

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

SCHOOL LUNCH SUGGESTIONS

By BETTY BARCLAY

If school lunches are among the problems that confront you at this season it's a good idea to start collecting helpful suggestions now.

By packing a lunch box you can better control the noon meal, for the school child than by giving him a luncheon allowance. Both plans have their points, of course. The one-time lack of hot food in the luncheon brought from home is now overcome with thermos containers.

Milk, fresh fruits, fresh vegetables, whole grain cereals, eggs and meat—all the essentials—can be included in the school lunch box—not necessarily at one time but often enough to give the child properly balanced meals. Be sure to include fresh fruit every day.

Probably the orange is the ideal fruit for the school lunch, available as it is to the year around. It is an appetite stimulator for the "won't eat" child, and is rich in the protective elements so necessary to growing children—vitamins C, A and B, as well as calcium. This fruit is well protected and not easily bruised in packing; the skin may be loosened and sections partially separated before it is placed in the lunch box.

Since the sandwich is the basis for a majority of school lunches prepared at home, most mothers will welcome some SANDWICH SUGGESTIONS.

Orange juice is good to thin peanut butter or cream cheese, or to moisten fillings of ground dates, raisins, figs and nuts. Three make especially excellent fillings for toasted sandwiches.

Lemon juice gives added tartness to meat, egg and fish fillings where desired. Moistened fillings with lemon juice to taste. Or spread bread with butter (1/2 pound) creamed with lemon juice (1 table-spoon).

Orange Marmalade Sandwiches Spread one slice of sandwich with Orange Marmalade, one with cottage cheese or peanut butter. Marmalade fillings are especially good on orange or brown bread.

ORANGE HONEY BREAD Vary in sandwich breads is an important factor in the appetizing school lunch. One of the most delicious varieties we have tested is an orange honey bread, sure to be popular with the school child. Moreover, it is a simple recipe for the busy mother.

2 tablespoons shortening
1 cup honey
1 well beaten egg
1 1/2 tablespoons grated orange rind
2 cups flour, sifted before measuring
2 1/2 teaspoons baking powder
1/2 teaspoon soda
1/2 teaspoon salt
1/2 cup orange juice
1/2 cup chopped nut meats

Cream shortening and honey. Add egg and orange rind. Sift together flour, baking powder, soda and salt. Add dry ingredients to creamed fat and honey mixture, alternating with orange juice. Add chopped nuts. Pour into an oiled six-inch loaf pan. Bake at 325 degrees for 70 minutes. Cut when cool and spread with cream cheese or orange marmalade.

ORANGE SALAD CUP As a change from fruit to be eaten out-of-hand, prepare a salad cup which may be packed in a small jar with screw top, paper salad cup or thermos container.

Combine:
1/2 cup fresh orange slices, quartered
1/2 cup pineapple pieces
1/2 cup diced apple
1 tablespoon lemon mayonnaise

Gave Publicity to U.S. Drafting
Drawing Ceremony for American Trainees Was Quite an Affair
Washington, November 6th (CP)—Canada's young men were called up for compulsory military training rather quietly. It was different here. Americans were called by lot. Numbers were placed in blue capsules like oversized headache powders. The first was drawn by President Roosevelt, standing under a glare of blue lights while dozens of cameras ground, photographers blazed and hundreds of newspaper men fed copy to silent telegraph tickers. And the whole historic picture was described, round-by-round, over a national radio hook-up.

MANITOBA SUGAR FACTORY HAS FIRST BEET SHIPMENT
The first "official" car of sugar from the new Manitoba Sugar Company's factory was shipped to Portage La Prairie over the lines of the Canadian National Railways. The new plant, constructed at a cost of approximately \$2,000,000, can deal with 1,500 tons of sugar beets in 24 hours of continuous operation.

Patients Sensed Princess' Charms

Duchess of Kent, Having Completed Course, Continues Nursing

London, November 6th (CP)—The story of how the Duchess of Kent (Princess Marina of Greece) nursed and was nursed, like the rest of the nurses, when her husband, who is the King's brother, visited the University College Hospital, had gone round the world now, but air raid victims in the institution thought long before the Princess's visit that "Sister Kay" was as charming as a Princess anyway.

