

# Of Interest to Women



## THE MIXING BOWL

By ANNE ALLAN  
Home House Economist

**BACK-TO-SCHOOL CLOTHES**  
Hello, Homemaker! Now is the time mothers will be busy getting the children's clothes ready for school—mending, letting out, and making over to make things do. And the youngsters always seem to "stretch up" so during the summer!

This year more mothers than ever will be sewing the children's clothes and their own. It is economical and choice of ready-to-wear styles is limited. Since government orders have eliminated "frills," simple, smart, streamlined styles will be the fashion in future. A study of government regulations regarding clothing will repay the homemaker who would be "fashion-wise."

For example, did you know that regulations forbid more than nine buttons on a dress and allow only seven or nine-inch zippers limited in color to black? There is a ban on redingotes; jacket dresses are out, and separate jackets (worn with skirts which must be on a band, not a bodice) may not be longer than twenty-six inches. Capes, scarves, matching hats or purses are taboo. Hems may vary from one-half inch on a flared skirt to two inches on a straight cut. Blouses have no double back yokes; no pocket cuffs or French cuffs; pleats in skirts are shallower but flares may sweep 80 inches.

Nearly every child is eager to help and now while mother is busy young daughter may take over in the kitchen. With the encouragement of mother's pride and enthusiasm, she will go a long way towards becoming an excellent cook. Simple dishes and guidance in the use of electrical appliances will make meal-getting easy for her.

### NUTRI-THRIFT MENU

Wheat Porridge, Toast and Butter, Honey, Coffee/milk.  
Scalloped Meats, Potatoes — Beets, Bread and Butter, Peach Sponge.  
Devilled Eggs, Sliced Tomatoes — Potato Salad, Apple-sauce, Krinkles, Milk.

### Krinkles

1/2 cup rolled oats, 1/4 cup butter, 1/4 tsp. vanilla, 3 tbs. hot water, 1/4 cup flour, 1/4 tsp. salt, 1/4 cup honey, 1/2 cup oats, flour, soda, honey, salt, melted fat and vanilla. Stir in hot water. Mix well. Drop small pieces on greased pan and pat down. Bake in electric oven at 350 degrees for 8 mins.

### Peach Sponge

Recipe for 1 crust: 3 cups milk, 4 eggs, 1/2 cup sugar, 1/2 cup corn syrup, 1 tsp. vanilla, sliced peaches.  
Prepare pastry: fit into the inside of the pan. Flute the edge. Cover crust and place in electric refrigerator to chill while preparing filling. Turn oven dial to 450 degrees. Scald milk, beat eggs, add syrup, sugar and stir into hot milk slowly. Add vanilla. Pour into pie shell and drop in peach slices. Cook custard pie in hot electric oven for 15 minutes. Then reduce to 325 degrees and bake about 25 minutes. Cool quickly.

### TAKE A TIP

- 1.—The time to cut garden blooms so that they will last a long time depends on the kind of flower; dahlias, when quite open; gladioli, when the first bud opens; roses, when the buds are as soft as one's fingers.
- 2.—One inch of water is sufficient for most flowers though carnations need deep water.
- 3.—Store flowers in a constant cold atmosphere — near the freezing unit of the electric refrigerator — over night to have them last for the longest time possible.
- 4.—Changing water and cutting stems have comparatively little value in prolonging the life of a flower.

### THE QUESTION BOX

Mrs. M. C. asks: "How can I repair leaking faucet?"  
Answer: Turn off the water leading to the tap. Using a monkey wrench with a soft cloth between the jaws, unscrew the large nut around the faucet. Remove the screw that holds the washer in place with a screw-driver, applying a few drops of oil if necessary. Replace the worn washer and screw. Put back the parts.  
We have forwarded more details on fixing faucets that leak around the handle, too.  
Mrs. D. McT. asks: "What causes pickles to turn black?"  
Answer: The hard water in the district contains a great deal of lime which prevents proper curing. Add a tablespoon of vinegar to a gallon of water to help overcome this.  
Anne Allan invites you to write to her, Care of THE ACTON FREE PRESS. Send in your questions on homemaking problems and watch this column for replies.

