

Of Interest to Women



THE MIXING BOWL
By *Anne Allan*

Hello Homemakers! Many folks tell us "Desserts are my worst problem." It is no wonder with fruit sponges, sugar low in supply and little fat and cornstarch. But if women with electric and wood stoves have difficulty thinking up desserts, the two element-plate cooks are really up against it. They have to eliminate all those tempting oven-baked puddings and rely on top stove desserts exclusively.

Yet when you stop to think seriously about it and study cook books, you discover that the situation is not hopeless after all. Puddings, good ones too, can be made on top of the electric plate.

To-day we list a number of dessert ideas, hot and cold, off the top elements. Add these to the ones you have already collected and your dessert problem will disappear.

DESSERTS FOR TWO-ELEMENT STOVE DINNERS

1. For a hot, hearty dessert make double boiler cottage pudding, cooking vegetables or other food in the boiling water underneath. Leftover puddings may also be heated in the double boiler at the same time other foods are being cooked.

2. Steam batter puddings cook more quickly in individual greased custard cups than casseroles.

If you have not a steamer, put carrot puddings in condensed soup tins, cover with wax paper and set in a saucepan containing two inches of water and steam. To reheat, cut two servings off and heat in a sieve. Serve with top milk.

3. Stew rhubarb, add a few raisins for variety. Serve with graham crackers, plain or put together with date filling.

4. Make milk puddings and custards in advance and let cool while cooking first course. For example Maple Rennet, Honey Junket, Chocolate Meringue Custard, Rhubarb Custard, and other flavored custards, Cottage Cheese Pudding, Bread and Milk Pudding, Barley Pudding, Cornmeal Pudding, Lemon Rice Pudding, Vanilla Crumb Pudding and Farina Pudding.

5. Quick Fruit Shortcake: Drain juice from leftover canned fruit. Thicken with cornstarch, 1 tsp in 1/2 cup cold water for 1/4 cup juice. Add fruit and heat slightly. Pour over slices of sponge cake (thout) or drop cakes.

6. Top-of-stove scones may be made successfully to serve with stewed prunes, figs or rhubarb.

7. Cook rice, serve hot with canned fruit first time, with the remainder make a rice custard next day. Make custard in double boiler, add rice, reheat and pour into serving dishes.

8. Bavarian sponges require a small amount of heat. The gelatine may be dissolved in a dipper over the tea kettle and the dessert finished at the kitchen table according to recipe.

9. Pancakes require a short cooking time. Serve with synthetic fruit syrup or fruit sauce when sugar quota is low.

10. Press squares of bread into greased muffin tins and place over an element turned medium. Toast 3 min. Fill these shells with marmalade or custard filling.

11. Fruit puddings can be made on top of stove this way: Cook fruit in a little syrup. Add 1 beaten egg, 1 tsp. sugar and enough milk to moisten to 1 cup prepared biscuit mix. Drop by spoonfuls on top of simmering fruit and juice. Cover and let simmer without removing lid for 15 min. Use wide saucepan so dumplings will not be crowded.

DOUBLE BOILER COTTAGE PUDDING

1 cup sifted baking flour, 1/2 tsp. baking powder, 1/2 tsp. salt, 3 tbsps. soft shortening or butter, 1/2 tsp. vanilla, 1 cup sugar, 1 egg, well-beaten, 1/2 cup milk, 1/2 cup jam or sweetened fresh or canned fruit, if desired.

Mix and sift flour, baking powder and salt. Cream shortening or butter, add vanilla, then add sugar gradually. Add beaten egg and beat until mixture is light and fluffy. Add dry ingredients alternately with milk.

Grease thoroughly top part of double boiler (1 1/2 quart capacity). Put in jam or fruit, if used. Pour batter over boiling water (in bottom part of double boiler). Cook for 1 1/2 hours or until pudding is firm on top. Keep water boiling steadily. Turn out and serve with pudding sauce or cream. Yield: 4 to 6 servings.

NOTE: If pudding is made without jam or fruit, turn out and garnish with sliced prunes or serve plain with a fruit or any desired pudding sauce.

