Chronicles ot..

Written Specially for

The Acton Free Press by.

GWENDOLINE P. CLARKE

the kitchen window I watched Part-

. . there is so much to talk about

threshing, and best of all, we have

THE DOCTOR PAYS

back to my fammy dishes.,

lent of \$3,285.

pared before they return again.

the gods had favored us.

Ginger Farm

# Of Interest to Women



BY ANNE ALLAN

Hide Home Beensmist

CHANGE CHORES TO CHEERS. Hello Homemakers! To-day each of us should be geared to a high degree of physical fitness. Civilians can help win the war by developing more strength of body and mind through watching the foods they eat and the things they do.

Fatigue is too common an ailment. Despite tremendous food resources and medical facilities, illness whittles down our production efficiency. As we all know, thousands have been rejected for active service due to their low health standard. So it's easy to see that we need to check up on our habits.

Let's change chores to cheers by making our motto; work while you work; play while you play; have eight hours' sleep and good food for your keep. Make sure of sufficient exercise, correct foods for your particular needs, and healthful recrea tion. Doing your chores cheerfully is not only an emergency necessitybut a long-range objective-for happy, purposeful living.

NUTRI-THRIFT MENU Cereal, Cooked in Milk Hard Cooked Egg

Steamed Fish

Pens and Cauliflower Whole Wheat Bread Fruit Bread Fresh Fruit Cup Cheese Fondue Julienne Salad Melba Tonst

Berry Shortenke Fruit Brown Bread

buttermilk: salt and stir in the flour and prunes the Army or the Air Force. or raisins. Add melted butter and Buttermilk to molasses. Pour into dry ingredients, stirring only monstened. Put into a greased loaf pan (about 4 x 9) and bake in an electric oven at 350 degrees for 1 hour.' Serve hot or cold.

Cheese Fondue cup milk; 1 tsp. salt; 3 eggs; 1/4 tsp. telling how mean somebody was to mustard; 1 cup bread crumbs or cooked rice or left-over cereal.

Beat egg yolks slightly, add mustard, crumbs, salt, milk, fat and cheese; fold in beaten egg whites Pour into a baking dish and cover with a wax paper. Steam for 50 mins, and brown in electric oven with top element turned to Low or place chit chat of the town you will fill on lowest shelf with top element

Julienne Salad endive or chicory in salad bowl; put job you are getting. julienne (thin) strips of beets in centre. Mix strips of cooked green electric refrigerator. Serve with it isn't permitted for Johnnië in the Curry Dressing.

TAKE A TIP Cleaning an Electric Refrigerator

1 .- If the machine does not automatically defrost; turn the dial to defrost when the ice is about 32" thick and wash in clear water. 2.-Wash interior of refrigerator

4.-For olling, follow the manufac- prose on that theme. turer's direction if unit is not hermetically scaled.

THE QUESTION BOX Mrs. S. A. asks: 'Should the string

are canned?" Answer: Bacteria are generally found in this part, but if they are young and tender, it is not necessary.

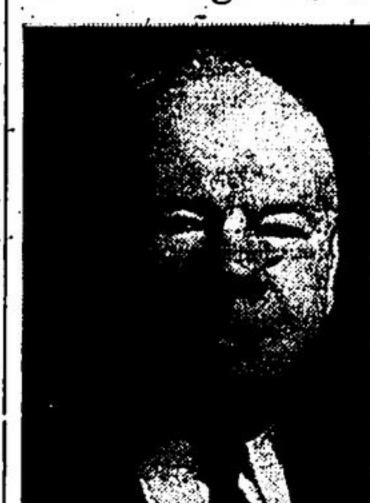
less expensive than lemon juice to prevent discoloration before can ning "" Answer: Two teaspoons salt to each quart of water is sufficient to add to

peeling water. Ann Allan invites you to write to her, Care of The Actor Free Parss. Send in your questions on homemaking problems and watch this column for replies

#### WHERE JAPAN PAYS

MELBOURNE, (CP) - Japan owed wheat when she ran amok and the 18 and enlisted with the Royal Canassets taken over by Australia.

