

Plan, Buy and Come Up Smiling

Food is everyone's business. It is certainly the homemaker's business, and she needs the wisdom of Solomon and the patience of Job to feed her family wisely and please them as well.

Planning and buying, with an eye to nutritional values, preparing and serving food are her contributions to the family's welfare. Anyone is a heroine who can come up smiling at the end of the day after a tussle with the

NOTED SURGEON DIES
CARDIFF, Wales, (C)—Col. A. W. Sheen, 75, surgeon and first provost of the Welsh National School of Medicine, died here. He once visualized a great national health park.

oven or the children's meals.

Nature is on the side of the homemaker. She supplies in abundance the foods which are needed for health. Canada's Food Rules, recommended by the Division of Nutrition, Ottawa, are the accepted guide by wise women for making sure that these foods are included in family diets every day.

Expert homemakers work according to plan and avoid much of the monotony of housekeeping. The following suggestion will help to lighten her job:

Plan menus ahead of time but make them sufficiently elastic to allow for slight variations if needed; shop carefully and early; store food properly; prepare and serve the food attractively, remembering the family are the final judges.

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KEEPING HOUSE IN WARTIME

Timely Tips

Identification Disc

Alike as two bottles of milk in the refrigerator! When putting away the morning's fresh supply throw a used jar ring over the bottle left from the previous day so that you will know for sure which one to use first.

Crystal Clear

For easy and satisfactory washing of windows, use ammonia, not soap. Soap's a must for most cleaning but it makes windows streaky and hard to polish. Use about 4 tablespoons of liquid ammonia to a gallon of warm water, wash the windows thoroughly, dry with clean, lintless cloth or chamois and give a final polish with newspaper.

Ready for the Fall

When the preserves cupboard is being housecleaned is the logical time for checking over bottles and sealers for this year's canning. Match up tops, put aside sealers with chipped edges and see that all are clean and ready for big days ahead.

HOW CAN I ???
By ANNE ASHLEY

Q. How can I prevent odors from fruit juices when they are burning?

A. There will be no odor of fruit juices when it runs out in an oven, or on top of the stove, if salt is thrown on it. It can be easily cleaned when burned to a crisp.

Q. How can I relieve coughing?

A. To relieve coughing at night, try mixing together equal parts of strained honey and glycerine and adding a few drops of lemon juice. Take a spoonful whenever troubled with coughing.

Q. How can I make an ash stain?

A. Mix one quart of boiling linseed oil, one quart of turpentine, one pint of whiting, and one level tablespoonful of raw sienna.

Get Maximum Efficiency From the Refrigerator

Refrigeration plays an important role in the preparation of meals at any time, but particularly in summer when appetites are apt to be picky.

"Serve hot things hot, and cold things cold." Cold foods should be thoroughly chilled to bring out the flavor. Salad greens and spinach should be washed, excess water shaken off, then stored in a loosely covered container to permit the cold air to circulate. Then an attractive salad can be produced in a few additional minutes.

Home economists suggest the following ways of getting the most out of the refrigerator.

Proper storage of food is important. Overcrowding keeps the cold air from circulating freely. Remove all outside wrappings from food before storing and cover loosely with waxed paper. Keep covered—butter, milk and any other foods which are readily tainted by the absorption of odors.

Place strong-flavored foods close to the top in a mechanical refrigerator. Fish may be placed in the tray directly below the freezing unit without contaminating other foods. Uncooked meats also may be kept in this tray, as the temperature there is slightly above freezing.

Do not store bananas in the refrigerator.

Cover left-overs, in order to retain their flavor and also eliminate food odors within the refrigerator as far as possible.

The refrigerator can be a real time-saver for the cook. Here, for instance, are a few foods which can be prepared in advance:

1. Light syrups for sweetening summer beverages.
2. Sauces—Chocolate sauce to serve with ice cream. Custard sauce to serve with chilled desserts. White sauce (medium) to serve with vegetables, in escalloped

dishes, and diluted in cream soups.

3. Chilled desserts — fruit whips, jelly sponges, Spanish cream, etc.

4. Refrigerator cookies, which require less flour and also are crisper. They save both time and fuel, as they may be baked when needed, or when the oven has been heated for other purposes.

5. Frozen desserts—sherberts, water ices, etc., (made in a mechanical refrigerator).

6. Refrigerator rolls. As the temperature in a mechanical refrigerator can be kept below 40 degrees F., yeast doughs can be stored for one week and baked as required. In an ice-refrigerator the temperature is usually above 45 degrees F., which is sufficiently warm to permit the growth of the yeast. Therefore it is not practical to store yeast doughs for more than 24 hours in an ice-refrigerator.

