

Mainly for Women

Timely Topics for Women

BY BARBARA BAINES

VOCATIONAL TRAINING IS NEEDED BY MODERN YOUNG PEOPLE

Colleges to day are more vocational conscious than ever before, according to Paul H. Hornbeck who recently completed a study of college curricula in the United States. "Ten years ago college training was for the well-to-do and the career conscious, and not for the average vocation seeking individual," he stated. Now, he revealed, students are not going to college for a general education, but rather to fit themselves for a specific vocation, and they are given a much wider range of subjects to choose from. In the last census there were 567 different types of occupations listed, and colleges now offer courses leading to degrees in 428 of these.

In Canada, too, the trend is toward vocational training. For many years the professions were held in unduly high esteem. Parents used to decide that they wanted their son to be a doctor or a lawyer regardless of his aptitude or qualifications for that profession, but they are learning that to force a boy to do what his record indicates he is not fitted for, is to invite tragedy. Now the most ambitious parents are finding it is wiser to accept their child's limitations, as he is. They are realizing that the greatest success comes when a person chooses at his life-work that field of endeavour in which the talents with which he is endowed are given greatest scope for growth and development.

Then, too, each year young people, through the radio and newspapers, are becoming better informed regarding set-up of industry and the trades and crafts open to them. They learn of opportunities in the field of radio technique, aeronautics, dietetics, designing, drafting, welding, sheet metal work, horticulture, agriculture, merchandising, advertising and dozens of other vocations. Gradually, too, boys and girls are growing more independent of their parents' direction and advice and probably freer to follow where their interest lies.

For these various reasons more and more students each year are attending the vocational and technical schools located in all large centres throughout the Dominion. Graduating classes from such schools, in centres where there is a demand for skilled labour, have already been almost entirely absorbed by local industry.

In many centres, where war industries are located, these schools are being kept open all summer for training of students within the limits of the Dominion-Provincial Youth Training Plan, and these students will have jobs waiting for them when this intensive short-course training is completed.

Vocational training is based on the idea that boys and girls should be trained to do what they CAN do best, and results already show they are happiest when doing work that appeals to them. During the depression years it was quite evident that the young men and women who were trained in one of the crafts or trades were better able to find work, and better able to adapt themselves to changed conditions, than were those who received only a general high school education.

This is a mechanical and industrial age and our most promising educationalists are leading the way in recommending vocational training to large numbers of our boys and girls whose natural talents point that way.

WAR SERVICE

Every Woman Must Do Her Bit

Events of the last three weeks have given us all a rude awakening. Dreams of a slow but easy victory by economic pressure have been shattered. Our empire is facing the greatest crisis in its long history. There is no time now for long-range planning. We can no longer stop to count the cost. The enemy with all its devastating force is on the march, and must be met at once with all the skill, all the resources, all the courage we possess, if we are to prevent Hitler from winning the war before the year is out.

It has been announced that Canada has offered to furnish in vast quantities the gun-tractors, army services, and dozens of other mechanical units to other British equipment lost in Flanders. Work is being rushed on vehicles and supplies for the three Canadian divisions, as well as on aeroplanes and munitions. Construction of 200 tanks in Canada has already been started. So Canadian women may yet be asked to don overalls and help step up our war-industries.

Every loyal citizen is being asked to help, according to his means, finance Canada's share in the war by buying War Saving Certificates or stamps. These went on sale May 27th, but owing to the dramatic news from the front and the number of other plans advanced for raising money for War Supplies, the War Saving Certificates did not get the attention from the public they deserved.

A most urgent appeal is being made by the Red Cross for woollen blankets for immediate shipment to France. Blankets, new, or "as good as new" are desperately needed for the wounded soldiers and for the millions of refugees, many of whom were injured or half starved when they threw themselves on the mercy of France, already burdened with such urgent problems of her own. Surely out of our abundance each of us can donate one blanket or more. Send them to your local Red Cross.

When Hitler began his invasion of Belgium and France the Canadian Red Cross had great warehouses filled to overflowing with supplies of all kinds, these supplies being used very rapidly. The British Red Cross suffered severe losses in Flanders. We have already made them generous donations of supplies and money, but further substantial help is needed to care for the large numbers of wounded evacuated from Dunkirk, and also the casualties in the present battle of the Somme. An appeal has been made for 50 ambulances to replace those lost. So prompt has been the response of Canadians, that already three quarters of the number requested have been provided by individuals or organizations.