## Chronicles of... Ginger Farm

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

Last Thursday came news for which we had all been longing and waiting—news of offensive action in Europe. Press despatches as they were first given sounded thrilling—unbelievably exciting—and we felt the whole raid was a real blow to German prestige. Then came more details of Dieppe and as we listened we began to count the cost... Yes, listening to the stories of heroism and skill, we began to realize that every wife, every mother, and every sweetheart who has a boy "over there" would be wondering with icy fear in their hearts—"was he in that raid... was he safe, or was he one of those included in that first brief communique—it is believed that there were a considerable number of casualties."

Now, those of us who know that no one belonging to us took part in the raid, must surely feel that our rejoicing should be tempered with a humble spirit, especially when discussing the raid with those whom we meet, for as yet, we do not know "for whom the bell tolls." And so, although we may be justly proud of Canada's splendid officers and men, we remember too, the price of victory, and remembering, our hearts go out in sympathy to those who have lost in action, someone near and dear to them. For them, war in its grimest sense has become a stark reality.

Meanwhile life on the home front goes on much as usual. Come good news or bad, we have little time these days to sit down and think about it. Harvest and threshing are still very much the order of the day. I think threshers must be hounded to death this year for, from every farmer, comes the cry—"Can you give me a day's threshing pretty soon—I can't get another sheaf in the barn?" Some farmers, who had every intention of stook threshing, found it impossible to get a machine in reasonable time and have stacked their grain instead. I passed one farm yesterday where there were three such stacks—and no doubt the barn was full as well.

Farmers' wives are having their own troubles these days trying to put up a decent meal with such a scanty supply of flour. But I haven't heard yet that any man has gone home hungry! And speaking of rations — I have been surprised and decidedly disturbed at the attitude taken by some people in regard to sugar, tea and coffee rations — and from quarters where it was least expected. But, let me hasten to add, it was not in this immediate neighborhood.

They say "there is plenty of sugar in Canada, the storehouses are bulging with it." "Why can't we have more tea and coffee—they have more than we do in England and in the States they can buy all they want." "Well, I tell you, I can't quite see through this rationing business—it seems to me someone is getting a rick-off somewhere!" "An ounce of tea—it's ridiculous!" All those and similar remarks are what I have heard. Why, oh why! at this critical hour, cannot people reason things out for themselves? Perhaps there is plenty of sugar in the country—I hope there is—but who can say how long it may last? No one knows yet how much this year's raw sugar supply will amount to. And still less does anyone know what labor will be available to handle next year's sugar beet crop. It is quite conceivable that this country's reserve sugar supply may have to be eked out for several years.

Then as regards tea and coffee—both commodities are imported to Canada. Here again the amount we are allowed to buy naturally depends upon what reserve stocks are in our warehouses. Future stocks depend, not upon the government, but upon what happens to cargo boats carrying these supplies. A cargo boat, laden with tea, may start out upon its perilous journey. If it reaches Canada our tea ration is assured again for a little while. If a torpedo, or Jap planes, get a lucky strike at the boat, our future ration may sink to the bottom of the sea—and with it possibly the brave lads who man the boat to bring us our favorite beverage. So, in heaven's name, don't let us grumble, but remember in humble gratitude that lives are being risked to bring us every ounce of tea we use. Use less and spare the merchant marine.

LONDON, (CP) — Rev. T. W. Castle, former missionary among the Blackfeet Indians in Canada, has been chosen rector of Hollbrook, Sussex.

## City Farmerette Sees Rainy Days A Sleep Catcher

Glad of Rest Sometimes But Girls Have Regular Relaxation from Hard Work and are Doing Well

BY HAZEL DEAN  
Canadian Press Staff Writer  
TORONTO, (CP)—All work and no play makes Jill a dull girl in the opinion of 100 farmerettes stationed at Lindy's Lodge, an Ontario Farm Service Force camp at nearby Oakville.

