

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

The one-dish meal is becoming more and more popular in many homes. It's economical, easy to prepare, usually a time saver—and if this one dish is wisely chosen, the meal is a healthful, well-balanced one.

Of course you have the usual bread, relishes, and dessert. But you serve only one main dish, usually containing both meat and vegetables. Here are two recipes with Lima beans as a foundation: One calls for plain dried Lima, while the other requires the popular cooked dried Limas that come in cans:

Limas and Lamb Stew

- 2 pounds of lamb cut into cubes
 - 1 small onion, sliced
 - 2 small potatoes, sliced
 - 1 cup dried Lima
 - 1 cup canned corn
 - 1 cup strained cooked tomatoes
- Put cubes, onion and potatoes in a covered saucepan, cover with boiling water and simmer gently for 1 1/2 hours. Add Lima, corn and tomatoes. Bring to the boiling point, and cook 5 minutes. Cover closely and cook slowly for about 3 hours.

Steak and Lima Chili

- 2 cups cooked, dried Lima
 - 1 pound ground steak
 - 1 tablespoon fat
 - 1 onion, chopped
 - 2 cups tomato sauce, or strained tomato
 - 1/4 teaspoon salt
 - 1/4 teaspoon chili powder
- Add fat, add onion, cook 5 minutes, add meat, cook until brown, then add remaining ingredients. Simmer 20 minutes.

It Seems Boys Home on Leave Prefer Frills

They Like Their Womenfolk a Bit Feminine for Social Affairs Even in Work-a-day Wartime

(By Dorothy Roe)

When Johnny comes marching home on furlough he doesn't want to step out with a girl who's trying to look like a feminized sergeant, complete with brass buttons. Johnny needs war relief, and he wants to take with him the picture of a pretty girl, dressed in fluffly ruffles and silly hats, not a uniform and an overseas cap. If you want to make your soldier happy, look your prettiest and most feminine for him. Whether he's your fiancé, your husband or your son, he'll be grateful if you dress up for him in your best bib and tucker. If your war work requires a uniform, wear it while you are on duty, but change to something soft, flattering and feminine when you come home.

The Two-In-One

Newest wartime fashion is the double duty silk suit, which goes to business or to lunch looking trim and tailored with its smart little jacket, and goes on through the most gall evening with the jacket removed to disclose a frilly décolletage that looks at home across the swankiest night club table. The so-called "afternoon dress" is another perfect choice when your escort is in uniform or simply doesn't have time to dress. It's slightly longer than your street clothes, is dressy enough for dining and dancing, looks right for practically any occasion. As a matter of fact it usually does duty from 5 p.m. on through the evening. With it you wear a hat, as frivolous as possible.

You Can Be Formal

These day-or-night costumes are compromises that have grown out of the changing tempo of the times, when girls rush from work to tea to dinner without time to go home and change. But remember that it's still perfectly correct to wear a formal evening dress when you step out for a big evening with your soldier, sailor or airman.

World's Tallest Ready for Raids

NEW YORK, (CP) For 10 months now at 350 Fifth Avenue they've been making very special plans for callers who may not even show up. This is the Empire State building and callers there an everyday thing. The callers they're planning for, though, are Axis bad actors who drop calling cards from airplanes. From the top of the world's tallest building, all the way down the 102 stories to the bottom, the building is organized and ready for air raids.



CLARY SETELL

Experts may come and experts may go but the 'O' Observer keeps rolling right along, every weekday at 6:25 p.m. EDT over CBV. The wise guy and the ones who want to know more about the world of sport comprise the audience for the homey comments of this veteran sportsman.

Army of Women Turn Mechanic For Uncle Sam

Flock to War Work in Thousands and Prove Better Learners Than Men a Male Instructor Says

BY GLADWIN HILL, Associated Press Staff Writer

DETROIT, (AP) — The greatest army of women workers in United States history soon will be at machines in this great war production center, helping to turn out the planes, tanks and guns.

They already are working by the thousands, and when the production gets into full swing, it probably will be hundreds of thousands. Twenty thousand of the 30,000 workers at the Ford Willow Run bombing plane plant, now in construction, are scheduled to be women.

