

# Mainly for Women

## Timely Topics for Women

BY BARBARA BAINES

### OUR NEW WOMAN MEMBER OF PARLIAMENT

When Parliament meets on Thursday, Mrs. Doris M. Neilson will be the only woman member in the House of Commons. She was elected in the riding of North Battleford, the largest constituency in the Dominion.

Mrs. Neilson is an attractive cultured woman, a college graduate from London, Eng. She has the pioneer spirit and has lived with her husband and three children for the last twelve years in a two-roomed cabin at Unity.

Doris M. Neilson, a former school teacher, is a new comer to politics, but she has long been alive to the problems and difficulties of the bush-country pioneers, settlers and miners among whom she has lived. To reach the ears of the electors she had to travel through desolate country, stopping at lonely cabins, and often sleeping on the floors. With them she discussed crop failures, low prices and lack of medical aid, and told them what she would like to do for them if elected. Her supporters rallied around her to defeat Mr. C. R. McIntosh, 15 years Liberal member for the riding. They expect much of Mrs. Neilson when she arrives in Ottawa.

The two former women members of Parliament will not return. Mrs. George Black did not seek the Conservative nomination in the Yukon. Her husband was elected in her place. Miss Agnes Macphail, long regarded as politically unbeatable in Grey-Bruce was defeated by the Liberal candidate. She has been a well-known and popular member of Parliament since 1921. From the outset she displayed an unflinching honesty of purpose. Her chief aim has been to further the interests of the farmer, and develop a better understanding between rural and urban people. She will be missed during the next session.

### WAR SERVICE

#### Are We Waging War in Earnest?

Germany's invasion of Belgium and Holland is bringing ever closer to home the realities of war. Mr. Churchill in Parliament said "At no time in the last war were we in greater peril than we are now. Let all energies be harnessed. Let all the ability and force of the nation be hurried into the struggle." Canada is at war but are all her energies being harnessed? Is the ability of her people being used to the best advantage?

Don't most of us find life going on very much as usual before the war began—just as good food, just as pretty clothes, just as many parties, just as much travelling about? We are at war, but did you ever think of the impression we must make on our American friends, when they see how little war has actually affected our mode of life—or interrupted the stream of Canadians holidaying in their southern winter resorts?

True, women everywhere are doing Red Cross work and other war work—good work—but in the case of the vast majority it is an incidental matter—a matter of a half day a week—and is only a mere scratch on the surface of the potential abilities of Canadian women.

Think of France where one person out of every eight of the population is bearing arms; where women, boys and old men must do all the farming and provide all the industrial labour; where wages are controlled in part by the state; where the mobilized soldier, where taxes are heavy, all excess profits turned over to the government, and luxuries almost eliminated. France has lived beside the German people for centuries. She knows their ruthlessness, their utter lack of scruple—and the dire necessity of using her resources to the full, to win victory from them.

In England, four and one half million men have been called up. There are five million men under arms in France. There are millions in the armies massed in the front lines. Our Allies have millions of tons of equipment, ships, aeroplanes, tanks, artillery, ammunition, prepared and ready for war.

How little in comparison is the effort put forth by Canada. Here only a fraction of our resources in man power or materials has been touched. Is it because we are taking victory for granted? Yet when we have seen the results of the Nazi blitzkrieg and fifth column activities in Czechoslovakia and Poland, and Norway, how victory against this well-organized force for granted? Victory depends upon men, guns, ships and above all aeroplanes. It depends upon directing the energies of every British citizen to winning. If, as they say, men from Canada are not needed in large numbers, surely speeding up of the production of foodstuffs and munitions of war would help toward that victory.

Church leaders and prominent men everywhere are warning us of the grave danger that threatens us—the danger of German domination of the world, and the ending of the freedom of man as we know it, yet there seems to be a strange apathy to the challenge facing us. Are we reconciled to a possible German occupation of Great Britain and France, and even Canada, and all it implies. I think not, yet the average Canadian is powerless, it appears, to do anything about it, no matter how great the will.

Direction of our efforts should come from the government. Is the Canadian afraid to ask the people to make sacrifices—is it lacking in faith in the will of Canadians to put their backs into the war effort? Then they are poor psychologists. Do they not know that it is an instinct of man to want to be in on the big moment; that though he may grumble, he gets a heartfelt satisfaction out of sacrifice; that he likes to feel that he has done what is right and decent—his duty. In any case wouldn't any Canadian rather work a little harder, pay a little heavier tax, and do without a few luxuries, rather than run the risk of having to live under the conditions of a peace dictated by a triumphant Germany.

We are engaged in a struggle which can only end in the collapse of civilization or a victory for the British Empire. We have boundless faith in the French army and the British navy but there is a limit to the ability of all things mortal. A more vigorous effort by Canada, may be what is needed to turn the balance in our favour.

### BOOK REVIEW

#### Testament of Friendship

By Vera Brittain

Those of you who read and remember Vera Brittain's "Testament of Youth" will welcome her most recent book "Testament of Friendship." But this time the experiences related are only occasionally her own, for her new book tells the story of her great friend, Winnifred Holtby, whose death at the early age of 37 deprived English literature of one of its most promising younger novelists.

