

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Hydro Home Economist

HOUSEHOLD LAXNESS HELPS THE AXIS

Hello Homemakers! As head of supplies for the family, it is up to the homemaker to supply proper foods for energy, take care of the household equipment and spend the household dollars wisely. This accomplished, there will be savings and the good habits of thrift we acquire will carry over after the war period.

Every Government order from the Wartime Prices and Trade Board brings the homemaker a new challenge—a challenge being met cheerfully by all homemakers. For every restriction is the result of a war emergency—and is made as a means of helping towards Victory for the United Nations.

Here are some of the points to remember:

- 1.—Don't waste hot water. — It takes fuel to heat every drop of water you waste.
- 2.—Take it easy on wash cloths and towels.—Wash in the water and not on the towels. Cotton textiles are difficult to replace as machines are needed to make uniforms, parachutes, etc.
- 3.—Be sparing on cosmetics.—They are like many other "luxury" items—pleasant to have, but don't waste them.
- 4.—Tell the man how to make razor blades last longer.—They may be stropped in an empty water glass.
- 5.—Use electricity only when you need it.—Don't leave a light burning uselessly. More electric power is needed for war industries.
- 6.—Don't turn on the radio unless you want to listen to it.
- 7.—Change to old clothes at home.—Wear slacks or an old dress at home. Make your good clothes last longer by keeping them mended and clean.
- 8.—Take care of your shoes.—Put padding or shoe trees in them. Have them re-soled and heels fixed. They last longer—and shoe factories are busy working for our fighting men.
- 9.—Go light on butter, cream, sugar, tea, etc.—Many waste butter, use too much sugar, drink tea instead of milk, or use cream when milk would do.
- 10.—Watch your personal health.—Get plenty of exercise, fresh air and rest.
- 11.—Don't throw away anything that can be used.—Save wrapping from toothpaste tubes to rubber tires, needles and pins, nails and screws, boxes and paper bags, etc. Canada needs your salvage.
- 12.—Don't be a hoarder. Discourage hoarding in others.—It creates panic buying, makes rationing necessary. Don't buy more than is necessary for current needs.
- 13.—Do your job, do it well and cooperate willingly with others.
- 14.—Measure your Victory Quota by "What can I do?"—Enroll in Civilian Defence work. Buy War Savings Stamps and Bonds to the limit. Be false to rumors and defeatist propaganda.

NUTRI-THRIFT MENU

- Tomato Juice
- French Toast with Syrup
- Broiled Lamb
- Coffee or Milk
- Crescent Flank Beef Steak
- Escalloped Potatoes
- Buttered Dandelion Greens



Chronicles of a Ginger Farm

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

Five weeks makes a tremendous difference in the life of a chicken. That I know to my sorrow. Five weeks ago our chickens were nothing more than wee balls of fluff, so small they could squeeze through a knot-hole. Last Friday, when we moved those same wee balls of fluff to new quarters, they had grown to such an extent that where their legs wouldn't take them two hundred and eighty of them to catch! Moving them at night would have been comparative ease but I was afraid if I put them in strange quarters at night they might crowd and smother. Chickens smother so easily. So, to catch them by day I tried to stage a mid-day blackout by hanging a heavy dark blanket over the window. It worked splendidly—the chickens couldn't see—but alas, neither could I! Partner was helping me of course—I did the catching and he did the carrying. We used a wash-bowler as a means of conveyance, in which I put forty chickens at a time and then Partner took them over to their new home. The first forty were easy to catch but after that it was a merry chase. And the last half-dozen—well, I don't think those chickens could have moved faster had they been born with six legs and four wings—black-out and all. (By the way, speaking of chickens being "born" reminds me of a court case I attended once which involved the sale of some chickens.) Here is the story:

First Lawyer, addressing plaintiff—"When did you say these chickens were born?"

Plaintiff—"May the first."

Second Lawyer, addressing Judge—"Your Honor, may I correct my learned friend? Chickens, I believe, are hatched, not born!"

But to get to my own chickens—or rather to my own condition after catching them. Never before in my life had I been as dirty or as hot—it's a wonder we didn't have a call—that is generally what happens at a time like that. And the biggest headache was the knowledge that I might have to do part of my catching all over again as, if the deal went through, I was expecting to sell one hundred of the cockerels. And at that I don't know whether I am wise or foolish. If the price of dressed chickens is no higher to the farmer than it was last year, then raising chickens for market means a lot of work for very little money. On the other hand the beef shortage may raise the price of fowl. As to that we can only guess. In the meantime there are crows, hawks, skunks, weasels and foxes to contend with—any of which can reduce one's profit on chickens to absolutely nil.

