

Of Interest to Women



THE MIXING BOWL

By ANNE ALLAN
Editor, News Columnist

MOST POPULAR MARCH—THE WEDDING MARCH
Hello, brides! Today's June bride-to-be still claims her traditional right to wedding march, bridesmaids and reception—in wartime style, of course.

Gone are the costly wedding feasts—menus are simple in tune with the times. Luncheons for war brides are informal affairs and smaller, of course, due to rationing. With careful planning, they can still be never-to-be-forgotten events that will live forever in the bride's memory.

A buffet luncheon is a happy choice for the military wedding. It can be made lovelier and more effective if you contrive some original centrepiece, perhaps with a military motif. The groom's regimental badge could be sketched in large size on both sides of a cardboard mount, colored and cut out. Then set this upright on the table and bank it with flowers on both sides. You might strike a patriotic note with red carnations, white snapdragons and blue delphiniums.

In spite of wartime complications, you can manage a lovely wedding when you've schemed and saved your rations for a while and you'll be surprised to find how much friends will share with the bride-to-be.

For a small group, we suggest you choose one of the following menus:

- Tea Biscuits with Creamed Chicken Salad Rolls**
Assorted Tea Cakes
Wedding Cake Punch
Fish in Patty Shells
Moulded Salad
Cheese Slices
Strawberry Shortcake
Grape Juice or Ginger Ale

RECIPES
Wedding Punch for 50
5 large bottles grape juice, 1 quart lemon juice, 1 quart orange juice, 1 quart weak tea, 4 pint maple syrup. Cool with ice cubes, flavored with orange, if possible.

Sandwich Suggestions
1. Use a butter spread recipe to extend the butter.
2. Moisten fillings with salad dressing.
3. Use different kinds of bread.
4. Use different shapes and sizes of sandwiches.

Suggested combinations:
Cream cheese and jolly.
Old cheese and cress or lettuce.
Chopped eggs and pickles.
Raisins, cooked and moistened with lemon juice.
Minced chicken and celery.
Home-made fish paste with minyonaise.
Mushrooms, chopped and cooked.

Kornettes
1 egg white, 1 cup light brown sugar, 2 tbs. shortening, 1/2 cup chopped popcorn, 1/2 tsp. salt, 1/2 tsp. vanilla.

Beat egg white very stiff and with beating mix in the sugar. Melt shortening and into this stir the chopped popcorn, salt and vanilla. Fold the two mixtures together and drop by spoonfuls on a greased baking sheet. Bake in electric oven (250-300 degrees).

Wartime Bride's Cake
2 cups butter, 4 1/2 cups sugar, 4 cups pastry flour, 1/2 tsp. salt, 8 tps. baking powder, 2 cups cornstarch, 5 cups milk, 2 tps. rose-water or almond extract, 24 egg whites beaten stiff, 2 tps. vanilla.

Cream the butter with the sugar. Mix, sift and add flour, baking powder and salt. Add cornstarch dissolved in milk, then flavoring and beat until smooth. Fold in egg whites. Bake in one 12-inch and one 9-inch pan lined with well-greased wax paper in a moderate oven for 1 hour. Remove from oven; turn out and take paper from sides and bottom. Decorate when cool with ornamental icing.

THE QUESTION BOX
Questions have been answered directly by mail.

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.

WON'T SPEND COUPON ON POOR HAMBURGER

Retail butchers will have no trouble selling hamburger and sausage provided they make good hamburger and sausage and display it properly. This was the answer of one butcher to complaints before the Retail Merchants' Association in St. Catharines that these two items were not selling under meat rationing. It was pointed out that sales of hamburger and sausage normally drop off at this time of year.

FARMER'S FRIEND



Promotions and new appointments were the order last month in the CBC Farm Broadcasts Department. This is A. H. Kern, who took over the duties of Harry J. Boyle when the latter moved to the National Program office in May. Mr. Kern is Farm Commentator for Ontario and Quebec and he's right at home in this role. He was born on a Saskatchewan farm but moved east to Forest, Ontario, where his father farmed. Graduate of the Agricultural College, "Ab" later wrote on agricultural matters for the *Sarnia Observer*.