The Red Cross offers every one, anxious to bring comfort to the ill or wounded, an opportunity to be of practical and immediate assistance.

The next problem facing Canadian women is that of giving hospitality to refugee children evacuated from England, and probably France. Let us welcome them in whatever numbers the mother country cares to send them to us. The authorities are anxious that they will all be given a place in private homes rather than institutions. If you can accommodate one or more write to the Canadian National Committee on Refugees, 21 Dundas Square, Toronto, offering your aid in looking after these young victims of war. If you aren't able to take children into your home you may shortly be given a chance to contribute to a fund to finance their transportation to Canada.

Other organizations have also suffered losses in Flanders. The Salvation Army lost 20 permanent huts, mobile canteens and other equipment valued at \$125,000 dollars. The Y.M.C.A. suffered similar losses when the German mechanized column swept across Belgium and northern France. All this will have to be replaced and the public will no doubt be called upon to help.

The R.C.M.P. have asked all loyal citizens to mail any information they may have regarding fifth column activities to the R.C.M.P., Intelligence Branch, No. 1 Front St. West, Toronto.

These may seem very indirect ways of helping our Empire win the war, but let every woman do her duty as she sees it, until ultimate victory is assured.

BOOK REVIEW

This Side of Glory

—By Given Bristolow

This is the story of the inevitable clash of the old southern way of living and the newer American idea of progress.

Eleanor Upjohn is the daughter of a practical, self-made man, a levee contractor. She is beautiful, clever, self-sufficient and slightly arrogant. All her background and standards are in conflict with the gentle, aristocratic traditions of her husband Kester Larne of Ardieth Plantation, which sprawls its acres of cotton for miles along the Mississippi. When the war comes to United States in 1917 Ardieth, through Kester's latest lack of initiative is in the clutches of the banks. Kester, the gallant, attractive gentleman, goes off to the war, leaving Eleanor as deeply as in the first months of their marriage. Eleanor takes matters at home into her own hands. She works desperately to save the plantation, and when cotton soars to 30 cents wealth comes to Ardieth. Kester returns to a new and hateful heritage, where tractors have replaced generations of slaves, and clipped lawns and modern bathrooms are the evidence of "progress."

Eleanor knew how to wrest profit from a broken-down plantation, but she knew nothing of how to soothe a man's pride and give him faith in himself. She almost loses her husband to Isabel Valcour, a "southern lady." It is then she recalls the words of her father "Nothing is as wonderful as you think it is going to be. I don't care what you've got, somehow it always stops this side of glory. If you know this, you know things easier to stand." She realizes that she has been trying to push her husband into a mold he couldn't fit. The story of how adjustments are made, and opposing ideas reconciled, is told in the latter part of the book. Faults do not miraculously disappear, but Eleanor and Kester understand each other, and find a joy in each other they thought they would never know again.

Given Bristolow, herself an attractive southern girl, who was a newspaper reporter in New Orleans, but is now living with her husband in California, has written one of the finest books of the year.

DON'T NEGLECT NATURE'S WARNINGS

Headaches, Acid Indigestion, Rheumatic Pains

In the rush and bustle and strain these days, are you going to neglect yourself till nature shouts her protest—headaches, sour stomach, pains of rheumatism, lumbago, neuritis? Don't do it! Don't lose a single day's work or a minute of fun that you can avoid losing.

Keep fit with Kruschen calls. Millions of people throughout the Empire take the "little daily dose" of Kruschen every morning of their lives. Kruschen is British. The quality of every one of its many ingredients is the highest obtainable anywhere in the world. Together these mineral salts, in minute crystal (almost powder) form make a mass attack on the common cause of these miserable ailments. They help keep your body clear of clogging wastes, poisons, almost anything you are on active service in the kitchen, the office, at a latrine, or in any branch of the "service"—keep fit the easy, inexpensive Kruschen way.

Get a bottle from your druggist. Take just what you can put on a dime—each morning. No bloating aftereffect. No violent laxative effect. Just a grand remedy that imparts that million-dollar feeling of rebounding health and vigour. Bottles 25c, 45c, 75c.

