

Of Interest to Women

Chronicles of... Ginger Farm

Written Specially for
The Acton Free Press by
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Even though we have become used to shortages it still comes as somewhat of a shock when we find one more article is practically unobtainable, and when that happens I am like an inquisitive child I want to know "why."

Last week it was filter discs and I didn't know they were in short supply until I tried to buy some. So I inquired the reason. And here is what I was told:

There are two makes of filter discs on the market one made in Canada, the other in the U.S. the latter being 10 cents a box dearer. Apparently the Canadian firm didn't think this was right so they raised their price to the U.S. level. But the W.P.T.B. got wind of it and they said "Now look here, you just can't do this... your price has got to stay where it was. And then the filter disc people got kind of uppish and they said "All right you won't let us but, then we won't play ball!"

So they stopped making filter discs and there wasn't anything the Prices Board could do about it. The authority of the Board is limited. They can say you shall charge this or you shall charge that, but they cannot say you must make this or you must make that.

Perhaps you town-folk think this little matter of filter discs doesn't concern you. But it does very definitely if you are to continue to enjoy that quality guarded milk which the law demands. Here is what happens. Before Foster's milk goes into the cooler and pasteurizer, it is poured through a special type of milk strainer. The strainer has holes in it like a colander but over these holes are placed a filter disc. These discs are made of specially sterilized cotton, with what looks like a filling of very fine cotton batting which allows the milk to filter through it but holds back any undesirable matter. A farmer, straining milk, is required by law to use just such a frame and disc.

In the early milk shipping days, it was customary for farmers to pour a piece of cotton flannel over the top of the cans into which the milk was strained. This strainer cloth was washed and used time and again which was hardly in keeping with present day sanitary requirements.

So now you see the importance of filter discs. And if we can't get them well, maybe the milk inspectors will come along, shut off the stoppers who have no filter discs and as a result you city folk will get less milk but maybe more butter. Which would you rather have? Maybe I should mention that I did manage to round up some discs for our own use enough to last for a few weeks any way.

Clothes pegs is another article that is practically off the market. I inquired into that, too. The reason is another tangle with ceilings and prices. The price of lumber has gone up the price of pegs stays at wartime levels. So no more pegs.

But, ladies, I'll tell what you will be able to get and it will gladden your wash-day hearts. And that is an aluminum clothesline. These twisted strands of wire, just like the old galvanized variety, but of aluminum, clean, non-rusting aluminum. Be watching for it, or if you haven't been mercantile hasn't got it, inquire about it. It can be got.

But oh dear, what's the use of a clothesline without the lovely pegs?

But to more serious problems. Doubtless, you have heard as I have, that many British brides, wives of Canadian soldiers, sailors and air men, are arriving in Canada this week-end. I wonder if you can realize what a frightening experience this can be to these girls. Canada to them is such a vast country. They feel friendless and alone. Routine regulations at the Customs Office bewilders them. In Montreal the number of negroes and French speaking persons adds to their feeling of helplessness. They cannot understand why Dick or Harry could not meet them. They feel everyone is in a hurry and none have time to give them a word of welcome. All this adds up to a feeling of strangeness and homesickness that is almost overpowering. Don't you think that we in Canada should do all we can to give these girls a welcome when we see them, remembering how well our boys were received in that little island across the sea? Surely Canada can do no less.

HERBERT, Sask. (CP) — They are right up to the times in this small community. A sign on a truck travelling around the district reads: "Atomic Home Exchange, Herbert."

Report of the Public Health Nursing Service

The following is a record of some of the more interesting phases of the work carried out by the Public Health Nursing Service in 1945.

Three times during the year, all children in the Public School were examined for skin conditions and communicable diseases. In all 24 classroom inspections were done. Any children found to have skin or communicable disease were sent home with a written explanation to the parent, with the request that the child should see the family doctor.

In the Public School

238 children had their vision tested.

31 had defective vision
24 had their vision corrected.
238 children had their hearing examined.

5 had defective hearing. All are under treatment.

In the Continuation School

86 pupils had their vision tested.
7 had defective vision, 6 had their vision corrected.

86 pupils had their hearing examined.
1 was found with defective hearing and is under treatment.

The Special Physical Examination

A special physical examination was given to the children in Grades 1, 2 and 7 in the Public School. This examination consists of inspection of the following: height and weight, sight and hearing, teeth and tonsils, thoracic defects, such as spinal curvature, flat feet, etc., speech, skin state of nutrition and general health.

In Grade 1, 47 children had a special physical examination. The following defects were found: vision 5, serious dental defects 2, speech defects 7, foot defects (flat feet) 10, malnutrition 7, enlarged tonsils kept under observation 10.

In Grade 2, 33 children had a special physical examination. The defects found were as follows: vision 2, enlarged tonsils 2, dental defects 2, speech defects 2, foot defects 2, postural defects 5, discharging ear 1.

