

# Of Interest to Women



**THE MIXING BOWL**  
By ANNE ALLAN  
Radio Home Secretary

## SCHOOL DAYS - MORE WORK

Hello Homemakers! Every mother has more ironing and pressing to do during school terms. No matter how simple a method we give you, the pile of laundry after a big wash is not diminished.

If you want your clothes to keep their shape and be easy to iron, put the dresses and blouses on clothes hangers and fuss with them a bit so that they will dry smooth and straight. Button the buttons, zip the zippers, straighten the seams, pockets and collar, and you are all but from the dresses. Be kind enough to hang them in the shade, so they keep their even colour. Then when they are taken from the line fold them and stack in a basket instead of crumpling. It is a wise plan to sort linens, cottons, rayons, etc., and turn the garments inside-out. The rayons are dampened first, then cottons, lastly, the linens. Your hot iron will then be in use constantly—first for linens (which need a real hot iron), then the cottons, and the rayons last as they must be pressed with the iron at low heat. (Turning an automatic electric iron frequently from high to low requires time to adjust the temperature, and you are apt to damage the switch.)

When dampening, be sparing of moisture on spun rayons, a little more lavish on cottons and linens. Use a perforated capped bottle, a clean brush or your finger tips for producing a fine even spray. Cover the dampened clothes in a basket for an hour, or overnight... longer may cause minute mould growth.

Begin on the seam or hem of the article; do not run into the corners. Iron with the weave of the material. Iron with long even strokes, as the steam escapes more freely than when short strokes are used. Do not press into folds more than is necessary or the sharp edges may soon fray. When ironing garments press the thin parts of the material first before they dry out. Hang each article over a clothes rack to air thoroughly, hanging blouses, shirts and dresses on hangers.

May we remind you that in these full-scheduled days of time conservation not to press articles you need not iron—bath towels, dish towels, overalls, seersucker materials, etc... no one is doing unnecessary jobs.

## TAKE A TIP:

Rayons need very low heat. It is wise to try the iron first on a portion of the fabric that does not show. Jersey silks, etc., need moderate to low heat. A damp pressing cloth should be used on the wrong side of the garment.

Wools need moderate heat. Again a damp pressing cloth should be placed on the wrong side of the fabric and iron should be pressed down lightly. The iron should be lifted and placed on the next area—never moved up and down as ordinarily.

## THE QUESTION BOX

Mrs. H. K. suggests:  
**Uncooked Mustard Pickle**  
1 gallon elder vinegar, 1 cup salt, 2 ounces white mustard, 1 teaspoonful cayenne pepper, 2 cups brown sugar, saccharine to taste, cucumber, onions, cauliflower, etc.

Combine vinegar and flavourings. Cut prepared vegetables in suitable sizes and place in the liquid. Cover with heavy plate to keep vegetables under liquid. The longer the vegetables are left in the liquid, the better the flavor. Stone or glass jars are desirable.

Mrs. J. C. says her family likes a one-plate meal frequently.

On a plate arrange 3 crisp lettuce leaves. In them place devilled eggs; slices of green pepper and shredded carrot; thick slice of a cantaloupe and a few grapes in the centre. For dressing put some grated carrot in a piece of cheesecloth and squeeze the juice over the lettuce and carrots.

Mrs. C. M. asks: "How much saccharine do you recommend to add to 2 quarts of applesauce?"  
Answer: Cook apples in a little water. Add saccharine to taste (about two 4 grams) after you have taken the cooked sauce from the stove.

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 reply.

## POLISH SUB ACTIVE

LONDON (CP)—Polish naval authorities recently announced their submarine Dzik torpedoed a 5,000-ton enemy tanker and a 6,000-ton passenger vessel in the Adriatic. Both were considered probably sunk. The feat gave the Dzik a record for sinkings among Polish submarines operating with the Royal Navy.

## Price Control And Rationing Information

Typical questions consumers have asked the Wartime Prices and Trade Board are answered below by the Women's Regional Advisory Committee to Consumer Branch.

Q.—My grocer charges 14c quart for milk. Is this correct? He also charges 15c for two bunches of half rotten celery. It is not worth that much.