TOP-OF-THE-STOVE SCONES

1 egg, 1/2 cup milk, 3 tbsps. mild-flavored fat, melted, 1/4 cups sifted flour, 3 tbsps. baking powder, 1/4 tsp. salt, 1 tbsps. sugar.

Beat eggs, add milk and melted fat. Mix and sift ingredients and add to

the milk mixture (mixture is very soft) turn out on a floured board and pat out 1/2-inch thick. Cut in triangles. Heat frying pan and cover (preferably an iron pan) until very hot. Put scones in frying pan, cover and reduce the heat. Cook until well puffed and almost cooked, about 15 mins. Turn scones and brown slightly on other side. Serve hot like tea biscuits. Be sure to keep heat as low as possible during cooking to avoid burning. Yield: 4 large or 8 small scones.

THE TRAGEDY OF BOOZE

A national authority on the effect of excessive drinking, Professor L. J. Rogers predicts that Canadians will shortly turn from drinking as the sordid calendar of crime resulting becomes apparent to the public. Professor Rogers is attached to the Faculty of Chemistry in the University of Toronto. In his capacity as adviser to the Attorney-General's Department of the Province of Ontario, he has investigated a great number of murders and lesser crimes in Ontario.

"What chance has the present generation of boys whose mothers are shameless in beer parlors?" asks Professor Rogers. "People have suggested to me that my work at times must make me disgusted with human nature. It doesn't, because I know and am constantly reminded that there are so many fine people. That's why I cannot help feeling that this country will soon come to its senses so far as excessive drinking is concerned. I think there very soon will be a revolution against drunkenness. The drinking situation is going to get worse for a little while, I think, and the people will be so revolted at the foolishness of it that there will be a drastic change."

"That's not wishful thinking on my part. The man is fortunate who can look up to his wife, but there aren't as many such men as there were only 25 years ago. It's inevitable that there will be a swing-back to the conditions where a man was proud to look up to his wife, not just look after a beer-swilling."

Prof. Rogers said that an Ontario magistrate, checking over the cases which have appeared in court, estimated that over a period of many months 80 per cent. of them arose directly or indirectly from an excess of liquor-drinking.

Prof. Rogers said that 45 per cent. of all motor accidents are due to drinking, either on the part of pedestrians or drivers. "We will see increasingly harsh sentences given to persons found drunk at the wheel of cars," he said. "Drunk pedestrians and drunk drivers will kill and be killed in shocking numbers during the years to come."

MAY BIRTHSTONE BRINGS HOPE AND JOY

To the people born in May goes the distinction of wearing the most precious of the gems as their birthstone, the emerald. This deep green transparent variety of the mineral Beryllium is the finest gem quality in the Ural Mountains, Russia, and in Colombia, but clear flawless crystals are very rarely found. To the gem-cutter, the emerald presents a difficult problem because it is extremely brittle and cracks easily. There is one cut emerald, polished but unfaceted, in the Mineralogy Gallery of the Royal Ontario Museum, and several fine crystals, both in matrix and extracted. Synthetic emeralds are now being produced, and it is impossible to recognize with the naked eye a naturally occurring emerald from one produced synthetically.

For spring, no precious stone is more appropriate than the emerald. Its color is that of nature, for nature clothes herself with green when she awakens from her long rest of winter. Rejuvenation, hope and joyousness are claimed for the person who wears the May birthstone.

CHINESE ORDER STOCK

NEW WESTMINSTER, B.C., April (CP)—Canadian dairy stocks are now in demand in China. Already producers in this Fraser Valley have orders for several hundred head of pure-bred stock for Shanghai and Hong Kong dairy farms.

Government dairy officials report that Shanghai and Hong Kong require up to 3,000 head of dairy cattle and a fair share will be purchased in British Columbia.

Chronicles of... Ginger Farm

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

Well, I could write what I think about the railway strike, the shipyard strike or the coal miner's strike but I certainly am not going to. You can read all you want to know in the news and if you do it will probably leave you just as bewildered and distressed as it does us. A strike is such an awful thing as one columnist put it "In a strike everyone loses, even the strikers."

