

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

Hello Homemakers! Remember your school days, when you had to repeat over and over the daily lesson? But you will recall that such repetition really drove home the knowledge which your teacher had in mind, and when you absorbed that knowledge it was in your mind for a lifetime.

It is this principal of repetition nutritionist must employ to drive home the importance of vitamins to the human system in daily doses of three meals, and for just this reason our short talk this week is on the subject of that staple food, milk. A few years from now we shall all probably be able to take a casual glance at a menu and know at once whether it is adequate in vitamin content for the family. Therefore, shall we review once again the high qualities of milk, and the necessity of paying attention to its constant use.

Whole milk is our most perfect food. It is the foremost in what is known as the productive group which help to guard our bodies against the dangers of food deficiencies. Can you grown-ups honestly say that you take a minimum of half a pint per day and that the children of the family get at least one pint?

This is the time of year when cream soups taste especially good, and when milk puddings cooked to perfection in your electric oven add necessary vitamins to complete a fine dinner.

CREAMED VEGETABLE SOUPS

Delicious cream soups may be made from leftover or freshly cooked vegetables, such as peas, spinach, onions, cabbage or cauliflower. Press the vegetables through a sieve, and to each cupful of pulp add two cups of milk. Heat to the boiling point season to taste with salt and pepper, and thicken slightly with about one tablespoon flour and milk mixed to a smooth paste. Simmer for two minutes, stirring constantly. A small piece of butter may be added just before serving. Try also the addition of grated carrot or chopped parsley which is not only good for health, but gives an attractive appearance to the soup.

Have you tried rice pudding this way—Place ½ cup rice, 3½ cups of milk, ½ cup sugar (or less) in double boiler and cook over low heat until tender—about one hour. Beat the yolk and white of one egg separately; add some rice to the egg yolk, then return to the double boiler and stir until it thickens. Turn out into bowl and let cool, then fold in the beaten white, add vanilla and sprinkle top with nutmeg.

SPANISH CREAM

1½ tsp. plain gelatine, 3 cups milk, 3 eggs, ½ tsp. salt, ½ cup sugar (scant), 1 tsp. vanilla. Soak gelatine in ¼ cup of cold milk. Beat egg yolks, and add the sugar, salt and gradually the remainder of the milk. Cook in a double boiler, stirring constantly, until the mixture coats the spoon. Remove from the fire, pour over the softened gelatine and stir until it thickens. Before it hardens, fold in the stiffly beaten whites and pour into a cold wet mould. Chill in electric refrigerator. Serves eight.

TAKE A TIP

1. A tablespoon of wheat germ sprinkled over the cereal is the most excellent food in vitamin B1 content.
2. Do not cook wheat germ. Heat tends to destroy vitamin B1.
3. Alkalis kill this germ—do not use wheat germ in muffin or soda mixtures.

THE QUESTION BOX

Mrs. J. M. asks How should prunes be prepared for nutritive value?
Answer: Wash and place a cupful in a sealer; fill up with boiling water, and cover. Let stand for a day at least—no sugar is needed.
Miss M. R. says: Dry pumpkin seeds, clip one side, remove meat and serve on top of puddings, soups, etc.

BINGO IS GAMBLING

MONTREAL (CP) — Bingo is a "gambling game", Recorder A. Thounin ruled in fining 170 persons \$5 each after a city bingo game had been raided by police. Servicemen, women with babies in arms and teen-aged youngsters were among those found in the bingo room when the raid came off.

DELIVERY PROBLEM

SAINT JOHN (CP)—Shortage of men to make coal deliveries here has become so acute that Haden B. McMann, president of the Saint John Coal Importers Association, has advised citizens who need fuel immediately to send a truck for their order or call for the coal themselves.

Dates Galore For Airwomen At RCAF Base

Wids at West Coast Patrol Base Enjoy Life Despite Isolation From Civilians

By KATHLEEN REX
Canadian Press Staff Writer

A WEST COAST R.C.A.F. PATROL BASE (CP)—While her less fortunate civilian sisters moan the manpower shortage an airwoman at this west coast operations station statistically speaking, may have a different date every night in the week if she wishes. There are at least seven airmen to every WD at this base.

"I believe the girls probably have more dates than they ever had before but they don't let them go to their head," said Section Officer Dorothy Gratton-Smith of Victoria, who is in charge of the girls.

Once they are posted to this base the girls must stay at least five months. Here an airwoman is not in the same position as WD's at other bush stations throughout Western Air Command. She can't save up her leaves to go shopping in the city every few weeks—the nearest town is 300 miles away. And there aren't any daily trains in the district. What's more the roads, such as they are, weren't built for prospective hitchhikers.

Although they have only been here a little more than a month the girls are already directly responsible for several improvements around the station.

