

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

Hello Homemakers! Once more we approach another Lenten Season, heralded by Shrove Tuesday with its traditional pancakes. Pancakes may be served in any number of ways at breakfast, luncheon or supper.

For light-as-a-feather pancakes read these directions:

1. Melt fat and then measure.
2. Beat eggs well and mix with melted fat and liquid.
3. Stir liquids into measured dry ingredients until batter is smooth.
4. Put prepared mixture into a pitcher for pouring conveniently.
5. Have the griddle pan lightly greased and hot (but not smoking hot). Add a small amount of batter (about 1/4 cup) and let it cook until bubbles are prominent.
6. Use a cake turner, flip over and brown the other side.
7. Serve pancakes as soon as possible, so they will be at their best.

APPLE PANCAKES

1 tablespoon shortening, 1 tablespoon sugar, 2 eggs, 1 1/2 cups flour, 1 teaspoon baking-powder, 1 cup apples, chopped fine, cinnamon, milk.

Cream the shortening and sugar, add the beaten eggs, the flour sifted with the baking-powder and a sprinkling of cinnamon, and the chopped apples. Then gradually add milk to make a medium batter. Bake on a griddle as for ordinary pancakes and serve in an overlapping row around a platter of pork chops, or serve separately with roast pork, either hot or cold. Cooked apples or a dry apple sauce may be used with batter in the same way.

FEATHER PANCAKES

1 1/2 cups pastry flour, 3/4 tsp. baking powder, 3 tbsps. sugar, 1 egg, well beaten; 3/4 cup milk, 3 tbsps. melted fat, 1/2 tsp. salt. Add milk and fat to egg. Stir into dry ingredients vigorously until flour particles disappear. Add one mixing spoonful of batter to hot greased heavy frying pan. When cakes are cooked at the edge, turn and cook on other side. Makes 10 to 12 pancakes.

PANCAKE HAMBURGS

Using prepared pancake flour (mix and pour into a pitcher. Bake cakes as directed on package) make batter as directed for feather pancakes. Put pancakes together in pairs with piping-hot thin hamburgs between. Serve on heated plates, accompanied by chili sauce or relish and a crisp vegetable salad.

ORANGE PANCAKES

1 1/2 cups prepared pancake flour few grating nutmeg, 1 1/2 to 2 tbsps. grated orange rind, 1 tsp. sugar (optional), 1 1/2 cups milk or water.

To pancake flour, add orange rind, nutmeg and sugar. Add liquid, stir until batter is smooth. Turn into a pitcher. Fry as directed for feather pancakes on your electric range. Serve hot, with butter and honey.

THE SUGGESTION BOX

1. Hold chops, strips of bacon, etc. on the fork till the fat drips off. Save fat for butter substitute.
2. Fold ironed pillow cases and sheets instead of pressing to avoid wear along the creases.
3. If a bleach is used in laundering it should be thoroughly mixed with the rinse water and two rinses are advised so that none of it will remain in fabric when clothes are not hung outside.
4. Keep dried raisins, apples, figs and prunes fresh by storing in dry glass jars with lids that screw on tightly.
5. Allow egg stains to dry before soaking in cold water... never hot water.

ESKIMOS SHOW COLOR TALENT

POINT BARROW, Alaska (CP) — Many Eskimos live as their forefathers did. But the village Eskimos at Barrow are more modern and their children attend the public school. The head of the school, L. S. Vincent, says that most of the children show an intelligence about on a par with the average American youngster. His own two children attend the school.

Almost every one of the Eskimo children has a rare talent for colors and painting. Colcord (Rusty) Heurlin up here since 1915 to paint the Arctic and the Eskimos says there are many promising artists in the colony. "I've never seen such appreciation of color," he said.

SHIP SPUDS TO FRANCE

CHARLOTTETOWN (CP) — Negotiations are under way to arrange for shipment of some 8,000 tons of Maritime certified seed potatoes to France if shipping space can be provided. The potatoes are to be obtained in New Brunswick and Prince Edward Island.

U. S. Beef Famine Follows Increase In Cattle Prices

Office of Price Administration and Cattlemen at Odds Over Ceiling to Foil Black Market

WASHINGTON (CP)—Behind the debate over proposals to establish ceilings on prices of live cattle is the simple fact that there is not enough beef.

Beef production is at a record level, but non-military supplies are insufficient to satisfy wartime purchasing power.

A mad scramble among consumer, merchants, and slaughterers has led to bidding up of prices of cattle, particularly the better grades. Slaughterers who offer the highest prices naturally get the cattle. Their wholesalers, retailers—and final customers—get beef.

The Office of Price Administration in the U.S. has imposed ceilings on retail cost of beef.

Some slaughterers, particularly large concerns, usually are able to pay higher prices for cattle and sell their meat to retailers in line with retail ceilings. Some less efficient slaughterers contend that if they bid high enough to get cattle, they soon would be forced into bankruptcy, or have to sell at above-ceiling prices.

There are some slaughterers, as well as distributors, who have been willing to ignore the ceiling prices on beef and sell in the so-called "black-markets."

Demand for Ceiling

Out of this bidding-up of cattle prices has come the demand for a ceiling price on cattle which would allow all slaughterers to obtain cattle at prices in line with retail beef prices.

The OPA favors such ceilings. It contends cattle ceilings would eliminate black markets and provide a more equitable distribution of cattle among all slaughterers, and beef among all retailers.

Cattlemen, on the other hand, oppose ceilings and in this they have administration. They contend that cell-been supported by the War Food Administration. They contend that ceilings would aggravate the real problem—that is, short supplies of beef. They say that ceilings on cattle would force a reduction in prices of cattle particularly the better grades, and cause feeders to cut down on their operations.