Willing to Learn

And at least one factory supervisor here finds women better learners. In the Willow Run bomber plant instructor William Brummel praises them thus:

"Men are inclined to think they know everything about bombers because they have read a few magazine stories, but the girls ask more questions, take more notes, and ask for more technical instruction."

Women work five hours a day in the factory, still in the building stage, and four hours in class, studying mathematics, blue-print reading, aluminum characteristics, riveting theory and production inspection. The course runs two weeks.

War Necessity

There are some 1,300 women workers in General Motors plant at Flint, making machine guns. Women who are making upholstery at the Briggs body plant are now sewing airplane fabric.

At the General Motors' Turnsted factory, which is being converted from auto body hardware to a huge war products factory, there are some women. And thousands of women in the Detroit area who have past experience in factory work are putting their houses in order against the day when they will be called back. It isn't a matter of sentiment. It is necessity.

Ernest Kanzler, chief of the war production board's automotive division, said recently: "The sooner the need for more women in industry is appreciated, the quicker the war program can reach a sustaining pace equal to the demands of the armed forces."

Labor Shortage

In this area, the need for women workers is due to a looming shortage of labor. Kanzler estimates that between 800,000 and 1,000,000 will be needed in the erstwhile auto industry, against the maximum of 500,000 at the moment. There is extensive unemployment in the area due to the conversion shutdown, they are figuring on having to import at least 150,000 workers from outside the area. That is in addition to all the potential factory hands available within the area—a lot of whom are women.

Another factor is the draft, which will greatly reduce the present reservoir of men. The manager of a gun factory told this writer that a third of his men were liable to imminent call.

Axis Aircraft For Airlines

LONDON, (CP) Airlines operated with captured Axis aircraft now link the Axis Front to stories of Equatorial Africa and Syria with regular mail and passenger service. The lines, directed by a former French test pilot, are staffed by other civilian airmen escaped from France and bomber pilots who have flown in Libya, Eritrea and Abyssinia.

DUBLIN, (CP) Eire has a population of 2,987,700 according to a census taken last year. There are 1,512,170 males and 1,475,530 females. Total population in 1936 was 2,968,400.

Chronicles of Ginger Farm

Written Specially for The Acton Free Press by GWENDOLINE P. CLARKE

Last Friday—that is, Good Friday—just one day before our son's furlough expired, he stood looking out of the kitchen window and finally said: "The ground is drying up in a hurry this year."

"Yes," I agreed, "your Dad thinks he may be on the land Monday or Tuesday if the weather holds."

Silence... and then... "I wonder if I could get an extension if I wired for it."

"Well, it would be worth trying for anyway," I answered. "So we put our heads together and composed a brief telegraph message which asked for extra leave for the purpose of helping with the spring seeding. In the afternoon a reply came back—'Six days leave granted, mailing pass.' So now we have our son home for another week which means we have help to run the tractor—if, and when, the weather permits. And if it doesn't permit we shall at least have the tractor all fixed up and ready to go. Last night as a start we had a sharp thunderstorm and a heavy shower of rain. It worried me to hear it but Partner says the rain will do more good than harm in the help it will give to the wheat and pasture fields. He also says the ploughed land will soon dry up again. And of course once the land does dry up even two days with the tractor will be a tremendous help—providing there are no breaks or other setbacks. And then again, even if farm work is impossible I hardly think son will feel an extra week at home will be any hardship!"

The spring calves have begun to arrive. Partner announced the arrival of a new calf the other day. "Which cow is it that has freshened?" I inquired.

"It isn't a cow, it's a heifer," answered Partner. "A heifer—which one?"

"Now you've got me," answered Partner, "because this heifer never was given a name so all I can tell you is, it's the little Ayrshire that stands next to Peggy."

But a day or two later Partner announced—"Well, I guess I've got a name for the heifer that calved—and a very appropriate one too."

"Oh—and what might it be?" I inquired with some curiosity.

"Jitterbug!" answered Partner with a grin.

Enough said. Anyone who has had to milk a nervous, newly freshened heifer will understand quite well why Partner called her Jitterbug."

