# Of Interest to Women



By ANNE ALLAN

school-mending, letting out, and

making over to make things do. And

Mydre Hame Transmitt BACK-TO-SCHOOL CLOTHES Hello Homemakers! Now is the lime mothers will be busy getting the children's clothes ready for

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 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." regulations forbid more than nine seven or nine-inch zippers limited in color to black? There is a ban on redingotes: incket dresses are out, and separate inckets (worn skirts which must be on a band, not a bodice) may not be longer than Iwenty-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 apollances will make meal-getting easy

NUTRI-THRIFT MENU Wheat Porridge, Toast and Butter,

Honey, Coffeemilk. Scalloped Ments, Potatoes - Beets, Bread and Butter, Peach Sponge.

Devilled Eggs, Sliced Tomatoes Potato Salad, Apple-sauce, Krinkles,

#### Krinkles

4 tsp. vanilla, 3 ths. hot water, 4 ment of Agriculture. One part cup flour, 4 tsp., salt, 4 cup honey.

#### Peach Sponge

Recipe for 1 crust; 3 cups milk, 1 tsp. vanilla, 2 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 inperch slices. Cook custard ple hot electric oven for 15 minutes. Then reduce to 325 degrees and bake about 25 minutes. Cool quickly.

#### TAKE A TIP-

so that they will last a long time de- and the diamond-back moth pends on the kind of flower; dahlias, when quite open; gladioli, when the first bud opens; roses, when the buds Britain's Women are as soft as one's fingers.

2.—One inch of water is sufficient Fight Hitler 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

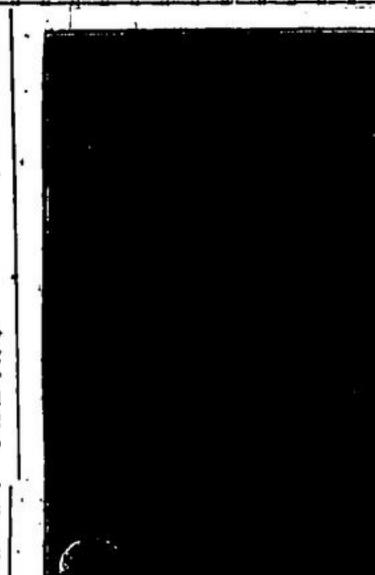
#### in prolonging the life of a flower. THE QUESTION BOX Mrs. M. C. asks: "How can I re-

pair leaking faucet? Answer: Turn off the water lead ing to the tap. Using a monkey wrench with a soft cloth between the laws, unscrew the large nut around the faucet. Remove the screw that holds the washer in place with screw-driver, applying a few drops of

washer and screw. Put back the the handle, too.

pickles to turn black?" Answerr The hard water in the district contains a great deal of lime which prevents proper curing. of water to help overcome this.

ter. Care of THE ACTON FREE PRIMA. ing problems and watch this column for replies.



#### LITERARY SCIENTIST

Dyson Carter of Winnipeg, elecrical engineer, student of obscure sciences, journalist and author, is the man behind CBC's unusual series, "Science In the News," heard on Mondays at 9.15 p.m. CDT (8.15 p.m. MDT). "Science in the News" is not a talk, but a series presented in dramatic form with a cast of professional actors from Winnipeg. Dyson Carter writes the scripe. Mr. Carter is native of New Brunswick, and graduate of the University of Manitohn. He is a frequent-contributor of scientific articles to Toronto's "Saturwidely read books, "Sea of Destiny" and "Night of Flame."

#### Control Imported Cabbage Worm

caterpillars which are commonly found feeding on cabbages and cauliflowers known as the Imported Cabbage By eating large circular holes in the leaves and boring into the centre of the plants, they soon make them useless for market. Control measures should be applied soon as injury to the plants becomes evident. Dusting with arsenate of lead and hydrated lime is the most widely recommended remedy, states Alan G. Dustan, in charge of veget able insect investigations, Entom-& cup rolled oats, & cup butter, lological Division, Dominion Departthe polson should be mixed with six Mix onts, flour, soda, honey, salt, parts of hydrated lime and the remelted fat and vanilla. Stir in hot sulting powder dusted on the plants water. Mix well. Drop small pieces in the early morning or late evening on greased pan and pat down. Bake when the leaves are wet with dew in electric oven-at 350 degrees for 8 Particular attention should be paid to the central portions of the cabbages hungry! and cauliflowers, because feeding is most prevalent there. Two or three applications should be made as nee eggs, & cup sugar, & cup corn syrup, ed, care being taken to apply the dust immediately feeding becomes evident Due to the waxy condition of the enves, spraying has not given satis

factory results. .. ngs. It can be obtained at local seed the States they can buy all bage worms control other destructive ting a rake-off somewhere!" 1.—The time to cut garden blooms insects such as the cabbage looper ounce of tea-it's ridiculous."

Battle of the Oceans

A new welding machine recently sent to Britain from the United States is being used with great success training the women who are to-day relping to build ships for the Battle of the Oceans.