A.—This price for milk seems high. Of course it depends on where you live, whether you paid for the bottle too, whether it is ordinary milk or a special grade. Ceiling price for ordinary milk in Toronto area is 11c without the bottle. In other centres the price of milk is usually lower than this. Please send particular and name of the dairy to the nearest Price Board office. They will make the matter investigated at once and let you know if you are being overcharged. The price of fresh celery does not come under Wartime Prices and Trade Board Regulations. The only fresh vegetables on which ceiling prices have been set are onions and potatoes.

Q.—I was working up north at the time canning sugar applications were called in last spring. I sent mine down to my wife in Hamilton, but she was told it was too late to obtain the canning sugar coupons. Is there anything we can do about it now?

A.—Canning sugar application blanks were supposed to be filled in and returned to your local ration board office by April 15. Canning sugar requirements were allotted in June.

Q.—If a city dweller buys peaches, plums or pears from a farmer what should the farmer charge or should he above the selling price?

A.—All sales to consumers in a public market or otherwise must not exceed an amount equal to the country shipper's price (you know this) plus 25% on selling price to consumer.

Q.—How may I get a copy of Consumers' News, regularly. I understand it contains up-to-date news about price control and rationing regulations.

A.—Simply write to Consumer Branch, Wartime Prices and Trade Board, Ottawa, asking to be put on the regular mailing list.

## British Farm Owner Becomes A War Hero

Proprietor of Two of Kent's Finest Farms Fights Fire and Saves Ammunition Dumps

BOROUGH GREEN, Kent, England (CP)—Nobody in this Kent farming district was greatly surprised when word came along that Sgt. Robert Ellingham had made a hero of himself in Sicily.

The 35-year-old owner of two of Kent's finest farms fought an ammunition dump, which, if it had exploded the dumps, would have been a disaster equivalent to a battle lost.

When war broke out Ellingham set up all one night getting out a large treatise on the art of farm management. His plan covered every possible detail. His aim was two crops a year from every acre.

He handed it over to his father and foreman—with the statement: "This is the target. It's up to you to hit it. I'm going to join the army."

Thirty Land Army girls are tilling farms, both singled out for praise by food to gather the harvest of his post on the crops will go to the sergeant in Egypt where he is in hospital getting over wounds suffered when one of the shells he was trying to save exploded.

Since he joined up similar reports have followed him to France, India and Iraq.

## The Giggling Age

Boys and girls have a keen sense of humor, and the world appears funny to them. They read the "funnies" with keen attention. A speaker with good jokes gets their attention.

This readiness to laugh constitutes a problem when they are asked to give serious attention. Teachers could probably tell of classes which would go into almost uncontrollable laughter, if some little amusing thing happened.

This may be considered a good trait if it does not go too far. A sense of humor carries a person through many hard places. Those who can laugh at mistakes and misfortunes and rebuffs, slip over many hard places. The youngsters would better not laugh too constantly, when told things they should know.

## Chronicles of a Ginger Farm

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

If you ever find yourself taking part in a quiz program and the question is asked, "What are the stupidest creatures on a farm?" take it from me, you need have no hesitation in answering "Hen and chickens."

I am sure anyone who lives on a farm will agree with me but those who don't may wonder why. Well, I'll tell you.

Hens and chickens absolutely refuse to co-operate when you try to make them more comfortable. They will come back again and again to the first home they knew—the brooder house. You can shut them out and chase them off to the nice new airy pen you have prepared for them and in half an hour they will all be back to the brooder house, squatting all around outside if they can't get inside.

Several weeks ago when our brooder house became too crowded we took the roosters away and put them in another pen. Partner said, "I guess if we keep them shut up for a day or two and then let them out again they will go back all right." But I gave a disgusted sort of grunt in anticipation of what I was sure would happen. And it did.

After a week we let the roosters out and that night every last one of them was back in the brooder house. While Partner was milking I had the grand job of catching and carrying fifty-one roosters back to where they belonged.

Then we had a pen of yearling hens up in the barn. They have been shut up in that same pen over six months. Then came moulting time and we thought it might do the hens good to have the run of the farm for awhile. So we let the hens out. Did they go back to their pen at night? Well, about half of them. The others went to roost all over the place—down in the stable, on the manure spreader, in another hen-pen and even in the brooder house from which I had so recently chased the roosters to make more room for the pullets. This went on for about three weeks. Finally I went the rounds one night and carried hens back to their pen. And believe me when I was through with the job I said to those hiddies very emphatically as I shut the door, "Now you can just stay there!"