And speaking of jitterbugs in general there have been quite a few dances in the district since our son came home and I think he has taken in most of them. He believes in having a good time while he has the chance! But there was the question of boots. Have you ever felt the weight of army boots? If you have you will know they are not quite the type in which to trip the light fantastic toe. And so he borrowed a pair of his Dad's. Then came the night when Son had gone to a dance and Partner and I were going to the show for the third time this year. We were getting ready when I heard an unprintable exclamation and then a laugh.

"Whatever is the matter?" I asked.

"By the lord Harry," laughed Partner, "the boy has gone off with my boots!"

Now that state of affairs might not be serious in some homes but Partner, being a farmer, and not having much time for social affairs, finds that one pair of dress shoes is just about all that he needs. But on this occasion when that one pair was borrowed well, it just meant staying at home or else wearing work boots to the show. So the work boots went to the show. And what did it matter? It was dark when we went in and dark when we came out and the boots were clean and comfortable.

"And the show?" Now that's quite a coincidence it was "One Foot in Heaven." And a real good show at that. Thinking about it afterwards I had quite a time making up my mind which picture I liked the better. "One Foot in Heaven" or "How Green was My Valley" and finally decided in favor of the latter, but that may only be because of its Old Country scenery which sort of tickled at your heart strings like a letter from home. Of the two pictures I rather fancy "One Foot in Heaven" would have a more general appeal.

Another cult has arrived—and the mother's name is Rose!

The Week at OTTAWA

Specially Written for The Acton Free Press by ALAN HARVEY, Canadian Press Staff Writer

OTTAWA, (CP)—A Campaign urging an affirmative reply in the government's manpower plebiscite opened this week with promise of support from party leaders who spoke against the plebiscite principle in the House of Commons.

Prime Minister Mackenzie King led off in a broadcast Tuesday and was to be followed later by the three opposition leaders—Conservative House Leader Hanson, April 26; M. J. Coldwell, acting C.P. house leader, April 27; and John Blackmore, New Democracy leader, April 22.

As the new week began two major army developments were made public: appointment of Maj.-Gen. B. W. Browne to the new post of director-general of the reserve army; and establishment overseas of headquarters of the 1st Canadian army under Lt.-Gen. A. G. L. McNaughton.

Gen. Browne at a press conference Sunday afternoon said he looks on his task as one of putting new life into the reserve. He said he feels it has been neglected somewhat since the start of the war in the drive to build up the active formations.

And Defence Minister Rafston, in an interview in Winnipeg, said: "The reserves really are part of the army now, with no two ways about it."

Establishment of the 1st army headquarters in Britain has been expected for some time. Decision to boost the Canadian overseas force from one corps to a two-corps army was announced in January by Prime Minister Mackenzie King.

The aim is to set up in Britain a "thoroughly modern, self-contained and hard-hitting fighting force capable of operating in any theatre of war," national defence headquarters says.

During several weeks of parliamentary debate 140 speakers expressed varying views on the plebiscite policy and the government methods of obtaining the vote. Now that question is believed any M.P. opposition will come from government supporters in the House, where a number of Quebec Liberal members and a few others opposed the plebiscite legislation.

Supporting Campaign

Transport Minister Cardin and State Secretary McLarty are taking part in the campaign. Many other cabinet members are supporting the plebiscite in their own constituencies while most House members generally, whatever their stand on the plebiscite policy, have agreed to work for an affirmative answer.

The plebiscite, to be held April 27, asks the people: "are you in favor of releasing the government from any obligation arising out of any past commitments restricting the methods of raising men for military service?"

Another phase of manpower policy is receiving attention these days as the government pushes forward with organization of the selective service program announced by Mr. King March 24—Elliott M. Little, the newly-appointed director, told a press conference last week organization work is well under way with unemployment insurance officials filling in where necessary as temporary selective officers to give the program immediate effect.

Farm Labor Question

Farm labor was one of the early problems to be faced, Mr. Little said. Consideration was being given to the position of farmers who were employed in war industry during the winter months and who for that reason would not be eligible for indefinite postponement of compulsory military training because they were not employed on a farm March 23.