Remember Your Charm Chores Your Man Will

That is, He Will Admire the Effects, Says Expert in a Note to Housewives on Keeping Good Looks

By BETTY CLARKE
Associated Press Writer

Dear Housewives: Of course you don't ever want him to say "you used to be pretty." You can avoid it with daily beauty care. Though you may be queen of the skillet and mop rather than queen at the bridge table you still can look the part of a lady of leisure.

Actually you have a better break than the girl in the war plant or in an office. She works all day and then goes to the beauty shop or sets her own hair before she goes to bed. You can do yours to suit your convenience. No one's looking at you in the unglamorous state of being "all pinned up."

And, since you're boss, there isn't a soul to kick if you stop cleaning the house and just plain relax for a while. By the way, there's no better beauty treatment in the world.

How It's Done
Then there's skin care. Every man loves a peaches-and-cream complexion. He always will. Regular skin care takes so little effort for the reward it pays.

If you dislike going to bed with a greasy face, let your night cream do the work while you're in the tub. Any time will do, but by all means don't miss a day.

On those days when you're extra weary, try a creamy mask. It will pick you up and make your skin feel radiant and refreshed. You needn't get punky should the doorbell ring. There's none of that plaster cast look (or feel) to a creamy mask. It's so soft and smooth you can wipe it off in a jiffy and get to the door before your caller leaves.

JUNE IS DEADLINE FOR LOCKER HOLDERS

Persons holding meat in lockers are reminded that they must declare in writing to the nearest branch of the Ration Administration, the quantity of rationed meat they had in storage on May 27. This must be done before June 30. Declarers may deduct an allowance of eight pounds for every person in the household. Coupons must accompany the declaration at the rate of one coupon for each two pounds of meat. Total number of coupons surrendered need not exceed one-half the total coupons in all the ration books of the household. Unrationed meats do not have to be declared.

SEVEN PERSONS JAILED FOR W.P.T.B. VIOLATIONS

Gasoline and food rationing offences brought prison terms to seven Canadians last week as reports indicated a general tightening up in investigation and prosecution. In addition, 66 persons were found guilty and fined for violation of Wartime Prices and Trade Board regulations. Twenty-six others were sentenced for infractions of Munitions and Supply Controllers' orders. Largest fine of the week was one totalling \$5,000 imposed on a wholesale textile company at Montreal for five offences of selling woollen cloth at unlawfully high prices.

Chronicles of a Ginger Farm

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

The wheat is out in head and the spring crop is just nicely through the ground so at least farmers will not be grumbling this year about having to cut oats and barley before they have had a chance to get their wheat in the barn. At any rate, right now it doesn't look as if there will be any occasion for grumbling on that score. Nor are we likely to hear any complaints about the weather being too cool these days. Summer has arrived with a vengeance, and, as usual, most people find that the heat a little too much for comfort. I am one of them but I am also trying to be one of the many who don't let the heat get them down. But it's mighty hard work at times, I must admit. But do you know, it is even possible to take advantage of the humidity—sort of make it your slave instead of your master. At any rate I found it possible one day last week and here's how I did it.

It was just before that bad thunderstorm we had. There was so much humidity in the air that day that our downstairs bedroom walls were so damp the room looked as if it had just been papered. It hadn't but it so happens that it is going to be that is, if I ever get around to it. With that thought in mind I looked at the walls that day and I thought—"What a grand time this would be to strip the paper off the walls—I don't believe it would need any wetting at all. Well, here goes," I said to myself, "no time like the present."

And so I forthwith set to work, and in less than two hours I had the walls completely stripped and hardly any muddle at all. All I had to do was sweep up the paper and burn it. Yes, that is how easily I did the sidewalls. But the ceiling—that was a different story. The paper couldn't have stuck tighter had it been put on with glue. But a little co-operative planning helped with that job. A friend of mine needed help with some sewing so she came down for the day and while I did her sewing she tackled my unfinished ceiling and in that way both jobs were done to our mutual satisfaction.

To-night I am going out to help with another kind of job and I have no doubt that if I need any help in return I shall get it, as I am well aware that this particular neighbor is much better at a good many jobs than I am. But that, of course, is beside the point—one doesn't help with the main thought in mind of being helped in return. And yet it often does work out that one does get help back at some time or another.

