

Of Interest to Women



THE MIXING BOWL

Amelitan
BYRON
HOUSE ECONOMIST

Hello Homemakers! Organization of the work to be done is the best way to approach any job even the family laundry. With a decided plan, your big job falls into several small jobs, no one of which seems overwhelming. You also save time by eliminating waste motion.

What jobs need to be done before actual washing?
All mending should be done beforehand, because tears and rips are likely to enlarge discouragingly during the washing process. All stains should be removed because soapy water sets many stains.

How should I sort clothes before washing?
White clothes: (1) table linen; (2) sheets, pillow cases, lightly soiled towels; (3) cotton underwear, shirts, heavy soiled towels. Colored clothes: (1) light colored, (2) dark colored, (3) colors that may run. Set aside fine fabrics for special handling and stained clothes for treatment.

What can be done about hard water?
Soft water requires less soap and makes clothes whiter than hard water. Washing soda and trisodium phosphate are good water softeners but should not be used in washing rayon or part wool and rayon fabrics. Some "brand" softeners may be used for all fabrics and colors but should be used according to directions. Too much softener may turn fabrics yellow.

Do clothes have to be soaked?
Soaking loosens soil and, therefore, is helpful in washing dirty clothes. A fifteen-minute soaking is ample and cool water is better than hot for this purpose.

How to keep clothes white?
Hot washing water, the right amount of soap, thorough rinsing and wringing are the answers to that question. Fill the machine two-thirds full of hot water. If you use a water softener, add the correct amount according to the manufacturer's directions. Measure soap allowing enough to make a 2-inch suds after machine has been operating for about 2 mins. Do not use more soap than needed. Wash a few clothes at one time for a good washing. Clothes must move freely through the suds. Operate the machine from 10 to 15 mins., depending on amount of soil in clothes. 20 mins. for stubborn dirt. Before adding another load to machine, be sure water is hot, soapy and not too dirty. These clothes three times in soft or softened water, hot, warm, then cool. Soap left in fabric turns it yellow. If you wish to add bluing, add it sparingly, according to manufacturer's directions. Keep clothes in motion while bluing to prevent streaking. A plunger is useful to assist in forcing out soapy water.

How do I keep colors clear and bright?
First make sure colors are tub-fast by soaking a small sample piece in warm water 10 mins. If colors run, handle the garment separately. Before washing soak it in salt and water or baking soda and water for a few minutes. The wash water should be only lukewarm and the cleaning should be done in a few minutes. Wring as dry as possible after rinsing and dry quickly.

Why are clothes starched?
The purpose of starching is to restore the original finish to fabrics. As starch gives a smooth surface that repels dirt and stains, it is especially desirable for housewives, aprons and children's clothes. Many women like to starch linens very lightly. Clothes should be starched after the last rinse. Proper quantities are impossible to list because the amount of starch a garment absorbs varies with the weave and weight of the material and temperature of the water. You have to learn by experience. Remember that the hotter the starch the more will be absorbed. Use a warm, thin starch solution. Wring out as much as possible and let starched clothes dry thoroughly before sprinkling.

How to hang clothes?
As the clothes are put through the last rinse, watch out for unnecessary folds to prevent wrinkles. Fold big flat pieces so they won't pull cornerwise. Put the clothes into the basket in some order—sheets in one end, towels in the other, small articles flat on top. Shake out and smooth clothes to make ironing easier. In general, hang clothes by the heaviest, firmest portion. Fold sheets and tablecloths hem to hem and place on line so that hemmed edges hang over 8 to 12 inches. Give clothes dried indoors ventilation with open windows or fan. Never hang wet clothes in a papered room; moisture will loosen the wallpaper.

Fold things carefully as you take them down. You have to iron out those additional wrinkles. Use a clean, stiff brush or a bottle with a fine perforated cap to sprinkle the clothes. Cover with a heavy towel. Iron in 2 or 3 hours' time.