Refrigerator Rolls

- 2 cups boiling water
- 1½ tablespoons salt
- ¼ to ½ cup sugar
- 3 tablespoons mild-flavored fat
- 2 yeast cakes
- ¼ cup lukewarm water
- 1 teaspoon sugar
- 1 egg
- 6 cups flour

To the boiling water add the salt, sugar and mild-flavored fat. Cool to lukewarm. Dissolve yeast cakes in lukewarm water which has been mixed with 1 teaspoon sugar. Beat egg then add yeast mixture and beaten egg to first mixture. Add flour and knead until smooth and elastic. Place in greased bowl, cover, and allow to rise until double in bulk. Knead, and if dough is to be stored in refrigerator, brush surface with mild-flavored fat and cover tightly until required. Remove from refrigerator at least 1 hour before baking and shape into rolls.

If rolls are to be baked without storing in refrigerator, shape into rolls immediately and place on greased pan or muffin tins. Allow to rise until double in size. Bake in a hot oven, 400 degrees F., for 15-20 minutes. Makes 4 dozen rolls.

Of General Interest

More About Canning Sugar

Spare "P" coupons will be used for the purchase of preserves or one half pound of sugar, when all the present "preserves" coupons have become valid. Spare "P" coupons 4-13, valid July 19, have been earmarked for the purchase of sugar for canning to be used along with preserves coupons 43 and 44, now valid and 49-56 coming due on May 17.

Priority for Safety

When authorized by police, in the interests of safety, Canadian motorists will be able to get urgent repairs or replacements for their automobiles at once regardless of their gasoline ration category.

File Menus, Prices

Within 30 days of purchasing a restaurant or opening a new establishment, proprietors must file lists of their menus and maximum prices with the Prices Board. Furthermore, full particulars must be filed on any item which is later added to the menu.

Emergency Shelter Rules

Persons now occupying family quarters, and this includes everything from one room with kitchen privileges to a 10-room house, are obliged to get either an authorization or a permit before they move into new quarters in any Emergency Shelter Area.

Buy the 8th Victory Bonds!

CITY EMBARKS ON CHILD CARE, GUIDANCE PLAN

ROCHESTER, Minn., April 28 (C)—A conception-to-maturity study combined with a program of child care and guidance, planned to cover an entire generation of Rochester's babies, is under way here.

One of the objectives of the project is to learn ways to foster emotional stability.

The program begins with babies born in 1944 and is sponsored by the Mayo Foundation of the University of Minnesota under direction of Dr. C. Anderson Aldrich, former head of the Chicago Children's Hospital, and president of the American Pediatric Society.

The Rochester health department and public schools and various departments of the university are co-operating.

"We live in a democracy which we are fighting to preserve," says Dr. Aldrich. "The children now growing up will be its leaders of the future. But we cannot expect to have successful leaders in a democracy unless they are emotionally stable enough to stand on their own feet and give and take freely with their fellow men.

"This required emotional stability must stem from a basic security and confidence, the kind that grows up from childhood. It does not seem impossible that human nature may have more co-operation aspects than we have hitherto thought possible. We can make a start at finding this out by applying the wholesome principles of growth to infant and child care."

Five-Stage Program

The program will be carried on in five stages—pre-natal care, hospital care at birth, babyhood, pre-school, and school age. All children will be given health supervision based on growth needs of the individual child.

At all stages, Dr. Anderson says, children will be given the benefit of latest developments in the field of pediatrics and child learning habits. He mentions specifically the observation that children can be taught certain subjects more easily when they reach an appropriate stage of mental development than at a specific age dictated by custom.

"Research has been started," he says, "to see if we can correlate the muscular tension of newborns with their emotional behavior.

"We expect to carry these observations on as the children grow up, to establish whether or not dynamic personalities are born that way and can be diagnosed at birth."

"Rochester," says Dr. Aldrich, "provides an unusual opportunity for this sort of program.

"Practically all of the children born in the city are under uniform medical supervision. Ninety-five per cent of them are born in one hospital under the care of clinic obstetricians, and are seen both in the neonatal and well baby stations by pediatricians."

HEROINE OF BLITZ

LONDON (C)—When she joined the National Fire Service in 1942 Firewoman Ivy Wright of Ilford had never driven a car. When she left the service recently she had driven more than 6,000 miles through London's blitz and blackout, attending nearly 1,500 fires.

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MAY

COUPON VALUES
BUTTER - ¼ pound
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SUN	MON	TUES	WED	THURSDAY	FRI	SAT
		1	2	3 Butter Coupon 105	4	5
6	7	8	9	10 Butter Coupon 106	11	12
13	14	15	16	17 Butter Coupon 107 Sugar Coupons 58, 59 Preserves Coupons 47-56	18	19
20	21	22	23	24	25	26
27	28	29	30	31 Butter Coupon 108		

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