However, the important thing is that if we are able to do a job which a friend or neighbor may be afraid to tackle then it is up to us to offer to do that job. It is one small way in which we can help out in these difficult times. There is an acute shortage of help no matter which way we turn and we have just got-to-learn-to-fix-things-ourselves, either in the family or with the help of a neighbor or friend. Not all persons are good at the same thing and yet nearly everyone is good at something. Now is the time to put our wits and our hands to work so that we may help ourselves and our community in any way that we may find possible.

Of course, co-operative work, like everything else, requires a little personal sacrifice to be successful. It may not be too convenient to help our neighbor paper a room or quilt a comforter just at the time when she needs it done. It may be that we had planned to spend what time we could spare in the garden. Well, now there's a chance to trade jobs again. Talk it over with Mrs. A.—offer to help her with her papering and invite her to work with you in your garden. There is really no limit to what co-operation can do.

Which reminds me... I believe I wrote in this column some time ago, that I was rather fed up with so much talk of co-operation. I am still fed up with "talk" of co-operation, but I am, and always have been, very much in favor of co-operation in action, when properly carried out.

In the meantime my chickens sound as if a little co-operation is needed out in the chicken house—I provide the feed and they eat it. And so they grow. If either of us falls down on our job then a poor brood of birds is the inevitable result.

Have you had any wild strawberries yet? I found a few to-day and were they ever good? And the price? Time and a little sunburn.

Shallow men believe in luck... Strong men believe in cause and effect.—Emerson.

WAR 25 Years Ago

Hospital Ship Llandoverly Castle Sunk by German Submarine off Irish Coast With Loss of 234 Lives

By H. H. GORDON
Canadian Press Staff Writer

Germany's ruthless crimes at sea were many in the First Great War, but the torpedoing and sinking of the hospital ship Llandoverly Castle 25 years ago is recalled as one of the most flagrant violations of international law and of the principles of humanity.

The 11,423-ton Union Castle liner, under charter to the Canadian government, was sunk without warning June 22, 1918, by a German submarine about 100 miles off the Irish coast and of 238 persons on board only 24 reached safety. The hospital ship, returning to Britain after carrying 250 Canadian wounded to their homeland was under command of Capt. R. A. Sylvester.

Aboard were 164 officers and crewmen, 80 members of the Royal Canadian Army Medical Corps and 14 nurses. None of the nurses was included among the survivors in the one boat which got away and was sighted by a British destroyer.

Ship Was Hounded
The enormous red cross of a hospital ship above over the vessel as it approached Irish waters in the twilight of a summer evening. Other markings indicating it was a mercy ship were prominently displayed.

At 10:30 p.m. a shattering explosion occurred as the German torpedo tore through the bowels of the ship. Within 10 minutes the Llandoverly Castle had disappeared beneath the waves. The Admiralty communiqué reporting the torpedoing pointed out that under the Hague convention the submarine commander had the right to stop the ship and conduct a search, but no warning was given.

Major T. Lyon of the R.C.A.M.C., one of those taken aboard the U-boat immediately after the torpedoing, declared the submarine commander asserted he sank the ship because she was carrying American Air Force Officers and others in the fighting services. He claimed that Major Lyon himself was an American airman.

Other Ships Attacked
Shortly before returning the men to a lifeboat, the German attempted further "vindication" of his crime by stating that the Llandoverly Castle was carrying ammunition stores. He made this claim despite the fact that a survivor declared the explosion was caused when the torpedo tore through the boiler room.

In addition to the Llandoverly Castle, eight other hospital ships were sunk or attacked by enemy submarines during the First Great War, and with one exception they were large vessels whose character was unmistakable.

Here is the list: Asturias, March 20, 1917, English Channel, beached, 44 lost; Gloucester Castle, March 30, 1917, English Channel, towed in; Donegal, April 17, 1917, English Channel, 41 lost; Guildford Castle, April 10, 1917, Bristol Channel, hit by dud torpedo; J. Lafranc, April 17, 1917, off Havre, with 167 wounded Germans, sunk, 4 lost; Dover Castle, May 26, 1917, Mediterranean, sunk, seven lost; Rewa, January 4, 1918, Bristol Channel, sunk, four lost; Glenhart Castle, Feb. 28, 1918, Bristol Channel, sunk, 95 lost.

