Free Press by

Canadian Press Staff Writer

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Buggestions

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 meni 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 p.m. EDT over CBY. The wise guys dried Limas, while the other requires and the ones who want to know the popular cooked dried Limns that more about the world of sport comcome in cans:

YJmas and Lumb Stew

- 2 pounds of lamb cut into cubek. 1-small onion, sliced small potatoes, sliced
- 1 cup dried Limas 1 cup canned corn
- 1 cup strained cooked tomatoes

Sear the meat cubes in bacon fat Put cubes, onion and potatoes in water and simmer gently for 14. hours. Add Limas, corn and tomatoes. Bring to the bolling point, and cook 5 minutes. Cover closely and cook slowly for about 3 hours.

Stock and Lima Chill

- 2 cups cooked, dried Limas I pound ground steak 1 tablespoon fat
- .1 onlon, chopped 2 cups tomato sauce, or strained
- tomato 1/4 teaspoon salt

14 tenspoon chili powder Heat fat, add onion, cook 5 minutes,

add ment, cook until brown, then add minutes.

It Seems Boys Home on Leave Prefer Frills

They Like Their Womenfolk a Bit thus: Feminine for Social Affaira 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 wants to take with him the picture of a pretty girl, dressed in fluffy ruffles and silly hats, not a uniform and an overseas cap

happy, look your prettiest and most making machine guns. Women who he'll be grateful if you dress up for and feminine when you come home.

The Two-In-One

business or to lunch looking trim and It isn't a matter of sentiment. It is pair of his Dad's. Then came the tailored with it's smart little jacket, necessity. and goes on through the most gala evening with the Jacket removed to disclose a frilly decolletage that looks wid recently: "The sooner the need We were getting ready when I heard at home across the swankiest night

another perfect choice when your est the demands of the armed forces." cort is in uniform or simply doesn't have time to dress. It's slightly longer than your street clothes, is a dressy enough for dining and dancing. looks right for practically any occafrivolous as possible.

. You Can Be Formal

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

World's Tallest Ready for Raids

THE RESERVE OF THE PARTY OF THE

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 with captured Axis aircraft now link are an everyday thing. The callers the Free French territories of Liquitthey're planning for, though, are Axis torial Africa and Syria with regularbad actors who drop calting cards mad and passenger service down the 102 stories to the bottom, airmen escaped from France, and taken last year There are 1,512,170



CLARY SETTELL go but the Old Observer keeps rollin' right along, every weekday at 6.25 this year." prise the audience for the homey

Army of Women Turn Mechanic For Uncle Sam

covered saucepan, cover with boiling 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 centre, helping to turn out the planes, tanks and guns.

thousands, and when the production the tractor will be a tremendous help mentary debate 140 speakers expresgets into full swing, it probably will __providing-there-are no breaks or sed varying views-on the plobiscite remaining ingredients. Simmer 20 be hundreds of thousands. Twenty other setbacks. And then again, even thousand of the 80,000 workers at the if farm work is impossible I hardly of obtaining the vote. Now that ques-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

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

the factory, still in the building stage, and four hours in class, studying a very appropriate one too." mathematics, blue-print uluminum characteristics, riveting quired with some curiosity. theory and production inspection. The

course runs two weeks. War Neconsity

I you want to make your soldier ers in General Motors plant at Flint,

him in your best bib and tucker. If factory, which is being converted in most of them. He believes in conference last week organization your work requires a uniform, from auto body hardware to a huge having a good time while he has the work is well under way with unemwear it white you are on duty, but war products factory, there are some chance! But there was the question ployment insurance officials filling in change to something soft, flattering women. And thousands of women in of boots. Have you ever felt the where necessary as temporary selecthe Detroit area-who have past ex- weight of army boots? If you have live officers to give the program im-Newest wartime' fashion is the their houses in order against the day type in which to trip the light fandouble duty silk suit, which goes to soon when they will be called back. tastic toe. And so he borrowed a

clated, the quicker the war program a laugh. The so-called "afternoon dress" is can reach a sustaining pace equal to

Labor Shortage

workers is due to a looming shortage be serious in some homes but Part

tory hands available within the area, boots were clean and comfortable a lot of whom are women will greatly reduce the present reser. Heaven" And a real good show a

Axis Aircraft

LONDON, (CP) Airlines operated JLibya, Eritrea and Abyssima

Chronicles of. **Ginger Farm**

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

Last Friday-that is, Good Fridayjust one day before our son's lough expired, he stood looking out of Experts may come and experts may the kitchen window and finnily said -"The ground is drying up in a hurry

> 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 comments of this veteran sportsman-"Well, it would be worth trying for anyway." I answered.

purpose of helping-with the spring up the active formations. seeding. In the afternoon a reply came back-"Six days leave granted, an interview in Winnipeg, said: "The mailing pass." So now we have our son home for another week which means we have help to run the tractor-il, 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 | Mackenzie King. worried me to hear it but Partner says the rain will do more good than harm in the help it will give to the says the ploughed land will soon dry up again. And of course once the save They already are working by the land does dry up even two days with

> home will be any hardship! The spring calves have begun arrive. Partner announced the arrival of a new calf the other "Which cow is it that has freshened?"