(Labor Minister Mitchell announced last week that essential farm workers may be granted indefinite postponement of, but not exemption from, military service under the selective service plan.)

"These men went into war plants because that was where they were needed," Mr. Little said, indicating the postponement regulations may be changed to provide for such men. Some movement back to the farms had been noted but it was believed to be seasonal.

Meantime Mr. Mitchell announced the government is expanding its manpower inventory to include individual records of all farm employees. When the inventory was completed "the ability to military service of persons who have returned to agriculture since the announcement of the manpower program will be reviewed." He said reports that the supply of farm labor had become so depleted anyone able to work on a farm should immediately accept farm employment were wrong.

To Moscow From The High Seas

Russians March on Leather Captured from Blockade Runners

Great Britain has sent on to Russia cargoes of South American hides captured by the British Navy from German and Italian blockade runners.

In the five months before Japan went to war more than 2,000 tons of these hides were seized on the high seas.

The Axis can ill afford to go without them. In 1939 Germany bought from the Argentine 13,000 metric tons of wet-salted types alone, and it was these that the British Navy captured—best wet-salted Trigriflipo with a few dry American. Deprived of these imports, Germany is believed to be finding difficulty in maintaining the boot and equipment leather made from them.

Sole leather is in fact a prime munition of war and the hides seized by Britain and sent on to Russia are the best possible raw material for the tanning of Army boot sole leather.

The Argentine, with a production of 7,500,000 cattle hides a year, is one of the world's chief sources of supply of hides much valued by the British tanners who are providing the sole leather for the 3,000,000 pairs of boots now on their way to the Russian Army.

Look Out! A Sick Liver is Dangerous

Do you have persistent headaches and backaches? Are you bothered by irritable pains in muscles and joints? A faulty liver is clogging your whole system. Serious ill health may result.



Your liver is the largest organ in your body and most important to your health. It supplies energy to muscles, tissues and glands. If unhealthy, your body lacks this energy and becomes enfeebled—youthful vim disappears. As your liver pours out bile to digest food, get rid of waste and allow proper nourishment to reach your blood. When your liver gets out of order proper digestion and nourishment stop—you're poisoned with the waste that decomposes in your intestines. Nervous troubles and rheumatic pains arise from this poison. You become constipated, stomach and kidneys can't work properly. The whole system is affected and you feel "rotten," head-schy, backache, dizzy, tired out—a ready prey for sickness and disease.

"Always in Pain, Now Grind Relief!"

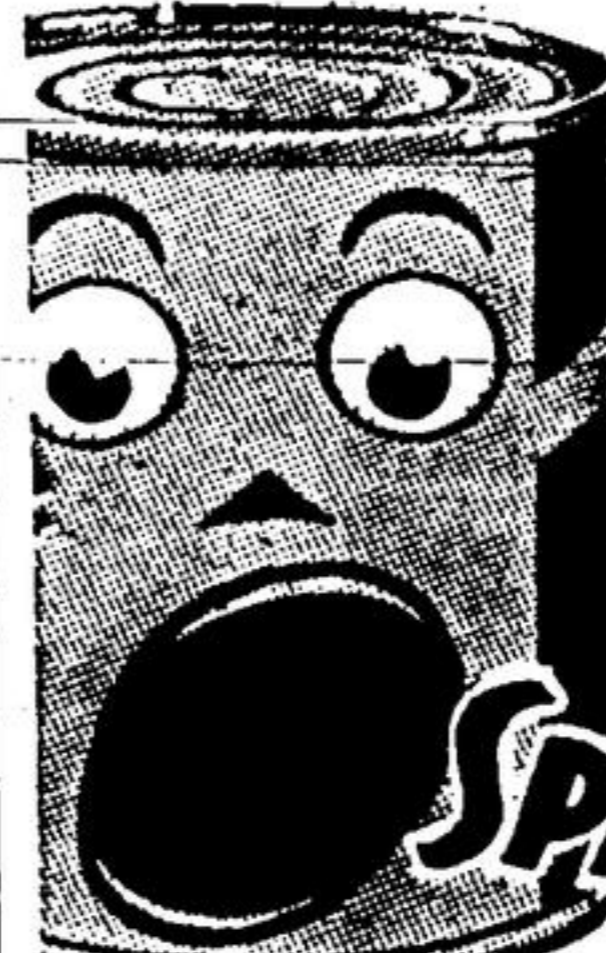
I suffered an attack of rheumatism and my muscles and joints were so stiff I could hardly walk upstairs or down stairs. After taking a few boxes of Fruit-tives for four days the swelling left my hands and I was able to climb a ladder. I have no more bother with rheumatism or neuritis and advise any person suffering as I have to use Fruit-tives. They give quick relief. William J. Tracey, Toronto, Ont.

