

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Hydro Home Economist

Hello Homemakers! Since the children have steered own to scheduled school hours, we have been thinking more about turning on the oven to pop in something that may be fresh and varied from the standard supper dishes of the past month. We can dream about rich pastry cases filled with creamed shrimp and mushrooms, or for dessert fruit and whipped cream—we can still get along without them. There are very suitable substitutes—pop-overs and plain pastry puff shells. The food that is put into these cases may be hot or cold, plain or sweet.

But no matter what you use as fillings, you need to make sure the shells are not tough and heavy. The secret of successful pop-overs and puffs is two-fold—proper beating to incorporate plenty of air and careful baking to hold the shape of the pop-over and puff made by expanding the steam inside. The expanding steam causes the mixture to rise and the combination of gluten in the bread flour and the intense, even heat of the oven does the "puffing". Then reduced heat for the rest of the baking allows the puff to cook inside.

We give you the recipe for pop-overs and cream puffs (war-time versions) together in The Mixing Bowl column because they are similar in principle and use. Pop-overs are sometimes served piping hot with butter in the same manner as tea biscuits—to accompany salads or simple fruit desserts. But they are also good split and filled with cream chicken, creamed green beans and carrots. Use as a main course accompanied with browned potatoes and a generous serving of salad. The puffs, if made large, are perfect for a company dessert if filled with cream custard, fruit sauce or chocolate mixture. You will find these sweet puffs easy on the sugar and yet a satisfactory substitute for rich cakes.

### POP-OVERS

¼ teaspoon salt, 1 cup sifted bread flour, ¾ cup milk, 2 eggs, ½ tablespoon melted shortening. Sift salt and flour together. Add milk gradually, beating until mixture is smooth. Beat eggs until light and add to first mixture. Add shortening and beat well. Pour into hot greased muffin pan and bake in oven 30 minutes at 475 degrees F., reducing the temperature to 350 degrees F. for 15 minutes. Yield: Nine pop-overs.

### CREAM PUFF SHELLS

¼ cup butter, ½ cup water, ½ teaspoon salt, ½ cup bread flour, 2 eggs, unbeaten. Combine the butter, water and salt in saucepan and bring to boiling point. Sift in flour and cook, stirring constantly until a smooth mixture forms. Stir vigorously until mixture forms a ball in the centre of the pan. Remove from stove and let stand 5 minutes. Add eggs, one at a time, beating vigorously after adding each egg. Mixture should be very stiff. Drop by spoonfuls on buttered cookie sheet. Makes eight large puffs or 18 small ones or 24 afternoon-tea size. Bake in very hot oven (450 degrees F.) for 15 minutes. Reduce heat to 350 degrees and bake for 20 to 25 minutes longer. Small puffs will not take quite so long to finish baking. When cool, cut slit in side of puff and fill with cream custard filling, salad mixture.

### CREAM FILLING FOR PUFFS

½ cup sugar, 2½ tablespoons flour, ¼ teaspoon salt, 1 cup milk, 1 egg, ½ teaspoon vanilla, 2 teaspoons butter. Mix the sugar, flour and salt in a double boiler. Add the milk gradually and cook, stirring constantly until the mixture is thick (3 to 5 minutes). Cover and cook for 10 minutes longer. Add a little of this mixture to the slightly beaten egg, mix well and return to the double boiler. Cook for a minute longer, stirring constantly. Remove from stove.

## Clean Up Garden To Destroy Insects

Now is the time to plan the garden clean-up, one of the most important steps in Victory gardening. Keep weeds under control right up until the snow falls, even though the last of the crop has been removed weeks before. Cleaning up the garden will contribute more than any other single factor to bring about a reduction in the number of insects which will be lying in wait to attack the plants next year. In turn, the cleaning up will be reflected in increased yields next year.

