

# THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist



Hello Homemakers: Showers are in the air but they are not raining anything except gifts and happiness for prospective brides. Many a future bridesmaid or favoured wedding attendant is busy this month planning special shower parties for the bride-to-be. With all the multitude of things which demand consideration and time at this busy season, it is a relief to find that there are delicious party refreshments that can be prepared quickly in advance.

Delicate colours are always a part of the shower party, so why not serve Cheese Salad Mold along with sectioned fruits (oranges and grapefruit and sliced apples), cheese toast strips, tiny hot biscuits filled with honey or marmalade, Orange Fluff, Queen of Heart Cakes and Coffee or punch.

The heart-shaped cakes do not call for individual moulds but are made from a sheet layer of cake and cut out with a heart cookie cutter.

### QUEEN OF HEART CAKES

1 cup shortening, 1 1/2 cups sugar, 3 cups cake flour, 3 tps. baking powder, 1/2 tsp. salt, 1 tsp. flavouring extract, 1 cup milk, 6 egg whites.

Cream the shortening, add sugar gradually and cream together until fluffy and light. Sift flour and measure, mix and sift with baking powder and salt. Add dry ingredients to creamed mixture alternately with the milk. Add flavoring. Fold in well beaten egg whites. Pour into greased shallow baking pans. Bake 35 mins. in an electric oven (325 degrees F.). Remove from pan and when cold cut with heart-shaped cutters. Make Seven-Minute Frosting and divide it into thirds. Add different colored fruit coloring to each and frost cakes. Top only in wartime.

### SEVEN MINUTE FROSTING

1 1/2 cups granulated sugar, 5 tps. cold water, 2 egg whites, 1 beaten, 1 tsp. vanilla extract, 1 tsp. corn syrup, fruit coloring. Combine all ingredients, except flavoring and coloring, in top of double boiler. Mix thoroughly. Place over boiling water and heat briskly until mixture holds its shape. Remove from fire. Add flavoring and coloring. Beat until cool.

### ORANGE FLUFF

2 eggs, grated rind of 1/2 lemon, 1 tsp. hot water, 2 tps. lemon juice, 3 tps. sugar, grated rind of 1/2 orange, 3 tps. orange juice. Separate eggs. Beat yolks with 2 tablespoons sugar. Add grated rind and the fruit juices. Add hot water, beating continually. Cook mixture in top of double boiler until it coats

spoon, stirring constantly. Four over egg whites which have been beaten stiff with remaining tablespoon sugar. Pile into glasses. Chill in electric refrigerator and serve.

### Take a Tip:

- 1. When a recipe calls for nuts and you can obtain some peanuts, rub off the hulls and excess salt with a damp cloth and use a small quantity. If recipe calls for 1 cup of nuts, you may use one half cup chopped peanuts and use one extra tablespoon of flour.
- 2. If cooking utensils are soaked immediately after the food has been removed, they may be easily cleaned. Cold water is best for eggs, milk or doughy substances. Hot water acts more quickly on greasy foods.

### The Question Box:

Mr. T. E. asks: Do you get the best nutritive value by cooking spinach and adding it to the cream sauce for soup, or using raw spinach?

Answer: Since spinach cooks quickly and because more flavour is obtained by using minced raw spinach; cook in milk for three minutes and thicken in double boiler for 15 minutes. This will give the best nutritive value, but do not hesitate to use leftover spinach vegetables in a cream sauce for soup.

Mrs. M. P. asks: Recipe for white-cake using small amount of sugar.

### SUGAR-SPARING WHITE CAKE

1/2 cup shortening, 2-3 cup of white corn syrup, 1/2 cup of sugar, 1 teaspoon of flavouring, 2 cups of cake flour, 3 teaspoons of baking powder, 1/2 teaspoon salt, 3 egg whites.

Sift dry ingredients together three times. Cream shortening with sugar, add flour mixture alternately with syrup, then fold in stiffly beaten egg whites and flavouring and bake in layers at 350 degrees F. for about 25 minutes.

