

# Of Interest to Women



Hello, Homemakers! No matter how busy we have been recently the vim, vigour and appetite. It's uspicnic day finds everybody full of ally the homemaker who has to satisfy the hunger pertaining to this pleasure—lots of good food. Of course we begin a couple of days ahead to purchase supplies—meat, bread, butter, salad ingredients, and sandwich fillings, so that the day in question finds us well prepared.

If the meat has to be cooked, do so the previous day. To make butter go further, cream the pound of butter thoroughly and beat in a cup of hot milk, add salt and then chill. Salad dressing should be tasty and fairly thick for this meal. Drop cookies or large cakes makes a good dessert along with some fruit. You can also include an iced beverage depending on your family's taste.

Asmiple repast: Meat loaf or jellied veal or just plain bologna with a dish of savoury, potato salad, thick jellied tomatoes, lettuce, and some of mother's tangy pickle relish, followed by generous sized fruit turnovers of rhubarb, apple, berries, or some filling off the jam shelf will satisfy the most demanding appetite.

Appetizing sandwich fillings: Whatever you do not be sparing with the fillings, and don't make them too moist. Some appetizing fillings include:

- (1) Minced beef with a little onion juice and salad dressing.
- (2) Minced cooked liver with mustard dressing.
- (3) Chopped hard cooked eggs, green pepper, and salad dressing.
- (4) Chopped hard cooked eggs with celery or grated carrot.
- (5) Cheese with chives, nuts, peanut butter, minced vegetables, marmalade, honey or jam.
- (6) Mashed baked beans with chili sauce.
- (7) Crumbled leftover meat loaf with creamed horse radish.
- (8) Leftover cooked fish with chopped celery, sweet pickle, moistened with mayonnaise.

### TAKE A TIP

1. Leather goods need every care—they're scarce and those we have require regular attention. If they're damp, stuff with paper and leave to dry. Brush thoroughly. Use a cleaner to prevent dryness or cracking.
2. The printed linoleum on our kitchen floor was in good condition except for a worn spot in front of the sink. We cut out a semi-circular piece of the worn printed linoleum and cemented in a piece of harmonizing solid colour instead of trying to match the pattern.
3. If your pottery vases and bowls don't fit into your colour scheme, paint them with cold water paint. Once the paint is thoroughly set you will find that the water will not affect the finish if the water is changed every day.
4. To make a sturdy, effective shade for small plants and seedlings, cut the bottom off quart milk cartons and fit the cartons over the plants,

pressing the edges well down into the earth.

### THE QUESTION BOX

Mrs. J. M. asks: How to prevent strawberries from floating to the top of the jar?

Answer: This is one fruit which should be prepared for canning, then brought to boil, cooled for an hour, then bottled and processed for the required length of time, according to the method used. (Electric oven at 275 degrees for 15 minutes.)

Mrs. M. T. asks: Recipe for inexpensive salad dressing for raw vegetables.

Salad Dressing: Into the top of a double boiler put 4 lightly beaten eggs, ¾ cup granulated sugar blended with 2 tbsps. flour, 4 tps. mustard and ½ tsp. of salt. Blend well and stir in 1 cupful of mild vinegar. Cook over hot water until thick. Cool and store in glass jar in electric refrigerator.

When using the dressing, thin it with cream, plain or whipped. For a cabbage salad, we often use sour cream when it's on hand. Cut down the amount of mustard if you prefer less tang. Try adding a pinch of curry when using it for deviled eggs or a meat salad.

### DISCUSSING THE ATOM

SASKATOON, Sask. (CP)—Dr. Gerhard Herzberg, research professor of physics at the University of Saskatchewan, said the atomic bomb which utilizes the release of energy locked in the atom may bring about an industrial revolution of the same magnitude as that made by the invention of the steam engine.

### SPECIAL RATIONS FOR TOMMIES IN FAR EAST

LONDON, JULY (CP)—Special ration packs, guaranteed to keep in condition for at least two years, have been prepared for British forces fighting the Japanese.

Three types of pack will be sent by the millions to the Far East. They allow each man a daily calorie ration of 4,200 to 4,360, compared with the British civilian allowance of 2,900.

Described as far ahead of anything previously provided for British troops in the food line, contents of the pack are British with the exception of a cheese block, prepared with machinery imported from the United States. Nothing is dehydrated because of water difficulties in the Far East and because of the time needed to reconstitute dehydrated food.

Brig. C.E.R. Ince, deputy director of supplies of the quartermaster general's branch of the war office, said "dehydrated foods are no good for mobile warfare."