Partner is busy fixing fences—a job which gives him plenty of opportunity to study crop hay and pasture conditions. He says a lot of alfalfa has been winter-killed or else stunted by the sharp frosts in the spring. As a result he thinks there will not be as heavy a hay crop as had been anticipated. The wheat is right out in head and there are a few odd blossoms on the alfalfa. The weeds are also coming along very nicely. We seem to have our share of chert, but not so much of the Canada thistle which I have noticed is particularly bad in some districts.

Well I have said my hundred cocks and am glad I am to be rid of them. There are still some left but most of the chickens now are little pullets. And they are quiet, fat and are more contented in every way.

We move with the times. The other day I was awfully getting the radio fixed and upon my return I found Partner just going to work on Son's bicycle. He said there was no time in taking the car out as he had wanted in town was a bare one. I quite agreed and although I had said anything I felt very much like taking up my bicycle riding again myself. All I needed was a wheel. And then the opportunity came. A lady's second-hand bicycle was advertised in our local paper and I went straight out and bought it. In normal times I wouldn't have looked at it as a bargain. It is pretty ancient and will need some fixing. Of course I had to fix it out and as I was sitting around with the pedals the man who was selling it said "maybe I had better hold it while you get on." I laughed and before he had finished speaking I was on the bike and away down the road. Hold it indeed! Not much.

House Flies and The Garbage Pail

Now is the time to kill the house fly. One authority has estimated that a pair of flies beginning operations in April may be the progenitors, if all were to live, of sufficient flies to cover the earth 47 feet deep by August.

One of the most prolific breeding places of flies in cities is garbage. Fermenting and neglected garbage furnishes an excellent medium for fly breeding. To prevent such breeding every household should have a sufficient number of garbage cans to take care of the daily output. They should be tightly covered and at short intervals they should be thoroughly cleaned with hot water and lye, says G. Allan Mall, of the Dominion Entomological Laboratory, Kamloops, B.C.

Instead of piling garbage in dumps where rats, flies and other insects multiply, municipalities should incinerate waste materials that have no salvage value.

Heaps of decaying onions, other vegetables, grass clippings and fruits as well as decaying straw and weeds will also breed flies. Such breeding places should be sprayed with oil or kerosene.

The chief importance of the house fly is as a carrier of disease. Not only do its hairy legs pick up disease germs but its filthy feeding habits result in contamination of everything it touches. Typhoid fever, eye diseases, parasitic worms, summer complaint and tuberculosis are some of the diseases carried by house flies.

The proper protection and disposal of garbage is a primary control measure. All windows and doors should be screened. Fly traps, sticky papers and fly poisons all have their place. A very satisfactory poisoned bait is made of two or three teaspoonsful of formaldehyde to pint of molasses and water mixed half and half. A small piece bread or small sponge is placed on a saucer and saturated with the mixture, leaving a little liquid in the saucer. Exposed out of reach of children or pets this bait will kill many flies.

Putting Them In War Paint

New Machine Sprays Five Thousand Shells in Eight Hours

Three people can put the paint on 5,000 of Britain's war shells in 8 hours with a new machine designed and made in only 10 days by British makers of paint-spraying equipment. The machine does the work of 120 men and women in one-fifth of the time. The first one showed that a 25-pound shell could be given its coat of protective paint in 4.8 seconds, a process which previously called for four or five handlings and took as many minutes to carry out. Two watchers and a loader are the only labor required. Another machine designed to put on automatically the red and green markings symbols was evolved in three of four weeks, while a smaller version of this, for 20 mm. shells, marks 30 shells a minute, or one every two seconds.

These technicians were able to tackle the job because of their experience in making machinery for lacquering food cans, many of which have been supplied to food canners since war broke out. They are coating one-pound cans at the rate of 25,000 per 8-hour shift.

Some of Britain's "beautiful homes" are handled at the factory where they get sprayed designed to a half-thousandth of an inch give an inside coating to protect the metal from the action of explosive chemicals. The coating has to be exactly even and the machine cuts out automatically when the job is finished.

Before the war there were no women among the 40 hands employed at the factory; now 40 of the 100 people working there are women. But one of the most critical of the work that the government inspectors was working on leather handbags.

Want Pictures To Aid Allies

LONDON, CP.—The Admiralty has appealed to Frenchmen through the Free France newspaper France to send the best photographs taken in France, the Free Empire or elsewhere in the world since the first of January. The appeal follows an earlier one by Britain and the postulates are used to supplement topographical information and other pictures sent to the Admiralty. The authorities are interested particularly in pictures of towns, bridges, highways and harbours taken within the last few days.

Fifty Thousand Hairdressers

Will Give Women of Britain New "Liberty Cut"

Fifty thousand hairdressers are the latest recruits to Britain's war drive. Each of them has received detailed instructions about the "Liberty Cut," the new haircut for women.

