

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

Hello Homemakers! Butter bought with coupons 52 and 53 must be made to last until March 23rd. This will be no hardship for the thrifty homemaker. The elimination of meat rationing will enable folk to get ample of this heat providing food, because now they may purchase more bacon and other pork products that contain a lot of good fat to substitute for butter.

Render fat trimmings, using low heat. Cool quickly and put in a glass or enamel container. Cover and store in the upper part of the electric refrigerator. Another amount of dripping may be added whenever fat meat is bought. Do, however, keep different kinds of dripping in different containers—beef in one jar, pork in one jar, and chicken, duck or goose in another. Lamb or mutton fat is the least successful fat for re-use.

When you use these Victory fats in place of butter, use two tablespoons less of the drippings per cup than of butter or other commercial shortening.

Pan Broiled Bacon

Place slices of bacon in a cold pan. Do not overcrowd the pan. Cook slowly. Turn bacon to cook evenly. If crisp bacon is desired, pour off fat as it accumulates.

Broiled Bacon

Place slices of bacon on broiling rack. Broil about three inches from top of electric element of oven. Turn to cook evenly.

Picnic or Boston Butt

Better grades may be baked like ham or water cooked. Cover with water, simmer, but do not boil. Allow about 30 to 40 minutes per pound. Cook until tender.

Everyday Cake

2 cups sifted cake flour, 1 1/2 cups sugar, 1 teaspoon salt, 3 teaspoons baking powder, 1/2 cup of lard, 2 eggs, 3/4 cup of milk, 1 teaspoon vanilla.

Sift together all the dry ingredients and blend about 1/2 cup of the mixture with the lard until very soft and light. Add the unbeaten eggs and beat well. Add all the rest of the dry ingredients together with about 1/2 cup of milk to which the vanilla has been added. Stir smooth. Add the rest of the milk and stir smooth again. Bake in 2 eight-inch pans in an electric oven 375 degrees for about 20 to 25 minutes.

Shamrock Cookies

3/4 cup of shortening, 1 cup of sugar, 2 egg yolks, 2 tablespoons vanilla, 4 cups flour (or less), 1/2 teaspoon salt, 1 egg white, Green sugar crystals.

Allow the shortening to stand at room temperature and then cream with sugar and egg yolks. Add the milk and vanilla alternately with the flour and salt to make a dough stiff enough to handle. Chill thoroughly. Toss on a lightly floured board. Roll out with shamrock cutter, brush tops of shamrock with egg white, sprinkle with green sugar and bake in an electric oven at 400 degrees six to eight minutes. Green sugar is coarse granulated sugar sprinkled with one drop of green coloring.

Butter Spread

(Suggested by J. B.) We make one full cup of unswetened custard using 1 cup of rich top milk, one or two egg yolks and 1/4 teaspoon of salt. Cook in top of a double boiler and strain. Half a cup of butter is allowed to stand at room temperature until it is soft enough to beat but not oily, then almost cold custard is whipped into it. This makes one pound of stretched butter from half a pound of butter.

Take A Tip

1. Instead of using butter, grease pans with other mild flavoured fats.
2. Drippings from beef and pork roasts can be used in meat and vegetable dishes, and for pan-frying many foods.
3. Instead of using butter in cream sauces for vegetables, substitute other fats.
4. Grated cheese on vegetables also will take the place of butter.
5. With baked potatoes cut a gash in the top and squeeze open—put butter on when served.
6. If crusts are to be cut off bread for sandwiches, this should be done before buttering.

THE QUESTION BOX

Mrs. J. S. asks: How do you render fat without it splattering all over the range?

Answer: We render or try out fat by putting it in a deep pan and placing it over low heat for some time.

Or you may render it in the top part of a double boiler. Pieces of potato heated with the fat will absorb some of the flavour and make the natural taste less strong.

Mrs. M. C. says: Since we can't get as much butter as usual, what can I use to furnish the Vitamin A in the menus?

Answer: Vitamin A found in butter

CBC GOVERNOR



William J. Parker, of Winnipeg, is the newly named member of the Canadian Broadcasting Corporation's board of governors. He is a man of many interests. Flying veteran of the First World War, graduate of Manitoba Agricultural College, practical farmer, president of the Manitoba Pool Elevators and chairman of numerous committees, Mr. Parker was named to the CBC board early in February. He is a native of Sanford, Manitoba, and now serves as a member of the Dominion Food Advisory Council.

is also found in other sources. Serve grated raw carrots or raw beets moistened with mayonnaise. Liver contains much of this important vitamin; and the children who take a teaspoon of cod liver oil daily, receive an adequate amount.

