Of Interest to Women



By ANNE ALLAN

Mydro Home Seesemist WHAT FOODS MEAN TO YOU

Hello Homemakers! Is "nutrition" ust a varue idea in your mind? Here's your chance to be "in know" - to learn the meaning terms being used nowadays and other tilings you will want to know about nutrition. For everyone should derstand why nourishment must taken in the proper proportions body timues, to protect us from infec- Mrs. N. B.): tion and to regulate all body . processes. Just think! What you eat the melted butter, 15 cup brown for breakfast, lunch and dinner is sugar (sifted), I egg white (stiffly changed into fiesh and bones and beaten), 3 cups slightly sweetened ap-

Strength and health can only mistakes and cannot accomplish as Chill in electric refrigerator. much in a day-which would certainly please Hitler only too well,

let's understand nutrition and then work out our nutrition program. You for replies might cut this column out and keep it handy for reference.

Nutrition: the term "nutrition" comprises all the processes concerned in the growth, maintenance, and repair of living organisms.

Dietetical Is the application of the principles of nutrition of the feeding of different ages, under different conditions, in health and in disease,

Composition of Foods: In the si groups of constituents called, nutriminerals, water and vitamins.

cording to their function in the body (mechanical energy, building and rechemical composition.

Ementials of an Adequate Diet; To is faultlimmen. maintain the normal body in a state of health a diet must contain:

cular activity:

maintenance of all body cells:

regulation of body processes; tion of body processes.

and Energy): Starches - Cerenls, flour, spaghetti, potatoes, bread, dried peas and beans; Nugare-Sugar, molasses, honey, dried fruits.

Fats (Supply Heat and Energy) Meat fat, butter, cream, vegetable

whole cereals, eggs, ments, fish. tective): Fresh vegetables.

fruits, outer coverings of grain, milk, eggs, liver, butter, fish. Water: We should take 5 to

glasses of water daily in addition to that contained in foods.

THE QUESTION BOX Roctoe for Oatmen! Bars (request-

ed by Mrs. C. R.): 4 cup shortening, 4 cup sugar, 4 cup corn syrup, I cup rolled oats, I cup sifted flour. 4 tap baking powder, salt, & cup milk, & cup I chopped-raising.

Cream shortening, blend in sugar and ayrup. Add rolled oats. Mix and sift flour, baking powder and salt and add alternately with the milk. in the raising. Bake in an electric oven at 350 degrees for 45 minutes.

I deup Graham cracker crumbs. plesauce. li tap. clankmon.

Mid crumbs, butter, and brown come to us from the food we est- sugar. Tile on a ple plate and bake for food is the body's only nourish- in a slow electric oven at 275 degrees Yes, Homemakers! This for about 10 minutes. Cool. Fold health magic comes straight from the boaten egg white into the sweetened kitchen. So it's important to choose appleasure, I'ut a spoonful of the the right kinds and right amounts of graham cracker crumbs on the bot food for the family. We have all tom of serving dishes, fill up with the . found out that when our health is not appleanace mixture, sprinkle with good our work suffers, we make more cinnanum and top with more crumbs.

Anne Allan invited you to wri to her, Care of THE Across FREE PRESE First of all, then, Homemakers, Send in your questions on homemak ing problems and watch this column

Parable for Planners

When efficiency is mentioned, the name of Mr. X springs automatically John stage once more. to the mbuls of his acquaintances Mr. X holds an important position in inucetime, and inevitably was chosen and the nine to direct a vital war activity at algulary of one dollar a year ents - carbohydrates, fats, proteins, with extense allowance. Both posts admittedly were the reward of merit. Classification of Nutrients: (1) ac- Mr. X is as nunctual as royalty. He pays his bills promptly, his word can invariably be relied on, he is conscienpairing tissues, regulating body pro- tiously fair in all human relationcosses); and (2) according to their ships, and excellent, though storm hustiand and father. His only fault