Although the girls work eight hours daily in neighboring fields and orchards, they find plenty of time for fun. Highlights of the week are Wednesdays and Saturdays when campers are granted a "late pass" until midnight. Doors are locked at 10 p.m. other nights and woe betide the farmerette who forgets to watch the clock.

**Birthday Parties**  
Every second Saturday Mrs. Violet Wolfgram of Toronto, director of Oakville camp, holds "open house" for the girls and their friends. Favorite Saturday night entertainment is an old-fashioned square dance, complete with fiddler and caller.

Birthdays are celebrated at camp each month when a huge cake is baked in honor of the farmerettes whose birth date falls in that period. Campers approve these community celebrations. "It's like having your own birthday four or five times in a summer."

Sing-songs rank high on the camp entertainment list. Farm Service Force officials published a book of songs compiled for farmerettes and the girls spend many an evening grouped around the piano holding forth with "Allouette" and "Old MacDonald Had a Farm."

But life at Oakville camp is not all play. Miss Mary Needler of Toronto, camp labor secretary, makes every welcome shoveler an opportunity to "catch up on our sleep." "We work and play so hard when the weather's good that we don't need much entertainment on rainy days. We just roll over and go to sleep."

**Wages and Board**  
Farmerettes average \$1.60 in daily wages and pay \$4.50 a week for board. It is Miss Needler's job to distribute labor evenly in order that each girl may earn enough to pay her board and "have some left over."

What about rainy days? The girls often welcome showers as an opportunity to "catch up on our sleep." "We work and play so hard when the weather's good that we don't need much entertainment on rainy days. We just roll over and go to sleep."

## Reduce Food Costs And Improve Health

Cook potatoes in their jackets; don't discard the outer leaves of lettuce and cabbage; save all the water in which vegetables are cooked to put in soup or add to gravy; don't cut or shred fruits or vegetables for salad until the last possible moment before serving; insist on bread made from vitamin B (Canada Approved) flour. All these little things add up to better health through increased vitamin intake without adding to food costs, and good health is vital for victory.

Potatoes can be a dependable source of vitamin C, but too frequently 50 per cent. of this valuable quality is lost in the cooking, according to Nutrition Services, Department of Pensions and National Health. Much of the vitamin C content can be saved by cooking potatoes in their skins. This should be done not only in baking potatoes, but in boiling as well. They can be cooked in their jackets and peeled just before serving, or with the new potatoes many people like to eat the tender skins.

The dark green outer leaves of lettuce and cabbage are coarser in texture than the inner leaves, but they are 10 to 30 times richer in vitamin A, so shred them up and put them in the soup pot or mixed salad. Leaf lettuce, by the way, is richer in vitamin content than head lettuce. Bread made from Vitamin B White Flour (Canada Approved) contains several times more vitamin B, and more iron than ordinary white flour. Mental depression, lack of morale, fatigue and irritability are said to be attributable in large measure to deficiency of vitamin B.

## Woman Bosses 6,200 Indians

SELMA, ARIZ. (CP) — Because of the war a woman in her early 30s has become superintendent of the Papago Indian Agency here.  
Mrs. Beulah L. Head took over the job when her husband, William W. Head, was sent to Poston, Ariz., as an official of the War Relocation Authority's Japanese colony. The reservation, second largest in the United States, is the home of 6,200 Papago Indians.  
The only other woman agency superintendent, as far as known here, is Mrs. Sophie Eberle of the United Pueblos near Albuquerque, N.M.

## Britain Starts Bumper Harvest

Home Food Production Has Increased 30 Per Cent. Since War Started

LONDON, (CP) — A great mobile force of machines, the armored divisions of the harvest campaign, have swung into action in Britain as thousands of men, women and children reap the nation's precious food crops.