In going over the past year's experience, it may be noted that the damage by insects might have been reduced if they had not been allowed to hibernate during the winter beneath garden trash and weeds. Many insects leave the plants upon which they are feeding as soon as the plants lose their succulence and either go into hibernation beneath the undestroyed trash in the garden or under debris lying nearby. So, the gathering up and burning of garden debris as soon as possible is important and should not be neglected. The plants and trash should not be allowed to lie about the garden until the freeze-up because by that time the insects will have escaped to some safe place in which to spend the winter, and in the Spring they will emerge to prove destructive agents.

### KENYA SEEKS SETTLERS

NAIROBI, Kenya Colony (CP)—The Agricultural Production and Settlement Board of Kenya, which advocates the encouragement of increased white settlement in the colony, has announced the setting up of a "Settlement Schemes Sub-Committee."

### STUDENTS FIGHT FIRE

CHAPLIN (CP)—School teachers took a day off from lessons to help battle a prairie fire which destroyed 20 to 25 acres of crops on the farm of a district farmer.

## Unique Zoo Faced With Food Problem

### Bears and Deer Attracted by Food Given to Caged Animals in Colorado

COLORADO SPRINGS, Col. (CP)—Cheyenne mountain's unique zoo, perched dizzily at the 7,000-foot point of the rugged slope, has a new claim for distinction—it is probably the only zoo in the United States with as many animals at liberty on the outside as it has restrained in pens of steel and concrete.

The situation is posing something of a problem for Superintendent Geo. E. Manzer, who finds wartime feeding is becoming more serious every day. By nightfall as many as 10 deer and an occasional black bear family, sometimes a mountain lion or wildcat are observed on the rock slopes nearby. The animals are attracted by food distributed to their caged-in brethren. Coyotes are abundant.

Manzer, a student of hybrid development with wild animals, is now in the midst of some interesting experiments. He has mated a common garden variety of female dog with a male coyote. Already fully grown and completely oblivious of its progenitors is a brahma steer, whose sire was a purebred brahma, its mother an ordinary Texas longhorn cow.

In a pen nearby is a rugged specimen of Rocky Mountain ram, whose sire was a Rock Mountain sheep. His mother was a Wyoming range ewe.

Manzer's animals know him well and are friendly or vicious by natural instinct. Mabel, an eight-year-old orang-outang, will permit the superintendent inside her cage—providing he has a piece of gum. Hephzibah, a 15-year-old baboon, will accept a cigarette from almost anyone, and will enjoy a smoke providing a kitchen match is furnished. She's never learned to handle the folder variety.

## Get Poultry House Ready For Winter

While poultry is on the range, a fine opportunity is presented for making a thorough job of cleaning up and renovating the poultry house. A clean poultry house helps to increase egg production insofar as the most comfortable hens lay the most eggs. To this end, the Dominion Department of Agriculture suggests clearing the poultry house of all its equipment. Everything should be thoroughly scraped and scrubbed with a strong disinfectant. Roosts and dropping boards can be rid of mites by soaking them in a mixture of coal oil and crank-case oil. The inside of the poultry house may then be given a coat of disinfectant wash.

A good whitewash may be made by dissolving five pounds of lime in eight gallons of boiling water, add six gallons of hot water in which ten pounds of alum and one pound of salt have been dissolved. Then add a can of lye to every 25 gallons of mixture and a pound of cement to every three gallons. The cement should be added gradually and stirred thoroughly. A quart of cresol disinfectant may be used instead of lye, but lye is preferable if the colour is to be kept white. Some farmers have found it a good plan to let the cleaned-up poultry-house stay empty for a time before allowing the re-entry of the poultry. A damp house is apt to be a cold place and poultry particularly need a degree of heat to do well.

### SAY "SHOO FLY" WITH NEW POWDER

LONDON (CP)—Housewives after the war will be able to put away their fly-swatters, their anti-vermin guns and their fly paper, and thank wartime inventors for a chemical compound that eliminates all household pests.