The women become good electric welders after a brief training. growing number of them are not working alongside-their menfolk in the yards of the Tees, Tyne, Wear, Mersey and Clyde.

They are taking over the lighter jobs such as painting a ship's structure; every week more and more of them are to be seen high up on the oil if necessary. Replace the worn

We have forwarded more details quite their line, but they make ex- the bottom of the sea and with it on fixing faucots that leak around cellent rivel neaters. They are to be possibly the brave lads who man the found on repetition work in the ma- boat to bring us our favorite bev-Mrs. D. McT. asks: "What causes chine shops. They make piston rings, erage. So, in heaven's name, don't They assemble valves. In oil engine let us grumble, but remember in

a tablespoon of vinegar to a gallon as fitters on the lower parts of heavy the merchant marine. marine engines which can be reached Anne Allan invites you to write to from the floor or the first staging.

women themselves.

## Chronicles of. . Ginger Farm

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

waiting-news of offensive action in are granted a "late pass" until mid-Europe. Press despatches as they night. Doors are locked at 10 p.m. were first given sounded thrilling- other nights and woe betide unbelievably exciting—and, we felt farmerette who forgets to watch the the whole raid was a real blow to clock. German prestige. Then came more details of Dieppe and as we listened we began to count the cost. Yes, Wolfraim of Toronto, director listening to the stories of heroism and Oakville camp, holds "open house for skill, we began to realize that every the girls and their friends. Favorwife, every mother, and every sweet- ite Saturday night entertainment is heart who has a boy "over there" an old-fashioned square dance, comwould be wondering with icy fear in plete with fiddler and caller.

no one belonging to us took part in summer." day Night," and is the author of two although we may be justly proud of forth with "Allouette" and "Old Mac-Canada's splendld officers and men, donald Had a Farm." we remember too, the price of vic- But life at Oakville camp is not

Meanwhile life on the home front etables. 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 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 inimpossible to get a machine in reasonable time and have stacked their We just roll over and go to sleep." grain instead. I passed one farm yesterday where there were three such stacks-and no doubt the barn was

Farmers' wives are having their own troubles these days trying to put up a decent meal with such a small sugar allowance. But I haven't heard yet that any man has gone home

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.

before being marketed, dust with in Canada -- the storehouses are bulg- costs, and good health is vital for vicfresh pyrethrum powder, one part to ing with it" . . . "Why can't we three parts of wheat flour. Pyre- have more tea and coffee-they have thrum is non-poisonous to human be- more than we do in England and in houses, drug stores, or from whole- want." . . . "Well, I tell you, I can't sale drug companies. Fortunately, quite see through this rationing busithe remedies recommended for cab- ness-it seems to me someone is get

All those and similar remarks afe what I have heard. Why, oh why! at this critical hour, cannot people well. They can be cooked in their 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 have to last? No one knows yet how much this They Are Building Ships for the 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 them in the soup pot or mixed salad. quite conceivable that this country's reserve sugar supply may have to be

eked out for several years.

both commodities are imported to Canada. Here again the amount we are allowed to buy naturally depends Mental depression, lack of morale, upon what reserve stocks are in our warehouses. Future stocks depend. not upon the government, but what happens to cargo boats carrying these supplies. A cargo boat, laden with tea, may start out upon its perilous journey. If it renches Can- WOMAII BOSSES ada our tea ration is assured again for a little while. If a torpedo, or 6,200 Indians Jap planes, get a lucky strike at the Heavier work like riveting is not boat, our future ration may sink to

#### 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 at Lindy's Lodge, an Ontario Farm Service Force camp at nearby Oak-

Although the girls work eight hours daily in neighboring fields and orchards, they find plenty of time for fun. Last Thursday came news for | Highlights of the week are Wedneswhich we had all been longing and days and Saturdays when campers ported

Birthday Parties

Every second Saturday Mrs. Violet

their hearts-"was he in that raid . . . Birthdays are celebrated at camp was he safe, or was he one of those each month when a huge cake is ncluded in that first brief com- baked in honor of all farmerettes munique—"it is believed that there whose birth date falls in that period. were a considerable number of casual- | Campers approve these community celebrations. "It's like having your Now, those of us who know that own birthday four or five times in a

the raid, must surely feel that our | Sing-songs rank high on the camp rejoicing should be tempered with a entertainment list. Farm Service humble spirit, especially when discus- Force officials published a book of sing the raid with those whom we songs compiled for farmerettes and meet, for, as yet, we do not know the elris spend many an evening "for whom the bell tolls." And so, grouped around the piano holding

tory, and remembering, our hearts all play. Miss Mary Needler of Torgo out in sympathy to those who have onto, camp labor secretary, makes lost in action, someone-near and dear sure each girl does her share of work to them. For them, war in its grim- on nearby farms. All have learned to mest sense has become a stark re- do a good job weeding, hoeing, picking or grading fruit, harvesting veg-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 threshers must be hounded to death 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 tention of stook threshing, found it the weather's good that we don't need much entertainment on rainy days.

