

Of Interest to Women

Peanut, Favorite Nut of Canadians

The lowly nut now enjoys a prominent position among the 30 leading Canadian imports. During the first seven months of 1946, Canada purchased nuts from many countries to a value of \$12,985,000, a figure which exceeded by \$313,000 the total imports of over \$1,000,000 pounds of nuts at a value of \$17 million during 1945, and four times the figure for 1938. The peanut takes precedence among all the nuts imported into the Dominion, followed by almonds, walnuts, pecans, filberts and coconuts. In 1945 more than 66 million pounds of peanuts were brought to Canada at a value of \$4.2 million.

Changes have occurred in the sources of supply. In 1938, China exported to Canada 29,622,644 pounds of peanuts, with India as next biggest exporter. In 1946, Nigeria has taken the lead, followed by the United States, India and Brazil. Almonds which used to come from Italy, the United States, France, Portugal and China, are now obtained from Spain, and Portugal. As regards walnuts, the war eliminated Roumania and China as suppliers. They now come from the United States and India. The United States has always supplied Canada with pecans. Filberts which used to come from Italy now come from Spain and Turkey. It backs with sweet hazelnuts, pistachios, and pin nuts. Brazil sends Brazil nuts and the West Indies are the source of coconuts.

SNORE LESS

Snoring, so often accepted as inevitable, should receive medical attention, declares the Department of National Health and Welfare, Ottawa. In a bulletin, the health authorities state that snoring is common among sufferers from some form of nose blockage, and that persistent snorers should see their family doctor for corrective measures.

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THE MIXING BOWL
Auntie
HOUSE ECONOMY

Hello Homemakers! Actions must give vent to our feelings spurring us on to live happily together. Happiness in the home is reflected throughout a community. And helping one another is one of the most unselfish ways of maintaining peace.

As captain of the household we suggest a few ways and means by which you can make home well-remembered.

1 Your next door neighbor could possibly use an extra basket of fruit or vegetable which you may say you have in abundance. The old saying, "waste not, want not" should be a forethought.

2 The jar of sour cream or any other product which you do not use may be valuable to someone else. Phone your friends.

3 Before you become too tired to think during the busy week ahead consider where you have been losing energy and time. Let things go-by-the-board until you have re-adjusted your work. It may be that you require a basket to hold all the cleaning equipment for the upstairs work, and there should be one around at this season. It may be that your kitchen table is too low and causes you to stoop. This can be remedied with heavy castors which should be noted on your shopping list. One could write down many wants but little things do help.

4 Create a beauty spot in your living room with pieces of shrub or evergreen.

5 One of the best amusements for children on a rainy day is showing them how to make their own story book using seasons paste and old magazines.

6 During the summer months you did not have time to read. Now is the time to devote a little while every day to this pleasure.

7 Store materials separately. Summer wool sweaters must not be wrapped with rayon fabrics. And according to research, the best method is to place the garments in a bag or a box so that they will be protected from the light and dust without making the bag or box airtight.

8 Initials on your belongings will solve a problem if you are taking laundry over to put in with mother's or the neighbour's.

9 Do not depend upon poor light when you are doing close work. Leading authorities agree that inadequate lighting can cause fatigue and eye strain.

The Question Box
Mrs. J. T. asks: How much cocoa do you substitute for 1 square of chocolate?

Answer: Use 2 1/2 tbs. cocoa plus 1 tsp. of shortening to substitute for 1 square of chocolate.

Mr. N. L. asks: How to remove peach stain from a blue tie.

Answer: Soak immediately in sweet milk.

Mrs. W. M. asks: How to soften paint brushes.

Answer: Simmer in vinegar.

Mrs. C. G. asks: Do cooked peanut hulls harm a child?

Answer: Peanuts should be given to children in small quantities as they may cause indigestion. Hulls are removed by rubbing on a board with a damp cloth.

Mrs. B. A. says: Half a cup of fruit juice poured over pork chops baked in the oven makes them delicious.

Fiddlers Show Wares In Old Time Contest

Judges Sit Behind Curtain As Visitors Join Dance

SWIFT CURRENT, Sask. (CP) — A British war bride described it as sounding "like one of the farmers' dances in Sussex, but lively, isn't it?" The event was the 14th annual fiddlers' contest and dance which filled the Ratemeyer's Hall here recently with musical intricacies of reels, jigs, strathspeys, waltzes and hornpipes as well as jive.

Between dances some 200 visitors from outlying sections of this South-western Saskatchewan ranch country, listened to fiddlers vying for \$30 in prizes.

Ladies sat on benches along walls of the hall when not dancing and men were warned by a sign to "stand behind the black line" which was drawn across the floor at one end of the hall. Judges of the old-time fiddling sat behind a black curtain, listening to the music.

