

Of Interest to Women



Hello Homemakers! Apples are too often overlooked as salad ingredients. In addition to the well-known Waldorf salad—diced apples, chopped celery, nuts and mayonnaise, they may be diced and mixed with raw grated carrots and raisins.

You might also try diced apples mixed with diced cantaloupe, sliced peaches and maraschino cherries, served on lettuce with French dressing. For a salad plate, cut a slice from the top of a large rosy apple, core and scoop out the centre. Mix the centre with cream cheese, celery, nuts and enough mayonnaise to moisten. Stuff the apple cavity with this mixture, cut the apple in sections part way down for easier eating, garnish with fluffy mayonnaise and parsley.

CABBAGE AND APPLE SAUCE

1 banana, ¼ cup French dressing, ½ cup sliced apples, 2 cups shredded green cabbage, ½ cup diced celery.

Slice the banana; drop immediately into the French dressing along with the apple slices—to avoid discoloration. Combine with remaining ingredients; toss with a fork until thoroughly mixed. If desired, serve this with cream mayonnaise.

APPLE DUMPLINGS

2 cups sifted cake flour, ½ tsp. salt, 2 tsp. baking powder, ½ cup milk, 8 apples, 2 tbsps. brown sugar, ¼ tsp. nutmeg, ¼ cup peppermint candies, 2 tbsps. butter.

Sift flour, salt and baking powder together. Cut in shortening. Add milk

to make soft dough. Turn out on lightly floured board and roll ¼-inch thick. Cut into 4-inch squares. Peel and core apples and place one on each square. Mix brown sugar, nutmeg, and candies together. Fill centres of apples with sugar mixture and dot with butter. Pull corners of dough squares up over apples and seal. Bake in an electric oven (375 degs.) 30 to 40 mins. or until apples are soft. Serve hot or cold with cream. Yield 8 dumplings.

FRUIT WHIP

1 cup evaporated milk, 2 tbsps. lemon juice, 1 cup sweetened apple sauce.

Chill the milk thoroughly and whip until stiff. Add lemon juice and whip until very stiff. Fold in the cold apple sauce (which should be fairly thick). Serve cold. Fruit whip may be turned into freezing tray of electric refrigerator and frozen.

APPLE AND SALMON SALAD

2 tart apples, diced; 2 cups of cooked flaked salmon; 1 cup diced celery; ½ cup grated raw carrot, about ½ cup salad dressing.

Mix the ingredients lightly together. Pile in nest of crisp lettuce.

Note: Cold ham, veal or chicken may be substituted for the salmon.

THE QUESTION BOX

Mrs. R. C. asks: Recipe for Green Tomato Pickles and Chutney Sauce. Answer: Green Tomato Pickles—4 quarts green tomatoes, 4 small onions, 4 green peppers. Slice the tomatoes, onions and peppers, and sprinkle with ½ cup of salt and leave

overnight in a crock. The next morning drain off the brine. Put in a preserving kettle 1 quart of vinegar, 1 level teaspoon each of black pepper, mustard seed, celery seed, cloves, allspice and cinnamon and ¼ cup sugar. Bring to a boil and add the prepared tomatoes, onions and peppers. Cook slowly for 30 minutes. Fill jars and seal.

Chutney Sauce—12 large ripe tomatoes, 4 large onions, 1 green pepper, 1 sweet red pepper, 4 large apples, 1 cup chopped celery, 1 cup brown sugar, 1 cup vinegar, 2 tps. cinnamon, 1 tsp. cloves, 2 tps. salt, 1 tsp. pepper, 2 tps. mustard. Blanch peel and cut up tomatoes. Peel and chop onions, dice apples, peppers and celery. Combine all ingredients. Let come to a boil and then cook slowly until thick, taking care not to let stick to the bottom of the pot and burn. Seal in sterilized jars.

Mrs. J. T. asks: Recipe for Macaroni Mousse.

Answer: Macaroni Mousse — 1 cup macaroni in 1-inch lengths, 1½ cups scalded milk, 1 cup soft bread crumbs, 3 tbsps. butter (melted), 1 green pepper (minced), 1 pimento (minced), 1 tbsps. chopped parsley, 2 tbsps. chopped onion, 1 tsp. salt, ½ tsp. paprika, ½ cup grated cheese, 3 eggs, well beaten.