PICNICS AHEAD?

By Katharine Baker

Sunny days and balmy breezes bring the subject of picnics almost automatically to mind. The prospect of public and private holidays and Saturdays and Sundays coming every week as well, make the summer an open season for picnics. Whether you regard them as sports events, social affairs or a relaxation, picnics seem to be the main ingredient for a successful one. From a simple menu consisting of sandwiches and fresh fruit to an elaborate spread including salads and iced drinks, the travelling ability of the "eater" must be considered first. Don't include anything that can't stand a few bumps and perhaps some crowding or that will perish too quickly. Here are two recipes, cookies and small cakes, that fill all the requirements of the picnic basket.

Chocolate Pin Wheels

1 1/2 cups sifted flour
1/2 teaspoon double-acting baking powder
1/4 teaspoon salt
1/2 cup butter or other shortening
1/2 cup sugar
1 egg yolk, beaten well
3 tablespoons milk
1 square unsweetened chocolate, melted

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolk and beat well. Add flour, alternately with milk, mixing well after each addition. Divide dough in two parts. To one part, add chocolate and blend. Chill until firm enough to roll. Roll each part into rectangular sheet, 1/4 inch thick; place plain sheet over chocolate sheet. Roll as for jelly roll. Chill overnight, or until firm enough to slice. Cut in 1/4-inch slices. Bake on ungreased baking sheet in hot oven (400 degrees F.) 5 minutes, or until done. Place in tin, wrap pin wheels. These rolls, when carefully wrapped in waxed paper, may be kept in refrigerator for several days, and baked as desired.

Chocolate Marguerites

1/2 cup sifted cake flour
1/2 teaspoon each soda and salt
1/2 cup brown sugar, firmly packed
2 eggs, well beaten
2 tablespoons butter
1 1/2 squares unsweetened chocolate, melted

1 cup finely cut pecans

Sift flour once, measure, add soda and salt, and sift together three times. Beat sugar gradually into beaten eggs. Melt butter with chocolate and add to egg mixture; blend. Add flour gradually; then nuts. Turn into greased small fancy pans. Place pecan half on each. Bake in moderate oven (375 degrees F.) 10 minutes. Makes 2 dozen.

Helpers

Help the weak if you are strong.
Love the old if you are young.
Own a fault if you are wrong.
If you're angry hold your tongue.—Anon.

LET ME REMIND YOU

My garden, with its silence and the pulses of fragrance that come and go on the airy undulations, affects me like sweet music. Care and slops at the gates, and gazes at me wistfully through the bars. Among my flowers and trees Nature takes me into her own hands, and I breathe freely as the first day.

—Alexander Smith

NEWS ABOUT FOOD

Salmon in Jelly

This is an attractive way to serve a nourishing food. Dissolve gelatin in hot water. Add vinegar, cold water and salt. Pour a layer of jelly into bottom of mould and allow to set. Arrange slices of hard-boiled egg and tomato on the jelly. Add salmon, celery and pimento to balance of jelly (when cool) and pour into the mould to set. Serve on a bed of lettuce and garnish with sliced cucumbers. Have plenty of mayonnaise in a separate bowl. This is delicious with hot buns.

NICE PEOPLE

My mother was old-fashioned; in her sweet and gentle way she spent her life in teaching us the nice words people say. And often when some vulgar phrase we boldly blurted out, she sadly told us there were things we mustn't talk about. To whom was it right and proper all her time and thought she gave. For as ladies and as gentlemen she wished us to behave.

She taught us pretty little songs and tender hymns to praise. The brutal facts of life she hid from us throughout her days. She shuddered when some ugly word of slang I plainly spoke. She told us there were sacred things of which we mustn't joke. She made the things nice people do her soul and her pride. As ladies and as gentlemen to bring us up she tried.

But times are different nowadays and grandma's gone above. She cannot hear the children sing these songs of red hot love. With boop-a-doop and hideyhi they romp about the place. And warble stuff that she would call a positive disgrace. Could grandma hear the slush they sing today, I know that she would wonder what nice people think of mother and of me.

HEALTHY

Officials of the Health League of Canada today issued a note of warning to children who propose to become swimmers during the summer months.