We also have trouble, but of a different kind, with the pullets. They would much rather sleep on the floor than on the roosts. After the roosters had been taken away there was plenty of room for all the pullets to roost in comfort. But would they do it? In the daytime, yes. But at night half of them were on the roosts and the other half hunched up together on the floor. I tried picking them up and putting them on the roost. But that was no good. As fast as I put one bird up another bird jumped down. So I tried to outwit them. The next night I collected old stove pipes and odd ends of wire netting and I spread them all around on the floor making the place as uncomfortable as I could. And it worked.

That night there were far more birds on the roosts. The next night still more and last night there were only five on the floor. So I really feel as if I had done something.

Of course I don't suppose people who run a regular poultry farm have quite as much trouble as we do because they would have their pullets and cockerels in separate pens right from the start. But when you keep poultry just as a sideline as we do—or as a necessary evil—and have only one brooder stove to work with so that you have to keep mixed chickens in one pen until they are old enough to do without artificial heat then you are bound to run into some kind of trouble.

So you people whose only knowledge of poultry is eating eggs and chickens, please remember that it meant a lot of work before that chicken was ready for the oven and the hen that laid that egg you had for breakfast was fed and cared for for five months before she laid her first egg—and that a very small one. It took a week or two before her eggs were large enough to be marketable. But we keep on—we don't quit just because some of our work is not as easy as we could like it.

## BLACK BEARS NABBED

RICHMOND (CP)—Police received a call from an irate resident who demanded that they capture a bear engaged in robbing his cornfield. "Who's there?" they demanded as they reached the cornfield. When the answer came back, "Nobody but us bears," the police said they arrested three Negro boys.

## Hated Milk as a Girl Now Advocates Use

Has Spent Nearly Quarter-Century Proving its Value in Human Diet

By ADELAIDE KEER  
Associated Press Writer

NEW YORK (CP)—When Harriet Campbell was a little girl, she wouldn't drink her milk. Since then she has spent 24 years in scientific experiments which prove that one-third of man's diet could well be milk.

To reach that conclusion slender little Dr. Campbell has had to handle thousands of pounds of powdered milk. And she has had to observe 100,500 rats whose combined life span she says, corresponds to 1,500 years of human life.

Thus the fate of little girls who won't drink their milk.

But it is a fate which led to renown in Dr. Campbell's case. For the work she had done in collaboration with Dr. Henry C. Sherman at the Chandler Laboratory of Columbia University is credited with having a big influence on the diet recommended for many humans to-day.

Dr. Campbell went to work in that laboratory when she was getting her M.A. degree at Columbia and she has been there ever since.

**Experiments With Rats**  
"I began with the first generation of rats," she told me. "And now I am working with the 55th generation. The rat comes closest to the human of any animal which is inexpensive and practical to use. There is one specific difference. The rat does not require vitamin C; the human does."

"We are trying to find out what mixture of ordinary and relatively inexpensive foods will produce the best results and length of life, working with whole wheat and milk powder for a basis, we found a one-third milk and two-thirds wheat best."

Dr. Campbell is now conducting experiments adding calcium, cod liver oil and green beans to the whole wheat-milk mixture. But as yet she has no startling findings to report.

**Ambition Was To Be Scientist**

Dr. Campbell, who was born in Ashburnham, Mass., determined to be a scientist when she was a little girl. After she had graduated from M.L. Holyoke she taught while in her father's private school in Connecticut and then came to Columbia. Since 1919 she has conducted her experiments in the laboratory, spending hours checking on feeding and temperature.

## Detection Corps In Fraser Valley Has 98 Observers

Volunteers Man First Post in Plan to Provide British Columbia with Adequate Aircraft Warning Service

WHONOCK, B.C. (CP)—High on a Fraser Valley hill, stands the first Aircraft Detection Corps post built in British Columbia.

This new establishment is an important first step in a comprehensive plan to organize the interior of British Columbia into aircraft detection corps. It will provide more complete aircraft warning service and will further guarantee the safety of friendly planes.

Women are doing most of the daytime watching while men take the night shifts, said Chief Observer Fred Rolley. Boys and girls share the vigil with adults.

**Have Important Job**  
"Volunteer observers have a very important role in aviation," declared Sgt. Ldr. R. E. Slinger, R.C.A.F., who is senior aircraft detection officer, Western Air Command. "They have already saved many lives in B. C. coastal areas."