# Earns High Post



H. J. MAIN, veteran railroad man with nation wide experience, who has been promoted to the post of General Superintendent of Transportation, Canadian Pacific Railway Company, with headquarters at Montreal, succeeding George T. Coleman, retired under the pension regulations after 49 years of service.

# Write Him Lots But Don't Look For Long Reply

Coffee Servicemen Not Permitted to Tell Much-That's Why You Haven't Heard from Johnnie in Navy for Long Time

BY FRANK LOWE

Canadian Press Staff Writer salt: 114 cups whole wheat flour; % in the Royal Canadian Navy hasn't cup ground dried prunes or raisins; 1 written home for some time, or if you th. butter; 14 cup molasses; 14 cups think his letters are too short, don't imagine he is forgetting you. Mix and sift the flour, soda and the same may apply to your lad in

> you generally say in a letter, and fer from mental indigestion. then-check what he can say.

a munitions factory in the next town mightn't have a second chance. 1 cup grated cheese; 2 tsps. fat; 1 and probably spend a few paragraphs you\_yesterday.\_\_\_\_

Then there might be a bit about clothes you have bought and, the big part, about the excitement that came your way recently, described minute detail, complete with, "he saids" and "she saids."

After that a lot of miscellaneous another page until you tail off with a signature. Then you remember something, and along comes a page-Arrange crispy shredded lettuce, long postscript, maybe about a new

He's Restricted

It's all great from the "Dearest navy. When he sits down to take his address and must not mention turned and fled. anything about the weather, even if he has just lost both ears from frostsay so in a letter.

and shelves with a new cheese cloth boss, the captain or an officer, censors dipped in a solution of baking soda the mall before it leaves the ship, so that Ju: into the sea alright, but I Montreal. The time passed all too been to the Admiralty once with and water. Dry with another clean it maybe wouldn't be wise to rake the chap over the coals too severely. 3.-Odors can usually be removed As for clothes and the buying of new by placing a saucer containing char- ones, he knows too well that what coal or dry baking soda in the lower he is wearing a year from to-day, so carriage, and was none the worse for seemed to think it was worthwhile them. All they have said about their he can't whip out any impassioned

Excitement he has in plenty, that's true, but it wouldn't be wise to tell too much of it. That is, unless he likes to get in wrong. And even of wax beans be removed before they miscellaneous chit chat must be edit-

ed with care. up from his buddles in the mess decks i would be cut out of a letter-and a Miss-B.-C. asks: "Is there anything, lot of it he would rather not send

home to a fond relative. And as far as the P. S. is concerned, about the new job, Johnnie has a job; a big one, for the duration and that's what he is thinking about.

#### rear's Service Though Just 16

WINNIPEG, (CP) - A Just before. his 16th birthday in January, 1941. Tommy McQueen of Winnipeg con-Australia £260,000 (\$930,000) for vinced a recruiting sergeant he was debt to the Australian wheat pool has adian Engineers. Tommy went overbeen paid, out of Japan's Australian seas in July and stayed there - 11 months before his real age was deter- stones" orected by Cromwell to mark mined. He was sent home and dis- the graces of his fallen soldiers are LONDON. (CP) - Boxes in South charged from the army. With a year now, being used to provide war mu-London underground stations, label- to go before he can join again, he is terial. The "tombstones" are clumps led "to cut Hitler's throat," serve as looking for a civilian job. His father of trees grown on small hillocks tor's wife, convicted of hoarding 1, see them, And it turned out he could-

active service with the navy.

# Paddy Finucane's Own Last Letter A Fighting Epic

Gallant British Air. Ace Had Visions of Quiet Business Career Some Day but Now -to Battle!

(Fit.-Lt. Brendan "Paddy" Finucane of the Royal Air Force, gay Channel July 14. A "million-to-one chance" bullet from a German machine-gun post struck his radiator, he did before his death.)