In Grade 7, 42 children received a special physical examination. The following defects were found: vision 3, enlarged tonsils 18, malnutrition 1, foot defects 8, malnutrition 1, enlarged cervical glands 6, speech defects 1.

At the Continuation School, 65 pupils were given a physical examination. The defects found were as follows: defective teeth 6, enlarged tonsils 4.

In any other inspections were given other than the special examinations. In all cases where defects of any kind were found the parent was notified in writing and requested to consult the family doctor in regard to the defects.

Immunization. The diphtheria toxoid vaccine was started in October. Diphtheria toxoid is given in 3 doses, 3 weeks apart. All children who had not had toxoid were given the opportunity of having it. Those who had received toxoid 3 to 4 years ago were given the opportunity of receiving a reinforcing dose. 36 children received 1 dose of toxoid and 19 children received 1 reinforcing dose.

Home Calls. The following home calls were made in Acton: home 68, pre-school 11, infant 4, adult 3, crippled children 9, social welfare 62, visits to the medical officer and other town officials 11, total calls 198.

At the Continuation School. The girls in the 3rd and 4th forms were given a course of 11 one-hour lessons in home nursing. The following procedures were taught: making of the bed with changing of the bed, bathing patient and changing the bed, taking the temperature and reading thermometers, bathing and general care of the young infant. Sanitation, numerous diseases and immunization were also discussed at the classes. The girls took a real interest in the work and we hope that several of them will some day be student nurses.

The Blood Donor Clinic was held twice during the year. The public health nurse assisted at each of these clinics.

In June a student public health nurse from the University of Toronto School of Nursing spent the month in the district receiving experience under the supervision of the public health nurse.

A day and a half a week with an extra half day every three weeks is given in health service in Acton. The time is equally divided between Acton, Georgetown and Milton. This is not a great deal of time to spend on health service in each town and we hope that the service soon will be extended.

The public health nursing service is very grateful to the Board of Education for providing such excellent facilities for health service. The new health service room will be a great help in furthering the work. We wish to thank all those whose excellent cooperation has aided in the work of the health service.

Respectfully yours,
Oleavia H. Chan,
Public Health Nurse

The Sunday School Lesson

MUNDAY, FEBRUARY 17th

THE RESPONSIBILITY OF A GREAT HERITAGE

Golden Text.—He hath made his wonderful works to be remembered. Ps. 111: 4.

Lesson Text. Deut. 4: 1, 32-40. Time, 1451 B. C. Place—Beth-peor.

Exposition. I. The Code That Governed Israel, 4: 1.

This one verse should be understood in the light of those that follow. The whole message was spoken with the object of keeping Israel close to God by reviewing His works on their behalf in the process of their redemption from Egypt. It is as though God was saying to them through Moses: "What I have done, I will continue to do, if you will keep the statutes and judgments which I teach you." What are statutes? They are the spiritual principles and moral laws which Jehovah had bestowed upon them in many experiences in the process of their emancipation from bondage in Egypt and at Horeb where He had spoken to them directly (Heb. 12: 18, 21). These "statutes" and judgments were teachings of such wisdom that their observance by Israel would win for that people a reputation of high respect among the nations (4: 6).

What were "judgments"? These related to moral and social enactments having to do with personal conduct, restraint of evil, economic and social justice and everything governing human relationship. It has been frequently admitted that all modern jurisprudence is based upon the Mosaic Code. Certainly there is none better. When God gave to the world the Ten Commandments, He supplied the pattern of a righteously governed kingdom for all ages (Matt. 6: 33, Luke 12: 32, Heb. 12: 28, Rev. 11: 15).

II. Israel Made Custodian of God's Word, 32-40.

In Romans 3: 2 Paul answers the rhetorical question "What advantage then hath the Jew?" by saying "chiefly because that unto them were committed the oracles of God." In the passage before us, Moses draws attention to this distinction. The Pentateuch was not only the result of clever editors piecing together fragments of religious literature, handed down of years after Moses lived, as so-called "modern scholarship" claims, which is only a manifestation of intellectual conceit, with historical basis. The claim here is that God had spoken. It is both credible and factual. So much wisdom in so small a space cannot be explained in any other way. It was the fundamental teaching of the Old Testament (Ps. 119: 89-96), likewise of the New Testament (Heb. 1: 1; 2 Tim. 3: 16, 17).

III. God the Architect of History, 35, 38.

God's election of Abram, we are told here, was due to the love God had for him. Abram was known as the Friend of God (2 Chron. 20: 7; Isa. 41: 8, Jas. 2: 23). Isaac received election as heir of the promises over Ishmael (Rom. 9: 8, 9). Jacob was chosen above Esau (Rom. 9: 13). With that eternal consistency which characterizes the Word of God Israel has not lost his elect status even though enemy to the Gospel (Rom. 11: 28). If, therefore, we can find such unvariable consistency in the Bible, how completely should we trust it as the sole basis of our faith and practice (Heb. 4: 12, 13).