Mr. Y. on the other hand, has in numerable faults. His business af-(1) Sufficient carbohydrates, fats and fairs are in constant flux between protein to yield energy for mus- one financial crisis and the next. He simetinids keeps uppointments, but (2) Sufficient protein for growth and never by time. He will cheerfully live away his own last dollar and (3) Adequate amounts of minerals flust as cheerfully borrow yours. Ills for hones and teeth and body regula- wife and children adore him, although he is far from being a model-husband (4) An adequate supply of water for and father. Where X has one acqualitance; Y has a hundred friends, about 44-Y-work-because at-bost-this (5) An adequate supply of each of If logic ruled the world, Mr. X putting away of the trimmings of the known vitamins for regula- would be the ideal type of citizen. He Christmas is a rather sad business

would do his duty admirably under a You cannot help but wonder what life Protein Foods (Body Building and Fascist, Communist or Socialist type has in store for you-or rather Repair): Lean ment, fish, eggs, milk/ of government and even in a demo- should say for the nation as a whole cheese, whole grain cereals, veget cracy, his virtues are unquestionably -- before the Christmas season rolls ables - pear and beans (fresh and useful, In a democracy Mr. Y. has a place, but his gay, gallant, improvid-Carbobydrate Foods (Supply Hent ent spirit would be crushed by any form of totalitarianism. His friends are workled, because they forsee that Mr. X and associates of like character may be entrusted with the planning of the post-war Canada. Their social usefulness entitles them to the task. The socially useless Mr. Y. seems doomed to liquidation, and his friends Foods Containing Minerals (Regu- feel that Counds will be poorer for laring): Milk, Fresh Vegetables, his loss. With all their admiration for Mr. M' they could contemplate Foods Containing Vitamins ' (Pro- his passing with equanimity. - The fresh Printed Word.

TRIO OF PATRIOTS



"Three of a kind" . . . and more to come! Here are three of the attractive Culligan Sisters of Kitchener, Ontario, who were heard in a recent edition of "Comrades in Arms," over the CBC Naonal Network (every Friday at 10.15 p.m. EDT, 11:15 p.m. ADT). Left to right are: Airwoman Carol Culligan, Airwoman Pearl Culligan, and Airwoman Olive Culligan. A fourth gallant young Culligan, Airwoman Ruby, was unable to attend the broadcast. But that's not all! There is a fifth Culligan, a charming miss who plans to join her elder sisters in the R.C.A.F. next July. CBC's next program devoted to the united services of Canada's armed forces will be heard Friday, January 15; the highlight will be a salute to the C. W.

Chronicles of... Ginger Farm

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

To The Pare Pares reader who gave our soldier boy a ride last New Year Stir Lot"-and I can't think of any time growing land, of the spirit New Year's morning. But, due to the armies. had storms in Quebec which you have time, the trains were running twelve hours late. Bob got to Toronto some out to walk home from the Queen

It was two-thirty Saturday moreing when we heard his step in the back kitchen. And he had to get some sleep-and some feed and start his long journey back to Vancouver that same day. It was quite a scramble, I can tell you. Not that our son was at all worrled-far from it-he took it all in his stride. What a thing it is to be young!

Young John goes back to his job figures: on Sunday night and then Partner and I will be back to the Durby and

Yes. Christmas and New Year are over once ugain. On Monday I shall really get to work in earnest and my first job will be to divest the Christmas tree of its trimmings and burn the tree. And it won't be a day too soon, believe me. The tree we had this year-was a balsam - or is it larch? I'm really not sure. Anyway it is very pretty with very needles that drop all over the place as soon as the tree loses, its-natural moisture. We had this same variety of evergreen once before and don't I remember it! The needles were everywhere-in the cracks and crevices of the woodwork, under the edges of carpets and rugs, sticking to cushions and drapes—you just couldn't. move anything without needles somewhere. That first experience with balsam but this time I know what I am up against and shall work accordingly. It will

get us anywhere - there is work, either A or C. Whatever inconveniences the future or loss of soil. Wholesale supplies of various stocks that do not show from above. and commodities are | kapidly being used up, and, when they are exhausted we are really going to know it. Some of the restrictions are really funny. Imagine buying teacups without handles! Did you hear the answer given by an official of the W.P.T.B.Y He said; "Anything too hot to handle is too hot to drink." Do you agree with that? I don't. Try it out sometime. It seems to me, that ten you could drink from a cup that was cool enough to hold in your hards would be a mighty tame beverage. So let's hang on to our cups girls-don't let worry, even if it's only hot water, to fill their place. a question whether the mail man will