A bumper harvest, possibly the greatest in history, is anticipated. Production of grain and potatoes is 66 per cent. above pre-war level; vegetables have increased by 50 per cent. and farmers have sown 12,000,000 extra tons of animal feeding stuffs to replace 5,500,000 tons of concentrated feeding stuffs previously imported.

Little less than a miracle has been achieved in agriculture in the last two years," declared Tom Williams, joint Parliamentary Secretary to the Ministry of Supply, in announcing Britain's vast agriculture strides. "The country is fast becoming almost self-supporting in essential food supplies and has saved at least 5,000,000 tons of shipping space this year."

**Net Output**  
Measured in calories, the net output of home production has increased by 30 per cent. since war started, he continued. The tillage area has been increased about 6,000,000 acres.  
For the harvest more than 100,000 tractors have been mobilized. Before the war Britain had less than 100,000 combine harvesters but now there are more than 1,000.

To man them an army of volunteers has been recruited to supplement the regular workers and the Women's Land Army. Italian prisoners have been hard at work on the land all summer and at least 10,000 school boys are expected to lend their aid.

## Czech Flier Deals Death In Darkness

Karel Kuttelwascher Bags Nazi Planes by Hovering Over Enemy Airdromes at Night

LONDON, (CP) — The Czech ace, Karel Kuttelwascher, who has what colleagues call the "uncanny knack of smelling out homebound German bombers," is recognized by Air Ministry officials as Britain's best night fighter.

Week after week the stocky, fair-haired flier, 27, is mentioned in Air Ministry bulletins for night fighting exploits. Sometimes he reports shooting down one, two or three German planes on one night patrol, sometimes only breaking up a raid by inflicting damage.

"In ten days he was credited with destroying seven bombers at night and has an official bag of 15 destroyed at night, six in daytime."  
Fellow pilots like the quiet, unassuming Czech and call him "Old Kuttel," envy his gift for finding Germans at night.

**Has Welsh Wife**  
Since his arrival in England he has married a Welsh girl. On leave, he utters around in the garden at his Mt. Hill (London) home.  
But flying a four-cannon Hurricane, he is reckoned a deadly killer. Other pilots in his squadron say he'll look at a map in the operations room, point to perhaps a small, unimportant German airdrome and say: "I'll go there tonight."

It's odds-on, pilots say, that the Germans will be using that airdrome that night and that "Old Kuttel" will relieve the Luftwaffe of a plane or two.  
His tactics are simple. He developed them himself, but now they are widely used by R.A.F. "intruder" pilots.  
He hovers high over a German airdrome waiting for landing lights to be switched on; then pounces on a German bomber when it is only a few hundred feet high, preparing to land. The German plane, it is reckoned, will crash even if not badly damaged because of the low altitude. Depending guns are unable to open upon him because they might hit their own plane.

## 23 Years Lost Watch Turns Up

Timepiece Dropped on Farm 23 Years Ago Starts Again When Wound Up

RIMBLEY, ALTA. (CP) — Found after being lost in the good earth of an Alberta farm 23 years ago, an open face gold wrist watch, belonging to Patrick Bowen, who died in 1920, was wound up and started going strong as if nothing had happened.  
Mr. Bowen dropped his watch while working in his fields and all efforts to locate it failed. The other day a neighbor helping with the haying on the Bowen farm found the timepiece in the meadow. Though the case was tarnished and the hands tilted with rust the inside works were bright and shining and apparently unharmed by 23 years exposure.

## "Guards" Platoon Of Womens Corps Reassures Parents.

British Dads Want Girls to Get Discipline — Gossip of Women's World in Old Land Girdled for Come What May

BY ALAN RANDAL  
Canadian Press Staff Writer  
LONDON, (CP) — There are few answers to questions about service in the Auxiliary Territorial Service that Sgt. Wendy Lonke doesn't know. She has been giving them for six months to parents all over Britain.

She is the "top kick" in a "Guards" platoon of the A.T.S., a crack unit which has been visiting one town after another—sometimes as many as 17 in a week—to demonstrate for parents and would-be A.T.S. recruits just what "service" is like.

