

Of Interest to Women



THE MIXING BOWL
By ANNE ALLAN
Myrtle Home Economics

SUCULENT SEASONAL FRUIT
Hello Homemakers! It's the succulent fruit season—when meals are as husky as appetites. You will want desserts that are refreshing—tempting, juicy, raw fruits provide the answer. Since vitamins and minerals have made the headlines, we are "fruit-conscious" and we know, too, that raw fruits contain more of the necessary health-giving elements than cooked ones.

And don't forget that canteloupes, honeydews, honeydew and Persian melons, and watermelons require neither cooking nor sugar. Other refreshing fruits now in season—plums, peaches, pears and grapes—may be served either singly or combined with other fruits.

When you bring your Red Cross companion home for lunch, it's easy and correct to serve a dessert of crackers and cheese along with a bowl of delicious plums or clusters of rich-looking grapes, washed and chilled. For effectiveness, mix your fruits and colors! Serve a deep purple plum with a golden peach and an ivory-white pear—lovely to look at, delightful to eat.

RECIPES

Honeydew Melon With Grapes
2 honeydew melons, 1 bunch of white grapes, seedless preferred, 8 teaspoons corn syrup.

Cut melon into four pieces. Sprinkle each with a teaspoon of syrup. Arrange the sections of melon on a service tray and garnish each with a small bunch of grapes.

Luncheon Fruit Plate
On the luncheon plate, arrange tender, crisp, crinkly spinach leaves and, in the centre, a mound of cottage cheese. Then arrange sliced fruits alternating and overlapping in a swirled effect. Use sliced peaches and red apples, grapefruit sections and balls of melon. Provide french dressing, salad dressing or mayonnaise.

Three Melon-Cup
In sherbert glasses place first a row of cubed watermelon pieces, then one row of cubed canteloupe. Place Persian melon balls on top. Serve with a wedge-shaped piece of lemon or lime.

- TAKE A TIP:**
Readers who patriotically inquire about saving hot water may like some suggestions to help them carry on their good work:
- 1.—Never run the hot water tap unnecessarily.
 - 2.—Never let hot water taps drip.
 - 3.—Save all your personal laundry and do it all together.
 - 4.—Soaking dirty clothes overnight saves hot water.
 - 5.—Wash all preparation dishes along with the meal dishes, having thoroughly scraped them. Use washing soda in the water to remove the grease.
 - 6.—Never wash under running water.
 - 7.—Fill the bath by running the cold water first, then adding enough hot water to make it lukewarm.
 - 8.—Use less water in your bath tub.

THE QUESTION BOX

Mrs. B. D. asks: "What causes sweet peppers to become bitter when baked? Please publish best recipe."
Answer:

Baked Peppers
1 can condensed mushroom soup, 1 1/2 cup cooked rice, 1 tsp. sweet hot pepper, 6 whole sweet peppers, 6 tbs. bread crumbs, 1 tbs. cooking fat.
Parboil sweet peppers for 5 minutes and then heat the soup, rice and pepper on the electric element turned to "Off." Stuff peppers, cover with bread crumbs, dot with fat and bake in electric oven at 375 degrees for 25-30 minutes.

Mrs. J. A. asks: "What quantity of apples are put with peaches for peach conserve?"
Answer:

Peach and Apple Conserve
1 lb. sliced peaches (about 1 1/2 apples, sliced about 1 1/2 cups), 1 1/2 lbs. sugar (2 cups plus 1 tbs).
Do not peel apples. If skins are tender. Put sliced peaches, sliced apples and sugar in a large preserving kettle and cook on electric element turned to "Medium" and then to "Low" until thick and clear (about 18 mins.). Stir frequently to prevent burning. Pour in sterile jars, (3) over Maraschino cherries may be added before the mixture is taken from the stove.

NOTE: It is most patriotic to eat peaches this year—the season is still good but not for long.
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.



MRS. REX EATON

Assistant Director of National Selective Service, who issues clear-cut explanations on women's registration.

The Compulsory Registration Women Starts Next Week

Because registration of Canadian women will be compulsory under National Selective regulations, with the first group registering between September 14 to September 19, Mrs. Rex Eaton, assistant director of National Selective Service, has issued clear-cut explanations of who must register so that no women will break the law unintentionally.

The first group to register will be the age classes born between January 1, 1918 and December 31, 1922. In other words, women between the ages of 20 to 24 inclusive. All women must register, with one exception and that group is made up of the women who are employed and in possession of Unemployment Insurance Registration cards 411 and 413 and who are still working for wages or salaries and paying unemployment insurance. Inmates of institutions such as hospitals, mental hospitals and members of religious institutions need not register.

Any women, however, who did register for unemployment insurance last April and are not now working for wages and salaries must register again. Women who were registered last Spring but have now left jobs in which they were paying unemployment insurance for those which are not insurable must register again.