Boil the macaroni in salted water until tender; drain and put into a buttered dish. While the macaroni is cooking prepare the sauce as follows: Pour the scalded milk over the bread crumbs, and add the butter, seasonings and the grated cheese. Stir in the well-beaten eggs and pour over the macaroni. Set the baking dish in a pan of boiling water and bake for 40 minutes in an electric oven 325 degrees. To serve, turn out on a platter and garnish with parsley.

WEALTH OF CANADA REFLECTED IN MINERALS

The name of Canada will be forever linked with the term minerals. Fortunes have been won in the hinterlands from the minerals of our country. Many minerals have at one time or another played their part and added their bit to our increasing wealth. However, a far larger number of minerals occur in Canada which are either of no economic value or occur in too small deposits for profitable operation. In the Royal Ontario Museum there is a collection in which nearly all the minerals, which are known to occur in Canada are displayed. Here there is gold from a number of Canadian sites; silver from Cobalt and Thunder Bay; copper from the historic Coppermine River; copper and nickel from Sudbury; fluorite and talc from Madoc; rose quartz from Lake Winnipeg; amethyst from Amethyst Harbor; amazonite and sodalite from Bancroft; graphite from Renfrew; phlogopite from Kingston and Buckingham; asbestos from Thetford; lead and zinc minerals from British Columbia; pitchblende from Great Bear Lake. We could go on naming minerals and their sources, but the list would be practically endless. Such an exhibit must be seen in order to appreciate the variety of minerals to be found in this great country of ours.

HAMILTON (CP)—Allan Borer of Clappison's Corners went away around that old saw about getting two birds with one stone. He shot at a flock of starlings taking off from a field and the shotgun blast brought down 31 birds.

Value of Feeding Vitamin A to Hogs

Rapidly growing hogs kept from an early age in confined quarters and fed grain—takeage—mineral rations often develop symptoms of paralysis caused by a deficiency of Vitamin A, says C. H. Anderson, Dominion Experimental Station Beaverlodge, Alberta. Many such hogs are lost or at best develop into chronic runts. At various times since 1934 it has been observed that peculiar symptoms have developed among rapidly growing pigs kept at the Beaverlodge Station. These symptoms have varied with individual cases, but among the most common have been strained facial expression and peculiar position of ears, giving a wild-boar appearance; nervous derangement; incoordination of muscular movement, usually developing quickly into posterior or more general paralysis; inability or disinclination to feed normally; contortion and miscellaneous ailments such as strangling and a foamy discharge at nostrils. An occasional pig may walk in circles.

After considerable experimental work, this trouble was diagnosed as a Vitamin A deficiency. Pigs fed fish oil high in Vitamin A and those receiving green or cured alfalfa have not developed any of the symptoms in question. Prostrated pigs paralyzed in the posterior and otherwise ailing were in most cases restored to good health and sent to market in normal condition by the feeding of skim milk, fish oil and greens. In other cases alfalfa alone or fish oil alone has effected marked improvement, only one or two advanced cases failing to recover under such treatment.

Green or well-cured alfalfa would appear to be the most economical source of Vitamin A for hogs but other green stuff is also good. Should green stuff not be available, fish oil given in tepid water may be substituted. Fish oil has the advantage of furnishing Vitamin D as well as Vitamin A.

Pigs farrowed from sows that have been fed a sufficient supply of Vitamin A in one form or another are born with more resistance to prevalent disease germs.

Fish oil when used should be fed at the rate of one tablespoon per sow daily throughout pregnancy. In fattening hogs the same dose should be given until the pigs reach a weight of 100 pounds.

PRINCE RUPERT (CP)—Prince Rupert is staging a campaign to have a naval base established there. City council has petitioned the federal government to establish a division of the navy reserve there because of the northern city's strategic location.

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Hours of Work and Vacations with Pay Act, 1944

The Industry and Labour Board which administers The Hours of Work and Vacations with Pay Act, considers, in view of the termination of hostilities and the cancellation of war production, the acute manpower shortage which existed during the war years will be minimized, therefore the postponement as to working hours previously provided shall be cancelled and effective November 1st, 1945, the working hours of an employee in any industrial undertaking shall not exceed forty-eight (48) in the week.

1. Regulation 4 of Ontario Regulations 8/44 is amended by adding thereto the following subregulation:

(1a.) Notwithstanding the provisions of subregulation 1, an employer may adopt one or more overtime work periods in his industrial undertaking between the 1st day of November 1945 and the 31st day of December 1945 without a consent in writing of the Board, but the overtime shall not exceed thirty hours in the aggregate.

INDUSTRY AND LABOUR BOARD, Department of Labour, Ontario.

Hon. Charles Daley, Minister of Labour.

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