

Of Interest to Women



If an engine does not spark you cannot coax it to go. Engines have to be fueled and repaired. If the human machine does not function, we cannot carry on. People have to eat. Yet there are millions of people in the world to-day who are without necessary fuel for their bodies. There are people throughout the world who resemble delapidated machines—they look so gaunt, so sober, even wild. There are children whose expressions are pitiful. They do not smile or chuckle. It's a horrible thought to realize that 20 million children in Europe are developing anemia, tuberculosis and other diseases.

True, more food is likely to become available at harvest time, but that's a long, long time to go hungry. Meanwhile, the emergency must be met. Action is required—voluntary action in our own homes and shops. The individual response will pile up an impressive result. Food-stuffs will become automatically available if Canadians will share their daily food requirements necessary for existence. Bulk shipments will go forward with efficiency and speed—compared to individual bundles and shop parcels.

To the question, What can you and I do to help, the answer is: share and play fair.

1. Eat less edible foods: wheat, meat, edible fats and oils, eggs and cheese. We have an adequate supply of perishables to substitute for these foods wanted so badly in Europe to-day.

2. Prevent waste. Plan shopping carefully so that there will be no mouldy crusts or bone-hard cheese. Provide proper storage facilities.

3. Plant a vegetable garden. We should all be proud to see what Canadian soil can produce.

SAVINGS

Small savings add up. For instance, one slice of bread saved each day by each Canadian household total 117,000 loaves of bread.

1. Serve milk and fruit desserts in place of those made of flour.

2. Make single pie crusts. Use fewer cakes.

3. Put vegetable toppings on meat pies. Forget about dumplings and Yorkshire puddings. Saute foods instead of dredging them with flour.

4. Freshen stale rolls and muffins by heating in top of double boiler or in a moistened paper bag in oven. Use what you have on hand before buying more.

5. Keep bread wrapped and in a ventilated box or covered crock. The refrigerator keeps bread fresh longer.

6. Use tested recipes, accurate measurements and careful cooking to avoid wasting precious ingredients. Don't cook for six when there are only four to feed. If you have leftovers make them interesting and be sure they are used up.

7. Send unused meat ration coupons to Ration Liaison Officer. Use moderate cooking temperature to prevent shrinkage of meat. Cover cooked meat to keep pieces from drying out. A sharp carving knife means more servings.

8. Keep cheese wrapped tightly in a cloth moistened with vinegar and then rolled up in wax paper. Cover table pieces or wedges with wax paper pressed with a warm pan. Cheese crumbs keep fresh in an airtight jar; transfer to smaller jar when quantity is reduced.

9. Keep eggs fresh by storing in cool dark place away from aromatic products. Store egg yolks in a glass of water and poach them for sandwich filling.

THE SUGGESTION BOX

Mrs. G. C. says: Use a potato to clean a grater which has been left with lemon or other dried food on it.

Mrs. C. T. says: Spinach and other greens need no other water for cooking than that which clings to the leaves. Keep pans covered so that the steam cooks vegetables; cook only until tender and drain immediately.

Mrs. S. J. says: Leftover French toast cubed makes a tasty topping for soup.

Mrs. S. M. says: Orange bread made with oranges which have been cut and seeded and put through the food chopper whole makes a moist, tasty loaf.

CARBON MONOXIDE

With more gasoline engines than ever in use, industrial hygiene experts have issued a warning to operators to beware of carbon monoxide gas in dangerous concentrations. Running motors within enclosed garages is asking for trouble, it is pointed out. Ventilation is essential to avoid possible ill-effects from this treacherous gas. Garage doors should be opened wide before a motor is started up inside.

Chronicles of... Ginger Farm

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

It looks as if our summer run of visitors has begun. Last Wednesday my sister and nephew arrived—just for the day. Saturday niece Joy came for the week-end—and will be here every week-end until September. Sunday Daughter blew in with a car-load of friends, and when school closes another niece hopes to spend a good part of her holidays here. And so it goes.