The 24 hour pack contains three meals, separately packed in hermetically sealed aluminum tins. Breakfast consists of oatmeal, meat, eggs and a tea, milk and sugar powder. A fruit bar, lemon powder and a meat-flavoured biscuit provide a noon-day snack, and there is a meat supper. Cigarettes, matches, chocolate and mepacrine go with the packs.

## Vatican Observatory Studies the Heavens

Jesuit Priests Supervise Work Now Conducted at Castel Gandolfo

VATICAN CITY (CP) — If Pope Pius XII take a vacation this year (he hasn't had one since the beginning of the war) and goes to his summer palace at Castel Gandolfo, he probably will climb to the roof of the palace and spend a few hours at the Vatican Observatory peering at the now bombless sky.

The Vatican Observatory, considered by experts one of the finest in the world, is run by two Jesuit priests aided by three other priests, two mechanics and a cook.

Most of the observatory's work is done in two cupolas which house a giant telescope and a large camera for night photography. Both the telescope and the camera are of German Zeiss make.

The observatory up to 1933 was situated in Vatican City, but due to the installation of electrical equipment was transferred to Castel Gandolfo, where there was no electrical interference.

Because of its location, Rev. John Stein, director of the observatory, had a direct view of the Anzio landings and battle. He saw the fighting upside down, since there are no corrector lenses on astronomical telescopes.

It is reported that the Germans did not use the telescope, respecting the extra-territorial character of the observatory. But they did place a long range gun at the bottom of the hill on which the Pope's summer palace sits, and they shot over the observatory.

The Vatican Observatory observed the partial eclipse of the sun on July 9. The next solar eclipse in Italy is scheduled by astronomic calculations to occur on February 15th, 1961.

### REFUNDING PLAN

EDMONTON (CP)—Alberta's \$113,000,000 public debt refunding plan endorsed at the special session of the legislature means that the city of Edmonton will get approximately \$235,000 back in interest on the Alberta and Alberta-guaranteed bonds it holds, City Treasurer C. M. Small announced.

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### FATHERS AND SONS

There is a keenly felt pang in the hearts of many fathers when their sons enter wartime military service. Perhaps many of these fathers never quite realized that their boys had become men, and were able to go out and fight. Some of these fathers may wish that they had lived more intimately with these youth of theirs, that they had exercised more influence over them, and had included them more in their sports and activities.

Considerable has been done in recent years to encourage closer ties between fathers and sons. Father and Son dinners have been a popular feature. At these affairs the men would feel young again to get with these kiddish fellows, and sing the same songs and laugh at the same jokes. The boys would feel more dignified to get with these older men.

Many parents entertain the comfortable feeling that their sons are coming along fine and are shaping themselves into worthy patterns. Frequently these boys are thinking many things that their parents do not know about. Some of these thoughts are not so good.

If some day those fellows act in a surprising way, and turn off in an unexpected direction, the father will perhaps wish that he had had closer companionship with that youngster, so that the boy would tell all his thoughts.

Usually the influence of the father is stronger on the boy than the latter realizes. The youth may think his parents are old-fashioned and behind the times, but when some comrade suggests that he do some undesirable thing, the way the father at home would think of it often holds him back. The more the fathers in their daily life come close to their boys, the more likely these youngsters are to be loyal to family traditions.

### GOLD PRODUCTION

OTTAWA (CP) — Production of gold in Canada in May totalled 217,556 ounces, compared with 223,737 in the preceding month and 256,837 in the corresponding month of last year, the Dominion Bureau of Statistics has reported.

### DELIVER HONEY FREE IN 15-MILE ZONE

There is a new requirement in the WPTB order covering honey. Producers of honey are required to give free delivery within 15 miles. For the purpose of this order, Canada is divided into two zones, zone 2 comprising British Columbia, the Maritimes, and Northern and Eastern Quebec. All the rest of Canada is included in zone 1. The ceiling price for No. 1 white honey sold to consumers in one pound containers (other than glass) is 23 cents per lb. Prices in zone 2 are slightly higher; and for grades other than No. 1 in both zones the prices designated for honey sold are slightly lower. Specific ceiling prices are designated for honey sold to the trade by the case, sales to consumers in containers and honey sold in bulk.

### TRAIN FOR PACIFIC

BRANDON, Man. (CP)—More than 200 Canadian airmen, some veterans of combat in Europe, have started training here for the Pacific theatre.

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- MEN—Every possible man-hour MUST be put in. The need is desperate. Volunteer your services TODAY!
- WOMEN—Every available hand can be used. Fill in the coupon and mail TODAY!
- BOYS AND GIRLS—Thousands are needed. Any High School student willing to work on a farm has permission and is requested by the Minister of Education, to remain out of school for the month of September.