Improved Nutrition Would Increase Sale Many Farm Products

Looking down the road the broad vision discloses the possibility of an expanding demand for the products of agriculture and fisheries as the beneficial effects of improved nutrition become known and understood, Dr. F. F. Tisdall, Toronto, Chairman of the Committee on Nutrition, Canadian Medical Association, told the Canadian delegation to the United Nations Food and Agriculture Conference recently held at Quebec City.

An increased demand for essential products produced in Canada is therefore envisaged within Canada itself and also throughout the world, he said. Whichever way better feeding is considered, whether from the viewpoint of increased food production or from the standpoint of improved health it will pay handsomely.

Dr. Tisdall reviewed some of the more important advances that recent studies have disclosed. A study made early in the war showed that when the rations of the armed forces were not of the best both from the quality and quantity standards that after four days men were so debilitated mentally and physically that they were not a match for an army of 14-year-old properly fed boys.

The feeding of foods of high nutritive value definitely advances learning ability. It has been found that certain feeding procedures during acute illnesses can definitely shorten the period of convalescence.

Length of life is also affected by proper feeding, he said. Foods of high nutritive value not only retain vigor, but also lengthen the span of life.

Diet and Growth
The rate of growth of a man or woman is also affected by diet. A recent survey made disclosed that freshmen presently at the University of Toronto were one and a half inches taller and five and a quarter pounds heavier on the average than the freshmen at the same University 20 years ago. The improvement in the freshmen of the present time over those of two decades ago was probably due to better diet.

Expectant mothers, properly fed, proved the benefits of good nutrition by feeding additional Canadian foods such as vegetables, fruits, milk and cheese, complications before labor, during labor and during the period of convalescence were cut down and the babies born were healthier than those born of a poorly nourished mother.

Of 200 expectant mothers, 100 well nourished and 100 indifferently nourished, 14 babies died and every one was from a mother who had been living on a diet regarded by medical men as inadequate.

The Canadian Armed Forces during the war, and also now, had the highest ration of milk of any armed forces in the world, 20 ounces per day and the advantages of this are abundantly evident.

Bones and Calcium
Referring to the shipments of canned meats that are being sent from Canada to the devastated countries of Europe, Dr. Tisdall said calcium is needed as well as protein. It is not possible for the people in those countries to obtain cows' milk, which is high in calcium, in sufficient quantities, so it must be supplied in something else, such as fresh bones. The human race thousands of years ago depended on bones to supply the calcium for their diet. Today fresh bones are largely used in Canada for animal feed and for fertilizers. Fresh bones can be ground and added to canned meats and substantially increase the calcium content. The introduction of bones in canned meat for human consumption will add vital elements to the diets of peoples and mean millions of dollars to farmers. Ordinary canned meats contain about 20 per cent or more of protein and fresh bones with the meat adhered to them have about 16 per cent, protein in addition to their high calcium content.

Chronicles of a Ginger Farm

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

Our immediate household has been reduced to three again. With Partner able to get around once more to help with the chores and milking it was hardly necessary to have three men at home to run a hundred acres. There is still a dearth of farm help so it was certainly no trouble for young John to get another job and right in our own neighborhood, too, which suited him fine. Son Bob has also been away working that is from nine until five each day tractor-ploughing for one of our neighbors. And Partner and I have been right into the chicken business, killing and dressing a few each day so as not to make it too tiring for Partner. Even at that it was tiring enough. Personally, I don't mind being tired just so long as we get those noisy strutting roosters off the farm. "The female of the species" may be "more deadly than the male" but at least she is not so insufferably pretentious and vain. To hear the cock crowing that emanates from our rooster pen you would think the crazy things were telling the world they were our main source of income. They help, of course, but I'm telling you we earn every cent we get for our dressed chickens.

And that, by the way, is the only time I like roosters when their feathers are off and in place of birds we have dollar bills. And I am also pleased when they tip the scales at anywhere from six to eight pounds with firm, white flesh one knows will make good eating. You know, it is possible to get a lot of satisfaction from the knowledge that one has turned out a good product.

Rather a funny thing happened on one of our chicken picking days. We had just finished weighing and pricing five birds for a private sale when in came a truck with our order of potatoes. There were five bags of the murphies and the price for the five bags was a little less than our price for our five chickens. I said to Partner, "Now, which line of produce do you suppose brings in the best returns?"