Short retirement urges sweet turn. - Milton. *

British Farmer In Big Victory With Sacrifice

Continuous Advance on Agriculculture Front Great Factor in War Winning but 1943 to be More Empres-

BY MOTT VOING Canadian Press Heatf Writer

aive Than Ever

LONDON, (CP)-There is one force in the war strategy of the United Nations which has yet to fight a losing campaign, has yet to retreat. British agriculture has advanced every front since the war began.

Statistics tell part of the story, not all. Cold figures cannot tell of his way home from Quebec and, ac- helped with harvests, of the gratitude hership -- all have their value, cording to the time he left there of hard-pressed farmers for help from more of them nor all of them

Nineteen forty-three is to be Brit- meither "enter into" nor "mer" lease additional adipping for the of- by no exceptions to this law of fensive, Agriculture Minister Hudson kingdim, "except a man be tists the immediate needs in this kingdom of God" (v. 3). Elizabeth Way after getting a 'ride order: "First milk, then increased The instrument through which the that far. I think he had already crops for direct human consumption, new birth is effected is the Wood of walked about eight miles when along, such as potators and wheat; thirdly, God (1 Pet. 1:29; Jan. 1: 18; Juo. 15; came this good Samaritan with whom Vegetables, to make good the pro- 3). The author of the new little is he was given a ride right to our very fective elements in our diet, and fin- the Holy Spirit (v. 5; Titus 3:5).

everything and this followed his de- born again as "the Spirit" is the one mands with words which reflect the by whom men are harn again. Water spirit of straining British agricult is a symbol of the Word (Fpt. 5:26; tore: "Nor is the end of our endeavor Juo. 15:3; Pa. 119:9). Those who eleyet in sight."

What Has Happroid

national eagerness to help the war of- To which it is replied that the words fort in any way. Look at these "The Spirit" are themselves a figure,

parted about 87 per cent. of her flour, of water and wind," and he the 92 per cent, of her butter, lard and "wind" by universal consent refers to margarine, 51 per cent. of her ment the one factor in regeneration, "the (with the remainder dependent on Spirit," so the "water" munifestly reimported fodder), 73 per cent. of her fors to the other element in regenera-

The comparable statistics are not from 40 to 3,600.""

Miriet Farus Control Farm control has been brought to heaven and in speaking even of n pitch in Britain that makes control heaven He spoke of tidags He had of Canadian and American agriculture look like a preliminary to the

However, melancholy musings don't than a year, then he is moved to to find-life was simply to believe in

ahend for us to do. And the more we Most drastic control is exercised to heat and to show his faith by just work and the less we grumble, the over Class C. farmers., They may be looking. So all we have to do is nearer victory will come. And after turned out and replaced by new ton- simply to believe in 'the power of victory - what then? That is what ants if they show no signs of im- Jesus, made in the likeness of sinful everyone wants to know and I think provement. Two thousand farms, flesh and lifted on the cross, to heal, we are all agreed that we want with a total acreage of about 200,000 and to show our fulth by just looking. better world conditions than have have been replaced in this manner As soon as the Israelite tooked he prevalled in the past. In the mean- this year. Despite this intense active had life in his veins instead of death. time we have to put up with things ity, there is no evidence that it has So we have death in us until we look. hs, they are and be ready to accept created any problems of land erosion but the moment we really look to

may bring. After all we haven't suf- Stop there? No. Britain's Minister life coursing in our veins; life-spirfewd too much for lack of material of Agriculture has asked for mother itual life -- takes the place of death, things up to the present. -Evon the 500,000 acres under cultivation this we are "born again" (Jno. 1:12, 13). butter shortage didn't kill us. But plowing season. Night plowing will The whole secret of the new birth there it no doubt we shall go short of he increased in 1943 to meet this de- lies in these three words, "Look and quite a number of things in 1943. mand, tractors carrying dim lights live."