The airmen hate to admit it but they shave more often and keep their buttons more highly polished when they know some curly-headed little number is giving them the once over. And when a man knows he's going to be eating dinner with that cute little WD sergeant and giving dictation to the red-headed WD stenographer he just naturally tends to keep a closer check on his language and begins to watch his table manners.

Have Beauty Parlor

As for the girls, well no one can beat them for trimness. Up here they even have their own hairdresser. She's LAW. Verda Estelle Miller of Rosyth, Alta.

"Busy—You should see what it's like around here before a station dance," LAW. Miller said. "Every WD in the place comes dashing in for a shampoo and fingernails."

LAW. Miller looked a bit glum as she surveyed her meagre equipment consisting of a barber's chair, salvaged from the airman's barber shop, a spray and a hair drier.

"That's the trouble with these bush stations," she said. "You can't have everything you want when you want it, but I understand more equipment is on its way here."

Twice a week the girls have a dance in their barracks and about once a month there's a station dance to which everyone may go. Incidentally, the Air Force orchestra up here isn't any makeshift affair.

"Our only trouble is that the personnel keeps changing as the airmen get posted," said L. Conrad, former Vancouver schoolteacher. Cpl. Conrad has already taken over as pianist of the orchestra which also boasts its own special blues singer—LAW M. E. Pond of Weston, Ont.

WHAT INFLATION MEANS

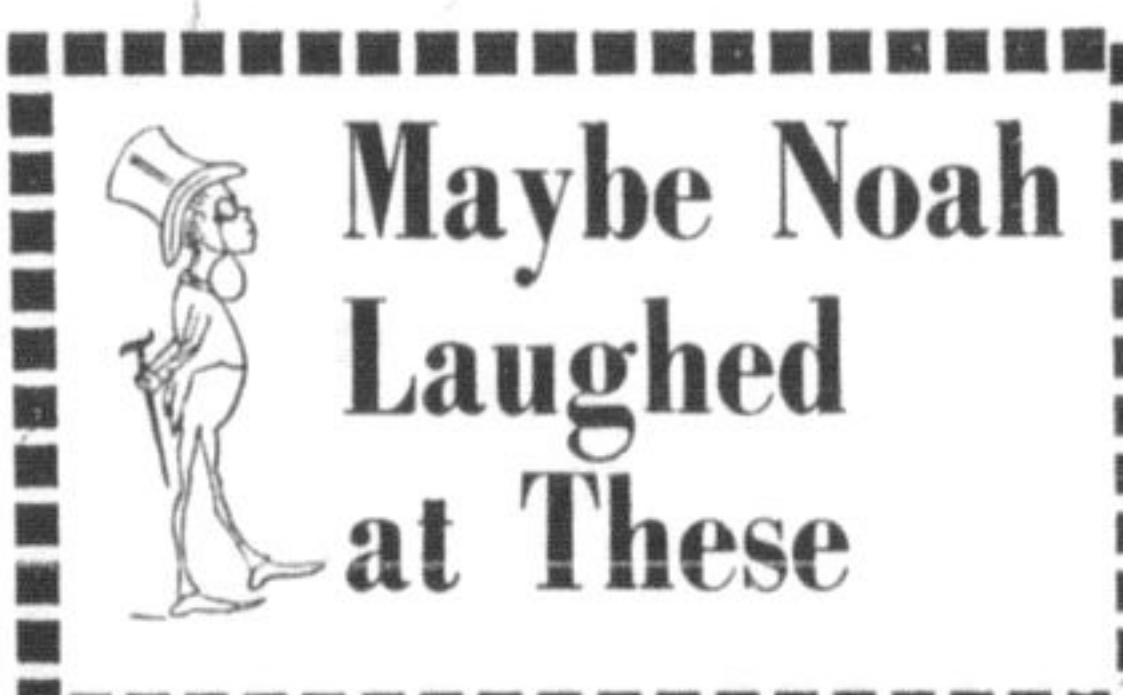
Inflation may be described as something which sends prices and wages soaring skyward in an ever increasing whirl until our money becomes worth less and less, and finally it is just about valueless.

BLACK AND WHITE

"A bride wears white," said the speaker, "as a symbol of happiness for her wedding day is the most joyful in her life."
"And why do the men wear black?" someone asked.

UNLICENSED RADIOS

CHARLOTTETOWN (CP)—Magistrate G. J. Tweedy's court was a busy spot here recently when 70 persons paraded before his Honor and pleaded guilty to operating radio receiving sets without licences. The fines amounted to almost \$500.



Maybe Noah Laughed at These

"How can you tell a bad egg?" went the merciless voice.

The candidate waited until the laughter had died down, then replied, "If I had any thing to tell a bad egg, I think I should break it gently."

