X-Rays Photograph

Propulsion Powder

Grain to Prevent Premature

operated by Hercules Powder Co.

POULTRY BUSINESS

The only way to make a satisfact-

enough good birds to provide that liv-

ing. The attempt to make a living

out of too few hens is the most im-

practical thing in the industry. The

greatest wastage of labor and the

inion Department of Agriculture.

Explosions

Of Interest to Women



Hello Homemakers! Co-operation and working together for a common cause are more important to-day than at any time during the last decade and the women of Ontario are rising to the occasion. An analysis of our mail will vouch for that.

Good old-fashioned neighborlines and willingness to share with others are expressed in your letters. They are reminders of those days when neighbors everywhere exchanged a loaf of bread for a jar of preserves over the back fence.

> **Epicod Cottage Pudding** Suggested by Mrs. C. B.

Mcup shortening, % cup sugar, 2 tablespoons honey, 1/2 teaspoon cinnamon, I teaspoon baking sods, 2 cups sifted flour, % cup water.

cream together. Add honey. Mix cloves, cinnamon, baking sods and flour. Add water alternately with the flour and spices. Stir well and pour into greased cake pan. Bake in a slow oven of 325 degress F. for 1 hour. Serve hot with Grape Sauce.

Grape Bauce Suggested by Mrs. D. M. 8 cups grapes, 6 cups granulat-

ed sugar. lety. Cook slowly on electric ele- for thankfulness. We have finished ment turned low for 15 minutes. Press harvest! Yes, actually-rain and through a coarse sieve. To the pulp storm notwithstanding. We could add the granulated augar. Mix well sing a Te Deum for a week-only and cook for 15 minutes, stirring fre- there isn't time. It's off with one job quently to prevent scorching or stick- and on with another. As I write I can cream.

Melon Ambrosis

I cup melon, cubed; I cup diced watermelon, I cup allced orange, 6 tablespoons powdered sugar. Mix all ingredients and chill thor-Pile into sherbert glasses and serve garnished with fresh mint leaves. Yield: 6 servings.

Damson Plum Conserve

(Requested) 2 pounds Damson plums, 1 chopped orange, 1 pint water, 1/4 cup raisins, 2% cups sugar, % cup nut meats (if obtainable).

Pit and halve the plums, put through food chopper or cut in small pieces. Cook the chopped orange with the 1 pint of water for 20 minutes. Add plums and raisins and cook until about one-half the liquid has evaporated. Add augar and cook rapidly until mixture will heap up on a spoon. Add nuts and pour into hot sterilized jars. Paraffin and cover.

Varieties of apples good for cider are Baldwin, Golden Russet, and Gravenstein.

Varieties of apples good for baking are Tolman Sweets, Northern Spy. McIntosh Red, Baldwin, Wealthy and Baxter.

> Coddled Apples 2 cups bolling water, 1 or 14

cups sugar, 6 apples. Make a syrup by boiling water and sugar together for 5 minutes. Core and pare apples, lower into syrup and cook slowly. Cover and watch carefully. When tender lift out apples, add a little lemon juice to the hyrup and pour over the apples.

TAKE A TIP

1. To plant slips of geraniums, etc., put some lumps of charcoal in the not-wood ash charcoal keeps the earth sweet.

2. For potted plants on the widowzill, use glass gliders that you buy thing, but for good results give me for furniture. The are convenient to use on a narrow ledge.

warm water-preferably at night. 4. Do not forget to pot some paraley. It grows easily and supplies a summer green for winter salads.

THE QUESTION BOX

flavor of fish be prevented?

let stand a few hours, then rinse off. Of course with the sweet dispositions Soaking fresh-water fish in water that I know most of you possess that destroys flavor. Mrs. B. J. asks: Recipe for Bolled | . . .

Salad Dressings without eggs? Answer: % tsp. mustard, 1 tsp. salt, pinch pepper, & tsp. celery salt, 1 tb. flour, 1 tb. sugar, 1 cup cream, 3 tbs. Poor Tippy is a nervous little fellow. vinegar.

cream and stir until blended. Then an hour afterwards. I sat on the step add hot vinegar and cook until smooth with him this time and he was tremand creamy. (& cup milk and & cup bling so I could hardly hold him. Even melted butter may be used instead of a dog has his troubles.

cream). Mrs. N. M. asks: Why do meringues liquify on some ples and not on others

from the same beaten, egg whites? Answer: Filling should be cooled slightly before meringue is put on or ters.of the Franciscan Order left meringue will liquify underneath. here for Australia where they will Beaten egg whites should be kept cool found a noviciate at Brisbane and and should not stand too long before work in a hospital for teprosy victims being used.