PRISONERS HARVEST CROPS

CHICAGO, California (AP)-Short age of harvest hands in California is no joke. In addition to closing stores and schools to make help available. all-inmates of local prisons were paroled for the purpose.

WHEN JOBS ARE PLENTIFUL

The Sunday School Lesson

FOR HUNDAY, JANUARY to

TEACHER Golden Text.-For God so loved the world, that he gave his only begetten

JESUS INSTRUCTS A GREAT

tife. Jno. 3:16. Lesson Text. Jan. 3:1-16.

Time .- April A. D. 27. Place. Jerusalem.

Expedition.- I. Ve Must Be Born Again, 5-13.

"Ve must be born again" sums what Jesus had to say to this wrench to a landowner as he wined conditions of blessedness for time and out century-old hedges to make more for eternity. We do well to lay emwhen a lift was more appreciated. which retired farmers left fires and of a new birth, or birth "from above," Perhaps for the benefit of those who easy-chairs and went back to the is imperative and absolute. Refordon't know what I am talking about, land, of homes split up-even tem- mathen, prayer, titide study, moratity, Apole Graham Fintt (requested by I should explain that our son was on porarily-as schoolings and women alms-giving, haptism, church memhe should have been home at . 9.30 soldiers of their own and Canadian getter wit take the place of the new tairth. If a man had not this he can probably heard or read about by this ish agriculture's victory year. To re- kingdom of God. There are absolutetime New Year's night and started has called for the supreme effort. He from from above, he cannot see the

> Many think that the "water" of v. Mr. Hudson has demanded more of 5 is "the word" by which men are Jesus meant 'the word,' why did He Already statistics show the start- not say so right out without using a ting results of British sacrifices, the figure, just as He said the Spirit'y" and the passage literally translated When the war began, Britain im- would be: "Except any one be born

tion, the "Word." The Spirit is like the wind (v. 8) available, because exact figures would in that the wind is invisible but none he of value to the enemy. But this the less real and perceptible, inscruttells the story: Since the war began, lable, independent or severeign (1 Cor. the urable acreage in England, Wates, 12:11)., indispensable, .. mighty. Hife Scotland and Northern Ireland has giving (Ezek. 34: 1-10), irrelatable been increased from 12,000,000 to 18,- (Ac. 1:8; 6:10). Nicodemus | was 000,000 without increasing the num- |"the teacher of Israel" (v. 10), | and ber of people working on the land; set he did not know so fundamental more than 5,500,000 families are grow- a truth as that of the New Birth ing their own vegetables; poultry though the Old Testament taught it. keepers have increased from 500,000 There was no speculation or guessto more than 1,000,000; pig clubs work about Jesus' own teaching. He could say: "We speak that we do know . . . " (v. 11). He had been in

Yr. Look and Live, 14-15. In the 14th and 15th verses Jesus Farmers are classed A, B and C. answers Nicodemus' question "how" Class A farmers have plowed all avail- (v. 9). He pointed him to how Moses. able land and used best methods to in- lifted up the brazen serpent, made it crease its fertility and quality of their the likeness of the flery serpent that livestock. Class B is a type of ag- had-bitten-the people, on the pole ricultural purgatory, including those (Num. 21: 6-9). Just so, God, has farmers who are regarded as fairly. Hifted Jesus, made sin for us, on the satisfactory but capable of improve- cross (Rom. 8:3; Cor. 5:21; Gal. 3: ment. In many counties a farmer 13; Jno. 12:31, 32). All the Israelite may not remain in Class B for more bitten by the flery serpent had to do the power of the serpent on the pole Jesus, believe on Illm, then we have

> III. Why Josus Camer 16. Verse 16 contains the Gospel in it nutshell. (1) The need of sulvation -"shall not perish." (2) The origin of salvation - God's love. (3) The ground of salvation-the death of