But out in the country, where everything is fresh, green and growing after that wonderful rain; or working in the garden or among the chickens, one can forget for a while how bitter it is for men who should know better to stir up strife and unrest among those people who have been caught in a net of their own weaving. In the garden, as I work among the flowers and shrubs, the only thing that is unhappy is a robin who has lost her nest in a small spruce tree at the back of the border. Poor Mother Robin and yet I have been out in the garden so much lately you would think she would know by now that I wouldn't hurt her fledglings. However, she evidently doesn't like the look of me for she flies to a nearby apple tree every time I appear, and there she sits chirping and scolding, as long as I stay around.

I am beginning to realize to my sorrow that a garden is one thing that can't be neglected with impunity. Last spring, when I was really very worried about Partner's health, and about getting Bob home from overseas, I gave little time or attention to the garden. As a result, the shrubs, weeds and grass have surely had one great old time trying to see which could choke the other out. The grass and the snowberry bush were definitely in the lead but now I really believe I have them both in check. Partner and I work outside every night until it is too dark to see — Partner at the grass and I at the flowers and shrubs.

But oh, that snowberry shrub! Have you any in your garden? If you have, then you will know what a fight I've been having. If you haven't, then don't let a snowberry bush come within a mile of you. It sends out runners that come up where you least want or expect them. If you try digging out a big root you have to follow these runners all over the place, even to the lawn itself. And to think that I, of my own free will, once planted snowberry bushes in my border!

I just love shrubs all but snowberry but there is this against them. If a shrub dies as it may well do if there are any rabbits around then it leaves a rather unsightly bare space that is hard to fill. To grow another shrub in its place takes time. Then, too, if one has too many shrubs one's space for growing flowers is naturally restricted. For that reason, Daughter said one time when she was home, "Mother, for goodness sake don't grow any more shrubs!" Well, I am doing away with quite a few but there are still others I would like. Sometime I hope to get a tamarrisk, a smoke tree and a butterfly bush. In the meantime we have the usual run of good old annuals — zinnias, nasturtiums, petunias, salvia, French marigolds, pansies and geraniums.

The other day I was out with Bob on one of his trips. While he was unloading his barnyard "honey" as he calls it, I did a little exploring. I visited a man next door who keeps kennels — cocker spaniels and bull terriers. One tannish color cocker particularly took my fancy, and no wonder, he had just been awarded the championship of his class for all Canada. I saw several litters of pups black, tan and buff. Two little fellows about six weeks old were running around loose—and oh, my stockings! But they were not nylon.

This man also had a couple of peacocks, and it annoyed me to notice how handsome the cock bird was—and how homely his mate!

Bob still wasn't ready so I went visiting again. This time to a nearby greenhouse. You don't need me to tell you what I saw there. My imagination will tell you how I gloried in the riot of color that was everywhere. One section particularly caught my eye because it contained a species of plant that was almost impossible to get during the war—tuberous rooted begonias. Of course I had to buy one—and then when I got home I gave it away. I suddenly thought of a friend to whom I knew it would bring so much pleasure.

GLAZEBURY, England (CP)—A pram containing a 16-month-old baby was run down by a steam-roller and crushed—but the child was unhurt.

SOCIALISM BY TAXATION

In drawing up the new budget the Minister of Finance will have to consider that while during the war the payment of taxes was held out as a patriotic duty, taxation in peacetime becomes exclusively a social and economic problem.

The methods on which taxation, and especially income tax, is levied in the future may decide whether free enterprise can continue or whether state bureaucracy will take its place.

There has been a small reduction in income tax. Yet, receipts from that source have increased nearly 12-fold since 1939, and while the purely wartime "normal" tax continues there does not seem to be much prospect of real relief. Now is industry likely to get really under way while the excess profits tax tends to defray all vital initiative.

On the administrative side, reforms have been long overdue. It is an old principle of taxation that "the tax each individual is bound to pay ought to be certain, not arbitrary." The opposite is the case in Canada.

The deputy minister of national revenue which, in practice means his official subordinates has such discretionary powers that taxation is sometimes a matter of whim rather than of precise law.