### ICING

1/4 teaspoon salt, 1 egg white, 1/2 cup light brown syrup, 1/4 teaspoon lemon flavouring, 1/4 teaspoon almond flavouring.

Add salt to egg white and beat until stiff (use high speed of electric mixer). Add corn syrup gradually, continuing to beat. Add flavourings. Beat until icing holds a peak.

Anne Allan invites you to write to her in care of the Herald. Send in your suggestions on homemaking problems and watch this column for replies.

## Land Girls are Keen on Job

SAYS JANET TUPPER IN THE GLOBE AND MAIL

Coming from all over Ontario to the Niagara Peninsula members of the Farm Service Force are now busily engaged on the fruit farms and market gardens of this district. At least two Georgetown girls are represented down there Barbara Param and Lois Nielsen. In Saturday's Globe and Mail, Janet Tupper had a very interesting sketch of the camp outside of St. Catharines, and Barbara Param was pictured along with a number of other girls, getting their nuts in readiness. We reprint the article which gives some idea of the routine of a Farm Service Force girl.

"War worker resting," a printed sign on the door states, austere! "Please do not disturb!"

But inside the hut, one of a double row of seven at the Ontario Farm Service Force camp just outside this city, you can hear rustles and energetic thumps, laughter and chatter, as the farmerettes change out of their work-clothes for supper. They're war workers all right, but all the resting they do is when they're sound asleep from 10 p.m. till 8 a.m., to be exact.

By the end of this month, a full complement of 60 girls will be at the camp, to go out every day to work for 20-odd farmers in the surrounding district. Already 35 of them, from all over the Province—Smiths Falls, Kitchener, Stayer, Belleville, Toronto—are on the job, most of them "farming" for the first time in their lives. They're typical of the 25,000 Ontario high school boys and girls who will enlist with the force, to turn this summer's holidays into profit for themselves as well as for Canada's vital food production.

Any one who walks down the rutted road, past a spick-and-span red, white and blue mailbox, between fragrant blossoming orchards, finds the camp quiet and deserted during the day.

Around 7:30 in the morning, farmers' trucks begin to pick up their over-ripe fruit, leaving a "crop" of workers, who are left with all supper items, and a few girls still waiting for their morning coffee.

clip each stalk an inch below the earth. Later they'll be weeding and picking strawberries; later still cherries, peaches, apples.

"It certainly makes you stiff the first day or so," says 17-year-old Betty Francis of Smith Falls. "But soon you don't notice it and it's a lot of fun." As he sharpened a cutting knife on his emery stone, A. E. Howard, "straw boss" on one of the farms, gave his novice farmhands top praise. "They're good workers," he said. "They don't fool around." Leo, a neighboring watch dog, who barks at every one who isn't a farmerette, hung around approvingly in the background.

Back at camp, the director and her three young assistants are busy house-keeping. All are provided for the force by the Y.W.C.A. At the hostel, a tarpapered hut that serves as dining-room living room and kitchen, Mrs. D. J. Selvaige, camp director, looks after food, housing, laundry and bookkeeping. She plans the sturdy, balanced menus, shops for meals, handles the multifarious business of pay, separate books for the 10 cents health insurance that entitles each girl to free medical care, the savings accounts, collects the \$4.50 weekly board money.

The girls live in Nissen-type huts, used here for the first time this year by the force, and planned also for camps at Cooksville and Beamsville. Last year, the girls slept in tents here; at other camps barns, hotels and packing-houses are turned into bunk houses. Each hut has four cots, four racks full of gay summer dresses for evenings and days off, and four dressing-tables, each made from two orange crates. Like as not, there are also four sets of pinup pictures—brothers and beaus in uniform. Another special feature of this camp is the "hospital"—a room painted white, with a well-equipped medicine chest. Every camp has its sick room, but the St. Catharines special. "It's quite a job to get all the painting just right."