Since the visit the reporters have been inquiring Her Royal Highness is a Voluntary Aid Detachment trainee. She had completed her 50-hour course and passed as a fully qualified nursing auxiliary before it became known publicly that she was in training.

"She took the ordinary course and was one of the most popular members of the staff," the hospital matron said.

"At first, no one was allowed to know the identity of 'Sister Kay,' but after she had tended a woman raid victim the patient remarked 'boy that V.A.D. like the Duchess of Kent—I believe it is the Duchess.'"

"Then the news spread, but even now there are many patients who have been nursed by the Duchess who are still quite unaware of her royal rank."

The Duchess did regular duty at the hospital two days a week and now that her course is completed intends to continue work as a nurse. During her training she made beds, washed dishes and helped with surgical cases, as well as taking duty in the casualty training station.

"She is perfectly charming to work with and insisted on being treated just like the others," said the matron. "She is most popular and practical."

Save Children With New Drug
British Medicine Evolves Treatment for Blood Stream Poisonings

London, November 6th (CP)—A 15-month-old baby girl, suffering from pericarditis is alive to-day, thanks to "M & B 760," a newly-evolved drug, prepared in the same laboratory which gave the world "B & B 692," world-famous for treatment of pneumonia.

The child was taken to Westminster Voluntary Aid Detachment trainee heart, inflamed pericardium (heart covering) and signs of hip disease. Owing to the heart condition, the case appeared hopeless. For 10 days the child was nursed in an oxygen tent. Party-eight hours after admission she was given three grammes of sulphathiazole—the medical name for "M & B 760."

After application of the drug daily for eight days the child's temperature subsided through her pulse remained faster than normal. An orthopaedic surgeon gave treatment to prevent threatened displacement of the child's hip.

Twelve weeks after the date on which pericarditis was diagnosed and sulphathiazole treatment begun, doctors reported a dramatic total recovery. Now the child is running about, apparently in perfect health.

The new drug, "M & B 760," is welcomed by doctors as a means of attacking poisonings of the blood stream and the like. It is considered less prone to cause sickness in the patient than "M & B 693."

One Hundred Paint Makers
Bring £5,000,000 to Britain's War Chest
More than one hundred British paint manufacturers continue to ship to countries overseas, paints, varnishes and enamels to the value of £5,000,000 a year.

The Week at OTTAWA

Specially Written for The Acton Free Press by

JOHN DAUPHINEE
Canadian Press Staff Writer

Ottawa, November 6th (CP)—Ottawa is having a new experience this week—the prorogation of one session of Parliament and the start of another within two days. The first session of the present Parliament prorogued Tuesday. The new session, starting Thursday, is the fourth time Parliament has met since the outbreak of war.

Tuesday's brief meeting for prorogation was marked by the utmost simplicity. The same wartime simplicity is to mark Thursday opening of a new session, though the Governor-General on that occasion will have members of the defence services—headquarters staff—and some honorary aides in his procession.

First business of the new session will be the debate on the address in reply to the speech from the throne. Mover of the address will be Brooke Claxton, Liberal member for the Montreal—St. Lawrence—St. George. Youngest member of the House of Commons, Iteu Jutra, Liberal from Manitoba's Provencher riding, is the seconder.

Ministers will outline the accomplishments of their departments to date and give reasons for their actions and policies. The government's legislation probably won't be introduced until the House reassembles after the Christmas recess.

The government already has wide wartime powers. There may be a St. Lawrence power development treaty and some legislation relating to phases of the war effort, but the session likely will see much more debate than legislation.

Dairy Production
Government statisticians are making a careful check to see whether Canada's dairy cow population can be boosted during the next year. Behind this survey are Britain's heavy demands on the Canadian dairy industry to supply her wartime needs.

"Britain is taking all our cheese and all the concentrated milk we can provide," says one prominent official of the Department of Agriculture, "and only recently we couldn't fill a request for more butter."