This is not overstatement. The deputy minister himself, giving testimony before a Senate committee, has stated that for the fiscal year ending March 1, 1945, assessments of income tax declared by tax payers were increased by \$28,000,000.

These increases of assessment, whether justifiable by fact or not, were purely arbitrary. The War Income Tax Act, in computing the amount of the profits or gains to be assessed "permits no deduction except 'as the minister in his discretion may allow.' " The minister, furthermore, "may disallow any expense which he, in his discretion may determine to be his excess of what is reasonable or normal." For the purpose of determining earned income the minister may reduce the amount of any salary, wages, fees, bonuses, gratuities or honoraria which, in his opinion, are not commensurate with the services actually rendered."

Here we have a situation that has grown up almost imperceptibly since the original Act was drawn in 1917. The amounts involved 30 years ago were comparatively negligible. Today they are crushing.

The first appeal allowed the taxpayer is to the deputy minister, who, since he makes the orders against which appeals are usually made, is a definite party to the case and a judge in his own cause. The aggrieved taxpayer may appeal further to the Exchequer Court of Canada, but he must post a bond of \$400 in order to do so.

In business there is still inequality in taxation. There is the double taxation of corporate profits and the question of the preferred position enjoyed by co-operatives and Crown corporations.

All these problems have been satisfactorily tackled in other countries. Before excessive taxation entirely destroys the incentive to work and take risks in Canada, attention must be given to them here. A legislative state can be created by taxation as it can by the ballot—depicted from the Halifax Chronicle, Tuesday, Apr. 2nd, 1946.

PRACTICAL SOCIAL SERVICE

At first glance, the atmosphere of the 990th Battalion Club is not such as would entice it to social reformers. For one thing, you could cut it with a knife, especially when there is a large meeting and it is filled with clouds of tobacco smoke, and fumes of beer. Arguments are frequent and noisy. The language is unsuited to drawing rooms.

Yet, in its towly way, the Club does as much good as many more publicized organizations. If a man of the old 990th falls into trouble, the members are ready to help. The club is a refuge for the male animal re-jecting himself to civilian life and re-jecting the cares and problems of domesticity.

The club solves its own problems with a directness unknown to legislative circles. For instance, a few nights ago the chairman reported that three recently discharged veterans had not been able to find jobs. The very next night he was able to report that three jobs had been found, through the efforts of the members, and two of the veterans had accepted.

The case of the third veteran, Bill, called for special attention. The job offered to him was suitable, as he himself admitted; but Bill thought that he wouldn't go to work for a while yet. He was still doing pretty well on his gratuity instalments and unemployment benefits, sitting around the club every day during the hours that the bar was open. He figured that he'd carry on that way for some weeks to come.

But Bill reckoned without the spirit of the old 990th. When his decision was reported, the chairman called an immediate emergency meeting. The meeting decided that, until Bill went to work, his beer would be cut off.

Two days later, the chairman reported that Bill had taken the job.—The Printed Word.

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DRAW FOR WAR TRUCKS
VANCOUVER (CP)—Fifty farmers were successful in a draw for 53 war surplus trucks. No many wanted to buy the trucks that a drawing was held upon, and it is hoped that others soon will be obtainable from War Assets Corporation.

MERCY JOB DONE
HALIFAX (CP)—Completing her last voyage as a mercy ship, the *Lady Nelson* arrived here recently with 496 Canadian overseas casualties and 3 babies. It is reported she now will be converted for bringing servicemen's brides and children to Canada.

PIE RATIONED
YORKTON, Sask (CP)—Pie is on the ration list in restaurants here. Only one type of pie is on menus and if a customer insists on a different kind he has to pay extra for it. On the other hand, butter is served with all meals.

KINDNESS RETURNED
DUNDALK, Ont. (CP)—A 90-year-old woman's life was saved by a cattle dog she befriended. The dog, owned by a neighbor, came to get his daily hand just as Mrs. Sam McCullough suffered a severe hemorrhage. She tied a note to the dog's neck. The dog carried the message to his owner who called for help.

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