It is a vivid, and personal story related against a background of world events, so that behind Winnifred Holtby's crowded life we hear the surge of political currents and see the vast sweep of social change. As she grows to maturity we watch her world widen from the Yorkshire village environment of her childhood, (the setting for South Riding) to the contemporary international scene, with its insistent problems and its challenge to our dearest ideals.

This book is unique in that it is the first important work which tells the intimate story of a close friendship between two women, beginning when they were unknown college students and continuing to the end of Winnifred Holtby's life, when they were both among the best known authors of their day. It is the story of a friendship that remained unbroken for sixteen long years, and shows that loyalty and affection among women can be a noble relationship.

## BE LOYAL TO YOURSELF

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Do you know that millions of people throughout the Empire take the "little daily dose" of Kruschen Salts every morning of their lives? They are being loyal to themselves because Kruschen helps to keep them on the job and on their toes—whether they are on active service, in the kitchen, the office, at a lathe or an assembly line.

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### TESTED RECIPES

#### MAKE YOUR NEXT MEAT ORDER PORK

Butcher shops and meat departments of grocery stores are now displaying a large variety of smoked pork products at reasonable prices. Why not make your next meat order a whole or half ham, or a cured pork shoulder? They can be purchased either boned or with the bone still in the meat end, of course, the price of the boned pork is higher because every ounce is solid meat. There is considerable difference, too, between the price of hams and shoulders as the former are very choice.

From the variety of smoked products on the market a housewife can choose the cut to suit her purse, and the size to suit her needs. The Consumer Section, Marketing Service, recommends the following methods for cooking hams and smoked shoulders:

**Baked Ham**  
Wipe ham. Place in covered roasting pan. Add 1 1/2 cups boiling water. Cover. Bake in oven at 300 degrees F. allowing 20-25 minutes for each pound of ham. Remove from oven. Peel off rind. Score the fat. Rub dry mustard into fat. Then cover fat well with mixture of dry bread or cracker crumbs, and brown sugar, in proportion of 1-3 crumbs to 2-3 sugar. Stick whole cloves into surface—about 1 1/2 inches apart. Bake in hot oven about 20 minutes, or until surface is slightly browned.

**Ham Cooked in Water**  
Wipe off ham. Place in large kettle. Cover with cold water. Bring water to boiling point. Keep water at simmering temperature, just below boiling, allowing 25 minutes for each pound of ham. Take ham from water. Remove skin. Finish as "Baked Ham." One cup of brown sugar and one cup

### Simple Desserts Most Popular



Most of us prepare elaborate desserts for special occasions. Now make this a regular practice as the days and weeks come and go. We prefer the simple dessert, particularly if it is easy to prepare, economical and delicious.

Here is a dessert that does not call for eggs. No baking or boiling is needed. The ingredients should be in every home at all times—with the possible exception of the toasted almonds for which you can easily find a substitute. Mothers of children who refuse to drink milk will find it particularly beneficial.

**Apricot Vanilla Rennet-Custard**  
1/2 cup dried apricots  
1 cup cold water  
1 tablespoon sugar  
2 cups milk (not canned or soft curd)  
1 package vanilla rennet powder

Chopped toasted almonds  
Wash dried apricots thoroughly, add water, cover, and simmer for 3/4 to 1 hour, or until soft, adding more water if necessary to prevent scorching. Drain off excess liquid and rub apricots through a strainer, stir in the sugar, and cool. Drizzle cooled puree among 4 or 5 short glasses or custard cups. Dissolve rennet-custard in milk, to conform to instructions on package. Pour mixture into hot milk until firm—about 10 minutes. Then chill. Just before serving, garnish with a sprinkling of chopped toasted almonds.

Makes 4 to 6 servings, depending on size of glasses.

vinegar, added to the water in which ham is cooked, gives an excellent flavour to the meat.

Shoulders may be cooked by the same methods as hams if either the ham or shoulder is boned and encased in cellophane wrapper, the meat may be boiled or baked in the wrapper.

In place of using crumb and sugar mixture the ham may be glazed with a mixture of 2 teaspoons mustard, 1/4 cup vinegar, 1/4 cup sugar and 1 cup ham stock. After removing rind, from cooked ham, put in a hot oven and baste with mixture until well glazed. There is never any difficulty in using every bit of cooked, smoked pork, for it makes the finest meat course served hot, and is delicious served either hot or cold in many ways for luncheon or supper.

### A SAD DAY

The ideal is in our blood and never will be lost. Sad will be the day for any man when he becomes contented with the thoughts he is thinking and the deeds he is doing when there is not for ever beating at the doors of his soul some great desire to do something he knows that he was meant and made to do.—Phillips Brooks.

### LET ME REMIND YOU

During the past week "Mother" has had many pretty speeches made to her, and has been the recipient of beautiful flowers and lovely gifts—but the finest gift of all would be if the sentiment that prompted these little acts of remembrance on Mother's Day, could inspire equal consideration for her during the rest of the year.