Christ (God gave His only begotten

Son). (4) The condition of salvation

-"believeth on Him." (5) The recipients of univation - "Whosoever believeth." (6) The results of salvation, (a) Shall not perish; (b) Shall have eternal life. The verse also contains a marvelous revelation of God's love. . It is remarked that jobs and 'op- (1) . The objects of God's love-"the portunities are far more plentiful world." (2) The character of God's them slip from your hands when you than usual. What effects does this love: (a) Great - holding nothing are drying them. What we have now have on the individual worker? Are back, (b) Self-sacrificing-giving His may have to last for the duration. some people tempted to be indiffer very best, (c) Holy-not forgiving sin Maybe the time will come when there ent and inattentive, on the idea that without an adequate expression of His will be no sea to put in them but they are not likely to lose their jobs, hatred of it. (3) The manifestation there will be something, don't ever since the employer niight not be able of God's love, in the gift of His only begotten Son. (4) The purpose of And hot water is awfully good for . It is to be hoped that few people God's love-to save. (5) The result you, isn't it? Right now I am not will take that attitude. For the pres- of God's love - whosoever believes worrying so much about cups and ent time is one, in which fidelity is gets everlasting life. It is common what goes into them but how to get keenly valued. Employers are strug- teaching nowadays that Jesus was the this letter mailed when it's done, I gling with difficult conditions, and Son of God-only in the sense that all they appreciate those who do good men are sons of God, but the Bible faithful work. Those who try to come clearly teaches that He was the Son ever get around. Oh well, here's as near 100 per cent, as is humanly of God in a sense that no other is possible, are viewed with high favor. the son of God (v. 16; cf. Mk. 12:6; When times of slack employment Jno. 5:22, 23; 14:9). God sent His come, those who perform high grade Son into the world to save it-not to services are the ones who are favor- condemn it (v. 17), but whoever will not receive Jesus is condemned, and

condemned already. If we reject HORACE H. POWERS IS NET God's purposes of love, then He who came to eave but brings - condemnation (Heb. 10:28, 29).

Whitewash Recipes For Farm Buildings

This is the time of the year to ge poultry houses and other farm build-Son, that whospever believeth on him ings ready for winter, and one of should not perist, but have eternal operations in proparation is a thorough whitewashing. It is not a diff cult job if a few simple rules are for lowed. Here they are:

. Cet quick time or tump time for whitewasts to hard tunius, freshly burnt and not air slaked. Air blaked time will not stick. Hydrated time may be used. One 50-mound time will make about the same amount whilewash as one-half bushel of lun lime. The following are standard when relief forces under his direction

bushel of tung time, and slake it with time. tadling water, covering it during the turneres for keeps in the stemm; strain mont walt, the alunt and the walt be- Of Farm Lanes ing previously dissolved in fud water. 42) Slake 16 bushel of lump lime with builling water in a turret strain

and and to pack of salt diminived in warm water, 3% Hi. flour made into a thin muste with builling water and 12 th. glue dissolved in warm water. It is everymmented that this willerwast be applied but. The surface to be willewashed

should be free from dirt or grease. dunipen the surface, so that the cont- availability of electricity. hu will that set too quickly. The whitewast may be applied with

a brush or sprayer. If a shrayer to used, the whitewasts should be strained through two or three thicknesses

If the whitewash is to act as crude carbolic acid to each gullon of

CRAPEFRUIT

C. V. R. DIRECTOR

Horaco H. Powers, of St. Alban's, tian been elected as a director of the Central Vermont Italiway, R.C. Vaughan, Chairman and President of the Canadian National Italiways, presiding at the meeting. Mr. Fowers, a son of the late Chief Justice of the Vermont Supreme Court, has been general attorney of the Central Vermont since 1925 and is also reperal attorney for the Canadian National Italiways in the finited States. just president of the Vermont Har Association, Mr. Powers to a member of the State Board of Examiners and a trustee of the University of Vor mont. Mr. Powers succeeds H. J Hungerford who resigned. At the mbellag, F. A. Howland on behalf of

the Board expressed approclation of Mr. Hungerford's service, particularly during the disastrous floods of 1924 made penaltile the religibilitation of (1) Into a large clean tub put one the railway in an amazingly abort

LONDONA (CP) - A survey of all agricultural holdings of more than five acres in England and which surpused in detail the Dominesday Black of 1685, has been prepared by the Ministry of Agriculture. It provides a record of the conditions of fund tenure, the use to which land is put, the stock it supports, the equipment it curios, the later sunplayed Just before applying the whitewash and such matters as water supply and





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