

Appetizing Methods of Making the Meat Ration Go Further These Days

Biscuits and Shortcakes Serve Useful Purpose. May be Made with Clarified Meat Drippings, Recipes for Meat Pie and Shortcake Dough and Egg Filling for Shortcake.



(By Edith M. Barber)

More meat stretchers have been contributed to my collection, during the past week. "I am becoming an expert on biscuits" one of my friends remarked the other day. "I can mix up a batch of dough practically with a twist of the wrist. I use it for crust for meat pies and for short cakes into which I put different fillings. The family always greets these dishes with cheers."

As flour is one product which all the experts tell us will be plentiful and unrationed, and as long as we can get shortening, biscuits and shortcakes serve as a most useful purpose. As I mentioned before, clarified drippings from meat fat make excellent shortening. One recipe of biscuit dough will furnish enough for ten or twelve medium sized biscuits. If you choose a shallow dish for your meat pie, half a dozen or so can be arranged on top. The remaining dough can be cut into smaller rounds which can be baked separately and passed with the pie. Every one likes an extra biscuit.

When you use dough for shortcake, divide into two parts. Pat one portion to fit your pan, spread it lightly with butter, margarine, or drippings, before you place over it the remaining dough which has been shaped like the lower portion. When it comes out of the oven the top can be lifted easily and there will be no soggy mess which may result when the whole amount of dough is baked at one time and split while hot. Fillings for meat pies and shortcakes may be any creamed meat or fish combined with left-over cooked vegetables. The sauce should be a little thinner than usual for pie. A combination of sliced hard-boiled eggs with well-seasoned sauce makes a good filling for shortcake. Mushrooms may be used by themselves, or with eggs or meat. In seasoning almost all of the sauces, a bit of onion is a savory addition.

Meat Pie and Shortcake Dough
 2 cups sifted flour
 3 teaspoons baking powder
 1/2 teaspoon salt
 4 tablespoons shortening
 1/2 cup milk (about)

Mix and sift dry ingredients. Cut in shortening with pastry blender or with 2 knives until the consistency of coarse cornmeal. Stir in milk to make a smooth dough. Turn out on slightly floured board, knead 1/2 minute, and roll lightly to thickness of 1/4 inch. Cut into rounds with floured cutter, arrange on top of meat pie. Any leftover rounds should be placed on a baking sheet. Bake in a hot oven (450 F.) 12 to 15 minutes. The dough may be baked for shortcake in a pie pan. It should be divided into two portions, each shape to fit the pan. The lower portion should be brushed with fat before the upper portion is put on top of it.

THE CORN SYRUP

with the Delicious Flavour
 A pure, wholesome sweet that's always a treat

If your grocer is temporarily out of stock, this delicious Syrup is worth waiting for. At present the demand sometimes exceeds the much larger quantity now being produced, because many thousands of Canadian housewives have joined the great host of 'Crown Brand' users.



CROWN BRAND SYRUP
 a product of CANADA STARCH COMPANY, Limited

Egg Filling for Shortcake
 3 tablespoons butter or margarine.
 2 tablespoons minced onion
 3 tablespoons flour
 1/2 teaspoon salt
 1/2 teaspoon pepper
 1/2 cup pimento.
 6 eggs, hard, sliced
 1 cup diced, cooked carrots or
 1/2 cup diced raw celery.

Melt fat, stir in flour and salt and pepper and when well blended, add milk slowly, stirring constantly over low heat until mixture thickens and boils. Add other ingredients, heat and place between two layers of shortcake. Sprinkle top with paprika. Yield 6 servings.

Note: 1 cup of mushrooms may be cooked in the fat before the flour is added.
 (Released by The Bell Syndicate, Inc.)

Unique Souvenir Makes Four Trips Across Sea

The Halleyburian last week has the following reference to a unique souvenir that has crossed the Atlantic four times already and may cross it several more:—

"A piece of ordinary brown wrapping paper that has crossed the Atlantic four times in the past six months, between a Canadian soldier and his parents in this district, is the somewhat unique souvenir shown to The Halleyburian yesterday morning by Stan. Guignard, Halleybury man operating a wood camp south of Latchford. The paper had been used by Mr. and Mrs. Guignard first on August 3rd last year to wrap a parcel for their son, Gelas, who has been in England for the past couple of years with the R.C.E. and who has made a name for himself as a boxer. It will be recalled, Gelas won the championship of his section of the Canadian forces at one time and sent home some trophies in the form of cups and medals.

"Mr. Guignard said that shortly after the parcel had been received by his son last year, he used it to wrap up a door knocker to send home as a souvenir. The stout brown sheet still being in good condition, it was again used as a wrapper, inside another one, for Gelas' Christmas parcel, which got through safely although it was on a ship from which a considerable amount of soldiers' mail was lost and had been scorched to a nice brown color. Then Gelas sent it back recently, enclosing another cup testifying to his pugilistic powers, and Mr. Guignard brought it to town to display to the newspaper. It is still in pretty good condition.