PRISONERS SUFFER IN NAZI HOSPITALS

LONDON (CP)—Britain has sent a strong protest to Germany through Switzerland for failing to supply British prisoner-of-war hospitals with sufficient anaesthetics for operations on wounded captives, as provided under the Geneva convention provisions for prisoners.

Word of the shortage was brought to Britain by two medical officers, Maj. G. C. Steele and Maj. John Challis, repatriated from Germany after long spells in prison camps. Lancet, medical magazine, said they reported at a private meeting of the Royal Society of Medicine that there is almost "a complete absence of anaesthetics."

EXECUTORS' AUCTION SALE IN NASSAGAWEYA TOWNSHIP OF FARM STOCK, IMPLEMENTS, AND REAL ESTATE

The Undersigned has received instructions from the Executors of the Estate of THE LATE RUSSEL SOMERVILLE to sell by Public Auction at the farm, Lot 26, east half Concession 7, Nassagaweya, two miles south-west of Acton, on:

SATURDAY, MARCH 18th

Commencing at One O'clock Sharp, the following:

HORSES—1 Bay Horse, 1400 lbs., about 11 years; 1 Black Mare, rising 6 years, 1375 lbs.; 1 Two-year-old Grey Filly.

CATTLE—1 Hereford Cow, calf at foot, fresh 3 weeks; 1 Hereford Cow, calf at foot, fresh 2 weeks; 1 Black Cow, calf at foot, fresh 2 weeks; 1 Roan Cow, bred in August; 1 Part Ayrshire Cow, milking, bred in Nov.; 1 Hereford Heifer, milking well.

PIGS—Some Chunks.

IMPLEMENTS—Frost & Wood Binder, 7 ft. cut; Frost & Wood Mower, 6 ft. cut; 1 Massey-Harris Disc Drill; 1 Sulky Rake; 1 Tudhope-Anderson two disc plow, nearly new; 1 Massey-Harris 2-furrow Walking Plow; 2 Single Walking Plows; Five-section Diamond Harrows; 1 M. H. Manure Spreader, high type; 1 Spring tooth cultivator; 1 Shiff tooth cultivator; 1 Revolving Rake; 1 Scuffer; 1 Platform Scales, 2,000 lbs. capacity; 1 Beans Scale; 1 Roller; 1 Set Sloop Sleighs; 1 Hay Rack; 1 Lumber Wagon; 1 Wood Rack; 2 Democarts; 1 Stoneboat; Hay Fork, Rope, trip rope and nulleys; Shlags; Ladle; Fanning Mill with bager attachment; 1 Root Pulper; Wheelbarrow; Turnip Fork; Bag Holder; Scoop Shovels and Forks; Bag Truck; Odd Wagon Wheels; 1 Melotte Cream Separator; 1 Sugar Kettle; Feed Carrier; Neck-yokes; Whiffletrees; 3-horse Fwener; 1 Pig Crate; 1 Hay Knife; Pick, etc.; Sleigh Runners; Cutter Pole; Buggy Pole; 1 Set of Breeching Team Harness; 1 Set of Plow Harness; 1 Set of Single Harness; A Number of Odd Collars.

HAY, GRAIN, OATS—About 10 tons of Hay; about 50 bushels 1942 Seed Oats; 75 bushels Rye and Wheat, mixed; a quantity of Timothy Seed; Few Bags of Fertilizer; ten cords Mixed Dry Wood.

FURNITURE—1 Extension Couch; 1 Washing Machine and Wringer; 1 Brunswick Gramophone; Lanterns; 2 Wooden Beds and Springs; 3 Iron Beds; 1 Double-barrel Shotgun; 1929 Ford Car.

THE FARM—At the same time and place there will be offered for sale, subject to a reserve bid, the farm, consisting of 160 acres, more or less, and being east half of lot 26, concession 7, Nassagaweya, and part of lot 27, First concession, Esnaesing. On the property are suitable farm buildings. Terms of sale of real estate made known day of sale.

TERMS ON CHATTLES—CASH. No article to be removed until settled for.

ROY HINDLEY, Auctioneer
36-2B Phone 15r6, Erin
F. L. Wright, Clerk

WHEN MAORIS HELPED THEIR ENEMY

Arthur Heighway, who broadcasts the New Zealand newsletter from London for N. Z. forces serving in Britain and overseas told recently, in a BBC studio of the valour of Lieutenant Moana Ngarimu who was the sixth New Zealander to be awarded the Victoria Cross in this war. Ngarimu and his men held an exposed position against all assault throughout a day and night. With only two men left in the morning he still held the post and fell only in a final assault, still facing the enemy and firing his Tommy-gun to the last.