By Fit.-IA. Brendan Finucane Royal Air Force

been blessed with a pair of good eyes lucky we are, to have the opportuntoo Irish). And for all that I've got away? a lot to thank the pilots in Yny sec-

ing. I like a job with figures-ac- we threshed in the barn. After din- who is not a member, from the House counting or auditing.

Pilots Are Normal 'Perhaps that doesn't sound much like a fighter pilot. But pilots are

perfectly normal people." Our chaps sometimes find can't sleep. What happens is this. HALIFAX. (CP) - Wives-Mothers You come back from a show and find g cup flour; 1 tsp. soda; 1 tsp. -Sweethearts-if that boy of yours it very hard to remember what happened. Later, when sleep is stealing over you, some tiny link in the forgotten chain of events comes back. Instantly you are fully awake an then the whole story pieces itself together and you lie there, sleep driven Just sit down and think out what away, re-living the combat. You suf-

The first necessity in combat is to You start perhaps, with your ad- see the other fellow before he sees dress, then go on to talk about what you, or at least before he gets the the boy next door is now working in ond is to hit him when you fire. You

Story-of a Fight

After a dog-fight your section gots split, and you must get together and the friend who had been helping ever, the ushers raised a rallying cry of Jerries. Luckily, the chaps in my wire had been received which read tion. Highwaymen no longer roam flight keep with me very well, and we owe a lot to it. On one occasion by our soldier son. "On OUR. way shout is still raised as the House rises recently I saw a Me. dive on to one of my flight. As I went in after him | meant - he was bringing his girl another Me. tailed in behind to at- friend with him and they would probtack me, but one of my flight went ably arrive next morning. And they But Everybody in after him. Soon half a dozen of did and stayed until Sunday after- Was Jolly Nice us were flying at 400 m.p.h. in line noon. Well, from the time we reastern, everybody except the leader ceived that wire I had to do some firing at the chap in front of him.

I got my Hun just as my nearest rived . . . well, you know how it is pal got the Hun on my tail, and we gether. Add to salad bowl. Chill in Johnnie" to the "all my love," but were then three Spitfires in the lead. . . . so many things to tell . . . and When we turned to face the other then when they go out some place Mes, we found that several others had you just go like sixty to get some his pen in hand he cannot put down, joined in, but as we faced them they work done and another meal pre-

Previous Escape The nearest I've been to being shot hours on the tractor, getting it About his boss being sore, well, his only attack from above in face of the fire of the Ju's, rear guns. We put having taken the night flyer from As a matter of fact they've already had to struggle home with my air- quickly and before you could turn their plans because Lord Louis fixed craft riddled with bullets and the around they were on their way back an appointment for them at their under-carriage shot away.

Well, as I said just now, one day think it may be the last chance he

audit books.

his him kept in Canada that long. bullet in his radiator dropped Spitfire into the Channel. "This is was stlent).

way.

#### Indeed She Could Run a Railroad

LONDON, (CP) Mrs. Phyllis Rudd, 22-year-old railway employee, is virtually a Jack-of-all-trades. She drives a truck, a mechanical horse, a horse and dray and is a checker, wagon number-taker, weighbridge attendant, time-keeper, porter and forman. She could probably handle the throttle of an engine, too, in a pinch

SHADES OF CROMWELL

LINCOLN, England, (CP) - "Tomb hardest battles.

....

# **Old Traditions** Real Die-Hards To British M.P.

Hats Often but Have to on Occasion-Old Customs Recalled

> BY DOUGLAS AMARON Canadian Press Staff Writer

I'm sticky, and hot, and tired, and LONDON, (CP)-A member of the I've run away from the kitchen to House of Commons, at the height of get this column at least started. I'm an important debate, made a cocked hot because I've been standing over hat from his order paper and placed a hot fire; I'm tired because I've been it on his head. Two other members tion, biggest of the South American German or Italian extraction, 300,on my feet without much let-up for donned handkerchiefs knotted at the republics is approximately 3,022,387 000 Japanese. The latter represent over a week; and I'm sticky because corners. I have just got through making two Ludicrous as this may seen, it was tion of about 45,000,000, borders on anywhere in the world. dauntless victor over 33 of Hitler's bollings of Jam. Why don't I wash? done in all seriousness in an attempt every South American country but Luftwaffe, flew across the English Well, naturally I have, but sometime to postpone a division on a point of Chile and Ecuador and has a coast during the process of jamming I order. According to procedure rules, line of almost 5,000 miles to guard. must have splashed some on me. I points of order must be raised by Brazil's army consists of 100,000 ed a recruiting drive for a "Citizen