VALUABLE LOAN

VICTORIA (CP) — A Church of England prayerbook and a Bible printed in 1610 and 1615, respectively have been loaned to the provincial library by John Ward of Kamloops, B.C., owner of the ancient books.

Chronicles of... Ginger Farm

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

Last week I put in the hardest day and a half I had had in months. Working? Oh no—nothing like that. It was a trip to Toronto, that's all the first for over a year.

Of course before I could get away I had to arrange a convenient day to go, leaving things as Partner wouldn't run into any trouble, making out a shopping list of absolute essentials and finally deciding on a means of transit. "I will go by train, it's faster," I thought. "But then the bus is cheaper and starts earlier." I finished up by taking the old jalopy. It was a lovely morning warm with the early sun bringing out the colors in the few trees that still retained their autumn leaves.

Along by Sunnyside I came to one of those "Stop-GO" portable signs with a policeman to add to its strength. The policeman was doing a lot of arm waving and the traffic was turning left except two trucks ahead of me that went straight on. Since that was the way I wanted to go too I followed in their wake. Then I heard the policeman yelling something or other and waving a bit more wildly and I had an uneasy feeling that he might be yelling at me. So I wheeled left and that seemed to make him quite happy. By this time I realized it was a detour, although there had been no signs to warn a person in advance. And I also remembered this was the site of a terrible traffic jam a few days ago, remember? It must have been some fun.

Once in the city I parked the car and began to shop. Oxfords? Not a thing. Rubbers. There might be some by January. Work boots and rubbers for Partner. Sure, I was able to get them without any trouble at all. Apparently women's footwear—except for the fancy kind—just doesn't exist. "Something in the line of a dress or suit?" Now you will hardly believe this, but I walked into one store, looked at one suit, and one suit only, tried it on and bought it. But from then on it was just a merry-go-round. Out of one store and into another ad infinitum. "Sorry madam, we haven't any!" It didn't matter what I asked for the answer was always the same. During the afternoon I visited Daughter briefly at her office and arranged to meet later for supper. In the meantime, I wanted to go to St. Clair. Daughter told me to drive half a block, turn left at Spadina and that would take me right into St. Clair.

So off I went first turn left. It seemed like an awfully long half block but who was I to question a city dweller? By this time it was pouring with rain and my wind-shield wiper wouldn't work. However, in between watching stop lights, street-cars and peering through a rain-washed window, I eventually discovered I was on Bathurst and not on Spadina. But I kept going and came to St. Clair in the end. Then back through the 5 o'clock traffic to Yonge Street and my rendezvous with Daughter.

"Why didn't you go the way I directed you?" she asked.

"I did but it was a long half block."

"But you went the opposite way."

Suddenly I saw daylight. "Did you look to see which way the car was heading when you directed me?" I asked.

"No," said Daughter, "I naturally thought you were on your way. Great pair, aren't we?"

After supper my sister took us to call on some very interesting friends who had travelled extensively. Their apartment was something to remember. Curious from China, India, Africa and all over Europe and a dresser set from England, which was the most delicate and beautiful piece of craftsmanship I have seen in ages.

Then Daughter and I took in a show—"Yes Always Loved You"—in which we enjoyed immensely. In fact there were two shows—one a young couple in the side seats whose amorous behavior exceeded anything on the screen.

Came 7:30 next morning—and the usual race for the bathroom. My, the joys of a rooming house! It was noon before I got back to the farm. You would think I had been away a month. Calls from the Red Cross, the W. I. a man for a crate of eggs, the grocery boy for his order—and a man with an offer to buy the farm! All that in the short time I was away.

Now we are back to normal but every so often I think of that milling throng jamming street-cars and restaurants and I feel so sorry for them. It must be terrible to live in the city.

Stop sewing and start cooking.

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Winners of Salada Tea Event at International Plowing Match received medals both will visit British Isles in February. Left to right: Austin Nairn of Munro, second prize; Hon. Mr. Gardiner, Minister of Agriculture; Salada's Representative Peckham, and Floyd Steckley, of Stouffville, first prize.



One more can be one too many

Even Hydro cannot always find immediate room for one more consumer.

Present demands for Hydro power taxes existing facilities to the utmost. This is due to ever-increasing use of low-cost Hydro service plus necessarily restricted Hydro construction during and since the war. Shortage of materials and equipment makes it impossible to speedily accomplish expansion long since planned.

Lines and transformers now serving any one district can carry just so much power. Wherever that capacity is being completely used by present consumers, addition of new customers could be made only at the expense of service to the old, until new materials for extensions are obtainable. This condition applies in city, town and country. Everything possible is being done to overcome it. New equipment is being installed as fast as it becomes available. Your Hydro Commission trusts and believes you will recognize the facts; and assist, by your patient co-operation, in the orderly restoration of the prompt service that your Hydro always strives to maintain.

In the meantime, let your Hydro know as early as possible of any planned substantial increase in your power needs, and use this low-cost servant wisely.

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