Well sir, we thought and we talked but we haven't got the answer yet. Partner thinks there are too many angles to consider for a definite conclusion to be possible. There are too many "ifs." If it is a poor season then potato crops are light; if disease attacks young chickens then losses are heavy. If... if... so many ifs!

But I do know one thing—at least potatoes can't grow, and they don't scratch in the flower beds or sneak around to roost on the front doorstep to the embarrassment of the owner. But then potatoes have bugs—and they have to be hoed and hilled—the potatoes I mean, not the bugs. They must be "dropped" in the spring, "picked" in the fall, sprayed or dusted, sorted and bagged and looked over carefully for signs of dry rot, ring rot, wet rot and scab.

Figures can't supply the answer to my question. Figures can only go so far. You can't estimate in dollars and cents the value of carrying water to your chickens, or the difference in hoing potatoes in wet or dry seasons. So there you are, friends, and if you would like to start an argument in your family circle, or among your neighbors, try that one. And I would just love to know the result.

"W. G." Thank you very much for your kind letter. It was just about the latest piece of "fan mail" that has come my way. Your encouraging comments were certainly appreciated and it will give me much pleasure to answer your letter personally in the very near future. I shall also be happy to send you the information you requested.

Here is a thought that is worth considering. I was listening to an address by Mr. Walter S. Woods given to the Canadian Club, Toronto. His subject was "Rehabilitation." He spoke of the idea that seems to be pretty general these days of the need for readjustment to living by returned men. "But," he said, "it may be that readjustments are necessary on our side." There is something in that, isn't there? There is surely room for readjustment when our sons who went away as boys come back to us grown men with a knowledge and experience of life and death—far beyond their years and of a nature that we, in our time, will never know.

JOB'S AVAILABLE
EDMONTON (CP) — While there are 18,000 "unplaced" persons in the three Prairie Provinces and part of Northern Ontario, there are about 18,000 jobs available for them, according to Fred J. White, of Winnipeg, regional superintendent for the Unemployment Insurance Commission.

Nursing Is 24-Hour Job In Alberta

Public Health Nurses Deliver 300-400 Babies Yearly, Need Pioneering Spirit

EDMONTON (CP)—Between 300 and 400 babies are delivered each year in Alberta by provincial public health nurses stationed in isolated sections of the province. Their task is described by Miss Helen McArthur their superintendent as "a 24-hour-a-day job demanding a touch of the pioneering spirit and a liking for outdoor life."

Of the 50 nurses, 35 are located in remote areas of the Peace River country. In districts cut off from doctors and hospitals by as much as 75 miles, they represent the sole medical aid for lumbermen, farmers and their families of these communities.

The province pays the nurses salary and provides her with office equipment, a small dispensary and drugs, which, unlike other nurses, she is allowed to handle. The community provides a house, fuel and water.

Nurses have from 20 to 300 office calls a month, during which they give free consultation service for medical and surgical cases and public health advice. The only charge is for dressings and medicines. The nurses are not called upon to perform operations or to take over the duties of a doctor but are under orders to give the best possible emergency treatment they can in serious cases and then to move the patient to the nearest hospital as quickly as possible. Rigorous weather conditions sometimes thwart this plan, so that they frequently deliver babies.

Always on Call
Home visits average between 40 and 50 a month, for each nurse calls regularly on the blind in her district, reports cases of neglected children, or needy families and investigates T. B. cases. Each nurse is on call day or night, winter and summer, in a country where travel is rarely easy. The customary winter conveyance is a horse-drawn "caboose," closely resembling an elaborate doghouse on runners.

Each spring the nurses, most of whom are graduates of the University of Alberta, travel to Edmonton for their annual refresher course. But apart from this trip and the occasional day "outside" every three or four months, they spend all their time at their stations. Once in the service they rarely leave it. One nurse, Miss Amy Conroy, this year celebrated 25 years in public health work 16 of them in the community of Pellyville, west of Wetaskiwin.