Ngarimu came from a sheep station at Ruatoria. He enlisted as a private at twenty-four, and sailed in the first Maori contingent. His gallantry was in the finest tradition of his race—a warrior race, which as Heighway pointed out, was never defeated even by the British—they concluded a treaty. The terms of it are still strictly honoured on both sides.

Discussing the Maoris, Heighway told us of two interesting incidents. At Osakau, near Kihiki Kihiki, in Maori wars of the 60's, the fighting chief-tain and his men of the Rewi Maniapoto tribe were surrounded and called upon to surrender. His reply was the famous and classical "Ake, Ake Kiakaha" (we will fight on for ever and ever). At Gale Pa, Tauranga, the Maoris held a British detachment beleaguered. After some days they notice their fire slackening. They sent a messenger to find out why. Were they short of food or ammunition? On learning that they were, the Maoris sent them supplies—so that the fight could continue on equal terms. That, Heighway said, is the Maori standard of fair play.

FEED AFRICAN CHILDREN

JOHANNESBURG (CP)—The women's Council of the United Party on the Rand is urging that money be made available for the feeding of school children whether African, European or Asiatic. The council is asking for six cents a day for each child.

DISPERSAL SALE

—OF— REGISTERED AYRSHIRE CATTLE AND IMPLEMENTS

The undersigned has received instructions from

ARTHUR P. PALLETT & SON
Dixie, to sell by public auction at Lot 6, Cor. 1, North Dundas Street, on No. 5 Highway, on

TUESDAY, MARCH 21st, 1944

at 1 p.m. sharp, the following:
Clover Brae Glen Star 2nd No. 185349, born March 18th, 1935, due July 31st; Waverley Hill Red Wings, 2nd, No. 225496, born April 12th, 1939, in full flow; Waverley Hill Jessie No. 233840, born February 20th, 1940, due May 10th; Waverley Hill Blossom No. 233974, born June 21st, 1940, calved February 10th, 1944; Waverley Hill Amy No. 24917, born August 3rd, 1944, due July 25th; Waverley Hill First Blossom No. 208379, born Sept. 25th, 1937, due June 28th; Waverley Hill Red Wings, No. 208932, born Sept. 13th, 1937, due April 15th; Waverley Hill Jessie 2nd, No. 246920, born April 13th, 1941, in full flow; Waverley Hill Elsie 3rd, No. 233975, born July 13th, 1940, in full flow; Waverley Hill Elsie 2nd, No. 226206, born Sept. 1st, 1939, due time of sale; Waverley Hill Sadie, No. 225495, born June 13th, 1939, due time of sale; Waverley Hill Sadie 2nd, No. 24917, born May 28th, 1940, in full flow; Waverley Hill Glen Star, No. 226205, born May 7th, 1939, due Oct. 22nd; First Blossom No. 186707, born June 3rd, 1935, due Oct. 19th; Waverley Hill Red Wings 3rd, No. 246919, born March 13th, 1941, due Sept. 25th; Waverley Hill Blossom 2nd, No. 246921, born June 10th, 1941, due Sept. 1st.

REGISTERED AYRSHIRE HEIFERS—Waverley Hill Velma No. 271-088, born May 20th, 1943; Waverley Hill Amy 4th, No. 271089, born June 15th, 1943; Waverley Hill Blossom 3rd, No. 271090, born August 8th, 1943; One heifer four months old and one Heifer 3 months old will be registered by time of sale.

REGISTERED AYRSHIRE BULL—Harnelbel War Cry No. 205085, born Sept. 10th, 1937, sire, Harnelbel Fation, No. 141878, A. R. No. 302, Class AA; Dam, Chapmanton Blackbird 14th, No. 110611 (2003) Class Mature, 16079 lbs. milk, 599 lbs. of Butterfat.

One Grade Holstein Cow, fresh-ened end of January; two Grade Heifer Calves, born Jan. 3rd, 1944.

IMPLEMENTS—Surge double unit milking machine, new; 12" McCormick Deering Cutting Box; Double disc harrow; Spring tooth cultivator; Fanning mill; Hayrack; Cutting box; 8" Grain Grinder; Adams Heavy Wagon; Lorry Wagon; 4 h.p. Gas Engine; Massey Harris Corn Binder; Massey Harris Grain Binder, 5 ft. cut; Massey Harris Manure Spreader; Massey Harris Spring Tooth Cultivator; Truck Wagon; Heavy Wagon; Beatty Hayfork and Sleighs; several pairs of Ice Tongs and Ice Saws; Massey Harris 6 ft. Grain Binder; Peter Hamilton Seed Drill; Massey Harris 10 Horse Rake; Cream Separator; Silo; Ketchum Tattoo Outfit, new; Stewart Power Clipper; Coal Brooder Stove, 350 chick size; Coal Brooder Stove, 500 chick size.