Last Friday we also received 200 other little visitors. They were quite small and clad in fluff. I call them "visitors" because their stay will be only for a short while. Just as soon as each is big enough to fill a frying pan they will be gone. I hate to think of the fate in store for them when I look at them now, but possibly by the time they go they will have become enough of a nuisance for me to be glad to be rid of them. The early chicks have almost reached that stage. The new chicks have already given me one big headache. But no, that is wrong. It wasn't the chicks, it was the brooder—the electric brooder. At 9 a.m. the chicks and brooder were fine. At 11 a.m. the chicks were not so happy and the brooder was cold. I tried to turn on more heat, thinking the thermostat probably wasn't working right. But it didn't make any difference. Then I knew something was radically wrong. I called an SOS to Partner, but he didn't know what to do any more than I did, except to call an electrician, which we did, and while we waited we gathered up our 206 chickens into boxes and took them to the house. But believe me, it took longer to catch them than it does to tell it. It was 2.30 before our trouble man arrived, but in half an hour the repair was made and the chicks back in the brooder house. It was a wire that had burned right through. Another time we may be able to locate the trouble and fix it ourselves.

Apparently there is something to worry about with every kind of stove. Oil burners have been known to explode; coal stoves have an uncanny knack of going out, and electric brooders well we know now what they can do. By the way, here is an idea that may interest someone. If you have a power brooder you will know they are rather awkward things to work around when cleaning the pen. To help this situation Partner rigged mine up with pulleys wired to the top of the pen. All I have to do is pull the rope either side and up she goes. It is far more convenient. To get back to the chickens. They were none the worse for their experience. It was only their owner who was slightly worn and fruddled. I say nothing of a pile that I forgot to take out of the oven, but which I managed to persuade my family to eat, since nothing must be wasted these days. But it did put me back with my Saturday work, some of which had to be done after niece Joy had arrived and gone out again.

And to-day well, after having "helpful" visitors around it generally takes me most of the following forenoon to find out where things have been put! There were eleven of us for supper and the dishes were washed while I was out feeding the chickens. Sometimes chickens make a pretty good alibi.

We had another grand rain and I believe if one had stood outside with a foot-rule it would have been possible to see and measure the growth. The wheat is coming into head already and the hayfields begin to look as if there were plenty of work ahead for the mower.

Do you remember my telling you about the robins that nested in our front garden? Well, the other morning I went out and Mom and Poppa Robin were in an awful dither. I looked for the reason and soon found it. One little robin was perched on the edge of the nest while the other was on the branch of a nearby tree. It was evidently their first attempt at trying their wings. Just then Mitchie-cat hove in sight, and if robins were subject to fits, I am sure this mother robin would have had one. Of course I took pity on her and shut Mitchie up in the house. That went on for about two days. Now the frantic chirping has ceased so I suppose the little ones are now capable of looking after themselves.

I don't know why I took so much trouble to protect them—it only means that two more robins will be around to steal the fruit from our cherry trees.

Dealer: Yes, furs have gone up in price lately. Customer: I suppose it costs the animals more to live than it used to.

Aerial Photographs Aid to Prospectors

Museum Photographs Show Promising Rock Structures

OTTAWA (CP)—Prospecting—the easy way—was described by Dr. Charles M. Cassell, retired deputy minister of mines, at a recent session of the Senate Resources Committee here.

Dr. Cassell, a native of the Northwest Territories, said that recently many prospectors have been doing their preliminary work in the warmth of the national museum. There they may get aerial photographs of mining areas from a large library in the museum, and thus study about 100 square miles of territory at a time.

From the photographs, the prospector can pick out likely looking rock structure, later going to the selected spots to do the actual prospecting work. In this way time and money is saved.

The committee also heard a brief prepared by the British Columbia and Yukon Chamber of Mines, submitting a nine-point program for assistance to Canada's mining program.

The brief advocated tax reductions to encourage prospecting; a government program of publicity to popularize the industry; provision of housing at the mines; allowance of prospecting and mine development—but not smelting—in national parks; representation of the chamber on mining committees; the teaching of subjects related to mining in schools; and extension of road building, geological surveys and aerial mapping.

The prospectors and developers association, in another brief submitted to the committee urged an educational program to acquaint Canadians with the importance of mining.

"Because 80 per cent. of Canada is suitable only for mining and because this country is at or near the limit of agricultural expansion, Canada must look forward to an expansion of her mining industry if she is to progress," the brief said. "This country must become 'mining conscious'."