But the Divine election was more than the choice of a few men. Nations greater and mightier than Israel were to be driven out of the Promised Land. Those nations were displaced because of their iniquities. Israel was to inherit their land and set up there theocracy which should be a pattern to all nations. That Israel fulfilled God only temporarily, His purpose. Israel has lost the inheritance but in fulfillment of God's promise it will be his again, only this time as a chastened and godly servant of Jehovah (Ezek. 34: 28; 36: 37; 41). When this comes to pass it will affect all nations in the world (Isa. 2: 2-4).

The lesson we learn from these verses is to regard Jehovah as the God of nations, to whom all peoples should render homage (Deut. 32: 8). Israel is among the nations as a witness to the statutes and judgments of Jehovah. They cannot be ignored or violated with impunity. As long as nations disregard them there will be wars and revolutions and persecutions throughout the world. There is no peace for wicked nations (Isa. 48: 17, 18, 22).

IV. The Eternal Sovereignty of God, 38, 40.

They are commanded to "consider in their heart, that the LORD He is God in heaven above, and upon the earth beneath; there is none else." Israel became rebellious and self-sufficient. The penalty has been and is tremendous. The nations likewise turned away from the statutes and commandments of God. The result is international tumult and strife. How essential it is that true Christians

The Internment of Civilians At Singapore 1942-45

Editor's Note.—The following article and parts which will appear in succeeding issues are from notes supplied us by Mr. Stewart Lowrie, who was one of these civilian prisoners. We had the opportunity to talk with Mr. Lowrie during his brief visit to Canada. We might add that we have known him personally for the last twenty-five years, long before he assumed his present position in Singapore. We found his synopsis more than interesting and with his permission pass it on to our readers. Mr. Lowrie's business associates did not live through the ordeal and when he was released, he weighed 114 lbs. instead of his normal 160 or 170 lbs. (1).

The Nipponese Army High Command Order calling for the internment of civilians in Singapore as translated and circulated on 16th February, 1942, read as follows:

"Citizens of all nations at war with Japan, including members of the Chungking Government, are to proceed to the Padang at 10:30 a.m. on Tuesday, 17th February with enough clothing for 10 days, but must carry the packages themselves. Sick and wounded civilians to remain in their homes or in hospital. Their addresses to be recorded. Internees will be accommodated in two camps, one for men and one for women. No servants permitted except of the same race. Those engaged in Public Service to carry on and wear armbands signifying "SERVICE" in Japanese characters. "Public Service" to be defined later. It is unnecessary to take food."

In response to this order 1197 men, 115 women and 47 children assembled on the Padang where they were kept on parade until nearly 2 p.m. and were then marched five miles to the first internment camps. The first camp was at the Police Station and Karikal Flats for men and 2 large houses near the Rosy cinema for women and children. They had to carry with them most of their baggage but some transport was provided for the heavier packages and a few internees who brought cars with them were allowed to use these for conveying the old sick and young children to the camps, the cars subsequently being confiscated.

No preparations had been made at any of the buildings for the reception of internees. They were herded in to rooms and outhouses, the floors of which were thick with dirt, torn papers, broken fragments of furniture and other debris left by the looters. In Joo Chiat Police Station, the bucket latrines had not been cleared for 5 days. No food or hot drinks were provided and internees had nothing to eat and nothing but water to drink from breakfast on the 17th until 3 p.m. on 18th February when small quantities of canned food were delivered to the camps by a British member of the Captulation Liaison Committee.

In the days which followed, many hundreds more men and women were interned and on 21st February a new camp for men was opened at the French Convent, Joo Chiat. But no supplies of any kind were forthcoming from the Nipponese authorities until 26th February when they supplied the camps with rice, cooking oil, salt and tea. In the intervening period the camps had had to depend on supplies collected by the internees. In each camp who were provided with passes and cars and who collected food, cooking utensils, etc., from such private houses, offices and warehouses as had not already been occupied by the Nipponese.