So the Department is trying to find out how to increase the cattle population. Many things can happen to interfere with any scheme along that line. If the price of beef stays high, farmers will be inclined to slaughter old dairy cows faster than heifers come into production. If more war industries or army enlistments cause a shortage of farm labor, cows may have to be killed because there's nobody to look after them.

The general impression here is that farmers will be well-advised to raise heifer calves of the dairy breeds. Even if the war ends to-morrow, it is said, Europe's cattle population has dropped so much that there will be plenty of demand for all the dairy products Canada can produce.

Crerar in West
Canada's Chief of Staff, Maj.-Gen. H. D. G. Crerar, is in the West this week, inspecting defence facilities. Last week he toured the Maritime Provinces, part of the Atlantic Army command, with Defence Minister Ralston—a trip which caused Col. Ralston to say progress in military preparedness there was "with short of phenomenal."

General Crerar's western trip is taking him to the new Pacific Army command, just being established under Maj.-Gen. R. O. Alexander, of Toronto in Alberta and British Columbia.

Besides all the organization attached to this major army development in the far west, the Defence Department is getting ready to train the second group of 29,750 men in 30 compulsory military training centres across the Dominion. Call for these men has gone out and they enter camp about November 22nd.

As Canada's war effort expands, many small towns find themselves in a pretty difficult housing situation. Military activity and huge war factories are concentrating large masses of population in places where no population increase was expected. Usually rents go up.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press
GWENDOLINE F. CLARKE

Last week I wrote in an ordinary, light-hearted way of having been considerably hindered in my work by the flying colts of a Canadian airman, apparently on practice work in this neighborhood. His stunt flying will never hinder me again. The young aviator-man that I watched with so much interest was Ross Armstrong, who crashed to his death, in a heavy mist, about fifteen miles west of Kitchener. He has an uncle living near here, so that is how we knew who he was. It seems a tragic thing that Ross should be lost in this way, but I suppose it is one of the fortunes of war. Pilots must have active imaginations; there is no other way out, and a certain number of casualties are bound to be the result. We can only hope their number will be few and far between.

Last Friday the County Ploughing Match was held near here, and our hosts had taken on the job of catering for the Ploughmen's Banquet, held in the Town Hall, Milton, Friday night. I don't need to go into any details about our preparations for the big event, everyone who has helped with a banquet knows all about it. There is only one thing that happened that we couldn't guard against, and that was the weather. Threatening clouds hung over the district all morning. About three o'clock it started to rain and did it rain! We knew it would just about spoil our show, because those who had taken part in the match would have had about eight of the rain without turning out in it again. However, we had to carry on. Tables were set for two hundred. The men were in their places at the tables, and we were all ready to serve the meal, when, without a bit of warning, out went the lights! Someone yelled "Blackout!" and believe me, it was a blackout. We thought at first it was a practical joke and that lights were out only in the hall itself, but when we looked down the street, it was quite evident the whole town was in darkness. We were glad there were a few smokers around that night who were able to lighten our darkness for a few seconds by the flare of a match from time to time. We waited what seemed like an awful long time, and then, to our relief, someone found their way to the platform and started playing popular music. I asked who the musician was and was told it was one of our own Institute members. What a difference that made! No one noticed the darkness after that, and I don't think anyone was worrying as to how long it would last. They were far too busy worrying about "An Old Dutch Garden," and other modern times. What a difference music can make. It has its place, be the occasion gay or serious. No wonder they have bands for the army, the navy and the air force. What would a parade ground be without Liem? And how thankful any person should be who is so gifted as to be able to fill just such a gap as occurred last Friday night when all the lights went out.

The power came on again in about fifteen minutes and then we scurried around to make for lost time. I think we had about a hundred an fifty, so it wasn't such a bad crowd after all.

Now, there is something for "old timers" to argue about. What, with threshing, corn beer, delayed harvest and bad weather, fall ploughing is very late this year. I was saying something about it to an elderly friend of mine, and worrying because, as I said, it might freeze up before the ploughing was done.