Chronicles of. . Ginger Farm

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

"Lights of London" . . after five Taking a picture of each grain is snatched from starvation. years of deep, depressing gloom. You something unique. The size of the you have experienced it. Next time ret. lal street in any part of Ontario, take place an identifying mark on cheerful atmosphere surrounding box, in which X-rays shine through those brightly lighted homes-homes the film and the powder grain. where there is hardly a shaded win-Cream shortening, add sugar and dow at all. And along the street there are street lights glimmeringdimly, maybe, but still showing a little bit of light. Imagine that same street with no street lights, and with not so much as a chink of light showing from any of the house windows. Try to realise what such utter and

complete darkness can mean and then

you may get some conception of what

"Lights Up" will mean to the people of the Old Country. But back to the farm. We, too. Wash and crush grapes of any var- have had our own personal reason Seal in sterlized jars for future hear the tractor warming up. That Serve with pudding or ice means Partner is getting ready to plough for fall wheat. As for me I still hardly know which job to be at first. This morning I was canning peaches and plums and there are still pears awaiting my attention. How am going to make the augar stretch out I don't know. Imagine what it will be like to buy as much sugar as we need again! Not_that we have

suffered but lack of sugar does mean

n lot of fruit wasted. I have just been listening to Mr. Donald Gordon's address to the Canadian Club. There seems some hope of a greater proportion of raw materials being released for the manufacture of civillan goods, although textiles are still pretty tight. I would like to ask Mr. Gordon -- "Is there any chance of getting lightweight, warm underwear this winter? And would it be possible to acquaint manufacturers with the fact that ALL women don't wear a size 18?" If only we could nibble at some sort of magic cake like "Alice in Wonderland" and reduce or expand to fit the garment we wanted to buy. It would be so much easier than trying to make the garment fit us-and find that it won't. Truly life has its problems.

What a huge following a fortune teller would have if she could read your cup, your palm, or your bumps and tell you, not what your future love-life would be, but where you might find that certain type of dress you are looking for or those drapes to harmonize with the rug in your living room.

Well, I suppose you might say we have had our first touch of real fall weather. At any rate it was cool for a few days. How did you like it? heard a few people complaining that It was too cool. Personally, I was very well suited. A little bit of fire was quite comfortable in the kitchen and it was such a treat after cooking on the oil-stove for so long. I wouldn't be without my oll-stove for anythe old-fashioned cook-stove any time. With it you can at least put 3. Always water plants with a little things on one side when necessary. but an ollstove, if the telephone or the doorbell rings, you come back to find milk has boiled over and put the stove out, or fruit juice has boiled over and the stove has flared up. On the other hand, if you take time to Mrs. G. S. asks: How can the flat turn the wick down before you leave the stove, the chances are you turn it Answer: Sprinkle well with salt and too low and the blessed thing goes out. sort of thing doesn't bother you, but well, I guess I'm not in that

class. I just heard the tractor starting again and I ran out to rescue Tippy. After the tractor started this morn-Mix dry ingredients together; add ing we couldn't find Tippy for about

HELP FOR LEPERS

QUEBEC (CF)-Six missionary sisat Phantom Island.

Nascopie Carries **Arctic Survivors**

Three White People from Fort Ross Arrive at Churchill, Manitoba

CHURCHILL, Man (CP)-The first Sunday in August was a red letter day at Manitoba's only seaport. The Hudson's Bay boat, Nascopie, docked. The entire Churchill population, white Indian and Eskimu turned but

Perfection Demanded of Every Passengers abourd were mainly men but there were a few women. Included In the list were Mr. and Mrs. W. A. NEW YORK (CP)-Women, work- Heslop and D'Arcy Munro, the three ing in shifts around the clock, are X- white people who were rescued by an raying, separately each single grain of American plane from Fort Ross last rocket powder made at the Sunflower winter when the Nascople couldn't Ordnance Works, near Lawrence, Kas. get through and post supplies dwindl-