SUNFLOWER SEED OIL

Oil obtained from sunflower seed is regarded as one of the finest edible oils. It is expected that about 175 million pounds of oil will be produced from sunflowers grown in Western Canada in 1943.

BUILD BIG TRESTLE BRIDGING RAIL GAP

When uncontrollable spring flood waters went on the rampage at Talbot, Quebec, they swept away a section of the important line of the Canadian National Railway operating from Montreal and Quebec to serve the important industrial areas of the Lake St. John and Saguenay areas where much-needed wartime supplies are produced. The elbow of a hill-side being washed away, railway workers built a stout timber trestle to bridge the gap in the track, 159 feet of which went out with the waters. Meanwhile a shuttle train service was maintained, passengers walking through the bush, over a wood walk which the railwaymen had hurriedly built to provide dry footing. In less than four days the trestle was completed and the first train across after the usual test, carried 63 cars of perishables and foodstuffs. This was followed forty-five minutes later by a second similar train of 51 cars. The third train carried mail, express and baggage.

Rotund Tomatoes Shouldn't Dress As String Beans

Women Ought to Study Their Types in Choosing Clothes Reminds New York Expert Telling How It's Done

By DOROTHY ROE

If you're a round tomato, don't spend time envying your willowy sisters—just dress to suit your type.

That's the gist of the advice to off-plate females offered by Fira Benenson, top-flight New York designer, whose job is to play up her customers' good points, minimize their bad ones.

I cornered the talented Fira for a recent lunch-hour, and over our salad plates she divulged a few secrets for figure-flattering clothes. Said she, with that touch of Russian accent which seasons her speech:

"Tall girls should not try to look short. It can't be done. They should play up their height—dramatize it. Fat girls can't look thin, but they can have clothes that will put their figures in proportion. Short girls shouldn't depend on platform shoes—if they watch their clothes they won't look dumpy, even standing on the ground."

Figure as Square
Miss Benenson holds that the

human figure should be considered as a square—from the dressmaker's point of view. A woman with narrow shoulders and wide hips must have her shoulders built out to conform—so that a straight line can be drawn from shoulder-tip to hip-line.

A girl with a large, round face should choose a wide, square neckline instead of the usual V-neck. This minimizes the size of her face, balances the areas.

A girl who looks well in severely

tailored clothes shouldn't try to go frilly, and the dainty, ultra-feminine girl should stick to her type, and not yearn for mannish tailors.

HOLIDAYS FOR MOTHERS

LONDON, (CP)—A four-year-old plan for nurseries, under which 1,000,000 mothers would be given a day's holiday every week, has been sent to Health Minister Brown by the National Society of Children's Nurseries.

Keep Them Rolling

You can help to eliminate unnecessary delays by buying your ticket and obtaining all the information you require BEFORE you board the bus.

HAROLD WILES — PHONE 58

GRAY COACH LINES

"We're regular old MISERS — and enjoy it!"



JOE: "Pay day! Boy, I was down to my last nickel!"
ANN: "What do you do with all your money?"
JOE: "Run the house, keep the family, pay my life insurance, and BUY WAR SAVINGS CERTIFICATES AND BONDS."
ANN: "Same here! We're regular old misers and enjoy it!"
JOE: "That's our job. I heard a fellow say the other day that this war is on the home front, too—that we in Canada have a big part to play in keeping prices down. He said something about buying only the things we need."
TED: "That makes sense to me. If we keep on building up a demand for things we can do without, the people working to produce goods for civilians won't be able to supply them fast enough, and prices will go sky-high."
JOE: "Exactly! This fellow said that inflation was the big fight on the home front and the only way to beat it was to buy just the things we really need, and keep our spending down by saving every dollar we can from our earnings. I figure that's a lot easier to do if I buy War Savings Certificates and Bonds regularly and HOLD ON TO THEM!"

Be sure to maintain your life insurance in force. Your premiums are invested in Victory Bonds that are helping to win the war. Send for free Vest Pocket Budgeting Booklet designed to help you make the most of your income. You'll find it useful—valuable.

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