It is planned to send the old sheet on its way across the ocean for another trip, Mr. Guignard said, adding: "I am going to keep it travelling until the end of the war, if it will stand the racket that long."



By James W. Barton, M.D.

Foods Needed by the Undernourished
 Recently I spoke of an experiment on rats which were kept for twenty-seven generations on a uniform diet, showing that the rats must have been in good health to have lived their normal span (2 years). Yet, by simply increasing the proportion of milk in the diet, there was an improvement in the general nutritional condition of the rats. There was more rapid and efficient growth, lower death rate, higher vitality at all ages, an increase of 10 percent in the average life span of the adults and a greater extension of the "prime of life", that is they matured earlier and old age was delayed.

The point was that rats who were healthy could be stronger, healthier and live longer by a simple addition to the diet.

What about human beings? Can diet make any difference to the health, death rate and life span? I have spoken before on the two tribes in Africa, one of which lived mostly on meats, blood of animals, and milk, and the other mostly on green vegetables and cereals. The meat eating tribe were taller, stronger and braver.

I have also spoken before of the work of Major-General Sir Robert McCarrison of the Indian Medical Services and researches into the diets of the different races there. Dr. McCarrison examined the diets of six different races and the results show how important for any race are first class proteins (meat, fish, fowl), vitamins and minerals. The lack of these three factors leads to malnutrition, weakness and underweight.

In his book "Food and Physical Fitness", Dr. E. W. H. Cruikshank, professor of Physiology, University of Aberdeen, states that lack of proteins, vitamins and minerals is more than a handicap to a growing child, "it is a threat to life". Nothing is more calculated to take the joy out of life than malnutrition (undernourishment) for every function of the body, every phase of existence can be hindered or harmed by lack of the amounts and kinds of necessary foods. Dr. Cruikshank admits that other factors affect the nutrition of the body, that is lack of sleep, infection, wrong home surroundings. Hereditary influences can be removed

Beauty and You

by PATRICIA LINDSAY

Avoid Winter Itch by Keeping Skin Lubricated

February and March are the months for winter itch—that skin irritation which causes much discomfort and a strain on one's poise!

In the majority of cases winter itch is nothing more nor less than skin depleted of its natural oils. Many things combine to cause it. Heated apartments, heavy underwear, too many showers or baths without using a lubricant before or after the washing of the skin, the lack of sunshine and unbalanced diet. All these things, or any one of them, can make the skin itch sadly and in some instances can make it crack and peel.

What to Do for It.

It's a fact that beauties cannot retain their poise or beauty when the skin itches, so it behooves us to take certain precautions to remedy the condition.

On the cosmetic counters are several lovely preparations which do not cost too much, which may be used to anoint the skin after the bath. These are delicate lotions, cream colognes and special body cream frictions.

There are also some beautifully blended oils which may be used on the skin before the shower or bath and a residue remains which keeps the skin soft and lovely.

If one has winter itch, one must refrain from using colognes or toilet waters for a while as these contain alcohol which is drying to the skin. I know a mother who uses on herself the fragrant, lovely oil which she uses on her baby after a bath, and it serves admirably.

Special Foot Care

Feet demand more lubrication than one of the above cosmetics. If the skin is dry and cracking, the feet should be thoroughly massaged every night, after a foot bath, with a rich foot cream or heated with olive oil. It is good to wear cotton socks to bed to protect the linen and also to aid the lubricant to do a better job. In the morning do not wash off the cream or oil—simply wipe your feet with a towel.

Cracked skin, of course must be treated with a germicide and patches of clean gauze or cotton worn over them.
 (Released by The Bell Syndicate, Inc.)



After a relaxing bath, this beauty is preparing for a comfortable and fragrant night, by anointing her skin with a delightful cream cologne which lubricates the skin and scents it.

ada together in mutual sympathy and affection.

Salute to Sanford Lowe, of New York City! Yesterday a stranger! To-day a friend and neighbour!

The following is the postcard sent by Mr. Lowe to Mr. John Morrison, 64 Elm street, south, listed as next-of-kin of Sergt. Kenneth Morrison, R.C.A.F.:—
 222 West 77th Street, New York N. Y.

Dear Mr. Morrison: You will be interested to know that Berlin short wave station to-night at 9:20 Eastern War Time announced the name of Sgt. Kenneth Morrison, R.C.A.F., Service No. 69-320, as being a prisoner of war and safe in Germany. I hope the above information will bring you a measure of help and encouragement.

Yours very truly,
 Sanford Lowe.

Funeral of "Mother of Bear Island" Was Largely Attended

Mrs. Mary Turner, the Last of the Temagami Pioneers Dies in 88th Year.