## 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 They say there is plenty of sugar vitamin intake without adding to food M'il Hill (London) home.

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 saved by cooking potatoes in their skins. This should be done not only in baking potatoes, but in boiling as jackets and peeled just before serv-

people like to eat the tender skins. The dark green outer leaves of lettuce and cabbage are coarser texture .than the inner leaves but, they are 10 to 30 times richer vitamin A, so shred them up and put Leaf lettuce, by the way, is richer in vitamin content than head lettuce.

Then as regards tea and coffee - Flour (Canada Approved) - Contains several times more vitamin B, and more iron than ordinary white flour. fatigue and irritability are suld to be 23 Years Lost attributable in large measure to deupon ficiency of vitamin B.

SELLS. Ariz., (CP).-Because of after being lost in the good earth of the war, a woman in her early 30s has an Alberta, farm. 23 years ago, an Indian Agency here.

job when her husband. William W. strong as if nothing had happened. works on the Clyde theirs is the chief humble gratitude that lives are be- Head, was sent to Poston, Ariz., as Mr. Bowen dropped his watch Jabor used in building oil, coolers. | ing risked to bring us every ounce an official of the War Relocation while working in his fields and all Women are even taking over work of tea we use. Use less and spare Authority's Japanese colony. The efforts to locate it failed. The other

Papago tribesmen. chosen rector of Hollbrook, Sussex .: Pueblas near Albuquerque, N.M.

### Britain Starts Bumper Harvest

Home Food Production Has In creased 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

opinion of 100 farmerettes stationed greatest in history, is anticipated. Production of grain and potatoes 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 im-

"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 girl get discipline like yours?" Sgt 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." are most concerned about the time Net Output

Mensured in calories, the net out- night. put of home production has increased by 30 per cent, since war started, he increased about 6,000,000 acres.

tractors have been mobilized. 100 combine harvesters but now there hours a week and sometimes 70 . . are more than 1,000.

#### 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 homeward-bound German bombers," is recognized by Air Ministry officials as Britain's best night fighter. ..

Wook after week the stocky, fairhaired flier, 27, is mentioned in Air Ministry bulletins for night fighting exploits. Sometimes he reports shooting down one, two or three German planes on lone 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 Ger-

Has Welsh Wife Since his arrival in England he has married a Welsh girl. On leave, he putters around in the garden at his

mans at night.

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

His tactics are simple. He developed them himself, but now they are ing, or with the new potatoes many widely used by R.A.F. "intruder"

-He hovers high over a German airdrome waiting for landing lights to be switched on then pounces on . German bomber when it is only 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 Bread made from Vitamin B-White Defending guns are unable to open upon him because they might him their own plane.

# Watch Turns Up

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

RIMBLEY, ALTA: (CP) - Found

become superintendent of the Papago open face gold wrist watch belonging to Patrick Bowen, who died in 1935, Mrs. Beulah L. Head took over the was wound up and started going reservation, second largest in the day a neighbor helping with the hay-United States, is the home of 6:200; ing on the Cowen farm found the Umepiece in the meadow. Though And everyone is agreed that they "LONDON, (CP) .. Rev. T. W. Castle, The only other woman agency sup- the case was tarnished and the hands Send in your questions on homemak- are a success: the Government, the former missionary among the Black- withrest as far as known here, is pitted with rust the inside, works employers, the trade unions, and—the feet Indians in Canada, has been Mrs. Sophle Eberle, of the United 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 is 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 par ents and would-be A.T.S. recruits just what service is like.

"Fathers invariably ask ! 'will my Loake sald.

Potential recruits ask will they be "bossed around" much and are the army beds very hard. Sweethearts A.T.S. girls must back in camp at

continued. The tilinge area has been eral Scottish girls at work in a Mid- emblems and other decorations, are lands factory making Bren Guns. She For the harvest more than 100,000 led her colleagues in volunteering to form black paint. Be- work every day in the week to speed fore the war Britain had less than up production and now puts in 63 To man them an army of volun- of 14 and a girl of 10, sits regularly teers has been recruited to supple- in a north London court as Justice ment the regular workers and the of the Peace. She is a captain in the given coats of paint or varnish only Women's Land Army. Italian pris- Mechanized Transport Corps and is when absolutely necessary for prooners have been hard at work on the granted leave each time she wants to tection against bad weather condiland all summer and at least 10,000 attend court. . . . More than 1,800 tions, while interior decoration must school boys are expected to lend women are doing war work now with await the end of the war.

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 focal court of referees and court of appeal, a street firefighting 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 rephir and overhaul, its gray crimson or green or blue for the in-Miss Violet Ball, 19, is one of sev- dividual railway, together with the

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

Passenger carriages are



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2 - 230

FRESH, RED MALAGA GRAPES, Ib. ZJC HEARTS, Bunch

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Lux Soap or

Maple Louf Soap

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