The "Liberty Cut" saves hairpins and clips, not to mention time. When done by machine it uses less electricity, and it saves the wearer's money by reducing the number of visits which she normally pays to her hairdresser. Incidentally, it wards off the danger of typhus from lice.

The new haircut induces a natural wave. The hair is cut completely short around the crown and tapered to three or four inches all round the head. Some styles can go to six inches, and, if the nape of the neck is untidy, it can be shingled. No cutting is required at the neck if the hair grows in an upward movement. The curls are flat or slightly wavy, with crown round the sides and the back. These are dressed in an upward direction, leaving the hair line exposed.

The hair is quickly dressed and easier to brush and keep clean. It requires re-tapering only once every three months and can be re-set at home. And it is not a "standard" haircut—it can be varied to suit the individual requirements of every woman. The minimum charge for the cut is about 3s. 6d.

Britain's women's Services, ATS, WAAMS and WRNS, like the "Liberty Cut" and it is hoped that it will be generally adopted by them. It goes well with Service caps. Factory girls in many parts of the country are being encouraged by demonstrations and lectures to take it up.

BURIED THEIR GOLD

MELBOURNE, (CP)—At least four tons of mined gold, valued at £388,640 (\$2,296,931) was cached in New Guinea and Papua when the Japanese came, say evacuee miners, who hope to return after the war and reclaim their fortunes.

NOW-LACQUERED FRUIT

SYDNEY, N.S.W., (CP)—A method of preserving fruits and vegetables by "lacquering" has been evolved by Australian researchers, doubling their normal life without cold storage and providing more food for overseas forces.

AVOID WASTAGE when you make tea!

You will get best results both in quality and quantity if you carefully follow these simple directions:

1. Scald out the teapot to warm it.
2. Use a level teaspoonful of tea for each cup of tea to be served.
3. Use the exact amount of FRESH water you require and see that it is BOILING FURIOUSLY before you pour it into the pot.

4. Steep FIVE MINUTES



CARROLL'S

- Catelli's Milk Spaghetti or Macaroni 10c
- Stafford's Noodle 10c
- Soup Mix pkg. 10c
- French's Ready-Prepared Mustard 6-oz. jar 9c
- Catelli's Egg-nut Noodles 12-oz. pkg. 16c
- Chateau Cheese 16c
- Pimento 4-oz. tin 21c
- Unsweetened Grapefruit JUICE 48-oz. tin 25c

- Aylmer Tomatoes Choice Quality 2 2 1/2 tins 21c
- Special-PLAIN Chateau Cheese 1/2-lb. pkg. 19c
- Quaker Muffets Whole Wheat 2 pkgs. 17c
- Made from Choice Tomatoes Heinz Ketchup 1/2-lb. tin 19c
- Tender Jumbo Peas Aylmer 16-oz. tin 13c
- Aylmer Soup Tomato or Vegetable 2 10-oz. tins 17c

- HEINZ STRAINED BABY FOOD "HELPING TO BUILD A STRONGER NATION" 3 tins 25c

- Quaker Corn Flakes 2 pkgs. 15c
- Kellogg's Corn Flakes 2 8-oz. pkgs. 15c
- Carroll's Own Dandee Coffee Ground Fresh 1-lb. bag 32c
- Romar Coffee 1-lb. bag 39c
- Hellmann's REAL Mayonnaise Blue Ribbon 8-oz. jar 22c
- Weston's Biscuits "Scotch Crisp" 1-lb. 19c