"Fathers invariably ask 'will my girl get discipline like yours?'" Sgt. Lonke said.  
Potential recruits ask will they be "bossed around" much and are the army beds very hard. Sweethearts are most concerned about the time A.T.S. girls must back in camp at night.

Miss Violet Ball, 19, is one of several Scottish girls at work in a Midlands factory making Bren Guns. She led her colleagues in volunteering to work every day in the week to speed up production and now puts in 63 hours a week and sometimes 70.

Mrs. Barnett Janner, mother of a boy of 14 and a girl of 10, sits regularly in a north London court as Justice of the Peace. She is a captain in the Mechanical Transport Corps and is granted leave each time she wants to attend court.

More than 1,800 women are doing war work now with

British Overseas Airway Corporation. Many of them are in the purchasing department, buying everything from pen nibs to spare parts from aircraft and they say it's just like any other kind of shopping.

Plans are under way to use women from 42 to 45 as "daytime mothers." They will look after youngsters whose mothers are engaged in war work. But they will not be "mobile" and their duties will be so arranged that they will be able to run their own households.

Miss May Goodwin, one of Britain's busiest women, has added one more to her long list of jobs—the chairmanship of the Leicester Conciliation Board of the Footwear Industry. She is connected with the Boot and Shoe union, the local court of referees and court of appeal, a street fire-fighting group, a civilian defence volunteer group and in her spare time she runs a garden allotment.

## Black Battledress

For 20,000 British Locomotives

Twenty thousand British locomotives are putting on war paint "for the duration." As each "loco" comes in for repair and overhaul, its gray crimson or green or blue for the individual railway, together with the emblems and other decorations, are being hidden beneath a coat of uniform black paint.

Both paint and labor are also being saved by the decision not to paint new or repaired wagons except for a single bottom board which bears its number and ownership.

Passenger carriages are being given coats of paint or varnish only when absolutely necessary for protection against bad weather conditions, while interior decoration must await the end of the war.

## CARROLL'S

Pickles Queensland Sweet Mixed PICKLES

Quick Quaker Oats 19c New Pack Aylmer Sieve 5 Peas 10c

SARDINES 21c Macaroni 2 lb. 9c JUNKET Assorted 11c KETCHUP C. & B. Tomato 18c OLD CHEESE lb. 43c CERTO For Jam and Jelly Making 25c VINEGAR XXX Bulk Gallon 41c

NEW PACK! Picnic Brand, Cut, Golden WAX BEANS 2 20-oz. tins 25c

SHREDDED WHEAT 2 pkgs. 23c CORN FLAKES Quaker 2 pkgs. 15c

White Swan Toilet TISSUE 3 rolls 25c Mustard 10c. 27c Ketchup 1 lb. 25c

Maker 2 pkgs. 25c Spice 1 lb. 25c Dressing 1/2 lb. 39c Unsweetened Grapefruit JUICE 2 1/2 21c SOUP 2 tins 17c March Dog BISCUITS 2 lbs. 23c

Saniflush 15c, 29c 2-in-1 Liquid White Soap POLISH 14c Nugget Soap POLISH 2 tins 23c

Whole Mixed Pickling SOAP 3 17c Maple Leaf Soap CAMAY 3 cakes 17c White Naphtha Fisks 18c, 65c P. & C. Soap 3 bars 14c For Quick Sides Oxydol 1/2 lb. 23c, 15c

Old South ORANGE JUICE 20-oz. tin 18c

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FRESH, RED MALAGA GRAPES, lb. 23c Silver Skin 2 25c Pickling Onions 2 25c

FRESH CELERY HEARTS, bunch 10c Silver Valencia ORANGES, doz. 39c

Also Peaches, Apples, Plums, Blueberries, Tomatoes, Special Prices.

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Fruit and Vegetable Prices Good Till Saturday Night Only We reserve the right to limit quantities to family requirements