Wife: Isn't this a ducky frock?
Husband: I'd call it a pelican, judging by the bill.

To the dismay of the entire staff of a smart restaurant a customer sat down and deftly tied his napkin about his neck.

There was a whispered conference, in which the manager instructed the waiter not to hurt the customer's feelings, but to make him understand somehow, that this wasn't done here. The waiter approached his customer with a gentle smile. "Shave, sir, or haircut?"

Medium: "Ah, I hear the spirit of your late wife knocking."
Man: "Who's she knocking now?"

The discouraged owner of a small coffee shop in Ohio gave up the ghost and placed a sign on the door: "No coffee, no sugar, no help, no oil, no heat, no profit. If you want a square meal, join the army."

The sergeant was equipping a recruit with a uniform. The trousers fitted perfectly, the coat might have been made for him and the cap was just right.

"Man alive" cried the sergeant, "you must be deformed."

Friend: "Say Bill, I saw your wife down town yesterday with a black patch over her eye. What happened?"
Bill: "Nothing. That's her new hat."

Mrs. Spendum (trying on a new hat): "Dear me, how small the hats are being worn at the present time. This doesn't suit my face at all; it's such a little thing!"

Mr. Spendum (examining paper): "Better wear the bill; that seems big enough."

Lady: "I wish to exchange this dinner gong for something else."

Salesgirl: "Don't you find it useful?"

Lady: "Not in my house. My husband and the boys are sitting at the table before I have a chance to strike it!"

CHRISTMAS CAKE

Currants, raisins, nuts and spices will be available in quantities sufficient to provide Canadian homes with Christmas cake this year. Wartime Prices and Trade Board food officials have searched half-way around the world to obtain these precious ingredients.

Raisins are arriving from Australia with more to come; spices are here from the British West Indies, from Ceylon and Zanzibar; candied peel and walnuts from the U.S. and tree nuts from Spain, Portugal and Mexico.

While the rest of Canada was buying pop and ice cream last summer, the WPTB was shopping for millions of pounds of Christmas cake supplies.

As she stirs this year's cake the housewife can whisper a special prayer of thanks to the boys in the Canadian Navy and the Merchant Navy for their part in bringing the ingredients to Canada.

KENYA GOVERNMENT PLANS DEVELOPMENT

NAIROBI, Kenya (CP)—The Government of Kenya has asked for plans to be submitted within the framework of a comprehensive five-year scheme of development and progress has already been made with certain schemes for which financial assistance has been granted under the Colonial Development and Welfare Act.

These cover soil conservation and agricultural development; the establishment of agricultural training schools for Africans; a housing scheme for Government African employees in Nairobi; and a scheme for the education of women and girls of all races.

Assistance has been approved for hydrographic surveys, a reconnaissance survey of the Tana River and for the development of water supplies. It is thought that the new plans contemplated will cost about \$9,960,000.

BLAMES OUTDATED DRILL

LONDON (CP) — The magazine, among servicemen to "antiquated Medical World blames flat feet methods of drill" dating back to Marlborough's time. It says the trouble is caused by: keeping feet at a 45-degree angle, wrong balance of the body, excessive pushing back of the shoulders, and swinging the arms to shoulder height instead of just enough to alter the body-balance for each step.

NEVER BEFORE

An Irishman came across the wooden barricade which is placed around the enclosure where immigrants suspected of suffering from contagious disease are isolated.

"What's the boarding for?" he inquired of a bystander.

"Oh" was the reply, "that's to keep out fever and things like that you know."

"Indeed," said Pat. "I've often heard of the board of health, but it's the first time I've seen it!"

BEACHEAD HAND TO HAND FIGHTING



Picture shows: An artist's impression of an incident during fierce fighting in the Anzio beachhead. Three Germans jumped into a trench held by men of the Guards and a hand to hand struggle resulted. With fists and bayonets the Guards dealt with their enemies. Guardsmen have been in the thick of fierce fighting in this area and have inflicted heavy losses in killed and wounded on the Germans.

Quality Guaranteed

"SALADA" TEA

Hear your family CHEER!