The recent death of Mrs. Mary Turner is worthy of special mention for several reasons. First, there is the fact that she was the last of the Temagami pioneers. Second, there was her great age, being in her 88th year at the time of death. Third, there was the fact that she was widely known for kindly disposition and her generous character. In referring to the death, The Halleyburian last week said:—

"Known for many years as the "Mother of Bear Island" and the very last of the pioneer residents of that section of the North, Mrs. Mary Turner passed away at St. Joseph's Hospital, North Bay, on Sunday morning, February 28th, 1943, after an illness of several weeks. She was 88 years of age and had spent the whole of her long life in Northern Ontario.

"Mrs. Turner was a daughter of the late Malcolm McLean of Stornoway, Scotland, and Mary Saunders of the Sudbury district, and she was born at a Hudson Bay Post "somewhere between Sudbury and Timmins" the exact location of which she could not recall when questioned by friends and of which she said: "Oh, I suppose they have made a big city or a mining camp out of it now."

"She was married to the late John Turner in 1875, at the Old Fort on Lake Temiskaming, later going to Bear Island where her husband was Hudson Bay Factor until 1900. When circumstances made a change necessary, Mr. and Mrs. Turner opened the first hotel of the Temagami region there and after her husband's death in 1925, Mrs. Turner continued the business and won the hearts of her many guests by her kind and gentle disposition. She had many friends from Chicago, New York, Cleveland and Carthage, Miss., as well as dozens from various cities in Canada and the United States who came regularly each summer to spend their holidays on the lake and made their headquarters at the Turner establishment. The warm friendships which developed during those years were made evident by the fact that during Mrs. Turner's last illness many of these friends sent flowers to the hospital and one even sent her a Christmas cake, which she was too ill to make use of. Four of these friends were present for the funeral last week, despite the long distance and unfavorable weather. They were J. Bruce Hill of Chicago, G. Dempsey of Cambridge, Mass., and Dr. and Mrs. Groves of Ottawa.

"At Mrs. Turner's own request, the funeral was held at Bear Island on March 4, with the services in Sacred Heart Roman Catholic Church there conducted by Rev. Father Delaney. Mrs. Turner was laid to rest beside her husband and the services were attended by nearly the entire population of the island.

"Thus another pioneer of the North has passed on. "Grannie" Turner, as she was known by her friends both far and near, will long be remembered for her kindness and charity, which took a practical turn in the caring for and educating of at least 11 orphan children, according to one close friend, Miss Mary Nolan, formerly of Halleybury, to whom The Halleyburian is indebted for the greater part of the information contained in this article."

HE'D BE FULL

"They say that whiskey has killed more men than bullets."
 "Maybe, but I'd rather be full of whiskey than bullets."—Exchange.

New Type of Temporary Ration Card Available

A new type of temporary Ration card is now available from the Ration Administration or from Local Ration Boards.

The new regulations enable soldiers with five days' leave to secure temporary rations. Civilians visitors from other countries desiring temporary rations for from five to ten days will obtain, under the new regulations, a Temporary Ration Card providing them with one Butter Coupon, one Tea and Coffee coupon, one Sugar Coupon, two Spare "A" coupons, one Spare "B" coupon and two Spare "C" coupons.

Under the old regulations no rations were granted to anyone for a temporary period of less than seven days.



Q—What is the Canadian Red Cross Enquiry Bureau?

A—This is a service of the Canadian Red Cross, operated in Ottawa, whereby enquiries regarding men and women in the Canadian forces can be handed. Present work of the Bureau falls into three main divisions: (1) Dealing with enquiries made at the request of Canadians, by cable or air mail, as to the health and welfare of prisoners of war, or of sick, wounded and missing men of the fighting forces overseas, and of civilian internees abroad. (2) Receiving and transmitting through the proper authorities, personal cable messages from Canadians addressed to their relatives in enemy or enemy-occupied countries. (3) Counting, sorting and filing the "acknowledgement cards" sent back from Geneva, one of which is enclosed in every prisoner of war food parcels sent overseas by the Canadian Red Cross. Any card, personally signed by the prisoner and giving a clue as to his home address, is forwarded to his next-of-kin and a duplicate filed in its place. All this work is carried out by volunteer workers.

Q—What are "Capture Cards"?

A—Under the terms of the Prisoner of War Convention, the "detaining power" undertakes to provide each prisoner, within seven days of his capture, with the means of communication. These cards are forwarded to the International Red Cross Committee in Geneva, and from these cards, lists of prisoners are compiled and sent forward to the Government of the country to which the prisoners belong. These lists are not the "official" lists of prisoners which are prepared and sent forward later by the "detaining power."

Q—What do "Capture Cards" mean to Canadians taken prisoner?