condensed by The Associated Press is sticky spot. Change my dress? Not and handkerchiefs were used instead. ers, 11 destroyers and four submar- civil defence services and will train believed to be the last bit of writing I-I've got to go back pretty soon The business of wearing hats in lines in addition to several smaller them in anti-invasion tactics and emand clean up the jammy pots and the Commons is but one of the many Brazil had a peacetime air force of ergency work. dishes and I don't want to make two parliamentary traditions which have dresses sticky-one is quite enough, been carried down through the years I-have also put down two baskets of In the old days it was customary for I have been on about 50 sweeps and plums and as I stacked them up ready men to keep their hats on in clubs most of my victories have been over to go down cellar I couldn't help but and other private meeting places France. I've got my bag because I've think how lucky-how unbelieveably "for men only." Admitted as Favor

and have learned to shoot straight. Ity to can all this lovely fruit for our And the Commons, technically, is a I've not been shot down-knock on future use. How can we grumble private meeting-the public is admitwood-and I've only once been badly about sugar rationing when we are ted to parliamentary sessions as a shot up. (I hope that doesn't sound still allowed enough to put our fruit favor, not as a right. Hats were worn in the House until quite recent This has been quite a week since I times, but the custom now, except in tion. They are Australians and I've last wrote: Last Tuesday night-special cases, has been abandonednever met a more loyal or gamer about 11.15 if you please-we got partly in deference to women memword the threshing machine would be bers.

I'm sure that Australia must be a moving in Wednesday night and In keeping with the privacy of the grand country if it's anything like would thresh all day Thursday. I Commons, any member is entitled to its pilots, and after the war I'm go- don't need to tell you what I was call out "I spy strangers," the words ing to see it. No, not flying or farm- doing Wednesday. Thursday forenoon which order the public and everyone ner the teams arrived and we started This right is never exercised, howin on that field that gave Partner ever, except to signal the opening of so much trouble to cut. They had a secret session.

been out about half an hour when I Another parliamentary custom now rain-drops on the windowpane. which puzzles visitors is the procedure Oh dear, we are not going to get that about making speeches. No one can field threshed after all, was natural-| speak without first "catching the ly my first thought. But the teams Speaker's eye" and in "theory the kept going. There were dark clouds Speaker can prevent an M.P. from to the north of us and sometimes the speaking during an entire session.

rain almost quit and sometimees it In practice, however, members send came faster. Presently it came quite in their names before a debate saying fast for a little while and I thought, they want to speak in it, so the now they will have to quit. From Speaker will call them.

Old Dave ner talking to the thresher and then, A war debate that extended into even as I watched, the rain stopped, the early hours of the the sun came out and threshing con- brought publicity to a Commons custinued in full swing. We thought we tom dating back to the days when were pretty lucky but later, when footpads infested the streets of Westwe heard that just a few lots up the minster and Lambeth. Debates then a fine day it is. After that you say tactical advantage of you. The secing in progress, they had to quit en- and many members remained overtirely. Then we did begin to think night in the building rather than face the danger of thieves.