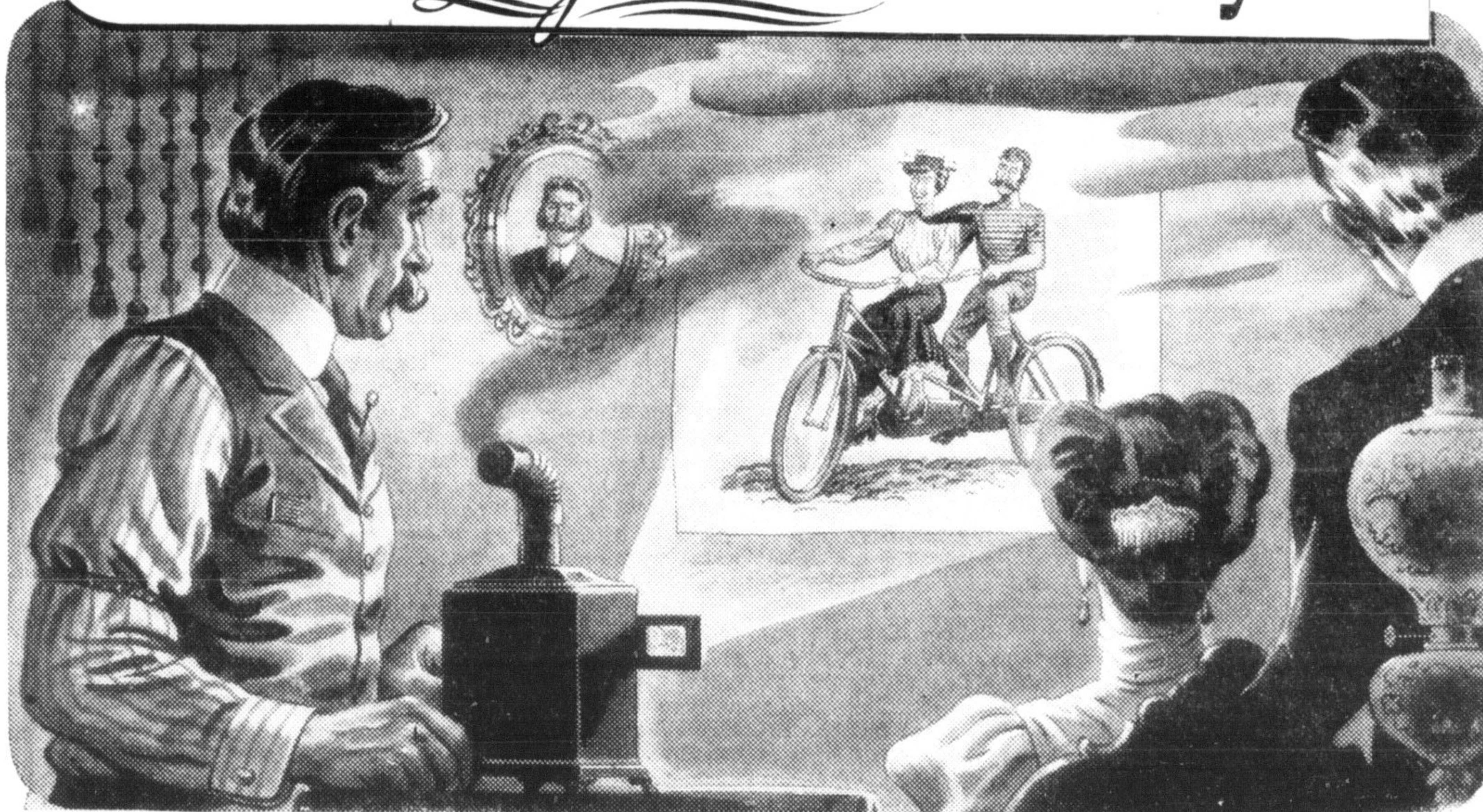
Magic's Rich Prune Biscuits

1 c. sifted flour	4 tbsps. Magic Baking Powder	4 tbsps. shortening	½ c. milk
½ tsp. salt	1 c. whole wheat flour	6 to 12 chopped, stemmed prunes, as desired	¼ c. brown sugar
grated rind 1 lemon			

Sift together first three ingredients. Add whole wheat flour, lemon rind. Cut in shortening until mixed. Add milk to make soft dough. Roll out ¼ inch thick, spread with well-drained chopped prunes; sprinkle with brown sugar. Roll as for jelly roll. Cut in 1-inch pieces; stand on end in well-greased muffin pans. Bake in moderate oven (375°F.) about 30 min. Makes 15. Costs less than 1¢ per average baking.

Magic Baking Powder
MAKES THE WHITEST, LIGHTEST
FLAVOR
CONTAINS NO ALUM
Made in Canada

HYDRO Lightens The Way!



THEY WOULDN'T HAVE BELIEVED IT!

● The gay nineties weren't so gay, by today's standards. Think how the folks then would have felt had anyone told them of the wonders of the modern motion picture theatre. They wouldn't have believed it!

In the transition from those days to this modern age we owe a great deal to electricity. Today—we are dependent upon it in hundreds of ways. It will do more for us in the days to come!

In the future Hydro will serve industry, the home and the farm in even greater measure than in the past. Plan now, to let Hydro lighten your tasks and make your living more comfortable in the brighter days ahead.

THE HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO

THE PICK OF TOBACCO
It DOES taste good in a pipe