While not commending the extreme caution of the small boy who declared he would not enter the water till he knew how to swim, officials pointed out that good preliminary practice may be obtained lying across the top of a music stool and going through the motions of swimming. If this is done for about ten minutes each day, motions become mechanical, and are performed unconsciously when the child enters the water.

But for awhile the youngster's natatory exercises should be confined to the school swimming tank or the controlled swimming pool, so that he may be under competent supervision until he has gained proficiency and confidence.

Most large cities now provide open-air swimming pools or public swimming baths or both, and unless parents are satisfied that rivers, ponds and streams in their neighbourhood are perfectly safe, children should be obliged to avail themselves only of these artificial bathing places.

Many drownings each year are attributable to the fact that a river with an unsuspectedly swift current, a weed-infested pool, or a beach with a sudden sharp dip was chosen as a bathing ground. The character of all such waters should be thoroughly understood before any but the most expert swimmer enters.

Pools fed by mountain streams, the waters of which are richly mineralized, may cause sudden seizure of cramps because of the excessive coldness, and should be avoided except by the experienced and hardy swimmer.

Polluted waters, from whatever source, of course should be avoided. Lastly, the Health League reminds the public that swimming is an arduous exercise. Children should be encouraged to indulge in it only in moderation.

Thousands of Canadian citizens might look forward to the coming of summer with more joy than they do, if citizens residing near vacant lots would see to it that ragweed and other pollen bearing weeds thereon were destroyed before they had a chance to ripen.

Pointing to the fact that one person in every 100 in Canada, and the United States suffers from hay-fever, according to an expert estimate, Dr. Gordon Bates, general director of the Health League of Canada, urged today that greater efforts be made to cope with this irritating plague, which annually makes the summer months a time of wretchedness for so many.

Because of its buoyancy, ragweed pollen is one of the chief distributors of hay-fever, says Dr. Bates, and a wholesale destruction of such plants in and around the city would do much to make the air breathable for chronic sufferers.

However, ragweed is not the only hay-fever producer. Some exceptionally sensitive noses will succumb to an attack after a visit to a flour mill or merely as the result of close proximity to a bouquet of flowers.

These, fortunately, are exceptions, but many people are affected by the pollens of birch, willow, maple, aspens, poplars and other trees, and it is as well to find out to which of these one is allergic.

The Health League points out that scientific methods now are available by means of which any hay-fever patient may learn positively which pol-

TRY IT THE "SALADA" WAY

Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container, white hot, add 1 to 1 1/2 cups of sugar and juice of 2 lemons, strained and well mixed, fill container with cold water. Do not allow to boil before adding cold water or liquid will become cloudy. Serve with chopped ice. The above makes 7 tall glasses.

"SALADA" ICED TEA

STEADY STREAM OF RED CROSS SUPPLIES FOR ALLIES

A steady flow of new supplies is going overseas as a result of the Canadian Red Cross Society's recent urgent appeal to women throughout the country to increase their activities. Mrs. Wallace Campbell, national chairman of the Women's War Work Committee, announced yesterday, "The response has been marvelous," she said. "Our enormous stocks of hospital supplies in England have been made available to the British and French Red Cross without stint. The conflict now makes our fullest co-operation and generosity not only necessary, but imperative."

"Articles are going out in thousands to relieve the urgent calls," Mrs. Campbell continued. "The appalling losses of British and French Red Cross supplies, as well as the terrific number of sick and injured refugees and the wounded of our allied forces, make replacements of our stocks in our warehouses in England a pressing responsibility."

Along with her tribute to the way the women of Canada have rallied to the call, Mrs. Campbell gave a word of caution.

"To meet our needs wisely and to make both effort and funds more effective, everyone should bear in mind the fact that the most-needed articles should be produced first. All work convenors should endeavour to use up all the materials they have on hand for the purpose for which they were intended."

Mrs. Campbell advised women to "be patient." This war and its demands made equal call upon everyone, she said.

"Remember," she continued, "there are many things greatly needed by the Red Cross of the Allies that we women cannot make with our hands. Provision must be made for these."