The new substance is a white, sweet smelling powder called D. D. T. which came to the Allies' aid in fighting the typhus epidemic in Naples last winter. If the walls of a room are sprayed with the chemical, flies and other pests cannot live in the room, and the effect lasts several months. Moths also succumb to the poison and bed bugs can be exterminated by spraying around the bed.

### RELICS DISCOVERED

EDMONTON (CP)—Dr. H. Raup, director of Arnold Arboretum at Harvard University said he recently found ancient Indian stone tools in areas adjacent to the Alaskan Highway, extending from Fairbanks through the Laird Gap in the Rocky Mountains. He could not guess the age of the tools.

### PROUD OF CLEAN STREETS

CHARLOTTETOWN (CP)—Charlottetown has the "cleanest streets of any similar-sized city in Canada," said Dr. F. C. Douglas, chairman of the Street Committee, in reply to criticism by a city council member on the state of the city's streets.

## Twenty Years Ago

From the Issue of The Champion of October 9th, 1924

Both the sewerage by-laws were carried by Milton freeholders in last Saturday's vote. Sanitary sewers carried by a majority of 55. Storm sewers carried by a majority of 62. The possible vote was 472 and the vote polled was 285. The debenture by-law will be introduced at the meeting of the town council to be held on 21st inst.

On Monday evening the tenders for the installation of a steam heating plant in Grace Church was accepted and the work will begin as soon as possible.

The Milton Golf and Country Club has decided to apply for incorporation and will do so within a few days.

### BORN

MORLEY—In Milton on September 27th, 1924, to Mr. and Mrs. Sam Morley, a daughter, Muriel, Jean.

### DIED

CLARKE—In Milton, on Sunday, October 5th, 1924, Kathleen Darling, Widow of the late David Clark, in her 72nd year.

CROZIER—In Milton, on Tuesday, October 7th, 1924, John Wesley Crozier.

WALES—In Milton, on Thursday, October 9th, 1924, Albert O. Wales, in his 69th year.

### WINDFALLS UTILIZED

KENTVILLE, N.S. (CP)—Annapolis Valley farmers who lost 175,000 barrels of apples in recent windstorms have received permission to send the windfalls to processing plants, under government contract. Previously processing of windfalls was forbidden.

### BEARS NUMEROUS

HALIFAX (CP)—The provincial department of lands and forests paid bounties on 111 bears this year, with the high score, 28, going to Annapolis County. Minimum bounty is \$10.

### ONE KITTEN ON ICE

HALIFAX (CP)—A kitten caught in a flaming house here, ran to the ice box, jumped in and sat on a chunk of ice until firemen heard its cries and rescued it.