For example, a girl working in a factory in April, might have left now to take farm work or domestic service, both non-insurable industries. She would still have her unemployment insurance cards as required but must re-register because she is not working in an insurable industry so that the National Selective Service offices would not have an up-to-date record of her employment.

Other groups who must register include housewives, domestic servants, farm workers, women employed in hospitals or charitable institutions, where they are not already registered; professional private duty nurses or probationers undergoing training to become professional nurses, women employed as teachers, including teachers of dancing and music who are not already registered; women employed as agents paid by commission or fees, such as real estate and insurance agents; and self-employed women which will include those operating their own business, proprietors of beauty parlors, gift shops, etc.

Registration will be conducted in offices formerly Employment and Claims offices of the Unemployment Insurance Commission, where these are set up and in rural areas registration will be at the nearest post office.
The form which the women are asked to fill out includes questions of their education and training and willingness to go into war work. After all this age group has been registered, the women who seem to be most likely prospects for work will be called for an interview with one of the personnel workers of National Selective Service. The interview will be detailed and explain to the women the urgency of their place in war production.

Mrs. Eaton stresses that all women must not expect to be placed immediately in some essential work, for they must realize that placement in industry and essential occupations, such as nursing, social welfare or nutrition work must be carefully done. Registration will give Canada a complete up to date inventory of the workers available to keep guns, tanks and planes supplied to the men in the front lines. Eventually all women will be registered but registration will proceed slowly until all age groups are tabulated.

Chronicles of... Ginger Farm

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

Here is something really important that will interest farmers' wives who have threshers to feed—and it comes straight from the county representative of the Wartime Prices and Trade Board. Here it is—Any farmer's wife, having to provide meals for threshers, may purchase sufficient sugar for baking requirements by simply telling her grocer how much she considers she will need, how many men she will have to feed—and for how many meals—and by signing a voucher to that effect.

Anyone who has already tried to get meals with a sugar allowance of one ounce per man, per meal, will appreciate this special concession for our benefit, and for which, I believe, we are indebted to our county representative on the Board who has agitated for a more liberal allowance on our behalf. However, there is no change in tea or coffee rationing. With either of those we must get by the best way we can, with the cheering assurance that by next year we may not be able to get any at all!

So there you are ladies—that's one thing less to worry about, isn't it? But—a word of warning—do figure out required amount of sugar carefully so that your request will sound reasonable. We mustn't do anything to antagonize the goose that lays the golden egg, otherwise, who knows—she might quit laying.

Partner and I had a lovely trip last Sunday—short but decidedly interesting. There was a man in Brampton whom Partner wanted to see on business and apparently Sunday was the only day to catch him at home. After locating the man and arranging for a future meeting here, we thought it might be a good idea to come home by Milton Airport with the hope of seeing the Lancaster Bomber which we have been hearing and reading so much about just recently. Did we strike it lucky! We arrived just as the Lancaster was getting an overhauling, as it were. She was just outside the hangar and quite close to the fence. Mechanics were testing her engines—starting them up one at a time until all four were running, but not at full speed. Then they let three of the motors more or less idle along while the fourth was stepped up to capacity. And I can tell you they really let her out. The roar was terrific and the propeller was turning so fast you couldn't see it at all! Each motor was tested that way in turn. Then they raised and lowered the air brakes and also the bomb carriage. All this, you understand was done with the plane on the ground. It didn't take off at all. In appearance the Lancaster looks innocent enough—one found it hard to realize its destructive qualities. It was blackish-brown in color and neither particularly large or ungainly.

After awhile we moved on to the Trans-Canada Airline runways. There we found we were permitted to go into the waiting room of the—what shall I call it—Air Station? It was much the same as the waiting room of any modern railway station—lunch counter, telephone boxes, ladies' room, etc. Its chief attraction to the general public was a large, rounded window, complete with window seat, which looked out upon the runway from which every Trans-Canada plane takes off, and where they also land. One of the big silver birds was towed from its hangar to its position in front of the window and we watched it being fitted up for flight. White-clad workmen refueled the tank-stored passengers' luggage some, where in the front of the plane, and took in what appeared to be specially prepared refreshments. Then a smart grey-clad "hostess" appeared ready to receive and direct the passengers, who presently arrived and boarded the plane, after having declared their baggage to customs officials. Lastly the pilot and another officer came along, laughing and talking. I watched them and could not help but think—"What a lot depends upon you!" Presently the great silver liner took off, with 10 passengers aboard on a non-stop flight to New York. Another one came in with 16 persons and in fifteen or twenty minutes had re-fueled and was away again.

After that we had a cup of tea at the lunch counter and started on our way home. And what did we see along the road? Field after field of grain, either waiting for the thresher or help to draw it in. There is a lot of harvest work yet to be done. We have finished, glory be!