The environment in which the nurses work hasn't the glamor Hollywood associates with nurses but the last three nurses sent to the Worsley district have married and settled there. One advantage of this, Miss McArthur is quick to point out, is that "pretty soon I won't have to worry about keeping a nurse there. Half the housewives in the district will be former public health nurses."

HENCOCKS NEXT
WINNIPEG (CP) — An indication of how severe the housing shortage is in Winnipeg was affixed when several people tried to rent a bread-making booth, erected at the city's main intersection for the Victory Loan campaign. Officials said it wasn't for sale, that the Army was going to use it for a canteen.

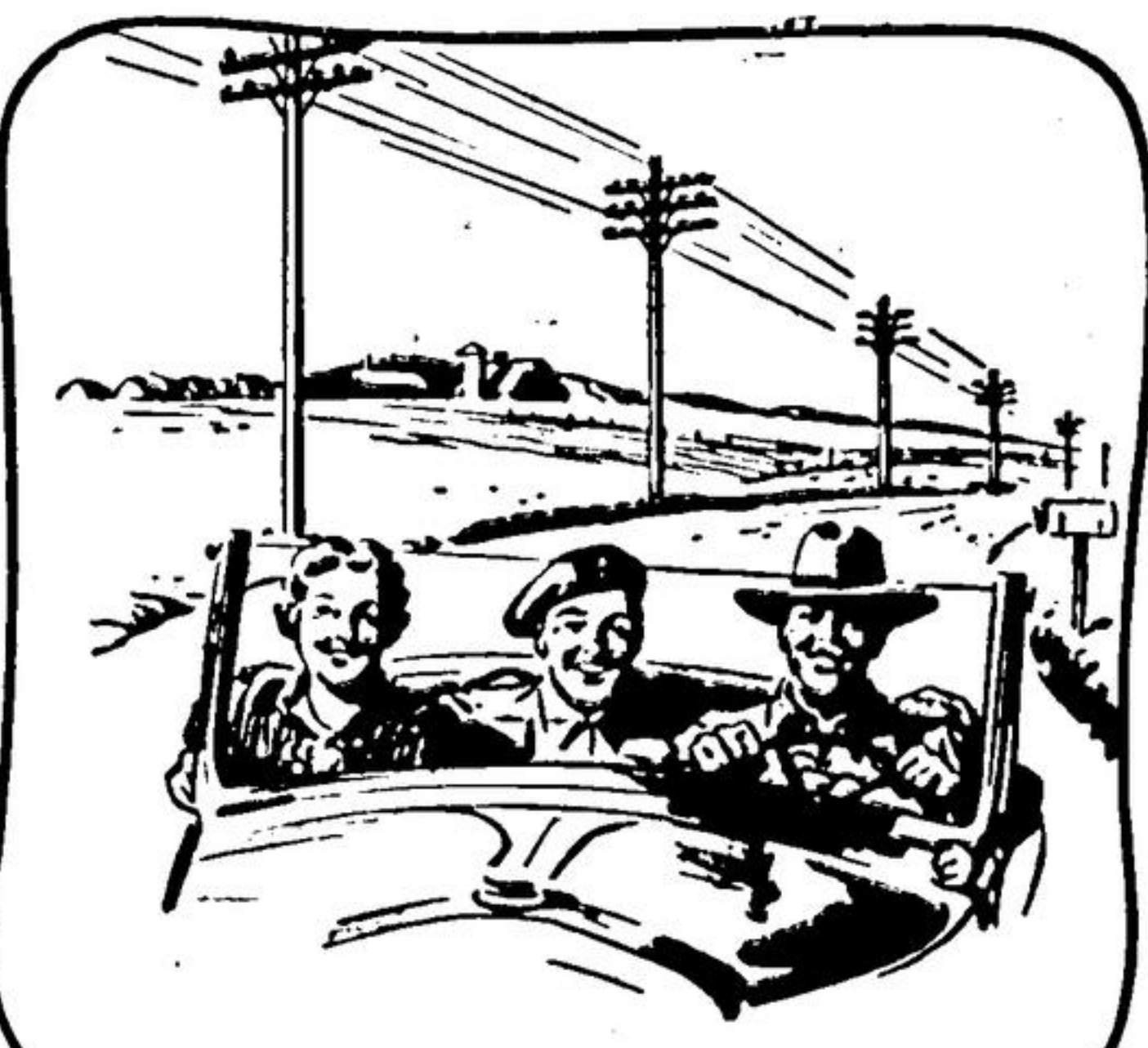
NEW BREEDS SHEEP

A visit to a fair where a large number of the multitude of English breeds of sheep are displayed would lead one to think that there were already too many breeds. That is actually true says Dr. E. S. Archibald, Director, Dominion Experimental Farms Service, there are no breeds that are ideally suited to the great ranges of Western Canada. Animal breeders on the Experimental Farms are developing and introducing such breeds and adapting them to Canadian conditions. The names Corriedale, Romeldale and Romney will be well known in Canada as to sheep and wool production within a very few years. Eastern lamb finishers and Eastern consumers of Western lamb and Mutton will feel the influence of these newer breeds.

BOY SCOUT TRAINING SAVED HIS LIFE

A Canadian soldier, captured by the Japanese at Hong Kong, credits his training as a Boy Scout with saving his life. While trying to escape the Japs on Christmas Day, 1941, Leslie Canivet, R.C.O.C. of Ottawa, with six other Canadians tried to swim across Repulse Bay, stripping off their heavy uniforms and boots as they went. Four of the men were drowned, weighed down by their uniforms and equipment, but Canivet made it safely. In an interview he said: "That's the advantage of being a Boy Scout. I learned how to take my clothing off when I took swimming lessons with the Scouts as a kid." Canivet was a member of the 1st Ottawa Troop, which met at Government House in Ottawa and later the 10th Ottawa Troop at Britannia.

