and favoring one arm. He told me to phone for the "vet" to help put a new ring in the bull's nose. I don't know even yet all that really happened, or who did what, except that Hob got panned up in the bullpen, nearly got his arm broken, and jumped over the side of the pen to escape. Then Partner was trying to do something, slipped, or else the bull pushed him, and he fell with his feet and legs under the bull. Somehow he

managed to get away. After waiting as long as I could at the house, I sneaked down to the barn and found that while they were waiting for the "vet", my men had managed, between the two of them, to get the new ring into the animal's nose. Naturally they were taking a chance - but it was also a risk to have a full grown bull tied in a stall without a ring in his nose. Fortunately he was not cross, but he was very nervous and excited and, when Hob jumped over the side of the pen, he was just about as scared as I was.

Well, I need hardly tell you I wasn't worrying much about keeping an appointment with a hairdresser at that time. However, half an hour later I went out again just to reassure myself and found all was quiet on the barnyard front, with Partner insisting that I get away after my hair-do.

So I went, and when I got back at noon there was dinner, to get, and after dinner all my morning chores to do and this story to write. To tell you the truth the spirit was not very willing and the flesh even less so, and I succumbed to temptation, turned on the radio to listen to Douglas Abbott addressing the Canadian Club and settled myself comfortably on the couch "for just a few minutes." But alas what Mr. Abbott said I'll never know. The only thing I heard was the telephone ringing. It brought me to my feet in a daze and I am still wondering what kind of answers I gave to the person who was calling. I hope they were sensible, because it was all in connection with dishes and things I was to take in preparation for a banquet for which our Institute is catering this week, and of which you will probably hear more in our next.

By the time I was through at the telephone, my brain and brawn were beginning to function once again and I was able to tackle the dishes and the milk pails and afterwards to sit down to my typewriter. I took a pad with me this morning to make a

rough copy as I sat under the dryer but there was a nice little black larrier dog that belonged to the place who jumped up on my lap and stayed there as long as I was content to pet him and rub his little black ears. Once he got down, but in a little while he was back again. There were two other women there at the time, but he ignored them completely confining his attention entirely to me. And do you know I take that as a compliment? It cannot win the confidence of any cat or dog with which I come in contact. Given time, I generally succeed. Perhaps I understand their language, or perhaps it is they sense I have no fear of them. Any speaking of dogs, last week I saw a man run over a little black spaniel it wasn't the driver's fault, the little dog ran right into the car, but I hated to think how someone was going to miss that poor little dog. And how I wished I hadn't seen the accident happen.

HAND-ME-DOWN POOL PRAISED BY MOTHERS

SYDNEY, Australia (CP) — A "hand-me-down" system, which embraced all the schoolchildren of Sydney in one family, for school clothes during the war-time shortages and rationing, was recently closed at a leading store here.

Correct uniform is a very important thing to Australian children, who generally wear distinguishing hats, badges, blazer jackets and, in the case of boys at "public schools", flat, straw "boaters" in summer. All these and many more garments requiring special manufacture were prohibited to save material and labor during the war and but for the clothing pool would have been unobtainable.

A blackboard, placed at the top of the escalator entering the department of the store fostering the "pool" was available to harassed mothers. They would check up their children's requirements early in the morning, and by nightfall the response had usually come from some sympathetic mother. In the 200,000 transactions, in which \$104,400 changed hands, there was never more than \$108 worth of clothing in the pool at a time.

SPARE TIME

The question of what people do with their spare time has a bearing on the question of town progress. Some people may be so hurried and driven with their daily work, that they have little or no spare time. When people do have spare time which they can use in any way they see fit, the community would be glad and grateful if they could give some of it to efforts for the public good.

If people use some of that spare time for work in local organizations and movements, they help to make the home town more interesting, attractive and beautiful. They are well rewarded by the greater prosperity that comes to the town, and the benefits which are helpful to the people generally.

REWARDS OF MERIT

An old timer tells how in his boyhood the school he attended gave him a card entitled "Reward of Merit" when he had done especially well. It would no doubt stimulate the children of those days to renewed effort to learn their lessons.

Rewards of merit are still being given out in various forms. The student who gets high marks in school or college is honored in various ways. His chance of getting a good job in work or business are greatly improved. These are rewards of merit also in work and business. Those who are especially efficient and faithful are likely to get better chances or promotions or higher pay. The world still recognizes merit and effort and ability to do things specially well.

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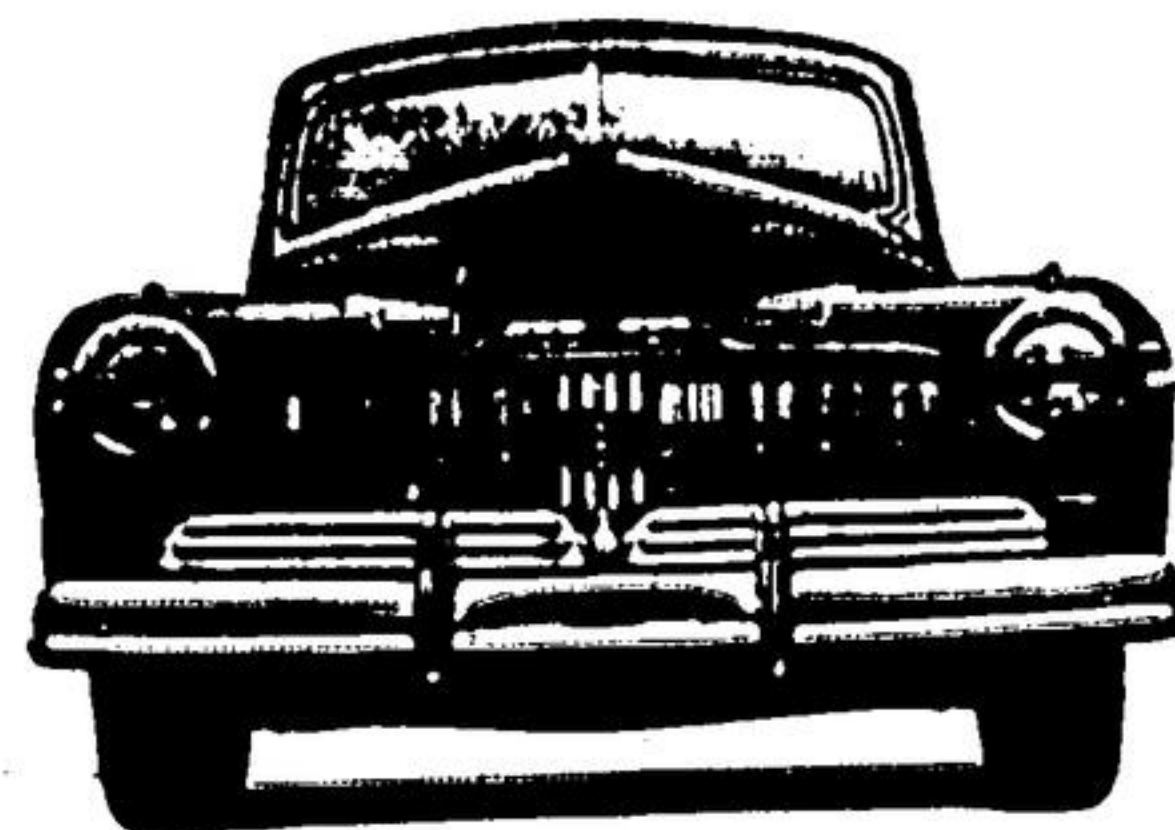
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