"You'd think they'd be tired at the end of the day," said Mrs. Selvaige. "Not them! The minute they come in, they rush to the showers; then get on their best clothes. Out comes the makeup, and their hair is all fluffed out—they sometimes leave the curlers on under their handkerchiefs while they're working." Saturday nights, when "lights out"

## New C.P.R. Locomotive Class to be Post-War Model



Engine No. 1200, the first locomotive to be built by the Angus Shops of the Canadian Pacific Railway Company in Montreal to the company's own design since 1931, is pictured above on the trial tracks before being taken over by W. M. Neal, C.B.E., the vice-president, from H. B. Bowen, chief of motive power and rolling stock, under whose direction the engine was built and who worked at Angus Shops as an apprentice in 1905, on the classes of locomotives it will replace.

An entirely new class, designed for that part of the company's program for post-war power replacement dealing with more than 600 of the older locomotives, Engine No. 1200 will go to western Canada eventually, while Engine No. 1201 of the same class, due from Angus Shops in June, will stay in the East.

Responsible for the design of the 1200's was F. A. Bengier, chief mechanical engineer (locomotive) and his staff, while the work at Angus Shops was under the control of H. R. Naylor, works manager there, and the supervision of D. L. Thornton, assistant works manager (locomotive). In the picture with Mr. Neal during his inspection, left to right, are Mr. Thornton, Mr. Naylor, Mr. Bengier, Mr. Bowen and Mr. Neal.

Mr. Neal was particularly interested in the cab, in which he is pictured in the inset, for it was here that 1,600 pounds was lopped off the total weight of the engine by reducing the portion of the cab overhanging the boiler at the back, and by using aluminum instead of steel in the upper structure. The overall weight reduction was from 8,000 to 10,000 pounds on the 1200's compared to the next nearest class in the

C.P.R. power lineup, thereby ensuring the widest running rights over bridges and other restricted trackage. Material for the construction of the locomotives at Angus Shops was arranged for and work commenced before restrictions upon such material were put into effect. The actual work of building these engines was made to fit in with the general maintenance and munitions program, so as not to interfere in any way with the war effort.

## Hughes Cleaver, M.P. Answers Globe and Mail Editorials

(Continued from Page One)

Then too there is another feature which must be remembered. Practically all of our industries are honestly performing wonderful war work. Just as soon as a parliamentary committee would start a public inquiry into the operations of an aircraft factory or a shipyard the question would at once arise in the public mind as to what was wrong with that industry. An implication would at once arise that there was something wrong. If our meetings were in public your committee would hesitate to start inquiries with respect to an honest industry performing an important war task but under our present practice no such deterrent exists. We have visited many war plants in this country. We have unearthed honest mistakes and have made recommendations which have resulted in the saving of millions of dollars. All of this has been done without harm to the war effort and without injury to industry. I am reminded that one of our first inquiries of Subcommittee N. 1 was the British Commonwealth Air Training Scheme the editorial under date of May 5th it is stated: I quote:

"Unfortunately the Public Accounts Committee has been dormant for years and the Special largest air training scheme in the world. No one would suggest that there was anything wrong with this undertaking, of which we are all so proud, but we did find in regard to this effort that honest mistakes had been made and we did further the renegotiation of contracts in respect to the Air Observer Schools and in respect to the Elementary Training Schools which achieved substantial savings.

To sum up, the reasons why we hold our meetings in secret are:

- 1. In secret meetings we obtain all of the facts.
  - 2. Secret meetings do not in any way harm the morale of honest industries.
  - 3. When appointed we were expressly instructed that our sole task was to search for economies and that we were not to function as a Public Accounts or Propaganda Committee.
- The British Committee was not given the power to check into past expenditures. We were given the power to check into past expenditures but on our appointment were expressly told that the only reason why we should check into past expenditures was to lead the way to present economies. We have no power to prosecute anyone. If we find wrongdoing we of course report it to the proper authorities. Should we at any time fall in this duty the evidence cannot be concealed because it is given in the presence of opposition members and these members armed with the facts can then compel production of the facts through

is delayed until midnight, the camp is deserted. Every one goes to town to the movies.