> "It isn't a cow, it's a heifer," answered Partner. "A heifer--which

"Now you've got me," answered State Secretary McLarty are taking Partner, "because this helfer never was given a name so all I can tell other cabinet members are supportyou is, it's the little Ayrshire that ing the plebiscite in their own constands next to Peggy.

But a day or two later Partner Women work five hours a day in announced-"Well, I guess I've got a name for the helfer that calved-and to work for an affirmative answer. "Oh- and what might it be?" I in-

"Jitterbug!" answered Partner with

Enough said. Anyone who has had to milk a nervous, newly freshened There are some 1,300 women work- heifer will understand quite well why is receiving attention these days as Partner called her "Jitterburg."

And speaking of jitterbugs in genfeminine for him. Whether he's your sewed upholstery at the Briggs body eral-there have been quite at few program announced by Mr. King fiance, your husband or your son, plant are now sewing airplane fabric, dances in the district since our son March 24. Elliott M. Little, the At the General Motors' Turnstedt came home and I think he has taken newly-appointed director, told a press perience in factory work are putting you will know they are not quite the mediate effect. night when Son had gone to a dance Ernest Kanzler, chief of the war and Partner and I were going to the production board automotive division show-for the third time this -year for more women in industry'is appre- an unprintable exclamation and then

"Whatever is the matter?" I asked "By the lord Harry," laughed Partner, "the boy has gone off with my

In this area, the need for women! Now that state of affairs might not of lapor. Kanzler estimates that be- ner, being a farmer, and not having sion. As a matter of fact is usually tween 800,000 and 1,000,000 will be much time for social affairs. finds does duty from 5 p.m. on through the needed in the erstwhile auto industry, that one pair of dress shoes is just evening. With it you wear a hat, as against the maximum of 500,000 in about all that he needs. But on this the car-production days. Although at occasion, when that one pair was borthe moment there is extensive unem- rowed-well, it just meant staying at ployment in the area due to the con- home or else wearing work boots to version shutdown, they are figuring the show. So the work boots went on having to import at least 150,000 to the show! And what did it mat workers from outside the area. That | ter | it was dark when we went in is in addition to all the potential fac- and dark when we came out and the And the show" Now that's quite a Another factor is the draft, which coincidence it was "One Foot in your of men. The manager of a gun that Thinking about it afterwards tactory told this writer that a third I had quite a time making up

of his men were hable to imminent mind which picture I liked the better "One Foot in Heaven" or Green was My Valley," and finally decided in favor of the latter. that may only be because of its Old Country scenery which sort of tues at your heart strings like a letter from home. Of the two pictures I were wrong rather fancy "One Foot_in Heaven." would have a more general appeal Another calf has arrived

the mother's name is Rose!

from airplanes. From the top of the lines, directed by a former French: DUBLIN, (CP) Eire has a populaworld's tallest building, all the way test pilot, are staifed by other civilian tion of 2,987,700, according to a census the building is organized and ready bomber pilots who have flown in males and 1.477,530 females Total population in 1936 as 2,968,400

The Week at The High Seas

OTTAWA · tured from Blockade Specially Written for The Acton Runners BY ALAN HARVEY

OTTAWA. (CP)-A Campalan urging an affirmative reply in the government's manpower plebiscite opened this week with promise of support from party lenders who spoke against the plebiscite principle in the House

of Commons. Prime Minister Mackenzie King led off in a browleast Tuesday and was to be followed later by the three opposition lenders- Conservative House Leader Hanson, April 20; M. J. Coldwell, acting C.C.F. house leader, April 21; 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. "Yos." I agreed, "your Dad thinks Browne to the new post of directorgeneral 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 So we put our heads together and the reserve. He said he feels it has composed a brief telegraph message been neglected somewhat since the which asked for extra leave for the start of the war in the drive to build

And Defence Minister Raiston, in 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

The aim is to set up in Britain thoroughly, modern, self-contained and hard-hitting fighting force capwheat and pasture fields. He also able of operating in any theatre of war," national defence headquarters

During several weeks of parliapolicy and the government methods think son will feel an extra week at tion has been referred directly to the people it 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 legisla-

Supporting Campaign

Transport Minister Cardin and part in the radio campaign. Many stituencles while most House membors generally, whatever their stand on the plebiscite policy, have agreed

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

the government pushes forward with organization of the selective service

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

Meantime Mr Mitchell announced the government is expanding its manpower inventory to include India vidual records of all farm employees When the inventory was completed, The hability 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



To Moscow From

Russians March on Leather Cap-

Grent Britain has sent on to Russia cargoes of South American bides captured by the British Navy from German-and-Italian-blockado-runners In the five months before. Japan went to war more than 2,000 tons of these hides were selzed on the high

The Axis can ill afford to go without them. In 1939 Germany bought from the Argentine 13,000 metric ions of wet-salted types alone, and it was these that the British Navy captured - best wet-salted' frigorifico with a few dry Americanos. 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 selzed 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 boots now on their way to the Rus- Avoid Waste - Save Salvage! sian Army.

Look Out! A Sick

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· Your liver is the largest organ in your hody and most important to your health. It supplies energy to muscles, tissues and glands. If unhealthy, your body Jacks this energy and becomes enfeehled—youthful vim disappears. Again 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 nourithment 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-achy, backachy, dixry, tired out—a ready prey

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tives. They give quick relief. William J. Trucey, Taranta, that.

do my housework without help. Mrs. K. Dadows, Landon, Ont.

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