POULTRY—150 Leghorn Pullets, laying.

HOUSEHOLD GOODS—Large Ice Box; Cookstove; Electric Washing Machine; Kitchen Cabinet.

TERMS CASH—Everything to be settled for before removal.

A. P. CHEYNE, J. A. MCBRIDE, Auctioneer
41-2C

PLAN DISTRIBUTION OF RATION BOOK NO. 4

Plans for distribution of Ration Book No. 4 are almost complete and local ration boards all over the country are preparing for the gigantic task of seeing that 12,000,000 Canadians get their books on time and in good order. Although the actual distribution dates will vary in the different municipalities, the whole job will be accomplished during the week of March 26 to April 1. Accordingly it is important that consumers watch their local newspapers for the announcement of the distribution dates in their locality.

As in earlier campaigns, distribution is to be effected by means of centres opened strategically in different cities, towns, villages and townships. The whereabouts of these centres will be advertised well in advance of the opening of the distribution campaign.

CLEARING AUCTION SALE

FARM STOCK AND IMPLEMENTS

The undersigned has received instructions from

MRS. ALICE STEVENSON
to sell by public auction at Lot 12, Concession 7, town line, 1 1/2 miles south of Milton, on

FRIDAY MARCH 17th, 1944

at One o'clock, the following:

HORSES—1 Dark Grey Gelding, rising 5 years; 1 Grey Mare, aged; 1 Roan Mare, aged.
CATTLE—1 Blue Cow, milking, bred Dec. 7; 1 Blue Cow, milking, bred Nov. 10; 1 Red Cow, milking, bred Feb. 22; 1 Guernsey fresh; 1 Red Cow, milking well; 1 Red Cow, due time of sale; 1 Red Cow, due April 26; 1 Heifer, due April; 1 steer, 2 years; 1 steer, 1 year; 2 one-year-old Heifers; 1 Heifer 18 months; 3 calves, 10 months; 5 Heifer calves, 10 weeks old.

PIGS—1 Sow, bred Feb. 19; 8 Pigs 10 weeks old.

HARNESS—Set Single Harness; 4 High Top Collars; Odd Harness.

HAY, FURNITURE—12 tons Timothy Hay; Some Furniture.

IMPLEMENTS—Hart-Parr Tractor 18-36 on steel; Case three-furrow Tractor Plow; Oliver three-section Drag Cultivator; Oliver Tractor Disc; Massey Harris 6 ft. Binder; Deering Mower, 5 ft.; Massey-Harris Side Delivery Rake; M. H. Dump Rake; M. H. Hay Loader; M. H. 13 Hoe Drill; 4 section Drag Harrow; 1 Cock-shutt Walking Plow; 1 Fleury Walking Plow; Roller; 2 Clover Bunchers; Deering Manure Spreader; Scuffer; Root Pulper; Wagon; Set Sleighs; Circular Saw; Cutter; Buggy; Pulley for Fordson Tractor; Other articles too numerous to mention.

TERMS—CASH
T. F. CHISHOLM, Auctioneer
J. F. Robinson, Clerk 41-2

CHOLERA DECLINES

BOMBAY (CP)—The Army Medical Mobile centres operating in Bengal now total 50. Cholera is declining throughout the province and the incidence of malaria has decreased by over 50 per cent. over recent weeks.

SHOCKED BY BARRAGE

LONDON (CP)—The London organizer of the Domestic Poultry Keepers Council, H. Eisen, said that young hens stop laying after a London anti-aircraft barrage. The reason? Shock.

Famous for flavour since 1892 — the 'Salada' name assures you of a uniform blend of quality teas. "SALADA" TEA



Ladies . . . please do your travelling between 9 a.m. and 4 p.m. to avoid rush hours when war workers have to be carried. Leave children at home to make room for essential travellers. Avoid Friday, Saturday and week-end travel. Do everything you can to ease war-time travel congestion and avoid inconvenience and discomfort.



AVOID last minute RUSH



000-00 PASSENGER

GET YOUR 1944 MOTOR VEHICLE PERMIT NOW!

1944 motor vehicle permits are now on sale.

NOW is the time to purchase yours. You may recall the long line-ups of other years. Do not wait until the last minute to get your 1944 permit.

Do not mutilate or destroy your 1943 plate. Wartime restrictions require that it be used another year.

Your motor vehicle permit fee remains the same. A windshield stamp will be issued with your 1944 motor vehicle permit, validating the use of your 1943 plate.

The application for 1944 is provided on the back of the 1943 permit. This is the only form that may be used.

Renew your driver's license at the same time.

GEO. H. DOUCETT,
Minister of Highways

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