- SWIFT'S COOKED PORK SPECIALTY! PREM DELICIOUS FOR BREAKFAST, DINNER OR SANDWICHES 12-oz. tin 32c

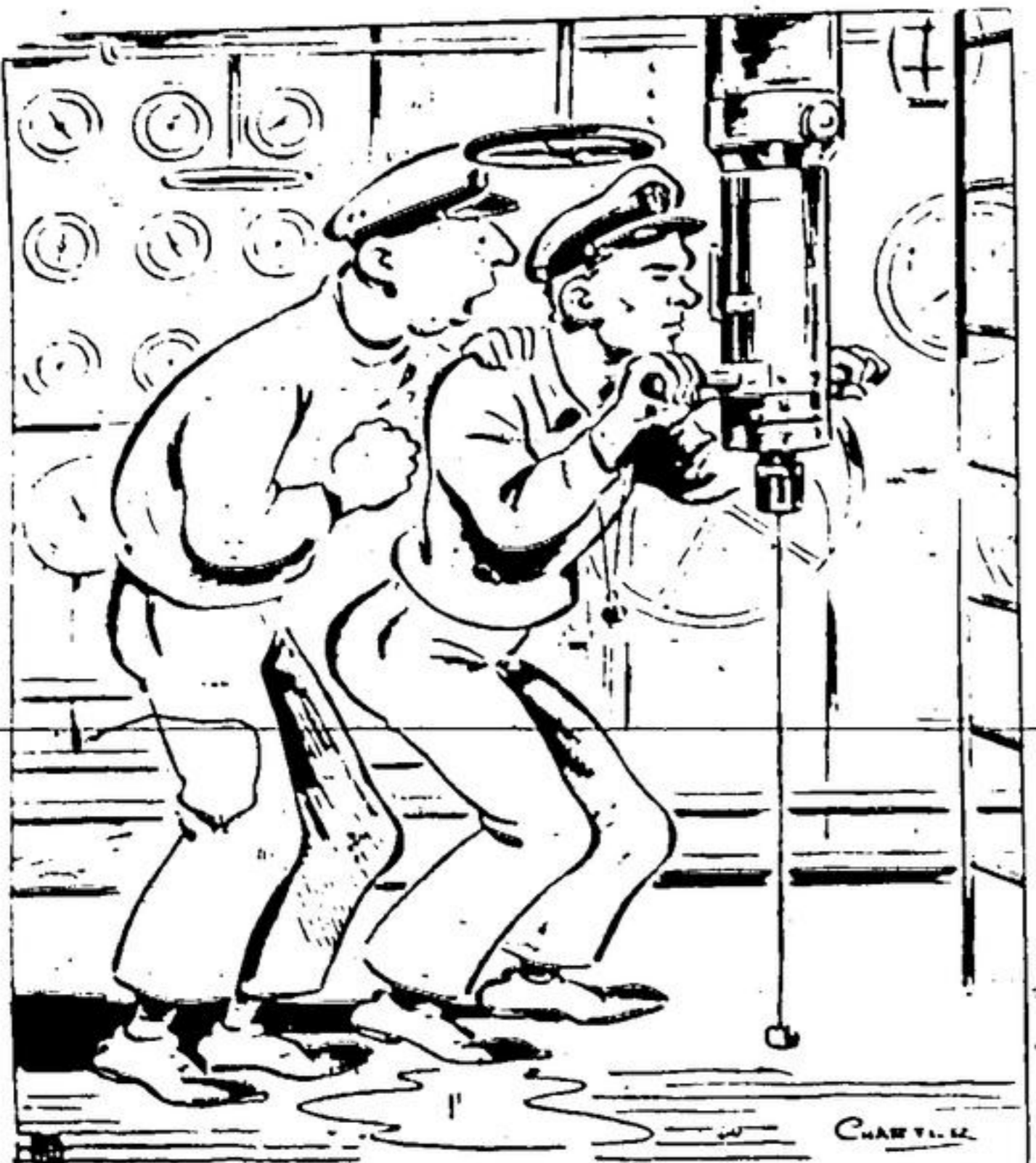
- White Naphtha P & G Soap 3 Bars 14c
- New Improved Ivory Soap 2 1/2 13c, 2 1/2 19c
- Maple Leaf—"As Pure As Soap Can Be" Soap Flakes large-pkg. 18c
- Dissolves Grease—Rinso pkg. 9 1/2c, 24c, 48c
- Signs of a Cold?—Don't Forget—Kleenex pkg. 10c, 29c, 25c
- Toilet Tissue White Swan 3 rolls 25c
- Master Foods—Keep Your Pet Healthy Dog Biscuits 2 1-lb. pkgs. 25c

- Shredded Wheat Cereal 2 pkgs. 23c
- Cowan's Perfection COCOA 1-lb. tin 24c
- Aylmer Red Pitted Cherries 16-oz. tin 18c
- Aylmer Blackberries 15-oz. tin 19c
- Orange and Grapefruit JUICE 16-oz. tin 16c
- Gentle-Ivory Soap FLAKES 1/2-lb. pkg. 23c
- Ivory "Suds in Cool Water" SNOW 1/2-lb. pkg. 23c
- Hand Cleaner SNAP tin 16c

- Horne's CUSTARD POWDER 10c
- Savoy GRAVY BROWNING 1/2-lb. tin 23c
- Christie's LEMON ROLL CAKE each 20c

- Orange and Lime Aylmer Marmalade 16-oz. tin 21c
- Shirriff's LEMON PIE FILLING pkg. 14c
- Christie's FRUIT LOAF CAKE each 25c

- LARGE SIZE GRAPEFRUIT 4 for 23c
 - FRESH CARROTS 2 Large Bunches 19c
 - NEW CABBAGE, lb. 6c
 - VALENCIA ORANGES, Doz. 31c
- Also Green Beans, Cauliflower, Spinach, Tomatoes, Special Prices
- FRUIT AND VEGETABLE PRICES GOOD TILL SATURDAY NIGHT ONLY!



"Ah, come on give me a chance! I joined the Navy to see the world too!"

You Roll Them Better With
OGDEN'S FINE CUT
CIGARETTE TOBACCO