He told the story of an observer, who reported a ship which was found to be 100 miles off its course. The pilot was notified just in time to get back to the home field before his gasoline supply gave out.


Watchers maintain constant vigil by sound and sight. They are given instruction in methods of identification of aircraft and other necessary details. They report every aircraft seen or heard. The type of plane, its exact whereabouts and its direction of flight are flashed to R.C.A.F. operational headquarters by telephone.

The air force provides watchers with binoculars and aircraft information.

## OF ANOTHER INVASION

BALE, England, (CP)—A plowman near this Norfolk village turned up an urn containing 1,300 Roman coins. Experts expressed belief they had been buried for safety during an invasion scare when the Anglo-Saxons were striking at Britain. The coins date from the reigns of Probus and Gallienus.





## NEW SCHEDULE

# PRESERVES RATIONING

### EFFECTIVE SEPTEMBER 30, 1943

Preserves rationing gives the consumer a number of choices both of products and sizes of containers. Because of the wide range of container sizes and the variation in buying habits across the country it was necessary to put the system into operation and then make adjustments on the basis of experience.

Now that preserves rationing has been in effect for several weeks, it is possible to make some increase in coupon values. The new schedule is announced below and is effective September 30th.

The new doubled ration allowances for molasses, extracted and comb honey will enable consumers in areas where consumption of these products is heavy, to buy more and still leave enough for districts where the total demand is light.

The increased ration allowances for corn, cane and blended table syrups and maple syrup are adjusted to bring coupon values more closely into line with the great variety of container sizes now in use.

**ONE "D" COUPON IS GOOD FOR**  
*Not More Than*

Jams, Jellies, Marmalades, Maple Butter, Apple Butter or Honey Butter - - -	- 6 FLUID OZ.
Comb Honey (in Squares) - - - - -	- One Standard Section
Cat Comb Honey - - - - -	- 1 LB. NET
Extracted Honey or Maple Syrup - - -	- 12 FLUID OZ. (1 LB. NET)
Maple Sugar - - - - -	- 1/2 LB. NET
Molasses - - - - -	- 20 FLUID OZ. (1 PINT)
Corn Syrup, Cane Syrup, or any Blended Table Syrup - - - - -	- 14 FLUID OZ.
Canned Fruit - - - - -	- 10 FLUID OZ.
Sugar - - - - -	- 1/2 LB. NET

**Coupons D-4 and D-5**  
**NOW BECOME VALID SEPTEMBER 30th**

The validity date of these coupons has been moved forward from the original October 14th to September 30th.

This has been done to accommodate purchasers of some items which at this season of the year are normally bought in large units.

Coupons D-6 and D-7 will become valid on November 11th and the original schedule will be continued from then on, with two coupons becoming valid every four weeks.

RATION ADMINISTRATION

THE WARTIME PRICES AND TRADE BOARD

## "Grooming" Locomotives for Wartime Work



"Grooming" is one of the highly important jobs accomplished daily in Canadian National Railways roundhouses throughout the system. The term applies to the servicing of locomotives before they leave the stalls to start on a long journey hauling a freight train, or one of those big fast freights made up of carloads of wax supplies and materials. Grooming is usually unseen by the public but it is one of the multiplicity of daily tasks each essential to the Railway's war effort.

This grooming consists of filling the engine tender with coal and water; cleaning, greasing and oiling; making necessary adjustments and light running repairs; testing air brakes; electrical and water pump systems; and a thorough inspection of the locomotive to ensure perfect operation. This requires an average of one and a half to two hours for a turnabout job, and three to four hours for a general servicing.

At Canada's largest and busiest roundhouse, Turcot, in Montreal, operating on a 24-hour basis, Canadian National motive power is turned out at the average rate of one locomotive in less than every eleven minutes. Accommodation is available for 62 engines, five of the 57 pits each being capable of servicing two iron horses at the same time. The activity is at its highest point between four and eight p.m., with the five to nine a.m. period a close second. For a single day, the record turnout was 147 groomed and despatched locomotives. Turcot maintains a daily average of 135 despatches, which the staff of 480 workers consider something for other roundhouses to shoot at.

The photograph shows a fleet of locomotives awaiting attention with one of the giant 6000-type, Canadian National's latest design, embarking on the turntable under the guidance of a heater to go on a track for its train.