COURTESY—A HUMAN ASSET

There are too many people who fail to realize that Courtesy is one of the greatest assets a human being may possess. The other day the writer read a little "gem" entitled "I am Courtesy" and considered it worthy of reprinting in these columns. It is as follows:

I am a little thing with a big meaning.
I help everybody.
I unlock doors, open hearts, dispel prejudice.
I create friendship and good-will.
I inspire respect and admiration.
Everybody loves me.
I bore nobody.
I violate no law.
I cost nothing.
Many have praised me, none have condemned me.
I am pleasing to those of high and low degree.
I am useful every moment of the day.

I AM COURTESY.
It does not cost a thing to be courteous—but courtesy pays big dividends. We trust the above will be an inspiration to readers to put forth every effort to stimulate politeness or elegance of manners. Not only is it important to be courteous to your out-of-town visitors, but to your neighbor and fellow citizen. A courteous town is a progressive town.

BAREFOOT MYSTERY

REGINA (CP)—When passersby saw a pair of bare feet protruding from an open window on the top floor of the Regina post office their thoughts ran to murder. Investigators found the feet belonged to a pair of artificial limbs in an orthopedic shop in the building.

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| Ladies' Blouses, \$1.25 to \$2.95 | Men's Dress Trousers, \$1.19 to \$9.50 |
| Ladies' Skirts, \$2.49 to \$5.50 | Men's & Children's H.R. or D.R. Suits, \$2.95 to \$12.50 |
| Ladies' Hats, \$2.49 to \$2.50 | Men's Straw & Felt Hats, \$1.55 to \$2.50 |
| Ladies' Purse, \$1.95 to \$4.50 | Men's & Boys' Pale Shirts, 60c to \$2.35 |
| Ladies' Umbrellas, \$1.50 to \$2.50 | Boys' Suits, \$1.95 to \$12.50 |
| Ladies' & Children's Warm Suits & Playsuits, 95c to \$2.50 | Men's & Boys' Dress Shirts, \$2.25 to \$7.49 |
| Ladies' & Children's Hummer Pullovers, 60c to \$2.65 | Men's & Boys' Work Pants & O'alls, \$1.30 to \$2.19 |
| Children's Dresses, \$1.50 to \$2.50 | Men's & Boys' Work Shirts, \$1.50 to \$1.79 |
| Children's Cotton & Denim O'alls, 50c to \$1.50 | Men's & Boys' Work Shirts, \$2.25 to \$2.55 |
| Men's Sport Shirts, \$1.50 to \$4.75 | |

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Do you know that today throughout the world thousands of individuals are being healed of sickness of every kind through the understanding of Christian Science? Evidence of such healings is given weekly in verified testimonies in the

CHRISTIAN SCIENCE SENTINEL

A Christian Science Sunday Service will be broadcast over Station CFRB at 11 a.m. Sunday, June 9th.
Copy of above booklet will be mailed upon request to Committee on Publication, 196 St. George Street, Toronto.



Young Canadians! STARVING MILLIONS COUNT ON YOU!

In Europe today even a crust of bread is treasured—for the spectre of starvation stalks a Continent!

Teen-Agers! High School Students! Young men and women! Join the Ontario Farm Service Force now. Head for the open fields for a month, or better still for the season. Help share in producing more food for across the sea.

open to you. The work is pleasant. You'll be well-fed—well-paid—and well looked after.

Remember, almost every Ontario farmer is critically short-handed. Remember, too, the present food crisis is being felt at home—as well as abroad. Fill in the attached coupon and the Ontario Farm Service Force will send you a registration form plus all particulars—without delay!

DOMINION - PROVINCIAL COMMITTEE ON FARM LABOUR

Important to Matriculants

So desperate is Europe's need for food... so urgent our farmer's need for help, that local school boards are being asked to back the Ontario Farm Service Force to the limit. In many cases Junior Matriculants whose term work has been satisfactory in every respect may head for the open fields NOW. Upper School students can join them as soon as final exams are written. The need is immediate. Send in the attached coupon at once.

MAIL THIS COUPON AT ONCE!

Ontario Farm Service Force,
112 College St., Toronto.

I want to "Lead a Horse". Please send me a registration form and all necessary information about the Ontario Farm Service Force.

Name: _____ Age: _____
(please print) (must be 16 or over)

Address: _____

Tel. No.: _____
I will be available from: _____ to _____

Is _____
qualified for _____ An Incomplete Form Head _____
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