The war news has been good this For rocket propulsion, it is declared. The story of their rescue read like week-very good-success all along in a report approved by the United a piece of adventurous fiction. Isolated the line-but to us the very best States War department, every grain at the lonely outpost on Somersel piece of news was that which promised has to be perfect. Otherwise there Island, about 2,000 miles north of "Lights Up" in the Old Country on would be uneven burning of the pow- Winnipeg and 400 miles inside the September 17-a prelude to Victory. der, and risk of premature explosions. Arctic circle, they were literally

The first flight of the American can't imagine what it means unless grains, however, is kept a military sec- Douglas C47 made November 1st, 1943 failed to locate Fort Ross. On Novemyou walk at night, through a resident- The women take each grain and ber 4, Mrs. Helsop saw Capt. J. L. It Stamwell-Fletcher make a parachute a look around you. Don't you find 'The grain is placed on a photographic jump followed by dozens of yellow there is a particularly friendly and film, and the film is shoved into a lead parachutes from the plane, carrying 2.000 pounds of supplies. Three days later the plane returned and took its human cargo aboard.

People wondered at the time if the Heslops would ever risk the north again. "We're ready to go back any time," they said. Now they are headory living out of poultry is to have ed for another Northern post.

STRIKE 100 PER CENT.

ST. VINCENT DE PAUL (CP) least efficient factor in the business The roads department - both memare the result of the number of bers - of this Montreal suburb west people who try to make a living from on strike for a ten cent increase in 400 to 500 hens. They could just as the hourly rate of 40 cents. Aquilas well look after 2,000 or more, may of- Pelletier and Paul Cyr, the entire ficials of the Poultry Services, Dom- staff, left an unfinished sidewalk when they declared their strike.





Consistent Advertising Pays!

true not only in Canada but throughout

As Canada is devoting over half

her production making things for war

We just can't produce all the things required to fill the greatly increased

civilian demands, but production efforts

are being directed to see that the best

use is made of materials and labour

that are available for the production

Remember these facts when you

alardon

about the things you buy in wartime If is inevitable that civillan supply must



THE ZTORY OF CHILDREN'Z UNDERWEAR

BVIOUSLY babies and children must have the wool, cotton and rayon yarn she requires. We underwear. So-the Wartime Prices and Trade Board has given special attention to the production

of these garments. The problem has not been so much one of a lack of raw materials, but of getting the raw materials (wool, cotton, rayon), spun into yarns-and then knit into garments. Canada has never produced all

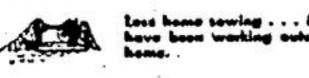
have always had to get a substantial part of our requirements from other countries, even in peacetime. But since the war, there has been an acute shortage of underwear yarns everywhere.

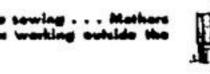
There has been a greatly increased demand in addition to production difficulties. The efforts of the Board to meet the problem are given below.

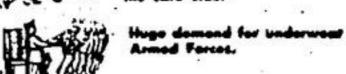












MORE UNDERWEAR: but still not enough!

The reason is that it just has not been possible to produce with the skilled workers and machines available to the United Nations enough yern and garments to most the increased domands all over the world.

WHAT HAS BEEN DONE ABOUT IT

VFirst of all the Board found out the kind and additional 600,000 garments will be provided this quantity of garments Canadian children must have. year from these sources. √This showed that the public is asking for more than

is actually needed. √So plans were made to see, by directing production

all down the line, if we could meet the swollen demand as nearly as possible.

number of garments. √A constant check is kept on mills to see that they are producing the required

✓ Manufacturers not previously making children's underwear were induced to go into its production. An

number.

√Negotiations were conducted with production authorities in other countries for supplies of yarn to Canadian knitters for use in children's underwear.

√Primary cotton mills were required to divert spinning facilities from fabric manufacture to the spinning of underwear yarns.

VEach manufacturer was told to produce an increased VArrangements were made through National Selec-

The greatly increased supply of children's underwear resulting 1935-1939

tive Service to direct more labour to the underwear √A special campaign was

launched to enlist part time workers. √Distribution to retail

stores was organized to ensure equitable supply to all areas.

You can't get all you want in wartime If one will do - Don't boy two