"They have fun, and they're a lot of fun," said Mrs. Selvaige. "They're good girls."

the regular channels of government and have the matter inquired into by the Public Accounts Committee. This is not just surmise on my part because there is on record an instance where opposition members did bring up a matter unearthed by the War Expenditures Committee which they thought should be investigated. In this instance the opposition members on bringing the matter to a public hearing before the Public Accounts Committee found they were in error and did not proceed further, but this example quite clearly proves my assertion in this regard.

I believe very strongly that all public business should be transacted in public. The public are deeply interested in the manner in which their money is being spent. Publicity is a strong deterrent to wrongdoers. There is no one who shares all of these views more strongly than I do. In this regard we still have all of the normal machinery for the protection of the public purse. It is the duty of the opposition and the duty of the Wartime Information Board to keep the Canadian public and the world fully acquainted with all particulars of this country's war effort. If there should be wrongdoing and we are very proud of the fact that we have had no serious scandals, but if there should be wrongdoing, there is the fullest possible right to public trial before the Public Accounts Committee. And just here I would like to state that if any opposition member, if any member of the House of Commons, believes that there is any foundation to the Clark Boot Charges he can sponsor these charges from his seat in the House of Commons and they will at once be investigated by the Public Accounts Committee at public hearings. Any member who makes such charges loses his seat if the charges are not sustained. The fact that no opposition member has done this clearly shows the amount of confidence which they have in the Clark charges. As I said a moment ago the War Expenditures Committee is an additional committee over and above all of the normal safeguards of government. We do not spend any money. Our task is to find economies. We were given extraordinary powers and we were clearly told how we should exercise them. It is an undisputed fact that we have effected millions of dollars of savings for our war effort.

Now coming to the reasons why certain groups in this country want to do away with the War Expenditures Committee. Since we have saved millions of dollars for Canada's war effort it is quite evident that this campaign is not sponsored on patriotic grounds. One large daily printed an editorial making deliberate untruthful statements of fact to mislead the public. I will give you one of them: In this editorial under date of May 5th it is stated: I quote:

"Unfortunately the Public Accounts Committee has been dormant for years and the Special Committee on War Expenditures was conceded by the gov-

ernment as a substitute." This statement is not true. War Expenditures Committee was not appointed as a substitute for the Public Accounts Committee. The Public Accounts Committee is not dormant. The Committee held many sittings last year and is now in session this year. Obviously these untrue statements are made to mislead the public.

Now let us come to the facts. The money which we have saved for Canada's war effort means that this money is not going to individuals and companies by way of profits. You know just as well as I do that when you start interfering with profits, just as soon as you touch a man's pocket book he can think up a lot of good reasons to attack. It is true that no one has had the courage to criticize us directly for the money which we have saved for Canada's war effort but all of the attacks have been flank attacks. At the present time a deliberate attempt is being made to stir up public indignation over the fact that our meetings are in secret. Our opponents know full well that public hearings would nullify the effectiveness of our work. Keeping these facts in mind I am quite content that the public should reach their own conclusions. While I do not for a moment suggest the motive which has inspired such attacks I do state without fear of contradiction that attempts in some quarters to do away with the Committee or to nullify its effectiveness has greatly cheered us in our endeavour to check waste in regard to the war effort and I believe I can safely assure all who do not like the way this committee is functioning or who would like to get rid of the War Expenditures Committee that this Committee will continue in its struggle to check waste and greed until the war is won.



WRITES

One of the most practised arrangers and conductors in the realm of radio music is Harold Green, of Winnipeg, whose name comes up regularly on CBC network programs. He is currently conducting CBC's new musical show, "Starburst," for listeners on the prairies and points west.

## The Blue Limousine

By H. LOUIS RAYBOLD  
(McClure Syndicate—WNU Service.)