Control of Prices Benefits Conditions of Wage Earners

As a result of Government control in the prices and wages fields, the Canadian worker in the present war is much better off than in the struggle of 1914-1918. Comparative statistics now available tell the story. They make absolutely clear the beneficial effect of the control of prices by the Wartime Prices and Trade Board, and of wages under the Government's wage control policy. The latter has been instrumental in effecting an improvement over wage rates prevailing even in the so-called "prosperity years" 1926-1929.

In a period of a little over two years during the last war, the cost of living index increased from a base of 100 in July, 1914, to 116.1 in October, 1916. During the corresponding period in the present war the index increased from a base of 100 in August 1939, to 114.6 in October, 1941, approximately one-half of this increase occurring in the last six months of the period. Therefore, during a little more than the first two years of the two wars, the rise in the cost of living was approximately the same. What have been the conditions in succeeding periods?

During the nine months from October, 1941, to July, 1942, the index rose only 2.4 points. During the nine months from October, 1916, to July, 1917, the rise in the index was 18.2 points, or nearly eight times as much as in the corresponding period of the present war.

From 100 in July, 1914, the cost of living index increased to 134.3 at July 1, 1917, while from August, 1939, to July 1, 1942, the index increased from 100 to 117.0. This means that during the present war the cost of living has thus far increased by only 50 per cent. of the increase that occurred during the corresponding period of the last war.

But, in addition, wage rates generally have improved, in some cases materially, over those prevailing in the so-called prosperous years of 1926-1929. Workers are quite generally, at least in the more important industries in which the larger number of employees are engaged, during the present war have the further advantage under the Government's Wage Control policy, adopted as an essential part of the Wartime Prices Regulations to present inflation, that in addition to their compensation at their basic wage rates they are receiving cost of living bonus payments, which for the first payroll period commencing on August 15, in many industries, will run as high as \$4.25 per week, at least for the ensuing three months.

Seven Men Saved Millions of Man-Hours in Britain's War Factories

An officer and six privates in Britain's Royal Army Ordnance Corps were responsible for setting on foot a movement which has saved Britain's war industries many millions of man-hours and tons of material. After Dunkirk, R.A.O.C. depots became cluttered up with masses of broken, damaged or out-of-date stores. It happened that these seven men had all been in business before the war, and they knew that there was a vast reservoir of garages, backstreet firms and small engineering shops where repairs could be done. Realizing that manufacturers do not like to have their production held up by repairs to their own articles, they persuaded business acquaintances to make room for repairs to vital equipment without interfering with Ministry of Supply contracts.

From this small beginning has grown the Central Repair Depot, where hundreds of thousands of pieces of equipment that might never have been used again, find their way back into service. An uncanny foresight has been shown by the officers and men, at this depot in dealing with raw materials. Long before shortages occurred their hushed materials which are now worth their weight in gold.

Sixty per cent of the articles repaired are in first-class condition within a month and are placed into stores for re-issue to units. Although this Central Repair Depot saves the British taxpayers many thousands of pounds a year on new equipment, its real value, which cannot be measured in money, is in relieving the pressure on the war factories and making double or even treble the use of the man-power put into it.

JACK FROST—AIR ACE
CAPE TOWN, (CP) — Major Jack Frost, South African fighter ace, who has been officially listed as missing since June 16, is believed to have destroyed a total of 13 Axis planes.

WAR 25 Years Ago

Soviet Movement Gained Momentum in Russia; Kerensky-Kornilov Quarrel Over Dictatorship

By H. H. GORDON
Canadian Press Staff Writer

The political struggle in Russia during the summer preceding the great revolution of November, 1917 saw the rapid disintegration of the provisional government formed after the abdication of Czar Nicholas II and the crumbling of the army as a fighting force.

Riddled through by subversive propaganda, the army on the Eastern Front became virtually a clamoring mob after the fall of Riga early in September. In Petrograd, Alexander Kerensky who had become prime minister, sought to establish order, but found his power weakening rapidly against the growing force of Bolshevism.

On Sept. 8, 1917, the army's strong man, Gen. L. G. Kornilov, ordered some cavalry divisions on which he could rely to march on Petrograd while he began negotiations with Kerensky with the idea of creating a military dictatorship.

Kerensky at first appeared to support Kornilov. Later, suspecting the general aspired to become dictator, Kerensky denounced him as a dictator and an enemy to the Revolution. The prime minister then assumed the position of commander-in-chief and placed himself at the head of the troops in Petrograd.

Sent to Prison
Kornilov's cavalry never reached the capital and the general and some of his associates were thrown into prison. One committed suicide.