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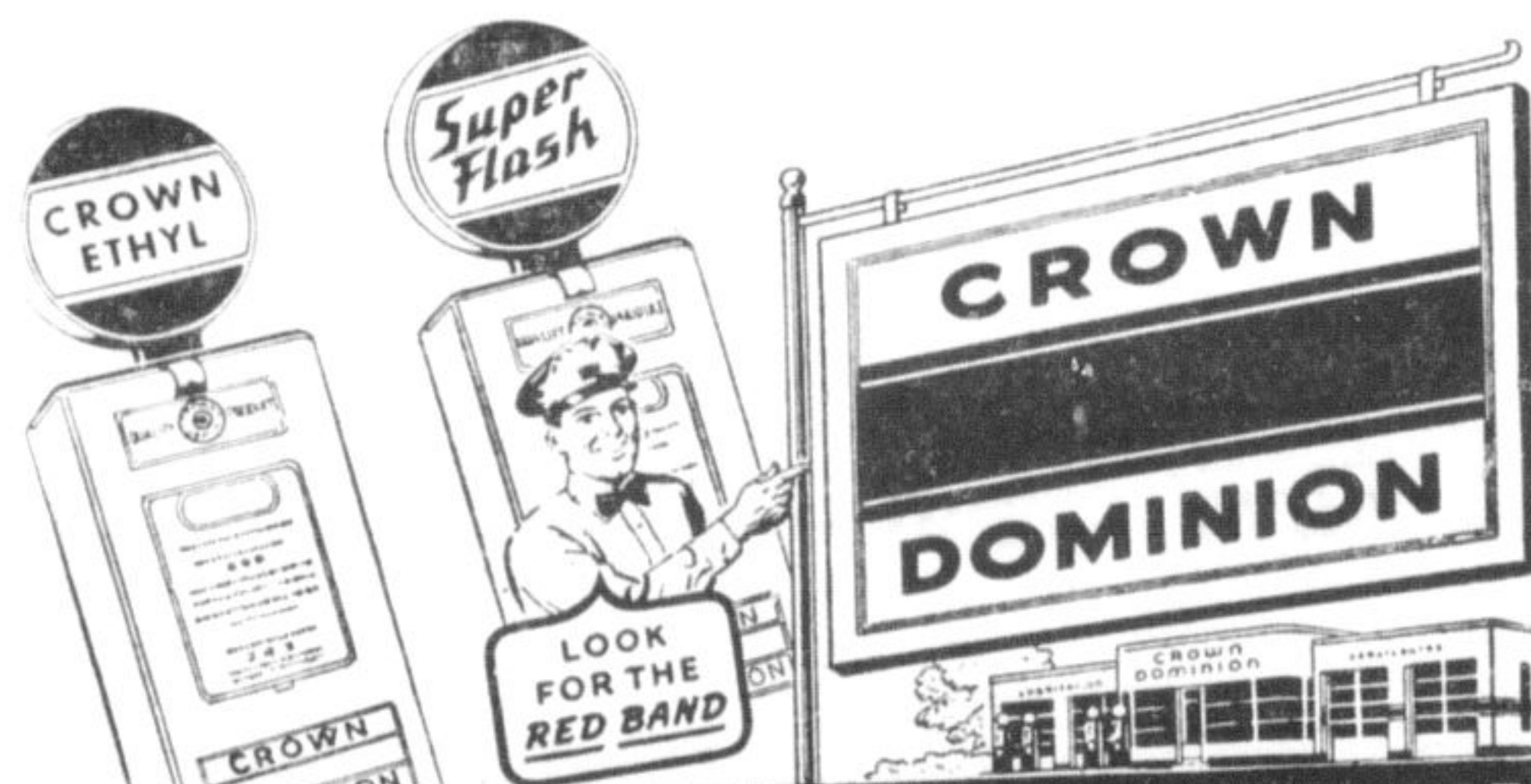
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No person may move to and rent or occupy family quarters in any of these congested areas without a permit from the Administrator of Emergency Shelter.

Before making arrangements to vacate your present home, be sure that you have other accommodation and a permit to occupy it. Applications for permits should be addressed to the Administrator of Emergency Shelter in the area to which you plan to move.

Every person who rents or occupies family quarters in any of these districts contrary to the order, commits an offence and, in addition to other penalties, will be required to vacate the shelter and the district at his own expense.

(Issued under the authority of the Emergency Shelter Regulations, Order-in-Council P.C. 9439, December 19, 1944.)

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