WHEN the Carltons pulled into the New Brunswick touring camp their first thought was of the blue limousine. Had it arrived ahead of them? A survey of the small, grassy park set on the hilltop revealed no sign of it among the few cars scattered about.

Not that there was any hope to be gotten out of that. It had happened before that they had gone to bed assured that they had eluded their camp follower only to find in the morning it had arrived sometime during the night.

"But if they were really pursuing us, mother," had insisted Julie Carlton, "they would make some effort to become acquainted. But they don't. They keep by themselves."

The trouble was that ever since Mrs. Carlton had realized that her little girl was growing into an extremely pretty woman she had suffered from the complex that her daughter would be the natural prey of all members of the other sex. And there had been certain circumstances that almost justified her fears. Were they not, at this present moment, taking a trip to cure Julie of an absurd infatuation for the "boy next door"—that frequent bete noir of fond mothers?

Of course, Julie's father absolutely scouted the idea that any car had deliberately pursued them from Springfield through the White mountains, up the Maine coast, and across the border.

And now he pointed out the probability of their having turned off on the road that led to Fredericton. "They've just been taking a trunk route like the rest of us," he explained, hammering a tent stake into the ground. "Haven't seen them all day, have we? Well—"

"Daddy!" Julie grabbed her father's arm. "There it is now—the blue limousine!"

In a cloud of dust from the gravel road arrived the huge car of ancient vintage for all its recent coat of azure paint. Hardly had it stopped, before the long-legged youth whose appearance had grown so familiar stepped out, cast his glance toward a square of level ground farthest from the Carlton car, and indicated the spot to his father in the driver's seat with a gesture.

"Well," said Mr. Carlton, very firmly, "these tourist camps are free to all and as I've done nothing to put any one on my trail, they're welcome to track me to Hudson Bay—if I go that far. And, for anything I've seen to the contrary, that young man doesn't even know our Julie exists!"

The next few days, however, could but show if there was actual intention behind all this. If the blue limousine party timed their departure with that of the Carltons, who were remaining over for several days to take in side trips to Nova Scotia, and Prince Edward island, there would be little doubt that they, the Carltons, were the object of an inexplicable pursuit.

On the second night, the blue limousine was still there, but the Carltons, spending two days in Amherst, were unaware of the fact. The third night the car was gone but not all of the equipment.

On the following morning, Mr. Carlton, rising early for a speedy getaway, saw the long-legged young man come out of his tent, look around a bit, then start pitching out the duffle bags.

Yet it is doubtful if he would have done what he did, had not he observed, half an hour later, his daughter Julie sauntering over from the pump in the young man's company. Had there really been other opportunities for them to meet?

Throwing down the tent pole he was disjoining, he strode over to the blue limousine and addressed the young man's father. "Sort of funny how you people are trailing us," he said, abruptly.

The other man looked sheepish, then grinned. With a cautious glance in the direction of his wife, tent, he came over to Carlton and whispered in his ear.

"Say, I'm glad of a chance to tell you all about it. It was my wife's idea. We've been doing this motor camping business for fifteen years—been everywhere. Got so there was no kick out of it, going the same old places. So Abby suggested we get a thrill by not knowing where we would land up. Last week we took last summer and we took every third camping party we see after pulling out of the Athol camp. And it was you. We haven't meant to be a nuisance. My son is just getting over an illness and his fiancée is off teaching in a girl's camp, so I brought him along. He's kind of disgruntled with his mother's idea, but you sure have taken us into a fine country!"

When Julie's father told her, she sniffed. "That nice young man told me all about it this morning," she said. "And by the way, Dad, Niles wrote me that if I don't come home pretty soon to get the ring he bought me, he'll drive up here after me!"

Mr. Carlton threw up his hands. "Never!" he cried. "Being chased by a pre-war limousine is bad enough, but that rattle trap driver of Niles—nothing doing. We start for home tomorrow!"