## NOTICE

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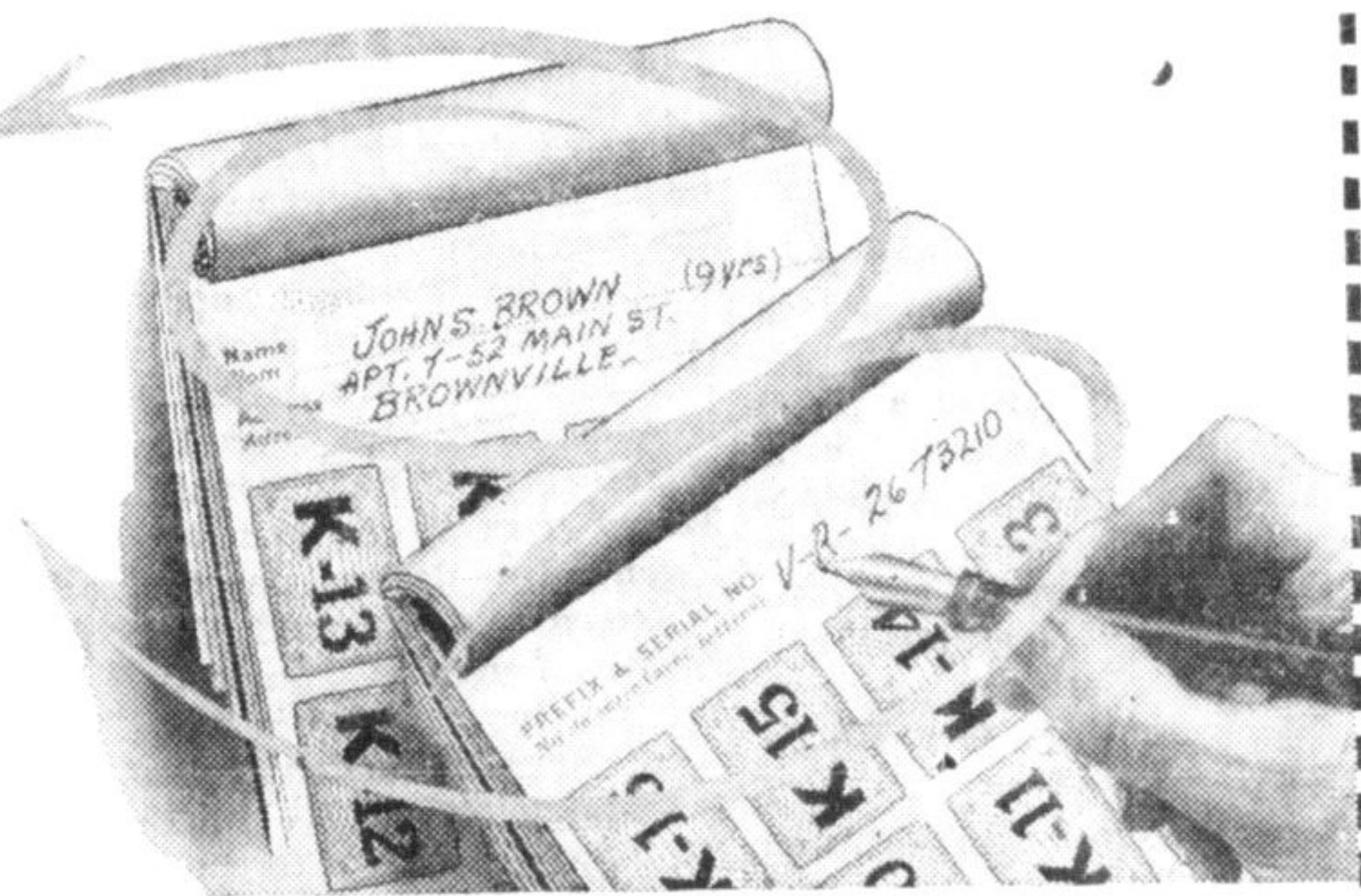
## issued between October 14th and 21st

Distributing Centres will not be open on all days. Make sure that you know exactly what days and hours the Distributing Centre you intend to go to will be open. Failure to get your new book during distribution week will cause you inconvenience.

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## HOW TO GET YOUR NEW BOOK

1. Write your name and address on the front of the stub of the K coupon sheet in your Ration Book 4. The age of persons under 16 years must also be written in.
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## WHEN AND WHERE YOU GET IT

LOCAL DISTRIBUTING CENTRES	Dates	Hours
BELL'S SCHOOL	October 19th	9 a.m. to 7 p.m.
LOWVILLE SCHOOL	October 19th	9 a.m. to 7 p.m.
KILBRIDE, Community Hall	October 19th	9 a.m. to 7 p.m.
CAMPBELLVILLE, Masonic Hall	October 19th	9 a.m. to 7 p.m.
MILTON HEIGHTS, Post Office	October 19th	9 a.m. to 9 p.m.
HORNBY, Robertson's Store	October 19th	1 p.m. to 5 p.m.
MILTON, TOWN HALL	October 21st	10 a.m. to 5 p.m.
	October 22nd	10 a.m. to 9 p.m.

RATION ADMINISTRATION

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