

# Of Interest to Women



**THE MIXING BOWL**  
By ANNE ALLEN  
Suggests These Recipes

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 neighborliness 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.

**Spiced Cottage Pudding**  
Suggested by Mrs. C. B.  
1/2 cup shortening, 1/2 cup sugar, 2 tablespoons honey, 1/2 teaspoon cinnamon, 1 teaspoon baking soda, 2 cups sifted flour, 1/2 cup water.

**Grape Sauce**  
Suggested by Mrs. D. M.  
8 cups grapes, 6 cups granulated sugar.

**Melon Ambrosia**  
1 cup melon, cubed; 1 cup diced watermelon, 1 cup sliced orange, 6 tablespoons powdered sugar.

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

**Coddled Apples**  
2 cups boiling water, 1 or 1 1/2 cups sugar, 6 apples.

**TAKE A TIP**  
1. To plant slips of geraniums, etc., put some lumps of charcoal in the pot—wood ash charcoal keeps the earth sweet.

**THE QUESTION BOX**  
Mrs. G. S. asks: How can the flat flavor of fish be prevented?

**HELP FOR LEPERS**  
QUEBEC (CP)—Six missionary sisters of the Franciscan Order left here for Australia where they will found a novitiate at Brisbane and work in a hospital for leprosy victims at Phantom Island.

## Chronicles of... Ginger Farm

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

The war news has been good this week—very good—success all along the line—but to us the very best piece of news was that which promised "Lights Up" in the Old Country on September 17—a prelude to Victory. "Lights of London" . . . after five years of deep, depressing gloom. You can't imagine what it means unless you have experienced it. Next time you walk at night, through a residential street in any part of Ontario, take a look around you. Don't you find there is a particularly friendly and cheerful atmosphere surrounding those brightly lighted homes—homes where there is hardly a shaded window at all. And along the street there are street lights glimmering—dimly, 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 realize 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, have had our own personal reason for thankfulness. We have finished harvest! Yes, actually—rain and storm notwithstanding. We could sing a Te Deum for a week—only there isn't time. It's off with one job and on with another. As I write I can hear the tractor warming up. That 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 I am going to make the sugar 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 a 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 civilian 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? I 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 oil-stove for anything, but for good results give me the old-fashioned cook-stove any time. With it you can at least put things on one side when necessary, but an oil-stove, 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 turn the wick down before you leave the stove, the chances are you turn it too low and the blessed thing goes out. Of course with the sweet dispositions that I know most of you possess that 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. Poor Tippy is a nervous little fellow. After the tractor started this morning we couldn't find Tippy for about an hour afterwards. I sat on the step with him this time and he was trembling so I could hardly hold him. Even a dog has his troubles.

## X-Rays Photograph Propulsion Powder

Perfection Demanded of Every Grain to Prevent Premature Explosions

NEW YORK (CP)—Women, working in shifts around the clock, are X-raying, separately each single grain of rocket powder made at the Sunflower Ordnance Works, near Lawrence, Kan., operated by Hercules Powder Co.

For rocket propulsion, it is declared in a report approved by the United States War department, every grain has to be perfect. Otherwise there would be uneven burning of the powder, and risk of premature explosion.

Taking a picture of each grain is something unique. The size of the grains, however, is kept a military secret.

The women take each grain and place an identifying mark on it. The grain is placed on a photographic film, and the film is shoved into a lead box, in which X-rays shine through the film and the powder grain.

## POULTRY BUSINESS

The only way to make a satisfactory living out of poultry is to have enough good birds to provide that living.

The attempt to make a living out of too few hens is the most impractical thing in the industry. The greatest wastage of labor and the least efficient factor in the business are the result of the number of people who try to make a living from 400 to 500 hens. They could just as well look after 2,000 or more, say officials of the Poultry Services, Dominion Department of Agriculture.

## Nascopic 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, Nascopic, docked. The entire Churchill population, white Indian and Eskimo, turned out.

Passengers aboard were mainly men but there were a few women. Included in the list were Mr. and Mrs. W. A. Heslop and D'Arcy Munro, the three white people from Fort Ross last winter when the Nascopic couldn't get through and post supplies dwindled.

The story of their rescue read like a piece of adventurous fiction. Isolated at the lonely outpost on Somerset Island, about 2,000 miles north of Winnipeg, and 400 miles inside the Arctic circle, they were literally snatched from starvation.

The first flight of the American Douglas C47 made November 1st, 1943 failed to locate Fort Ross. On November 4, Mrs. Heslop saw Capt. J. L. Starnwell-Fletcher make a parachute jump followed by dozens of yellow 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 headed for another Northern post.

## STRIKE 100 PER CENT.

ST. VINCENT DE PAUL (CP)—The roads department—both members—of this Montreal suburb went on strike for a ten cent increase in the hourly rate of 40 cents. Aquilas Pelletier and Paul Cyr, the entire staff, left an unfinished sidewalk when they declared their strike.



Before you blame your telephone...

CHECK THIS DISTANCE

Engineers designed the mouthpiece of your telephone to give best results at one-quarter of an inch from the lips. When your lips are farther away than this, your voice is transmitted less strongly . . . less clearly.

Help avoid needless service check-ups, and at the same time let those you talk to hear you without strain. Just remember: Talk clearly, normally, directly into the telephone, with your lips just one-quarter of an inch from the mouthpiece.



## Consistent Advertising Pays!

# about the things you buy in wartime



## THE STORY OF CHILDREN'S UNDERWEAR

When you go to a store to buy and can't get the things you want, remember that war upsets the whole machinery of production and supply. This is true not only in Canada but throughout the whole world.

OBVIOUSLY babies and children must have underwear. So—the Wartime Prices and Trade Board has given special attention to the production of these garments.

the wool, cotton and rayon yarn the requires. We 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.

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

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

**THE INCREASED DEMAND RESULTED FROM:**  
More babies . . . It's apparently always the way in wartime.  
Increased consumer buying . . . More people with more money.  
Reduced use of second-hand or "hand-me-down" garments.  
Less home sewing . . . Mothers have been working outside the home.

Extra buying . . . Perhaps too many people wanted to be "on the safe side."  
Huge demand for underwear by Armed Forces.

**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 yarn and garments to meet the increased demands all over the world.

**WHAT HAS BEEN DONE ABOUT IT**

- ✓First of all the Board found out the kind and quantity of garments Canadian children must have.
- ✓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.
- ✓Each manufacturer was told to produce an increased number of garments.

- additional 600,000 garments will be provided this year from these sources.
- ✓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.
- ✓Arrangements were made through National Selective Service to direct more labour to the underwear mills.
- ✓A special campaign was launched to enlist part time workers.
- ✓Distribution to retail stores was organized to ensure equitable supply to all areas.

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

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



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