Quality Guaranteed "SALADA" TEA

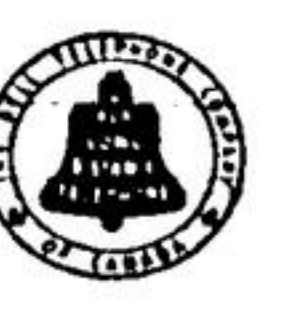


WHEN THE BOYS COME BACK TO THE FARMS

They'll probably want telephone service, if they didn't have it before. War has taught a lot of those in uniform — and their parents, too — to rely on telephones more than ever.

Our plans are ready to make rural telephone service in Ontario and Quebec available to a greater number of users in the post-war period.

Much of the preliminary work already had been done when war interrupted the program — extending rural telephone service. We intend to resume it as soon as the necessary materials and manpower are available.



NEW WINGS OVER CANADA



THERE are new wings over the Dominion. Recently Trans-Canada Air Lines took delivery of the first of a fleet of ten 21-Passenger Douglas (DC-3) Aircraft and it will soon be flying in the company's Inter-City service.

Between the new modern Queen of the Skies and the "Silver Dart", Canada's first experimental airplane, there is a vast difference in speed, design and structure.

The new plane, pictured in flight in the top right-hand corner, has an overall length of 93 feet, a maximum height of 17 feet, and a wingspan of 93 feet. It will cruise at 180 miles per hour. Nearly 40 years ago, J. A. D. McCurdy of Montreal and Ottawa, making the first airplane flight in Canada, flew his "Silver Dart" (shown above) thirty feet into the air at 40 miles an hour.

The photo (upper left) shows the Hon. C. D. Howe, Minister of Reconstruction and Supply, and H. J. Symington, M.C., C.M.G., President of T.C.A., inspecting the interior of the cabin. The chairs, adjustable to a reclining position, are of the latest type, recently designed by the Douglas Company. They are provided with individual ventilators, reading lights, ash trays and call bells.

To make them suitable for Canadian passenger service and to bring them up to T.C.A. standards of convenience and service, these former Army personnel transports were refitted at the Canadian factory in Montreal and are declared to be a criterion of Canada's new commercial aircraft industry and a forerunner of larger and better types.