But Kerensky's motives were questioned by some members of the provisional government and they subsequently resigned. A new Council of five replaced the former government. At this stage the Soviet movement made great strides. Kerensky, turning his back on the moderate Rightists, appealed to the executive committee of the soviet to fight the movement started by Kornilov.

Kerensky's power declined rapidly. Although continuing ostensibly to support him, the executive committee made widespread preparation for the revolution and proceeded to arm the workers.

Commandos' Knives Are Being Forged by Queen Victoria's Swordmaker

Eighty-year-old swordmaker Tom Beasley, who forged his first blade as a child of eight during the Franco-Prussian war of 1870, is working 10 1/2 hours a day helping to arm Britain against her enemies. Since war began he has lost only half an hour of working time—when his clock stopped one morning.

But 10-day the skill Tom put into making the sword presented to Queen Victoria by the Indian Princess on her Diamond Jubilee is being used to show younger men how to forge the deadly black knives used by Britain's Commandos and parachute troops. These knives, worn in a leather scabbard attached to the leg, have an interesting history. Of the finest sword steel, they were designed by Superintendent Fairbairn and Sykes of the Shanghai Police, who put their "rough house" experience to good account by teaching Britain's shock troops the art of swift and silent killing. But the pattern is really much older, for, in 1686, troops fighting at Bayonne thrust such daggers as these into the muzzles of their flintlock muskets and gave the world the first bayonet.

The factory where Tom Beasley has worked for 50 years normally turns out not only the best swords in the world. Founded in 1772 as gunmakers, they started making swords in 1832 and cut-throat razors in 1890, while ten years later they were one of the first steel forgers to take up the safety razor, which in peace time they send all over the world. Their swords go to the military and police forces in the Empire, South America, Abyssinia, Egypt and other countries, but war has put an end to this.

Now the company make the commando knives and scabbards, armour-piercing shot for anti-tank guns and an automatic fire extinguisher. The British warplane is installed in every Gravinier, which is installed in every British warplane. Organized for war effort, the factory has doubled its staffs—now 50 per cent. women—and quadrupled its output.



Clear telephone lines for ALL-OUT PRODUCTION
Your telephone is part of a vast interlocking system now carrying an abnormal wartime load. Don't let needless delays hold up messages on which production efficiency may depend.

OTHER "WARTIME TELEPHONE TACTICS"

1. BE SURE you have the right number... consult the directory.
2. SPEAK distinctly, directly into the mouthpiece.
3. BE BRIEF. Clear your line for the next call.
4. USE OFF-PEAK hours for Long Distance calls: before 9:30 a.m., 1-2 p.m., 5-7 p.m., after 9 p.m.

These things may look trifling, but on a 5,000,000 daily telephone calls, they are very important.

On Active Service Giving Things to War

Cues for CANNING

Whole Pickling SPICE Pound 25c	XXX Bulk VINEGAR Gallon 41c
PICKLES Local, Homestyle 13-oz. jar 15c	CHICKEN HADDIE 1-lb. tin 23c
KETCHUP Heinz 14-oz. tin 19c	MUFFETS 2 pkgs. 17c
OLD CHEESE lb. 43c	MACARONI 2 lbs. 9c

Fearman's **LARD**
2 1-lb. pkgs. 25c

Aylmer Sieve 5 PEAS 16-oz. tin 10c	Picnic Cut Wax BEANS 2 20-oz. tins 25c	Our Roman COFFEE lb. 39c	Newport FLUFFS pkg. 25c, 39c	For Jams and Jellies CERTO 2 20-oz. tins 19c	Rackitt's BLUE Brock's Bird SEED 1-lb. pkg. 14c
Pollifer FLOOR WAX tin 29c, 49c	Old Dutch CLEANSER tin 10c	Palmyra SOAP 3 lb. cake 23c	Mother Parker's COFFEE tin 28c, 51c	Master's Dog BISCUITS 2 lbs. 25c	Kellogg's CORN FLAKES 2 lbs. 15c
Kellogg's ALL BRAN 1 lb. 21c	Flaked, Rolled WHEAT 2 lbs. 9c				

Campbell's New Pack **TOMATO SOUP**
2 16-oz. tins 17c

P. & G. White Naphtha SOAP 3 bars 14c	H.O. Powdered AMMONIA 1/2 lb. 5c	Ivory Snow or FLAKES 1/2 lb. 23c	New Condensed Chipso 1/2 lb. 9, 23, 52c
SWEET POTATOES 2 lbs. 15c	VALENCIA ORANGES, Dec. 38c	CRISP CELERY HEARTS, Bunch 10c	Large Seedless GRAPE FRUIT 4 for 27c

Also Peaches, Plums, Prunes, Apples, Tomatoes, Grapes

OLD CHUM
CUT CHARGE FOR THE PIPE
CUT FINE FOR CIGARETTES

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