After supper the dishes were done | For those who wanted to go, howagain, or tack on to others. The me had taken her leave when the of "Who goes home?" and mustered straggler is easy ment for a bunch telephone rang. It was to tell me a members in bands for mutual protec--"On our way home" and was sent London's streets, but the ancient home," mind you! I knew what that and the Mace is borne away.

stepping. After the two of them ar- Two Boys With Ideas Would Tell Commando Chief How to Win War

OXFORD, England, (CP) - David N. Griffiths; 14, and Guy S. Wilkin, 13, are two young fellows of this Kent village with ideas for winning the turday morning Son's spent, several war-ideas for helping the commanbite. And his pal might be slated down was when another pilot and I shape for Partner's fall ploughing. dos-and may yet be able to present on the unit. Remove ice cube trays for a draft to timbuctoo, but he can't attacked a Ju. 88 The bomber went That was while his girl friend was them personally to the chief of comdown to sen level so that we could catching up on some arrears in sleep, bined operations, Lord Louis Mount-They had been travelling all night batten. \

again. From Three Rivers, Quebec written request. Then he was hur-I force-landed without the under- to Ontario is a long trip, but Son riedly called away and couldn't see it. But it wasn't very nice at the and far be it from us to discourage plan is that it "would help the comhim. Every time he comes home we mandos."

The boys reached the Admiralty I'm planning to go to Australia-and will get. In ten days he will have three-quarters of an hour too early been in the army a year and we cer- for their appointment. One went (But he'll never see Australia. That tainly think we are lucky to have had without breakfast (his appetite failed him at the prospect of meeting "My Now we are more or less back to Lord Louis.") They got as far as the A lot of the stuff he might pick it, chaps," he said. Then his radio normal again but with arrears of room of Lord Louis' flag lieutenant' and in the next hour or so were inwork to eatch up. Partner has started drawing in grain again and, as I froduced to a brigadier, two colonels. four majors and other high officers have intimated before. I am trying to get my fruit done and out of the of the navy and R.A.F. "At a distance," reported one of the lads, "we

I wonder if good luck and bad luck also saw various admirals." "We had a plan which we thought runs in cycles" You know how it is there are times when nothing goes would help to win the war and we right and then again you strike a asked permission to put it before period when things just seem to come Lord Louis," said the boys. They your way. We seem to be in one of haven't even told their parents about the good luck periods just now and the idea. First they visited the Adbelieve me. I'm saying that with my miralty on their own. By their perfingers crossed? We haven't had a sistence they got as far as a colonel skunk after our chickens this year, of marines who studied the idea with we got water without any trouble them (they brought it in quadrupliwhen we drilled, and we struck the cate, complete with drawings and only fine day in a week for our maps

thad our son in Canada for an un- their school. He advised them to join usually long time. Now I'm going the navy and assured them if any-. . thing came of their idea they would be informed, would reap the leward. But when the boys went home and heard nothing more they wrote to Lord Louis himself, a four-page type-BOLTON, England, (CP)-A doc- written letter. Lord Louis said he'd razor is Petty Officer W. 'McQueen, on where Cromwell fought some of his 484 tins of food, was fined the equiva- n't. But, said the boys, everybody "was jolly nice and helpful."

The colonel talked with them about

#### Brazil Expected To Give Big Aid To Allied Cause

Men Members-Don't Wear Their Her Population About Four Times Canada's but Includes Strong Axis Nationalist Groups

> RIO DE JANEIRO, (CP) - Brazil, the first South American country to declare war on the Axis (Japan excluded) is expected to lend material and moral aid of definite proportions to the Allied line-up. This huge Portuguese speaking na-

can't see it but every once in a while members "seated and covered." No regulars, with 300,000 in reserve. Army" of thousands of men and woand he never got home. This story, my hand or my arm touches another hats were available so the order paper Navy has two battleships, two cruis- men not already in the fighting or

3,500 men, is rapidly expanding tha

In 1914-18

Brazil entered the First Great War tonly South American nation to do so) for the same reason it came into the present conflict: ruthless, German submarine attacks on Brazilian vessels. Brazil's contribution consisted of a fleet detachment sent to European waters, a medical mission and a number of aviators. ' Biggest

part was played on the food front. Top Brazilian is President Getulio Vargas, definitely anti-Axis. Brazil's immediate problem is to keep a wary eye on strong Axis nationalist groups who have settled there. Brazil has about 4,000,000 residents of square miles in area, has a popula- the largest Japanese minority planted

LONDON, (CP) -- London has open-

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