Living conditions at these camps were deplorable. In Joo Chiat Police Station for example, every available building, outhouse and shed was occupied on the basis of about 20 to 24 square feet per man. Internees had no mattresses, beds, or mosquito nets. They had no stools, chairs or tables. Many of them had no proper feeding utensils and had to make do with empty food containers. They slept on concrete or wooden floors using spare clothing as bedding. The internal latrines could not be used as every inch of space up to their doors was used as living accommodation, and open pits were dug in the central parade ground for use as latrines and for the disposal of rubbish. This work was hampered by lack of proper tools which the Nipponese refused to supply. Latrine buckets and garbage tins had to be used for cooking and distributing food. There was no provision for the segregation of the sick who were treated where they lay on concrete or wooden floors. Doctors were without proper drugs, medicines or instruments which had to be collected as opportunity offered from the surgeries of interned medical men. Fair quantities of canned food were collected during the first week but by then sources of supply were rapidly disappearing and as the Nipponese would give no indications as to when regular and adequate rations would be supplied, the

shall worship and serve God with all their hearts, seeking to win the lost to Christ and furnishing the means whereby the world may be evangelized. The Church will never have the influence it ought until the members thereof worship and serve the Lord their God with all their heart (Matt. 23: 18-20; Ps. 2: 16; 25-27).

Camp was rationed on a bare subsistence basis.

On March 6th, male internees were transferred to Changi Camp—followed by the women and children 2 days later. With the exception of the old and infirm and mothers with infants in arms, the 7-mile journey to the Camp was made on foot, light baggage being carried. The portion of the building allocated to the male internees (whose number had now grown to 2300) had been designed to accommodate 400 Asiatic prisoners. (The population progressively increased and had grown to 2834 men when internees were moved to their last Camp at Sime Road in May 1944.) Three internees were allocated to each cell and in addition 20 to 30 were accommodated in the central alleyways on each of the first floors of cells. On the ground floors, workrooms, messrooms and punishment cells were used as living accommodation and there was a considerable overflow living on open verandahs, in passages and in makeshift shade and huts.

(Continued Next Week)

ARTIFICIAL HEAT AND LAYING HENS

Four years' work of the Poultry Division, Dominion Experimental Farms Service, with housing of laying hens has shown that the use of artificial heat gave no increase in egg production over that obtained in a moderately insulated house under the severe conditions prevailing in the Ottawa Valley. Additional insulation over and above that provided by a four-inch depth of straw in the back and end walls and a straw loft ceiling also brought no increase in production. About 5 lb. of food per bird per year was the maximum food saving achieved through heating the pens. It is apparent, states the Division, that laying hens will produce well under a very wide range of temperatures and conditions of humidity.

TRACTOR WORK COST

According to the Engineering Section of the Dominion Experimental Farms Service, the total cost of operating a farm tractor for depreciation, interest, housing, repairs, repairs, fuel and oil and fuel depends primarily on the annual use of the machine. For example, a 15 horse power tractor which operates 100 hours per year costs about \$1000 per day while the cost is about \$700 per day when the same tractor is operated 1000 hours per year.

Twenty Years Ago

From the Issue of The Free Press of Thursday, February 18th, 1926

The village of Arthur had a \$50,000 fire on Monday night.

The Baptist Young People's Union held a sleighing party on Tuesday evening. They were entertained afterward at the home of Mr. and Mrs. C. R. Knapp.

Namagaweya Township Clerk registered 40 births, 26 deaths and 13 marriages last year.

Rev. Andrew Imrie, of Kitchener, was the special speaker at the Baptist Church Anniversary on Sunday.

Beardmore & Co. agree to install a new siren on their boilers for the town. The cost to the town is estimated at \$175.

Local hockeyists played two games during the week. A team from the Ontario Agricultural College, Guelph, defeated the locals by 3-2 and on Monday evening Acton defeated Georgetown by a 4 to 1 score.

MARRIED
CUNNINGHAM-STEWART. At the home of the bride's sisters, Mrs. Steele, Toronto, by Rev. M. Toll, Robert Cunningham, son of Mr. and Mrs. P. J. Cunningham, Drayton, to Bertha, daughter of Mr. James Stewart, Second Line, near Acton.

CANADA'S ORIGINAL
AROMATIC
PIPE TOBACCO
OLD CHUM

MILTON WELDING
Electric and Acetylene Welding
Repair Welding of All Types
Portable Equipment
PHONE — 318
MILL ST.—MILTON

Cheeseburgers
That Are Tasty and Butter Saving
Mix 1 lb. minced beef, 1/2 cup milk, 1/2 cup rolled oats, 1/2 teaspoon salt, 1/2 teaspoon pepper, form thin hamburgers, pan fry or broil. Place each cake on half toasted hamburger bun (or toast) cover with slice of loaf type cheese, broil till cheese melted.

Serve with
"SALADA" TEA



Making it easier for more farmers to have TELEPHONES
Just as soon as materials become available, we will extend telephone lines along public roads where there is one applicant for service per half mile. The applicant will pay no construction costs. Furthermore, there will be no charge for the first 750 feet of pole line on his own property; a nominal non-recurring charge of \$3.00 per 250 feet will be made beyond that point. This notable reduction in construction charges to new subscribers will help bring nearer our goal of making telephones service available to the greatest possible number of farm families.