### NEWS IN FOOD

#### Chocolate Angel Food

Here is a very special cake for very special occasions—  
1 1/2 cups egg whites  
1/2 tablespoons cold water  
Pinch of salt  
3/4 teaspoon cream of tartar  
2 cups sugar  
1 cup Swansdown flour  
1/2 cup cocoa  
1 teaspoon cinnamon  
1 teaspoon vanilla

Bake in a large size angel cake tin. Place in a cold oven. Turn the top on low and the bottom on medium. Do not let the temperature get above 250 degrees F. Take out of the oven in one hour and hang upside down to cool. The next day ice it with a thin chocolate butter icing and it is ready to serve.

If you are fond of angel food do try this recipe.

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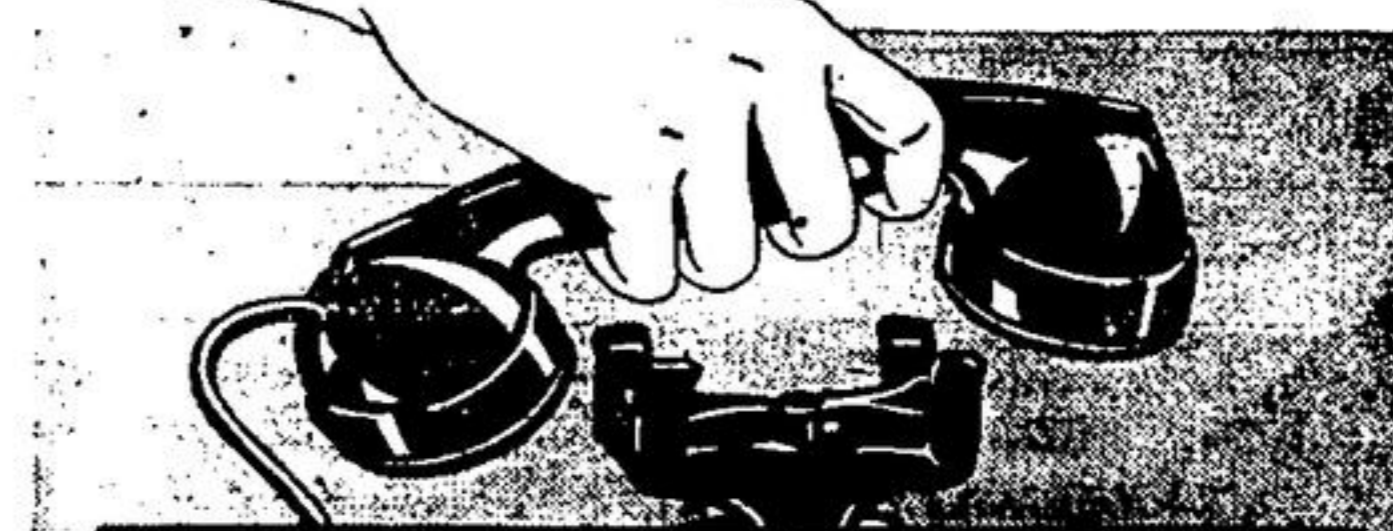
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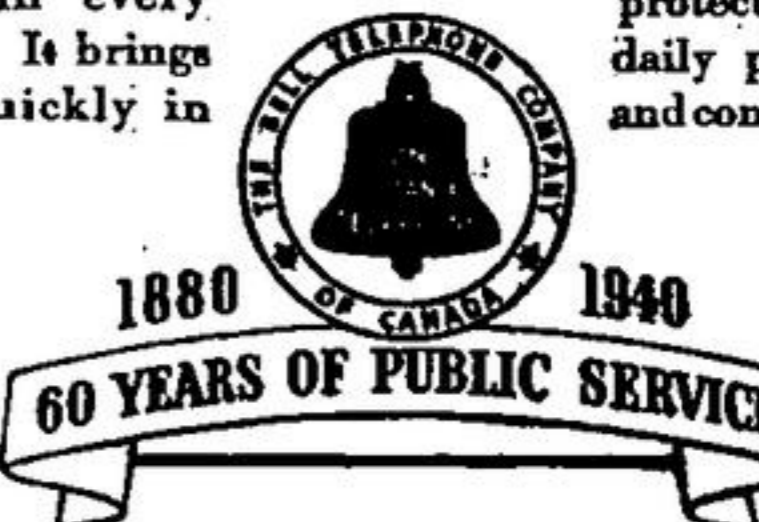
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### ...Telephone

Mother's first thought is "call the doctor", and the quickest way to locate him is by telephone. The telephone is an instrument of protection in every home. It brings aid quickly in

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### FROM EMPEROR'S SWEETHEART TO THE BREADLINE

Startling facts concerning the royal romance of Kathi Schratz who has just died, carrying the secret of the tragic Hapsburgs to her grave from the villa where troubled Franz Joseph spent his scant hours of happiness, are revealed in The American Weekly, the great weekly magazine, with the May 19th issue of The Detroit Sunday Times.

### IDEALS

An ideal is something we should like to reap in others but fail to find in ourselves.

Conscience  
When conscience asserts itself in three realms, the family, business and public affairs, it adds to the worth and welfare of the state.