A—Under a new system inaugurated by the Canadian Red Cross at the time of Dieppe, "capture parcels" containing toilet articles, clothing, etc., sufficient to last the prisoner until his first next-of-kin parcel arrives, are made up from these capture cards and forwarded to him immediately his capture is made known. Several hundred of these capture parcels were sent by the Canadian Red Cross to Canadians captured at Dieppe.

Q—In casualty lists, what does "missing" mean?

A—It means that when the roll is called after a battle or an operational fight or a shipwreck, some men fail to answer their names. It may mean that the man has been delayed by some minor accident; it may mean that he is in hiding and hoping to get back safely; in the case of a sailor it may mean that he was picked up by another vessel and has no chance of communicating his safety. The International Red Cross keeps a record of these missing men and uses its worldwide organization to search for them. The Canadian Red Cross visitors, who go through the wards of hospitals to visit sick or wounded Canadians, will enquire from these men about their comrades or shipmates in case they can give some evidence of their fate for the information to the families of the missing men.

Two Births Registered in Timmins Last Week-end

Born—on March 2nd, 1943, to Mr. and Mrs. Abbe Landry, 13 Laurier ave., at St. Mary's hospital—a daughter (Marie Georgine Gisele).
 Born—on Feb. 20th, 1943, to Mr. and Mrs. Dominic Golka, 71 Main avenue, —a son (Robert Alexander Thadeus).

St. Louis Post-Dispatch—Thurnbull characterization: Asked what kind of guy Spencer Tracy was, a friend replied, "Well, you ask him the time, and he tells you how to make a watch."

DELICIOUS MEATLESS MAIN DISH

"MAGIC" VEGETABLE CHEESE ROLLS

2 cups sifted flour	1/2 lb. whole cooked string beans
3 tsp. Magic Baking Powder	3 tbs. chopped onions
1 tsp. salt	3 tbs. shredded green pepper
2 to 4 tbs. shortening	Melted butter
1/2 to 1 cup milk	Seasoning to taste
1/2 lb. whole cooked carrots	

Sift dry ingredients, cut in shortening. Add milk to make soft dough. Knead lightly on floured board, roll into 1/4 inch thickness, cut into 3 inch squares. Quarter carrots lengthwise. Combine all vegetables with butter and seasonings, place a portion on each square of dough. Wrap dough around filling, press edges together. Bake on baking sheet in hot oven (450 F.) 10 to 12 minutes. Serve with cheese sauce.

MADE IN CANADA

WARNING

CANADA FACES A WOOD-FUEL FAMINE NEXT WINTER

ARE YOU one of the Canadian householders who burned fences, doors, and even flooring to keep warm in this winter's sub-zero weather?

Or perhaps you are one of the lucky ones who just managed to scrape through?

In either case, you will want to be prepared for next winter when greater hardships loom unless you take immediate action.

The shortage already has affected many communities . . . total stocks of dry wood are nearly exhausted . . . in some places the small supply of green wood cut for next winter is being used *now* to meet the present emergency.

Throughout most of Canada, fuel-wood is obtained not far from where it is consumed. Its production and distribution are the business of local citizens.

The Dominion Government recognizes that the wood-fuel shortage is so serious that even with the full co-operation of everyone in affected communities an adequate supply is not assured. Accordingly, it has been decided to stimulate the output of wood-fuel by assisting those normally engaged in its production and distribution. To this end, the following measures will be adopted:

- 1 A subsidy of \$1.00 per cord will be paid to dealers on all commercial fuel-wood contracted for and cut on or before June 30, 1943, and held to dealers' account on that date.
- 2 The Coal Controller has been authorized to arrange in his discretion for the payment of such portion of the transportation costs as he considers proper in respect of fuel-wood, particularly in cases where dealers, to procure supplies, find it necessary to contract for fuel-wood at locations outside the area from which they normally derive their supplies. In order to obtain any such reimbursement, dealers must obtain a permit from the Coal Controller before contracting for such supplies.
- 3 The Coal Controller will repurchase from dealers at dealer's cost all commercial grades of fuel-wood on which a subsidy of \$1 per cord has been paid and which are still in dealers' hands as at May 31, 1944.
- 4 Assistance will be given in providing priorities for necessary equipment.
- 5 Farmers now on the farm, and who leave the farm temporarily in response to this appeal to engage in fuel-wood cutting, will be deemed by National Selective Service to be carrying out their regular occupation as farmers and will be given all the rights of deferment of military service which such an occupation now carries. Such temporary absence should not, however, interfere with agricultural production.

Municipal councils, farmers, fuel dealers, individual citizens, service clubs, and all other groups in communities where wood-fuel is burned, are urged to begin at once a rapid survey of their local situation, and to take immediate action to relieve the shortage.

THE DEPARTMENT OF MUNITIONS AND SUPPLY

Honourable C. D. Howe, Minister