"Why, you don't need to think it's going to freeze up yet! No sir! I can't remember any year when it froze up before November 22nd. There is lots of time for fall ploughing yet."

Now then, "Old Timers," what have you to say about that? What is the latest, and the earliest, that you remember freeze-up for any one year?

Partner says, even in his time, he remembers winter setting in early in November. That is what I thought, too, but I am not good on dates, so I wouldn't like to commit myself, either one way or other.

However, be it early or late we don't need to worry about the ploughing any more, because Son has it nearly finished. It has been quite a job, too, because all the fields he had to plough were a fella sod—to say nothing of the fact that this is his first experience at ploughing with a tractor. Three times he struck submerged rocks and broke a share. That, I suppose, is all in the day's work. So, I know, will be sorry when the ploughing is done, because it is a real joy to him to drive the tractor. One morning it was late when he got started. Dinner time came, but the tractor kept put-putting away. One o'clock half-past one, and nearly two, and still no sign of the tractor stopping. Finally Partner went out to the field.

"When are you coming in for dinner?" he asked.

"Dinner—I didn't know it was dinner time!" responded our tractor enthusiast. And he with a watch in his pocket!

What a pity we cannot all work with equal abandon on whatever job we undertake.

WAR 25 Years Ago

By The Canadian Press
Austro-German and Bulgarian Armies Overran Serbia as Greece Remained Neutral

Twenty-five years ago the aims of the Germano powers in the Balkans gave rise to apprehension in a similar way as the German-backed Italian drive against Greece is causing concern to-day. But in the First Great War Greece was only indirectly menaced and Italy adhered to the cause of the Entente Allies.

Early in November, 1915, Austro-German and Bulgarian armies controlled most of Serbia. Their ultimate aim was in junction with their Turkish allies, overwhelmed the Serbians had been forced to retreat when the enemy, taking advantage of the stalemate on the Western Front, and Russia's retreat in Galia, drove into the Balkan country in mid-October.

Allied diplomacy had failed to keep Bulgaria neutral or to draw Greece to the assistance of her Serbian neighbor. Greek indecision was due partly to the inability of the Allies to force a quick victory against the Turks in Gallipoli and partly to the pro-German leanings of the Greek court at that time.

Preserving "armed neutrality," the Greeks allowed an Anglo-French expedition to move into Serbia through Belgrade, but the troops were not ready to provide effective resistance until the little country had been practically overrun.

Zaimis Resigned
On November 4th, 1915, the Greek Government of Alexander Zaimis resigned, as did also the political situation. Zaimis had taken office only a few weeks previously when the pro-Ally premier, Eleutherios Venizelos, quit in disagreement with King Constantine. M. Roussoffis, a veteran politician, replaced Zaimis, but maintained a neutral policy, friendly to the Allies.

Bulgarian troops occupied Nish, the old Serbian capital, November 5th, but in striving to extend their gains southward were held up by Allied troops and Serbians, in front of Monastir. Later in the year the Serbians withdrew to the Albanian frontier, and the Anglo-French expedition moved back inside the Greek border, to positions they subsequently held for a year.

Meanwhile, on the Western Front, German forces strove in vain to recapture ground taken by the French in their autumn offensive in the Bouriez and Champagne sectors. In the East the Japanese, their ammunition dumps replenished, fought back successfully in Galicia and held the Germans, under von Hindenburg, who were striving to break down the defenses between Iloca and Dvinsk.

Anglo-French forces failed to make headway against the Turks in the Gallipoli Peninsula and on November 5th Lord Kitchener left England to visit the troops there and at Salonika.

"Daddy," said the angel child, who had just been told of the arrival of twins, "did we save anything by taking two?"

Screen Star Buys Tickets



Medicine Control buys a block of seats from H. G. D. Main for Toronto's coming motion picture sales. Tickets were given to the Home for Incurable Children. The photo taken at the Toronto-Cinema on November 14th, 15th and 16th, and is sponsored by the Motion Picture War Services Committee, in aid of the Lord Mayor of London's Air Raid Victims Fund.

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