"Let the true spirit of service prevail. Do the job nearest at hand, grateful for the privilege of serving our Empire from the present safety of Canada and pray that our small ef-

fort may contribute to the alleviation of the horrible sufferings of our own people and our Allies. "It is as necessary now as it was when we began our work to make every article as perfect as possible. There must be no slackening in the quality of work."

RED CROSS SHIPMENT

The following items are being shipped this week to the Toronto warehouse:

- 30 surgical dressings 19" x 12"
- 80 surgical dressings 9" x 10"
- 120 surgical dressings 9" x 5"
- 400 wipes 2" x 2 1/4"
- 600 compresses 4" x 4"
- 60 surgical towels
- 50 bias bandages, flannellette 6"
- 80 straight bandages, factory cotton 4"
- 60 straight bandages, factory cotton 3"

The visitor paid his green fee, fixed up a match, and went out to the first tee. Taking his stance, he gave a wild swing and missed completely.

"Would you believe it!" he exclaimed to his opponent. "This course is at least two inches lower than the one I usually play on."

Going Somewhere?

BUSES LEAVE

FOR TORONTO

a 6:14 a.m.	b 2:23 p.m.
9:18 a.m.	4:08 p.m.
11:48 a.m.	6:08 p.m.

a—Daily except Sunday;

b—Sat. only

BUS TRAVEL INFORMATION AT

W. H. LONG

Phone 25 — Georgetown

GRAY COACH LINES

Treats for Father's Day



By BETTY BARCLAY

Father's Day is not as old a holiday as Mother's Day, but it is rapidly increasing in popularity. Think of Dad on June 16, and cater to the "inner man" as you catered to Mother on May 12. The recipes featured below will help in planning a menu that will please Dads anywhere.

Hawaiian Chicken Dish

Fricassee chicken in the usual way, adding a slice of onion, salt and pepper for flavoring and a cup of diced celery. When chicken is tender, remove from pan and strain broth. Discard onion but reserve celery for casserole. Place slices of broiled sugar-cured ham in the bottom of a large casserole, adding 2 well-drained Hawaiian pineapple rings and 2 canned artichoke hearts for each serving, the celery and chicken (which has been removed from the bone). Skim fat from broth and use broth in making fricassee sauce. Melt 2 tablespoons of butter and stir in 2 tablespoons of flour for each cup and a half of broth. Stir until smooth and slightly thickened. Pour over chicken in casserole. Prepare dumplings in the usual way. Add bread crumbed chicken livers or calves liver. Drop on top of casserole mixture. Cover and place in a moderately hot oven (400° F.) for 15 minutes or until dumplings are done. Before serving sprinkle with freshly grated coconut which has been toasted. Serve with boiled rice.

Orange Marshmallow Pudding

(Serves 6-8)

3 cups orange juice, strained
1 pound (about 50) marshmallows, quartered

Heat in top of double boiler until marshmallows are melted. Do not

overheat orange juice. Pour into serving dishes over:
Segments from 3 or 4 oranges
Set in cool place to stiffen. Serve with:

Whipped cream and
Marshmallow cherries for
garnish.

Variation: When slightly jellied, add:

2 egg whites, stiffly beaten

Father's Day Punch

4 cups freshly made, chilled decaffeinated coffee

1 1/2 pints ice cream

Grated nutmeg

Pour the decaffeinated coffee over a pint of ice cream in a punch bowl or big mixing bowl, and blend lightly with an egg beater until the ice cream is partly melted. Add additional ice cream in spoonfuls to the punch. Sprinkle with grated nutmeg. Vanilla, coffee, or chocolate ice cream combines well with the coffee flavor.

To make decaffeinated coffee by the percolator method, use 1 1/2 heaping tablespoons ground decaffeinated coffee for each cup (1/2 pint) of water. Pour cold water into pot of percolator. Set percolator basket in pot and put coffee in it. Cover. Let percolate slowly and gently 10 to 15 minutes. (To obtain full strength of decaffeinated coffee, percolate 15 to 20 minutes). Pour coffee over cracked ice.

Decaffeinated coffee may be made by any other method, i.e., steeped, drip, or boiled, using the same proportions of coffee and water. Extra-strength coffee is necessary on account of the melting ice. Always use freshly made coffee. A decaffeinated brew ends the dilemma of coffee lovers who like to indulge in second or third cups without worrying over sleeping problems.