The result, they say, would be an immediate marketing of thousands of cattle at light weights and lower quality. Otherwise such cattle would be kept on farms months longer to gain additional weight and better quality.

The cattlemen argue also that cattle ceilings would encourage expanded, rather than reduced, black market operations. The shorter the supply, the greater is the temptation, they contend, for black marketers.

MORTGAGE BURNED

BELMONT, Man. (CP)—Belmont Christ Church held a burning of the mortgage ceremony January 30 with Mrs. John Horrocks, one of the oldest members of the congregation, burning the paper.

ABNORMAL HEART

MOBBERLY, Cheshire, England (CP)—Mrs. Mary Cash, aged 67, who collapsed and died here from cardiac failure had a heart weighing 15 1/4 ounces. Average weight of a woman's heart is eight to 10 ounces.

SWING IT CHIEF

WALLACEBURG, Ont. (CP) — While the home of their friend, William Soney on Walpole Island Reserve was burning, two Pusky Indians rose to the occasion and carried an unusually heavy piano to safety. After the blaze died down, it took no less than five Indians to move the instrument to a place of shelter for the night.

KNIT ONE, PURL ONE

ACME, Alta. (CP)—George Laarson, who lives at Carstairs, is the only male knitter of the Acme Red Cross—and he's making a good job of it. Mr. Larson, badly crippled, knitted 23 pairs of men's gloves, 27 sleeveless pullovers and a number of other articles in 1944.

Family of Ten Dons Uniform

Paris-Born Manitoba Woman Sets Record for Western Canada

WINNIPEG (CP)—Mrs. A. J. Cantin of McCreary, Man., is a little wisp of a woman with soft gray hair and twinkling brown eyes. She lays no claim to fame, but in her own way Mrs. Cantin has set a record for Western Canada. For her 10 children all joined the fighting forces.

Mrs. Cantin was born in Paris. Before the turn of the century, before this province was born, she came to Canada at the age of nine and lived with her parents at Somerset, Man. Forty-seven years ago she moved to McCreary.

To-day, hidden in the lines which grace her face, is the story of this province, and the story of her nine boys and daughters who, having grown up with it now are fighting on its behalf.

She still retains that French touch of dignity and quietness, with a soothing way of speaking with the barest trace of accent. She is a woman you would describe as having grown old gracefully.

"I've seen some wonderful improvements in this province. We live in the town now and operate our farm from there. It is now much different from what it used to be."

As for the children: "They are wonderful." And then she laughed, "I would say that anyway, wouldn't I?"

Three of her sons have been killed on active service, one was twice wounded, but Mrs. Cantin hides her heartbreak in planning for the future of Canada. She is keenly interested in politics and is vice-president of the Liberal committee in McCreary.

The women in the Cantin family are also doing their share. Marie, a daughter-in-law, is a member of the C. W. A. C.

New Drug Made In Australia

Commonwealth Top Producer of the New Sulpha Drug, Sulphamerazine

CANBERRA, Feb.—(CP)—A year ago Australia began large-scale production of sulphamerazine in the hope it would prove useful against certain tropical diseases and now the Commonwealth finds itself the world leader in supplying the new drug.

It is understood however, that experiments have not realized the hopes for the new drug with the result that Australia may not want it for the treatment of tropical diseases. Put it can be used for other purposes.

Manufacture of the drug involves 10 major processes. To produce 1 ton of the drug, it is necessary to handle 30 tons of raw materials, more than 15,000 gallons of solvents and 10 tons of intermediate substances.

Writing in the Medical Journal, the chairman of the Medical Equipment Control Committee, Sir Alan Newton, said the work of production of this drug is probably the most striking development in synthetic organic chemistry yet undertaken on any scale in Australia.

The prodigious and dramatic achievement of producing large quantities seven months after the first sod was turned on the factory site spoke for itself.

Production, he said, had been entrusted to Imperial Chemical Industries of Australia and the plant had been in full production since the beginning of the year.

RAT POPULATION GROWS

SAINT JOHN, N.B. (CP)—Steady increase in Saint John's rat population during the war years has been reported. Extermination companies, unable to cope with the situation, suggested united civic action to combat the menace.

REVIVE OLD MINE

STELLARTON, N.S. (CP) — Plans to revive coal mining in nearby Thorburn by tapping the 5,000,000-ton McBean seam, untouched since 1889, were announced by Mines Minister L. D. Currie of Nova Scotia. The old seam will be opened as a new operation provided financial arrangements can be completed.

Only 2 Tablespoons of sugar in this

Luscious

MAGIC Orange Shortcake

1/4 tsp. salt
2 tbs. sugar
2 cups pastry flour
(or 1 1/4 cups bread flour)

3 tbs. shortening
About 3/4 cup milk
4 tbs. Magic Baking Powder
Orange sections (skinless)

Sift dry ingredients; cut in shortening till very fine; add milk to make soft dough. Turn dough onto floured board and shape into round cake about 1 1/2" thick. Bake in lightly greased layer-cake tin at 425°F. for 20-25 minutes. Split and butter while hot. Place whole sections of seedless oranges, between layers and top with

ORANGE SAUCE
Combine 1 1/2 cups of orange sections halved with about 1/4 cup honey. Let stand in refrigerator for 1/2 hour or longer before pouring over shortcake. Serve with whipped cream, if desired.

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NOTICE

to Individual Liquor Permit Holders

DO NOT DESTROY
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Liquor Permit

Liquor Permits will be *extended* (not re-issued) to March 31st, 1946 on application and payment of \$1.00 at any Liquor Control Board Store on and after March 19th, 1945.

The decision to extend the use of the present permits will effect a substantial saving in paper and printing costs, and is in keeping with present day conservation policies.

WILLIAM G. WEBSTER
Chief Commissioner

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