"Sick For Years, In Hospital—Now Fine!"

I had a bad case of biliousness and constant headache and backache. I had to go to hospital. Nothing I tried would help until I started taking Fruit-tives. In a very short time my troubles disappeared. Now I have no more headaches or backaches and can do my housework without help. Mrs. E. Hudson, London, Ont.

Avoid Waste — Save Salvage!

CARROLL'S CANNED FOOD SALE!



Aylmer PEACHES Sliced or Halves 2 15-oz. tins 25c

Clark's TOMATO JUICE 2 20-oz. tins 15c

Aylmer TOMATOES 2 2 1/2 tins 23c

Globe DESSERT PEARS 15-oz. tin 9c

Aylmer Golden BANTAM CORN 16-oz. tin 10c

Aylmer Mixed PEAS and CARROTS 2 16-oz. tins 25c

Jolly Good NUT SNACK 16-oz. jar 23c

Aylmer JUMBO PEAS 16-oz. tin 13c

Aylmer Golden Kernel Corn Packed in Brine 2 16-oz. tins 21c

Gulf Breeze ORANGE JUICE 2 20-oz. tins 35c

Brunswick SARDINES In Oil or Tomato Sauce 2 tins 11c

Carroll's DANDEE COFFEE 1-lb. bag 32c

Small WHITE BEANS 2 lbs. 9c

Ask for ROMAR Coffee 1-lb. bag 39c

Aylmer CHERRIES Red Pitted 16-oz. tin 18c

Mother Parker's—Vacuum Packed COFFEE Drip Grind 1/4-lb. tin 29c, 1-lb. tin 53c

Aylmer BARTLETT PEARS 15-oz. tin 17c

For A Fine Floor Polish POLIFLOR 1/2-lb. 29c, 1-lb. 49c

Health Soap ODEX SOAP 4 cakes 25c

Made From Fresh Ripe Tomatoes AYLMER CATSUP 12-oz. bit 12c

A Different Dessert—AYLMER APRICOTS 15-oz. tin 15c

Smith's "Three Fruit" PURE MARMALADE 16-oz. jar 19c

Karavan PITTED DATES 8-oz. pkg. 19c

Ready Prepared French's Mustard 6-oz. jar 9c

Heinz Tomato Ketchup 14-oz. qt. 19c

Quaker CORN FLAKES 3 pkgs. 25c

Cooked Pork Specialty—PREM For Sandwiches, etc. 12-oz. tin 32c

Aylmer SUCCOTASH 2 16-oz. tins 25c

Alliance Lemon or VANILLA EXTRACT 2 4-oz. bits 25c

Cereal QUAKER MUFFETS 2 pkgs. 19c

Bulk ROLLED OATS 5-lb. 5c

Aviation Cream SANDWICH BISCUITS lb. 19c

Campfire MARSHMALLOWS 3 5-pkg. 30c

Harry Horne's PANCAKE SYRUP 16-oz. tin 19c

Acadia CODFISH 1-lb. pkg. 25c

Fair NAPHTHA SOAP 2 bars 15c

SEEDLESS GRAPEFRUIT 5 for 25c

FIRM, GREEN CABBAGE 2 lb. 9c

NAVEL ORANGES Large Size, Dozen 39c

CHOICE CRISP CELERY HEARTS 2 for 27c

Fresh Cauliflower, Radish, Spinach, Rhubarb, Pineapple, Special Prices. We reserve the right to limit quantities of all goods to family requirements. FRUIT AND VEGETABLE PRICES GOOD THRU SATURDAY NIGHT ONLY!

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